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Friday, May 1, 2020

Willardson receives stellar review

BY GUS STEEVES
CORRESPONDENT

WEBSTER – At their last meeting, selectmen gave Town Administrator Doug Willardson “one of the best reviews I’ve ever seen,” in the words of Chairman Randy Becker.

“He’s really risen to the occasion” since coming on board in 2016, Becker added.

Willardson said his average score was 4.4 out of 5.

Selectman Andrew Jolda said this year’s process was a little different from previous years in that it gave citizens and town staff opportunity to review Willardson as well as selectmen. He described that as “a lot broader approach to get a 360-degree view.”

Becker agreed. Not all respondents were happy, but “five out of six or six out of seven” supported Willardson, saying he “represent[s] the community very well,” he said.

Willardson talked a little about some of his goals for the year, observing he didn’t quite reach one of them in part because he “underestimated how much the data would need to change.” Specifically, that was a reference to a goal of improving public survey responses regarding safety in town by 0.5 – in fact, it rose by 0.2. He had a similar situation with water quality survey responses, but noted the survey was taken before the new treatment plant went online. More recently, the town has received “two or three dirty

water calls” each month, which he described as “a downward trajectory.” He expects the annual flushing to clear out any remaining issues., barring very large rainstorms that stir turbidity up.

He noted he has been delegating to department heads more, as another goal stated, but the quarterly updates from them “fell off the wagon in the last couple months” due to the pandemic.

Elsewhere, things exceeded his targets. The town’s stabilization fund is up to \$1.8 million, and he noted the policy aims for about \$2.5 million (5 percent of the general fund) over the next couple years. The OPEB trust fund now has \$144,000 in it, and he said he intends to deposit another \$600,000 later this year. He was also tasked with closing 30 nuisance properties and did 36, with another 46 in the pipeline. Some of them will go to auction in June, he said.

In economic development, the goal was three new businesses, but several more than that have come to town and about 11 were showing “lots of interest” in vacant spaces downtown. He said Town Planner Carol Cyr told him that is “the most interest she’s seen in downtown” in years.

Various goals are still in process. One calls for creating two new parks – one in the tornado zone of Main Street, the other on High Street. Others include continuing the

Memorial Beach development planning, which will include a public hearing at some point; increasing beautification of South and East Main streets; and encourage a Business Development District.

The latter, Selectman Lisa Kontoes said, would be “extremely valuable to our downtown” but “may not be realistic” this year because of the pandemic shutdowns. Willardson agreed, saying he “would not feel comfortable doing that for six months or maybe a year.”

In the end, the board agreed to let Willardson “remassage those [goals] and make them more appropriate for 2020-2021,” Becker said, adding he’d really like the town to be planning for “five or ten years out,” not just one or two.

Willardson’s regular report highlighted pandemic and economic impacts on town, with 51 confirmed cases as of that date, one death and 24 recoveries. He praised several businesses and citizens for donations of various kinds, including Mapfre’s \$200,000 to Harrington Hospital and “\$2.3 million to hospitals in general,” Webster Manor’s “hometown heroes” project giving people Amazon giftcards for volunteerism; “drive-by easter egg hunts;” postal service and other workers keeping things going, and more. He also noted there’s a “large need for people to donate

Turn To **WILLARDSON** page **A17**



Gus Steeves

FIRST RESPONDERS ON PARADE

An ambulance makes a turn at Lake Street and Main during a parade last week organized by public safety officials as a tribute to frontline health care workers.

Dudley postpones Earth Day activities

BY JASON BLEAU
CORRESPONDENT

DUDLEY – Following suit with many towns in the region, Dudley has put a hold on its Earth Day activities which were slated to take place on April 28 to celebrate the 50th anniversary of the annual effort to give back to Mother Earth and clean up the community.

Board of Health Chair Jennifer Cournoyer made the announcement official during a Zoom meeting on April 14 confirming that the town will at least hold off on official Earth Day celebrations

although they don’t want to discourage people from cleaning up the town on their own in the meantime.

“I would like to definitely do it this year because it is the 50th anniversary - I think the best thing is to just kind of hold off, maybe even if we have to push it off to the fall,” Cournoyer said. “I know a lot of families are still going out doing the cleanups and everything. By all means (keep cleaning).”

Board member Lorri Ducharme agreed noting that this isn’t an outright cancelation of Earth Day,

but rather a temporary hold on the event in order to allow the COVID-19 pandemic to run its course and revisit things at a later date.

“It makes sense right now. We can’t really plan anything obviously,” Ducharme said. “I think we just use a wait and see approach. Maybe in a month we’ll have a better idea of the long-term game plan and we can go forward from there.”

Board of Health Clerk Ted Zajkowski noted that the town has funding from The Last Green Valley to pay for Earth

Turn To **EARTH DAY** page **A17**

Nichols offers virtual toast to prospective students



Courtesy

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

BY JASON BLEAU
CORRESPONDENT

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

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

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

“Coming together as a community to address challenges is the Nichols way. We’ve held Zoom town hall meetings with faculty, with staff and with our students we answered questions to understand how they’re adjusting to their new circumstances. Student affairs holds daily drop-

in sessions – Keeping our students first is the Nichols way,” said President Engelkemeyer.

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

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

Turn To **NICHOLS** page **A17**

bankHometown provides economic lifelines to local businesses



Courtesy

bankHometown Assistant Vice President and Commercial Loan Officer Todd Donohoe with Accord Adult Day Center Executive Director and Owner Joseph Rizzo.

OXFORD — bankHometown has approved more than 400 Paycheck Protection Program (PPP) loans totaling more than \$51 million, allowing hundreds of local businesses across central Massachusetts and northeastern Connecticut to keep more than 6,000 employees on the payroll.

The program has helped small businesses like bankHometown customer Wormtown

Brewery recall its full-time employees, who were furloughed when the company’s Worcester and Patriot Place, Foxboro, locations closed last month.

“The majority of our business came from bars, restaurants, and our taprooms,” said David Fields, Wormtown’s managing partner. “On March 17, one hundred percent of that part of our business ceased to exist.”

With funding from the PPP through bankHometown, Fields said the company can fully fund their payroll for the next eight weeks and meet its rent and other obligations, while increasing the employer contribution toward health care coverage to cover the full cost, allowing employees to keep more of their pay.

Turn To **LOANS** page **A17**

Thomas J.
Bartholomew
honored
in Financial Times



Thomas J. Bartholomew

WORCESTER — Bartholomew & Company, a leading provider of financial services in Worcester, Massachusetts, announced that its President & CEO, Thomas J. Bartholomew, AIF® has been named to Financial Time’s list of the 400 Top Financial Advisors for 2020. The list is published on ft.com1.

According to Financial Times, a leading financial publication, the ranking reflects advisors with a minimum of 10 years’ experience and \$300 million or more in assets under management (AUM)2. In addition, list makers are determined based upon compliance records, industry certifications, online accessibility, and AUM growth rate.

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

About Bartholomew & Company

Bartholomew & Company has been providing individuals and organizations with financial guidance since 1994. Located at 370 Main Street, Suite 1000, Worcester, MA, with branch offices in Chatham and Bedford, MA, Bartholomew & Company’s advisors pride themselves on crafting unique strategies for each client. For more information, please visit www.bartandco.com. Securities and advisory services offered through Commonwealth Financial Network, Member FINRA/SIPC, a Registered Investment Adviser.

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

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

Coast Guard urges you
to keep boating safety in mind



Courtesy

Commodore Philip Kubat and officers of the Tri-State Flotilla USCGAux presenting a plaque to Chief Hickey and the Webster Fire & Rescue Department staff during the Lakeside Kids Event at Webster Lake

BY ROBERT BREZENSKI
USCGAUX PUBLIC AFFAIRS

REGION — The weather is warming up and many are venturing to the outdoors to escape their weeks of Covid-19 isolation. The Coast Guard Auxiliary Tri-State Flotilla, Massachusetts is hoping that you keep safety even further on your mind if you venture out on the water, of course abiding by social distancing and pandemic protocols.

In the past weeks, we have noticed many solo kayakers on local ponds and lakes getting back on the water enjoying the fresh air while testing their luck at fishing. Most newspapers have printed photos of people doing this as it appears to be a great activity and covid safe, but if you look closer it’s the danger in something missing. Many are ignoring or not wise to the fact that as required by law, an approved life jacket must be worn at all times from Sept. 15 to May 15 in Massachusetts for anyone on board canoes or kayaks. You should also have the required whistle or sound producing device attached to that lifejacket. The water is still cold, hyperthermia effects could keep you from getting back in the craft if capsized, and there are not as many people around to respond. Children under 12 years of age must ware one whenever above deck on any vessel that is underway, also for anyone on board a personal watercraft or being towed in any manner, anytime of the year. We all know of the local tragedies in the past month due to this missing item; everyone should make a habit of wearing a lifejacket on the water, in all



Douglas Fire Department Chief Kent Vinson receiving a plaque from the USCGAux Tri-State Flotilla’s past Commander Raymond Richards along with the 2019 Commander Michael Nadeau at the fire station house.

vessels, all year!

It’s also a great idea to attend a boating safety course offered by the Coast Guard Auxiliary or US Power Squadron. Many classes like the About Boating Safely one day course are usually available this time of year, but due to the pandemic have been rescheduled or canceled. You can find listings at the www.cgaux.org website that has a class finder by zip code; there is also a Vessel Safety Check program to insure that you have all the required equipment You should keep up with the rules and regulations for your boating location; online knowledge is available but getting a certification recognized by states requiring one is the best. There could

also be a boater’s insurance discount involved with taking courses and vessel exams. Were you aware that life-jacket specifications and labeling have changed in the last year?

These days we are all appreciative of the sacrifices and efforts given by all our local first responders; but back in June 2019 the Tri-State Flotilla recognized two area fire departments that have made our boating safety efforts possible by providing their facilities as meeting and training locations. Plaques recognizing their contributions were presented to: The Town of Webster Fire & Rescue Department, Chief Brian Hickey and The Town of Douglas Fire Department, Chief Kent Vinson.

Doris P. Burak
*Never Forgotten
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Susan, Bill,
Diane and Chuck

CORRECTION

DUDLEY/CHARLTON — In a recent news article concerning a Dudley/Charlton School District staff member testing positive for the COVID-19 virus, it was incorrectly reported that the individual in question was a teacher.

We were subsequently notified by district officials that it was not, in fact, a teacher who tested positive, but a staff member serving in a different capacity.

The Webster Times deeply regrets any confusion that may have resulted from this unintentional error.

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How to handle the mental challenges of social distancing

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

Social distancing refers to actions deliberately designed to increase the physical space between people to avoid spreading illness. The American Psychological Association notes that social distancing typically requires that people stay at least six feet apart from each other while also avoiding gathering spaces such as schools, churches, concert halls, and public transportation. In an effort to prevent community spread, many state and provincial governments mandated the closure of all businesses deemed “nonessential,” and forcing many working professionals to work from home full-time and temporarily putting millions of additional workers out of work.

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

- Make time for fun activities. Psychologists recommend balancing time spent on news and social media with other activities unrelated to social distancing or quarantine. Make a conscious effort each day to read a book, listen to music or even learn a new language.
- Get news from reliable sources. Inaccurate information about COVID-19 can spread fear, making it even more difficult for people to cope with social distancing. The APA recommends people get their information from news outlets that rely on trusted organizations like the Centers for Disease Control and Prevention and the World Health Organization.
- Maintain virtual connections with others. Face-to-face interactions may not be possible, but the APA notes the value of phone calls, text messages, video chat, and social media. These channels of communication provide an opportunity to stay connected with loved ones and express emotions.
- Maintain a healthy lifestyle. The APA advises everyone to get enough sleep, eat well and exercise while social distancing. Do not cope with the issues that result from social distancing by using alcohol or drugs, which may only exacerbate feelings of anxiety and depression. People also can consider their telehealth options so they can access psychotherapists to help them through.

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

How to use protective masks and gloves the right way



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

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

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

Gloves

The CDC says that gloves should fit the users’ hands comfortably. Gloves can only prevent the spread of pathogens if hand hygiene is performed before and after wear, states the Association for Professionals in Infection Control and Epidemiology.

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

Masks

Masks, sometimes referred to as respirators, also need to fit to be effective. Masks should be tight-fitting to the face. Clean hands and put on the mask, molding the mask over the bridge of the nose and sealing it around the face. One strap should be high on the head, the other low around the base of the neck.

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

head, followed by the top strap without touching the front of the mask, says APIC. Keep straps tight during the removal process. Don’t snap the straps or touch the front of the mask, as this can spread germs. (Directions provided are for N95 respirators. Other mask designs should be removed according to manufacturer recommendations).

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

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CHALLENGING MINDS AND FORMING HEARTS

Expert offers virtual class in ‘tasty wild edibles’



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

BY GUS STEEVES
CORRESPONDENT

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

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

Cohen brought a similar program to Southbridge in person, leading a walk at Westville.

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

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

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

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

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

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

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

One of the most common, with huge stands of it all over the state, is Japanese knot-

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

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

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

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

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

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

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

Other fairly small plants he mentioned included chickweed, chicory, stinging nettle, very young daisies, violets, sheep and lemon (aka wood) sorrel and purslane. Some plants do have chemicals that are dangerous in large quantities (the sorrels contain oxalic acid), but are “perfectly safe to eat in moderation with other things.”

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

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

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

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

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

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

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

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

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

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

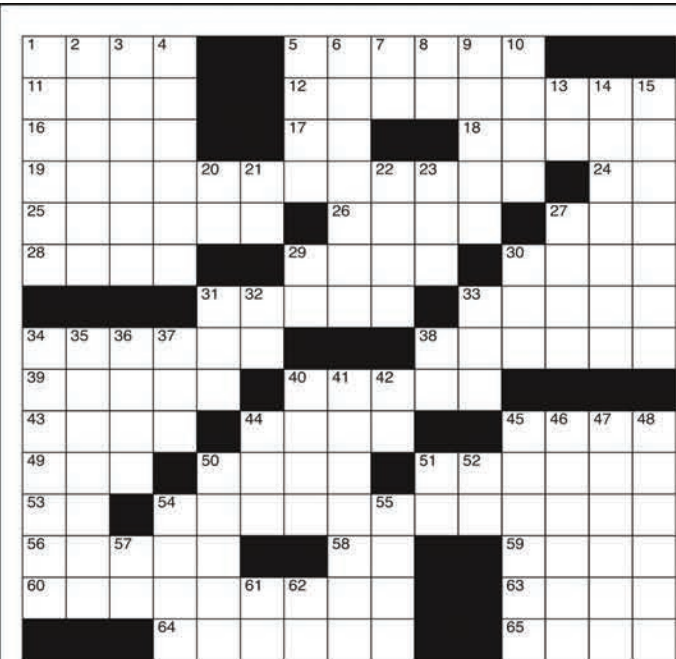
Among the non-nut native plants Cohen mentioned were various sumacs (those with the red clusters are safe; if it has white berries, its poison sumac, a wetland plant). Soaking the clusters in water and rubbing them, then filtering out the fibers, creates a “sumacade” drink in about 30 minutes. Cohen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

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

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

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

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



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

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



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

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

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

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

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

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

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

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

About Open Sky Community Services

Open Sky Community Services is dba for Alternatives Unlimited, Inc and The Bridge of Central MA. Open Sky offers a wide range of services for adults, adolescents, and children with mental health challenges, developmental and intellectual disabilities, substance use disorders, brain injury, homelessness and other challenges throughout Central Massachusetts. Open Sky Community Services has over 1,300 dedicated employees and an annual budget of \$83M with more than 100 programs throughout the region. For more information, please visit www.openskycs.org.

Cornerstone Bank donates to local organizations impacted by Coronavirus

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

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

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

A \$2,000 donation was made to St. John Paul II food pantry. This donation was matched by the Tri-Community Exchange Club and will provide extra funds at a time when the food pantry is seeing an increase of people in need. For more information on the St. John Paul II food pantry, and ways that you can help, please visit <https://stjp2parish.org/food-pantry>.

“It is during these times that local organizations need our help the most,” stated Cornerstone Bank President & Treasurer and Chairman of the Bank’s Charitable

Donations Committee Todd M. Tallman. “I am proud to be a part of an organization that places importance on our community.”

About Cornerstone Bank

Cornerstone Bank is an independent, mutual savings bank serving the residents, businesses, and communities throughout Central Massachusetts from offices in Charlton, Holden, Leicester, Rutland, Southbridge, Spencer, Sturbridge, Warren, Webster, and Worcester along with a Loan Center in Westborough. Deposits are insured in full by a combination of the Federal Deposit Insurance Corporation

and the Depositors Insurance Fund. The Bank is an Equal Opportunity Employer, Equal Housing Lender, and SBA Preferred Lender. For more information, visit online at cornerstonebank.com, on Facebook or call 800-939-9103.

DUDLEY POLICE LOG

DUDLEY — The Dudley Police Department reported the following arrests during the week of April 17-24.

Jose A. Herrera, age 52, of Bridgeport, Conn. was arrested on April 17 in connection with a warrant.

An adult male whose name has been withheld from publication was arrested on April 22 for Violation of an Abuse Prevention Order.

WEBSTER POLICE LOG

WEBSTER — The Webster Police Department reported the following arrests during the week of April 19-25.

A juvenile, age 17, was arrested on April 20 for Disorderly Conduct, Resisting Arrest, Assault, Disturbing the Peace, Possession of Liquor by a Person Under 21, and a Moped Violation.

Steven Zografos, age 18, of Oxford was arrested during the same incident for Unlicensed Operation of a Motor Vehicle and for operating an Unregistered Motor Vehicle.

George I. Sizer, age 46, of Webster was arrested on April 21 in connection with a warrant.

George A. Farinella, age 39, of Webster was arrested on April 24 in connection with a warrant.

Christian S. Barse, age 26, of Southbridge was arrested on April 24 for Receiving a Stolen Motor Vehicle.

John Cody Seibold, age 27, of Webster was arrested on April 25 for Assault & Battery, Assault & Battery with a Dangerous Weapon, and Assault & Battery resulting in Serious Bodily Injury.

Oxford Meals on Wheels delivering from new location

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

Throughout this pandemic, the Tri-Valley, Inc. Meals on Wheels sites have continued to deliver both hot and frozen meals to the homes of our consumers. All safety precautions are being taken to ensure the health and well-being of our volunteers, employees and consumers. If you would like more information about Meals on Wheels or other programs available, please call Tri-Valley at 508-949-6640 or visit our website at www.trivalleyinc.org.

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



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Our Emergency Department stands ready to treat any emergency, 24/7, in a safe, COVID-19-free environment. In fact, we were among the first in the state to evaluate patients in their cars to prevent the spread of the virus. And we are utilizing an evaluation tent in order to keep potential COVID-19 patients separated.

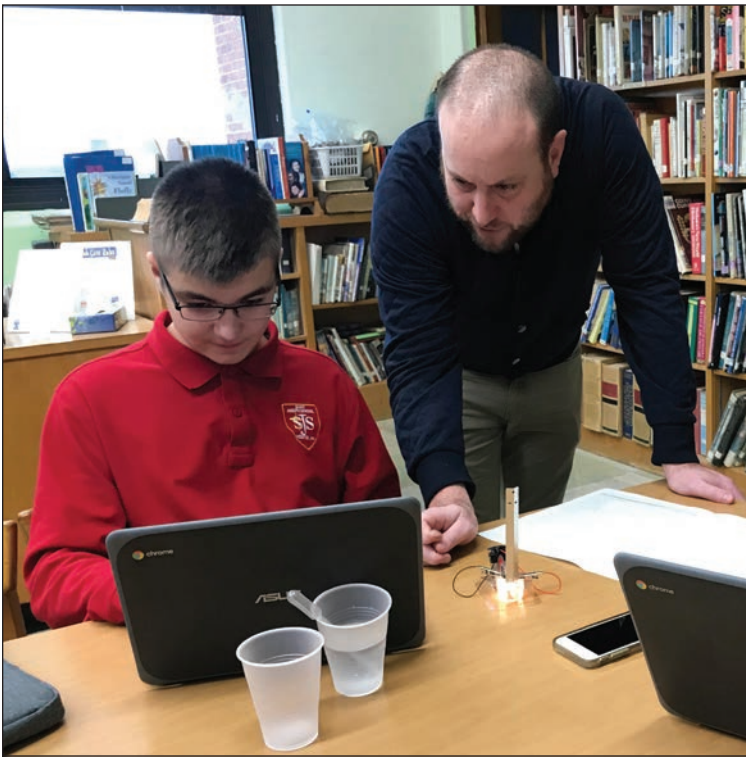
We’ve limited visitors to ensure minimal exposure for our staff and patients. In addition, anyone entering Day Kimball, from patients to visitors to staff, is screened and masked upon arrival.

And we are fully-equipped with the most advanced personal protective equipment. As well as with two specialized isolation rooms where potential COVID-19 patients are kept separate during their evaluation for everyone’s safety.

For over 125 years, Day Kimball has been committed to providing our community the best, and safest, care. That commitment has never been stronger than now.

Whatever health situation you may face, we’ll be here for you.

St. Joseph students take a virtual field trip



Courtesy
St. Joseph School instructor Mr Jeffrey Gruppiso assists eighth grade student Jack Dooner with a physics lab exploring energy efficiency.

WEBSTER — Although St. Joseph School students continue to participate in their classes remotely due to the COVID-19 pandemic, students in Grades 6 through 8 recently attended a field trip sponsored by Discovery Education and EA Sports. The field trip was a virtual activity; however, it brought the study of the

Measures of Central Tendency otherwise known as Mean, Median, and Mode to life. The lesson, planned and organized by St. Joseph School Math Instructor Jeffrey Gruppiso, began with the students viewing the Madden NFL Football by the Numbers Virtual Field Trip. The field trip took place at EA Sports Tiburon Studio

in Orlando, Fla., where some of the greatest minds in video game development hone their skills, analyze data, and create visually stunning gridiron action. Following the tour, Mr. Gruppiso utilized a simple Discovery Education sports combine activity and adapted it to his students. A sports combine is a combination of certain conditioning drills to determine speed, strength, and skill level. The St. Joseph School Sports Combine event developed by Mr. Gruppiso included the broad jump, vertical jump, 40-foot dash (in case students had space restrictions at home), shuttle run, and push-ups (in place of the 225-lb. bench press). The students were given the opportunity to complete each drill three times to achieve their personal best and were required to log their results on a data sheet after each attempt. They then submitted their top measurements through Google Forms. Using the compiled data, Mr. Gruppiso designed and taught a lesson on how to use basic formulas in Google Sheets to calculate Mean, Median, Mode. Finally, students created a bar graph to compare their individual results to the median from each category. Following April vacation, Mr. Gruppiso plans to have the students utilize the data they collected to create radar charts comparing the median.

Mr. Gruppiso joined the St. Joseph School Faculty in 2018 following 13 years at Bellingham Memorial Middle School, including 8 years teaching Honors Pre-Algebra. He is currently instructing sixth, seventh, and eighth Grade Math at St. Joseph School where the students enjoy his fun, hands-on lessons. Some of their favorite lessons include a Bungee Lab focusing on linear equations, learning about integers through card games, and using shadows to reinforce lessons on ratios and proportions. In addition, Mr. Gruppiso teaches 8th Grade Science where he helps students develop a strong grasp of the many mathematical concepts and formulas associated with the Chemistry and Physics curriculum. Mr. Gruppiso has also been instrumental in utilizing the MAP (Measures of Academic Progress) testing administered at St. Joseph School to help identify students that may need more assistance, regardless of achievement level. “I want to make sure all students are growing, even if they are meeting the expectations of the standards,” he stated. He then utilizes Khan Academy, an online learning resource, to customize assignments to his students’ strengths and weaknesses. Although Mr. Gruppiso originally set out to be a writer, his love of math drew him towards

marketing and advertising. However, his coaching career taught him that his true calling is working with young people. He has more than 20 years total coaching experience, including 10 years coaching basketball at the Jr. High/High School level in Bellingham. He just completed his second year as an Intramural Basketball Coach for students in grades two to four at St. Joseph School and will be rolling out the school’s new Cross-Country running program this coming fall. “Becoming a teacher was easily one of the best decisions I’ve ever made,” Mr. Gruppiso loves telling his friends and family. “I especially love teaching at SJS because the students want to be challenged and they take a genuine leadership role in their school and community.” Mr. Gruppiso resides in Webster with his wife Caron and dog Scruffy. Their children attend St. Joseph School; Sara is in the 8th Grade and Ryan is in the fourth grade. In his free time, Mr. Gruppiso is an avid runner and proud finisher of the Boston, Chicago, and Kona, Hawaii marathons. To read more news about the students, faculty, and staff at St. Joseph School check-out the school’s Facebook page or visit www.sjs-webster.com.

Nichols College supports student mental health

DUDLEY — When asked to describe Nichols College in one word, students often say “community” or even “home.” Being away from their campus home during the Covid-19 pandemic has changed how students interact with their community. It has also challenged administrators to find innovative ways to keep students virtually connected, not just to their coursework but to the services that ensure they remain both safe and sound during this time.

A special focus for the student life team at Nichols College has been on the continued mental health of students. Kate Logan, director of counseling services at Nichols, and counselor Brittany Henderson reacted quickly to the new virtual world by first creating an online teletherapy policy that meets all federal requirements.

“At first, we were overwhelmed by training and reinventing our counseling program online, but now it is feels good that we are able to continue to offer our services to the students,” says Logan.

They have developed a multilevel approach to ensure service availability to all students: conducting one on one appointments via video conferencing, with existing and new student clients; offering weekly virtual group drop-in sessions to discuss a topic related to coping during the Covid-19 crisis; integrating in the student community by offering a positive mental health tip in the daily student newsletter. No matter the format, the goal is to offer students tools and resources to cope with their specific experience related to Covid-19. For many, a form of grief counseling is needed, not just for the loss of a loved one, but for the loss of experiences, especially for students and athletes expected to graduate this May who have missed out on the activities of a traditional spring semester.

Logan and Henderson, who both started last fall at Nichols College, are proud of the relationships they have started to build with the students.

“It has been an adjustment to switch to virtual sessions, but I am thrilled to report that most of our students have maintained their counseling appointments,” remarks Henderson. “It is nice to see our relationships grow within the Nichols community. The ability to maintain our relationships and help our students through a challenging time in all of our lives is more rewarding than ever.”

School officials adjust to early closures

BY KEVIN FLANDERS
STAFF WRITER

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

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

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

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

The Department of Elementary and Secondary Education

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

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

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

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

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

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

State leaders also want to prioritize remote STEM learning to ensure that students don’t fall behind in this critical area.

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

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

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

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



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BRENDAN BERUBE
EDITOR

EDITORIAL

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

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

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

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

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

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

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

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

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

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

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

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

Sylvanus Wood, a minute man had

Turn To **EDITORIAL** page **A10**

VIEWPOINT

God is in control

Before time and space and matter ever began, there was a conversation in heaven.

“My Son, I want to give you a gift. But before You accept it, I will describe it and You must decide whether to accept this gift or not. It will be such a beautiful gift called “Cosmos,” a precious jewel among all we create. I will place as king over this creation a being that will be created in Our image and likeness. We will call this creature human.

“Thank You, Father,” the Son responded. “I accept this gift.”

“Wait. There is more. Things down on earth won’t go as we hope. These humans, since they are created in our image and likeness, have free will, and with their freedom they will rebel again Us, against the Cosmos, and even against each other. This separation from Us and from one another will destroy everything. The only way they can be saved is if YOU become one of them to show them the way of life and to teach them how to love.”

“I will gladly do this,” the Son responded

“But my Son, there is more. They will not accept You when you go to them. They will reject You. They will turn away from Your way of life. They will ignore Your teachings. Even one of Your closest friends will betray You and another will deny even knowing You. Your own people on earth will hate you, ridicule You, call You evil, spit upon you, whip you, crucify You, and put You to the most miserable death. Only by showing them what a perfect human being is, only by teaching them and revealing to them the true path of divine love, only by experiencing the entire human condition to the point of death, and only by destroying death itself through Your own death, only then will they find a path back to Us.

BEYOND
THE PEWS

BY FR. LUKE A. VERONIS
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Only then will they be saved. So, what do you think? Do you accept this gift?”

The Son, the second person of the Holy Trinity, let a single tear flow from his eye. He then smiled and said, “Let there be light!”

This story is paraphrased from a poem by Benedict Groeschel and helps describe the mystery of creation, of life in this temporal world and of death itself, of things eternal and everlasting. All this mystery is beyond our human understanding. We can use our finite minds to try and comprehend the Infinite, the Eternal One, but no matter how smart we are, no matter how hard we try, and no matter how much we progress as a society, we will always fall short in fully understanding the ways of God. As the Prophet Isaiah declared, “For my thoughts are not your thoughts, neither are your ways my ways,” declares the Lord. “As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts greater than your thoughts.” (Isaiah 55:8-9)

Yet in this Mystery of Life, even if we don’t fully understand it, we can know one thing for sure – God is in control. He created the universe and He sustains the world. No darkness or uncertainty, no death or destruction, no crisis or fear should ever take away this assurance. As we face a pandemic unlike anything we’ve seen in the past 100 years, and deal with the economic fallout of this ongoing calamity, we can find comfort in knowing that ultimately

God is in control.

Nothing happens outside the knowledge and will of God. For example, no matter how dark and unsettling things appeared during the Passion of Christ – especially with the betrayal of Judas, the rejection of Jesus by His own people, the hypocrisy and blindness of the religious leaders, the cruelty of the Roman soldiers, and the unfairness of the perfect man becoming a sacrificial lamb crucified on the Cross for an ungrateful world – nothing happened outside the knowledge and will of God.

God is in control. Jesus understood that He was a part of a greater divine plan to save the world. He understood that Divine Love will always conquer hatred and evil. Uncreated Light will always shine forth in the deepest darkness. Death can never have the final say over the Source of Life.

God is in control.

From our limited human perspective, sometimes it appears that evil wins out, sometimes it appears that hope has been lost, sometimes it appears that hatred is too great, sometimes it appears that life is too uncertain, sometimes it appears that death has the final say. Yet, we must never forget that our human perspective is limited. Our ways are not God’s ways.

God is in control.

Imagine if you were Peter or one of the other disciples of Christ. Your beloved Master was dead. Your dreams of a Messianic revolution ended. Your lives shattered and all meaning and direction lost. One of your 12 committed suicide and the rest felt terrible shame and guilt for abandoning their beloved Teacher. Yet, in the midst of their deepest despair, they experience the unthinkable. Mary Magdalene comes from

Turn To **BEYOND** page **A9**

Finding your joy
wherever you are

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

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

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

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

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

What is it you are looking for? You must be discerning at what you let into

your head and heart at times like these. I hear the talking heads arguing on TV and shut it off. I know there is pain and suffering for those needing to work but are prohibited. I know and grieve at the sickness and death at the hands of a virus we still do not completely understand. I don’t think anyone wants or is welcoming our current situation, but what purpose is served by dwelling on the negative?

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

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

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

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

Will you join me? ■

Gary W. Moore is a freelance columnist, speaker, and author of three books including the award-winning, critically acclaimed, “Playing with the Enemy.” Follow Gary on Twitter @ GaryWMoore721 and at www.garyw-moore.com.

Be mindful
of stimulus
scams



CHIEF’S
CORNER

STEVE
WOJNAR

The COVID-19 situation continues to result in several financial “scams.” Unsuspecting people can unwittingly become the victim of a larceny or identity theft. Some of the latest surround the distributions of stimulus monies being provided to people by the Federal Government (via the Internal Revenue Service). The IRS is providing some warnings for people that I wanted to bring to the reader’s attention.

According to the IRS, they have begun to distribute funds to people who have filed tax returns. This provides scammers with opportunities. Victims have been called, or notified electronically, and told they must verify their personal information for the transactions to be completed. For those who receive paper checks, victims may be convinced to sign over the checks to them. Generally, victims who are contacted are asked for their social security number, bank account information, and other personal data.

The IRS states, “they will deposit your economic impact payment into the direct deposit account you previously provided on your tax return (or, in the alternative, send you a paper check). The IRS will not call and ask you to verify your payment details. Do not give out your bank account, debit account, or PayPal account information - even if someone claims it is necessary to get your economic impact payment. Beware of this scam. With COVID-19 scams, they may urge you to pay this fake “debt” with your economic impact check. For those who receive an actual check, they may ask you to endorse it and forward to them for “payment of past debts.” If you receive a call, do not engage with scammers or thieves. Just hang up. If you receive texts or emails claiming that you can get your money faster by sending personal information or clicking on links, delete them. Do not click on any links in those emails.”

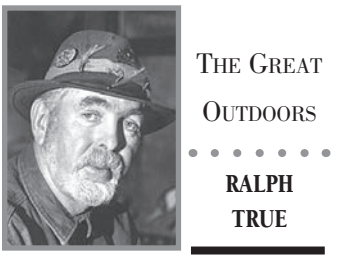
They also warn of “Reports about bogus checks. If you receive a ‘check’ in the mail now, it’s a fraud – it will take the Treasury Department a few weeks to distribute the payments. If you receive a ‘check’ for an odd amount (especially one with cents), or a check that requires that you verify the check online or by calling a number, it’s a fraud.”

The IRS reminds everyone they do not initiate contact with taxpayers by email, text messages or social media channels to request personal or financial information. Additionally, they do not threaten taxpayers with lawsuits, imprisonment or other enforcement actions. Being able to recognize these tell-tale signs of a tax scam could save you from becoming a victim. Visit IRS.gov or IRS.gov/coronavirus for the latest information. Some simple actions can allow you to make informed decisions and avoid becoming a victim.

Thanks again go out to the men and women from my department for their continued dedicated service to the Town of Dudley. Thanks also go out to the many Fire and Emergency Services members, public works and government employees, hospital workers, grocery and retail workers, and all other “essential” personnel for their continued hard work and service through this situation. We will get through this and hopefully we will be back in full swing soon, with as limited negative impact as possible.

Thanks again for your questions and comments. Please send them to me at the Dudley Police Department 71 West Main St., Dudley, MA 01571 or email at swojnar@dudleypolice.com. Opinions expressed in this weekly column are those of Chief Wojnar only and unless clearly noted, do not reflect the ideas or opinions of any other organization or citizen.





THE GREAT
OUTDOORS

RALPH
TRUE

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

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

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

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

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

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

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

claimed that the PH was not suitable for rainbow trout.

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

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

Turkey hunting opened this past Monday under dismal con-



Photo Courtesy

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

ditions.

This writer's column needed to be in by Sunday noon, so I do not have any reports from successful hunters! Send me some of your pictures for publication in this column. Send them to oldsalt.65@msn.com. There are five different species of turkeys throughout the United States, with most states having an annual bag limits at two or three birds. Alabama has an annual bag limit of five birds, with a predicted population of half a million turkeys and an annual harvest of only 1,000 birds. Massachusetts has raised there harvest limit this year to two bearded birds in

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

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

Take A Kid Fishing & Keep Them Rods Bending!

Planning a Summer Garden

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

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



TAKE
THE
HINT

KAREN
TRAINOR

clumps of flowers demand attention and this method of planting has long been a favorite of gardeners.

Another popular planting pattern is to "drift" flower varieties, which has been compared to painting the garden with a brush of color. Drifts can encompass waves of complementing bulb varieties bordering each other, or each flower drift can stand on its own, perhaps creeping across an incline or making its way along a stone wall. To ensure successful drifts, use a generous sprinkling of densely planted bulbs. Or, simply toss or scatter bulbs and plant them where they land for a natural meadow effect.

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

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

soil pH. Azaleas need a soil on the acid side. Alkalinity locks up iron needed for green color.

*Adding Epsom Salt to plants has been reported to enhance the color of blossoms and leaves, promote new flowers and fruit, improve the root system and improve the strength of stems. For roses: Sprinkle one teaspoon of Epsom Salts per foot of plant height and spread evenly around the base for better blos-

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

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

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

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

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

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

Planning where you want to create "splashes" of color in the garden also includes how dramatic a statement you want your plot to make. Plentiful

becomes the Risen Lord, and life will never be the same. This unfathomable miracle becomes the cornerstone of a new life, a new perspective on life, an eternal life with God.

When everything seemed dark and hopeless, God revealed once again that His ways are not our ways, and that ultimately, He is in control!

All Christians around the world are still in the Paschal Season, the 40 days following Easter when we still celebrate and participate in Christ's victory over death. We remember that we are never alone, that no darkness is greater than the Paschal Light, and that no event in history stands outside the will of the One "who is, who was, and who is to come, the Lord Almighty." May

we not forget this even in the midst of a once-in-a-century crisis. The coronavirus pandemic isn't outside the control of God. The economic fallout from this catastrophe isn't outside the control of God. And whatever happens to each one of us personally is not outside the control of God.

With faith in the Risen Lord, we can go forth in peace facing whatever tomorrow will bring. Don't allow any anxiety, fear, worry, or stress ever let you forget that Christ is Risen and God is in control!



BEYOND
continued from page A8

the tomb early Sunday morning with unbelievable news – she has seen the Risen Christ. Peter and John run to the tomb and find it empty, with an angel telling them "Why do you seek the living among the dead. He is not here. He is risen." Cleopas and Luke meet a stranger on the road to Emmaus and discover it's Jesus Himself. Even after Christ appears to the ten disciples in the upper room and upbraided them for their disbelief, Thomas still can't believe, and it takes another week for him to see the Lord, touch his hands and side, and finally proclaim, "My Lord and My God."

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Lush peonies add beauty and fragrance to early summer gardens



GARDEN
MOMENTS
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Set aside a sunny spot in your garden or landscape for a few easy-care, herbaceous peonies. These traditional favorites are treasured for their bountiful early summer flowers,

vigorous, shrub-like habit and amazing longevity. Peonies blend nicely with other perennials and are a good addition to both formal and informal garden designs. The peony’s sumptuous flowers and captivating fragrance have been admired by generations of gardeners. While many other plants come and go, peonies have staying power. The variety ‘Sarah Bernhardt’ was

been popular ever since. Its plush, pale pink flowers have silvery tips and open late in the peony season. To maximize your enjoyment, extend the peony season by growing an assortment of early, mid and late-blooming varieties. Choose wisely and it’s possible to have peonies in bloom for a month or more. If you live in an area with relatively warm weather, plant more of the early and mid-season varieties so the

to display their blossoms before the weather gets hot. Add variety to your peony display by including plants with different flower styles. Options include single, anemone, semi-double, double and bomb types. Herbaceous peonies also come in many beautiful colors, including white, cream, coral, pink, rose and dark red. Start the season off with a few of the earlier bloomers such as Coral Charm, Buckeye Belle, Festiva Maxima, Bowl of Beauty, Black Beauty, Purple Spider and Red Charm (longfield-gardens.com). Coral Charm’s lightly fragrant flowers are a unique blend of coral and cream. This semi double peony is the recipient of the American Peony Society Gold Medal.

The large double ruby red flowers of Buckeye Belle are displayed on compact plants that are the perfect size for perennial gardens. Pairing this peony with the snowy-white flowers of Festiva Maxima is a striking combination. Transition into mid-season with the heirloom variety Red Charm. Its long stems have few side buds, which makes it great for cutting. And the rose-like fragrance perfumes gardens and bouquets. For a completely different look, consider the fragrant, double bomb flowers of Lady Liberty. Its frilly inner petals are cream and apricot, and form a tight ball resting on a double row of flamingo pink petals.

Anemone-style peonies have frilly centers surrounded by a single or double row of larger petals. The variety Sorbet features layers of candy pink and cream petals.



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

OBITUARIES

Susanne Lavigueur Latour, 80



PIC
CLEARWATER, FL/ SOUTHBRIDGE- Susanne (Girard) Lavigueur Latour , 80, of Clearwater, Florida was granted her angel wings on

April 24th after a brief and courageous battle with cancer. Susanne is survived by her 4 daughters, Linda Downer and her husband Daniel of Southbridge, Gail Briggs and her husband Gary of Dudley, Lisa Stankard and her husband Michael of Waltham and Jill Congdon and her husband Kevin of Southbridge. She will fondly be remembered as “Rappin’ Grandma” by her 10 grandchildren, Edwin, Brett, Rico, Torey, Emily, Samantha, Sophie, Kirsten, Jessica and Charlie and affectionately referred to as “Gigi” to her 4 “greats”, Wes, Edwin III, Brody and Jonah. She leaves her sister-in-law Prudence Wood and her husband Theodore and 4 nieces. She was predeceased by her first husband of 37 years, Lawrence “Sam” Lavigueur, beloved second husband, Charles Latour, her daughter Denise Ortiz, her sister Diane Ricci and nephew Robert Ricci, Jr. Sue was born in Southbridge the

daughter of Armand and Beatrice (Hoffschir) Girard. She received her Associate of Science in Nursing becoming a RN in 1989, where she was ranked first in the nation on the NCLEX RN boards. The majority of her nursing career consisted of working at Harrington Memorial Hospital’s Pediatric Department in Southbridge and Fallon Healthcare in Auburn where she worked until her retirement. Sue was a devoted member of the Optimist Club, United Way, American Legion, volunteer at St. Catherine of Sienna Church and Morton Plant Hospital. It was her goal to spread optimism, positivity and “Live Life to the Fullest.” Sue loved to travel, sing karaoke, kayak, paint, write songs and stories, spend time with friends and most importantly spend quality time with her family, whom she cherished most. She touched the hearts of many. A graveside service for Sue in Old Notre Dame Cemetery and a Celebration of her life will be held at a later date. In lieu of flowers please make donations to St. Catherine of Siena Church, 1955 S Belcher Rd, Clearwater, FL 33764 or to the charity of your choice in Susanne’s name. www.morrillfuneralhome.com

William A. Stevens, 88



OXFORD – William A. Stevens, 88, of Dana Road, died peacefully on Monday, April 20, 2020, at Care One at Millbury. He is survived by his wife of 68 years, Floris M. (Stone) Stevens of Oxford; three children, Kenneth W. Stevens of the Philippines, Cheryl H. Stevens of Putnam, CT, and Julianne J. Dyer and her husband Edward of Worcester; four grandchildren, four great-grandchildren, and many nephews and nieces. He was predeceased by a son, Dwight A. Stevens who died in 2000; and nine brothers, and sisters, John Stevens, George Stevens, Arline Johnson, Eleanor Forcier, Alice Slingo, Phyllis Thurlow, Robert Stevens, Dorothy Stevens, and Ruth Stevens. He was born in Killingly, CT, son of the late Harvey M. and Ethel M. (Allen) Stevens, and lived in Charlton prior to moving to Oxford in 1954. He was a U.S. Marine Corps veteran of the Korean War.

Mr. Stevens worked at Kaman Aerospace in Moosup, CT, for 36 years, retiring in 1993. During retirement, he drove the senior van in Oxford. He was a dedicated veteran for many years as a member of the Oxford Memorial Honor Guard and the V.F.W. Post 5663 in Oxford. He was a member of the Oxford Lodge of Masons and the Grotto. Mr. Stevens was a member of the Huguenot Society in Oxford and the Order of the Eastern Star – Clara Barton Chapter. He enjoyed listening to country music, collecting CD’s, and genealogy. He loved his family more than anything and was well-loved by all who knew him. Due to gathering restrictions in Massachusetts, a private graveside service will be held at Westridge Cemetery in Charlton. A memorial service will be held at a later date at Oak Hill Bible Church in Oxford. In lieu of flowers, memorial contributions may be made to Oak Hill Bible Church, 40 Sacarrappa Rd., Oxford, MA 01540. Paradis-Givner Funeral Home in Oxford is directing the arrangements. paradisfuneralhome.com



How should Millennials respond to market decline?

The coronavirus crisis has unsettled every age group, as we are all worried about our health and that of our families and communities. And if you’re in the millennial generation, generally defined as anyone born between 1981 and 1996, you might also be concerned about your financial future, given the sharp decline in investment prices. How should you respond to what’s been happening? Your view of the current situation will depend somewhat on your age. If you’re an older millennial, you had probably been investing for a few years when we went through the financial crisis in 2007-2008. And you then experienced 11 years of a record bull market, so you’ve seen both the extremes and the resilience of the investment world. But if you’re a younger millennial, you might not have really started investing until the past few years, if you’ve started at all, so you’ve only seen a steadily climbing market. Consequently, you may find the current situation particularly discouraging, but this is also a lesson in the reality of

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investing: Markets go down as well as up. But no matter where you are within the millennial age cohort, you might help yourself by taking these steps: Enjoy the benefit of having time on your side. If you’re one of the younger millennials, you’ve got about four decades left until you’re close to retiring. Even if you’re in the older millennial group, you’ve probably got at least 25 years until you stop working. With so many years ahead, you have the opportunity to overcome the periodic drops in investment prices, and your investments have time to grow. And, of course, you’ll be able to add more money into those investments, too. Invest systematically. The value of your investments will always fluctuate. You can’t control these price movements, but you may be able to take advantage of them through what’s known as systematic investing. By putting the same amount of money at regular intervals into the same investments, you’ll buy more shares when the share price is lower – in other words, you’ll be “buying low,” which is one of the first rules of investing – and you’ll buy fewer shares when the price rises. Over time, this strategy can help you reduce the impact of volatility on your portfolio, although it can’t ensure a profit or protect against loss. Plus, systematic investing can give you a sense of discipline, though you’ll need to consider the ability to keep investing when share prices are declining. Focus on the future. You’re never really investing for today – you’re doing it to reach goals in the future, sometimes just a few years away, but usually much further out. That’s why it’s so important not to panic when you view those scary headlines announcing big drops in the financial markets, or even when you see negative results in your investment statements. By creating an investment strategy that’s appropriate for your risk tolerance and time horizon, and by focusing on your long-term goals, you can develop the discipline to avoid making hasty, ill-advised decisions during times of stress. As a millennial, you’ve got a long road ahead of you as you navigate the financial markets. But by following the suggestions above, you may find that journey a little less stressful. This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Please contact Dennis Antonopoulos, your local Edward Jones Advisor at 5 Albert St., Auburn, MA 01501 Tel: 508-832-5385 or dennis.antonopoulos@edwardjones.com.

EDITORIAL

continued from page A8

recalled something different, “he swung his sword, and said, ‘Lay down your arms, you damned rebels, or you are all dead men – fire!’ Some guns were fired by the British at us from the first platoon, but no person was killed or hurt, being probably charged only with gunpowder. The company immediately dispersed; and while the company was dispersing and leaping over the wall, the second platoon of the British fired, and killed some of our men. There was not a gun fired by any of Captain Parker’s company, within my knowledge.” While the British soldiers continued to search for supplies, the colonial militia was able to regroup in Concord where they later met the red coats at the North Bridge. The British were outnumbered this time and retreated to South Boston after losing several soldiers. Some say the Shot Heard Round the World happened on the bridge in Concord, while residents in Lexington have long said the first shot to kick off the revolution took place on their green. The phrase ‘Shot Heard Round the World’ was coined by author Ralph

Waldo Emerson 62 years after the battle. His poem, titled “Concord Hymn,” was about the Battle of Concord. By the rude bridge that arched the flood, Their flag to April’s breeze unfurled, Here once the embattled farmers stood, And fired the shot heard ’round the world” Some historians say that because the Battle of Concord was the first real American victory in the Revolutionary War, that shot, should be considered the one heard ‘round the world’. Other historians say that because the first shot took place in Lexington, that should be the famous “shot heard ‘round the world.” In his diary, Paul Revere wrote about the battle, “I heard the report, turned my head, and saw the smoke in front of the British troops, they immediately gave a great shout, ran a few paces, and then the whole fired. I could first distinguish irregular firing, which I suppose was the advance guard, and then platoons. At the time I could not see our Militia, for they were covered from me, by a house at the bottom of the street.”

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OBITUARIES

Joseph J. Gietek, 71

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

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

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

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

Anthony Tivnan, 77

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

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

Daniel T. Phillips, Sr., 52



WEBSTER - Daniel T. Phillips, Sr., 52, died unexpectedly Thursday, April 23, 2020 at his son's home.

He leaves his mother and stepfather, Hannah (Bienczak) Sachs and Maurice Sachs of Worcester; a son Matthew R. Coburn and his fiancé Laura Bilodeau of Plainfield; 3 other children; a grandson, Tucker Daniel Coburn; 2 brothers, Charles R. Phillips of Gloucester and Adam F. Phillips and his fiancée Breanne Giard of Webster; 4 sisters, Rainbow McBride of Oxford, Cathlene Mahoney of Yucca, AZ, Rebecca Fortin of Canterbury, CT, and Alice F. Phillips

of Woodstock, CT; nephews and nieces. He was preceded in death by his beloved son Daniel T. Phillips, Jr. in 2015.

He was born in Putnam, CT on September 8, 1967, a son of Charles G. Phillips who died in 2006. He lived in Webster most of his life.

Mr. Phillips was a truck driver for many years. He loved Harley Davidsons and hot rods, especially the Camaro. He enjoyed rebuilding classic cars.

Funeral services will be held privately, with burial in Windham Center Cemetery. There are no calling hours. Arrangements are under the direction of Sitkowski, Malboeuf & Hickey Funeral Home, 340 School Street, Webster.

www.websterfunerals.com

Gerald A. Holtenhoff, 82



WEBSTER - Gerald A. "Jerry" Holtenhoff, 82, died Monday, April 20, 2020 at St. Mary Health Care Center, Worcester after a period of declining health.

Jerry was born on November 5, 1937 in Milwaukee, WI, to Albert and Cecelia (Jensen) Holtenhoff. He spent his early years growing up in Chicago and Milwaukee. After earning a bachelor's degree from Marquette University, Jerry went on to the University of North Carolina at Chapel Hill to receive a master's degree in Urban Planning. After returning to Wisconsin, Jerry began a 25-year career in city planning with the City of Milwaukee, City of Portland, Maine and later, the City of Marquette, Michigan. It was during his time on the shores of Lake Superior where Jerry's career and life took a delightful turn.

With a reaffirmation of his faith, Jerry responded to a calling to use his talents in a more personal way. He went back to school, completing a master's degree in Theology from the Franciscan University of Steubenville in Ohio. From there, Jerry went on to live his faith and become the coordinator of the religious education programs at the Sacred Heart of Jesus Parish in Webster, MA, a position he held for over 20 years.

Always curious and open-minded, Jerry had many interests. He had a savant-like knowledge of geography and was always quick to draw maps or

pepper friends and family with obscure geographical facts. He enjoyed hiking the White Mountains and held a lifelong affinity for The Great Lakes, especially summer visits to Georgian Bay with his family.

However, his favorite pastime was music, especially listening and dancing to polka. In Milwaukee, he founded the local polka band 'The Metropoles' where he utilized his conversational German and Polish language skills as a singer / drummer. Later, as a weekend DJ in Portland, he created the popular 'Rhythms Around the World' program playing Greek, Irish, Polish, among other cultural music. His DJ skills were also on display in Kewaunee County, Wisconsin where the majority of his listeners were cows who (studies say) produced more milk while listening to polka music.

Jerry was purposeful in his pursuits, humble in his accomplishments, and modest in his living. He was always 'at the ready' to engage in deep discussion about life's larger matters as easily as he was at slipping into light and playful banter, enjoying a good heart-felt laugh with family and friends.

He leaves a daughter, Krisan Holtenhoff of Portland, Maine; a son, Marc Holtenhoff and his wife Karen of Toronto, Ontario; and 3 grandchildren.

A memorial Mass will be held at a later date. In lieu of flowers, donations in his name may be made to the Alzheimer's Association, 225 N. Michigan Ave. Floor 17 Chicago, IL 60601.

www.scanlonfs.com

George A. Livernois, 71



SOUTHBRIDGE- George A. Livernois, 71, died peacefully Tuesday April 21, 2020 at his home surrounded by his family. He leaves his beautiful and loving wife of 51 years, Claudia (Piche) Livernois. They were married Sept 1, 1968. He is survived by their 3 sons: Douglas of Leesville, SC, Daniel and his wife Beth of Dudley, and Matthew and his wife Sarah of Charlton; his grandchildren: Terri, Stevie, Zachary and Grayson. He leaves his brothers David of Southbridge, Paul of Port Richey, FL and sister Diane of Putnam, CT. George was predeceased by his brother Mark.

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

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

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

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

Rev. Camillus Thibault, A.A.



WORCESTER - Reverend Camillus Thibault, A.A., 90, died Saturday, April 18, 2020 in Saint Mary Health Care Center after a period of declining health.

Besides his fellow Assumptionists, he leaves a sister, Aline Bourdeau of Millbury; 8 nephews and nieces, 20 great-nephews and great-nieces; 5 great-great-nephews and nieces, several cousins and many former students from Assumption College who still maintained contact with him. He was preceded in death by 3 brothers, George, Armand and Henri Thibault, 4 sisters, Rita and Cecile Thibault, Marie Gaudette, and Sr. Annette Thibault S.S.J. of Carondelet; and 2 brothers-in-law, Roger Bourdeau and Victor Gaudette.

He was born on April 26, 1929 in Nashua, NH, a son of Henri and Virginie (Laverdiere) Thibault. He earned a Bachelor of Arts Degree from Assumption College and completed theological studies at Laval, Quebec and Lormoy, France. He was awarded a Master of Arts in French from Fordham University and later completed studies at the Georgetown Language Institute.

He professed his first vows on September 8, 1950 in Quebec and was ordained priest on March 17, 1956 in Lormoy by Bishop Leclerc.

Father Camillus was first assigned to teach at the former Assumption Preparatory School. He then served at Our Lady of Esperanza Church in 1957 and at Our Lady of Guadalupe Church from 1958 to 1960. He was then named vice-rector of Our Lady of Lourdes Minor Seminary in Cassadaga, NY from 1960 to 1967, where he taught French. He was a professor at Assumption College from 1967 to 1972. He became the pastor of Imperatriz Church and at Casa Manuel, both in Mexico, from 1978 to 2005 where he was the superior of the community and involved in the formation of young religious. He then served at Saint Anne's Church in Sturbridge before moving back to Worcester.

His funeral will be held privately at this time. A memorial Mass will be announced in the future. Donations in his name may be made to the Assumptionist Retirement Fund, c/o Assumptionist Center, 330 Market Street, Brighton, MA 02135-2100. Arrangements are under the direction of Sitkowski, Malboeuf & Hickey Funeral Home, 340 School Street, Webster.

www.websterfunerals.com

Faith E. Caron, 94

OXFORD - Faith E. (Martocci) Caron, 94, of Oxford, MA, died peacefully Saturday, April 25, 2020, at Shrewsbury Nursing and Rehabilitation Center in Shrewsbury, MA. She is survived by three children, Joseph E. Caron of Oxford, June M. Caron of North Oxford and Kathleen E. (Caron) Jones of Modesto CA. She also leaves many nieces and nephews, a son-in-law Roger J. Jones, a brother-in-law Leo Martella and a sister-in-law Marion Martocci.

Faith was predeceased by her husband of 57 years, Edouard J. Caron, who died in 2005. She was also predeceased by six siblings, Anna "Rita" Meola, Mary Martocci, Joseph Martocci, Patricia McCormick, Sabina Martella and Roderick Martocci.

Faith was born in Worcester, MA, daughter of the late Rocco and Catherine (Carey) Martocci and lived

in Oxford for 65 years. She worked at her aunt's business Marie's Direct Mail in Worcester from her high school years until retirement.

Faith enjoyed going for walks and outings as well as reading, playing cards and visiting with family and friends. She had a special way with children and was widely known as "Aunt Faith". She was a member of St. Roch's Church in Oxford and had a deeply devotional prayer life steeped in her religious tradition.

Due to gathering restrictions in Massachusetts, a Mass at St. Roch's Church and burial at St. Roch's Cemetery will be held privately. In lieu of flowers, memorial contributions may be made to a charitable organization of your choice.

Paradis-Givner Funeral Home in Oxford is directing the arrangements.

Joyce D. Snyder, 90



O X F O R D / CHARLTON - Joyce D. (Pelletier) Snyder, 90, died Wednesday, April 22, 2020, at Care One of Millbury, from complications of COVID-19. She was predeceased by her husband of 48 years, Warren F. Snyder of Oxford who died in 1998; a son, Steven D. Snyder of Oxford who died in 1972; and a grandson, Timothy S. Parker who died in 1977. She is survived by three children, Donna A. Parker and her husband Peter of Charlton, John W. Snyder and his wife Monique of Charlton, and James M. Snyder and his wife June of Oxford; her sister, Patricia H. Metcalf and her husband Robert of Oxford; six grandchildren, Leigh, Michael, Sarah, Stacey, Madison, and Carly; and one great-granddaughter, Amelia. She was born in Worcester, daughter of the late Oliver Pelletier and Helen (Pavlak) Marsh, and lived most of her life in Oxford before moving to Charlton in 1996.

Mrs. Snyder worked at Cherry &

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

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

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

paradisfuneralhome.com

Rita Blaine, 94

DOUGLAS- Rita (Royer) Blaine age 94 passed away Monday, April 20, 2020 at Care One, Millbury. She was the wife of the late Edward Blaine. He leaves two brothers, Joseph Harvey Royer of Uxbridge and Joseph Charles Royer of Millbury and a sister Marie Theresa Bingham of Uxbridge.

She was born in Northbridge daughter of the late Charles Royer and Maria (Lamontagne) Royer and lived in Millbury for the past 10 years prior to that living in Florida. She worked

for many years for the MA Division of Employment Security.

There are no calling hours and all services are private. Please omit flowers and donations may be made to a charity of donors Choice. The Shaw-Majercik Funeral Home, 48 School St., Webster has been entrusted with her arrangements. A guest book is available at www.shaw-majercik.com where you may post a condolence or light a candle.

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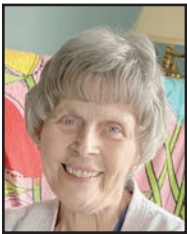
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OBITUARIES

Linda F. Faneuf, 71



Linda F. (Lewin) Faneuf, 71, peacefully passed away on April 19, 2020, at home with her family by her side after fighting the most courageous 16 year battle with breast cancer. She leaves behind her daughter Lori, her son-in-law Joe and her granddaughter Kaitlyn McCassie, all of Oxford. Her beautiful mother, Mary Lewin and loving sister, Gail Johnson, both of New Bedford. Her amazing, always by her side best friends and in-laws, Lynne & Billy, Carol & Eddy, June, and David Faneuf, a sister-in-law Nancy Lewin, her special friend Danny Hassett, her Best Ladies, many supportive nieces and nephews and many other loving family and friends.

The party that welcomed her home included, her late husband Richard Faneuf; her father Raymond Lewin; two brothers, Mark and Kevin; her two mothers-in-law, Elsie and Gloria amongst many others.

Linda loved being with her family and friends, having “the kids” sleepover, being a nurse, being the party hostess, giant cookouts, “walking people to the door”, hugs and kisses, squeezing cheeks, and embroidering. She recently picked up a few new hobbies such as riding on a motorcycle, doing Paint Nites, Girl Scout Camps, Oxford Women’s Club and playing hand and foot with her Monday card ladies. Most of all, she loved spending these last 2 years with her granddaughter Kaitlyn. They were undeniably the light of each other’s lives.

Her famous line “wait a minute” will always resonate with those that knew her well.

She was a graduate from New Bedford High School and then received her RN from Quinsigamond College, followed by her Bachelor’s Degree at Worcester State. Her first assignment as a nurse was at Lemuel Shattuck Hospital where she met her loving husband of 44 years. Linda and Dicky met

while she was a nursing student and he was the patient. It’s a true love story where she knew he may never walk again, but that didn’t stop her. She let love prevail and they shared an amazing life together. That’s the kind of person Linda was. She was a beautiful human being and the ultimate nurse and caregiver at heart.

She later retired from Rutland Heights Hospital after 23 years when it closed its doors. She then worked at the TCC Unit at Hahnemann Hospital, University Commons, as a Per Diem Agency Nurse, followed by the Meadows in Leicester where she was forced to suddenly retire in 2009 when she relapsed into stage 4 metastatic breast cancer. Linda’s passion for being a nurse and helping others didn’t stop there. She continued to do that everyday in whatever aspect she was able to until the day she left us. She always saw the best in every situation and poured her full heart in to everything she did! She was an amazing woman, wife, mother, “pseudo-mom”, Aunt, Nana, and friend to many. She will be surely missed every day and never ever forgotten.

The family would like to thank Dr. Tony Samaha, Shelley, Anita and Yen specifically. You have been truly amazing! We would also like to thank the other doctors, nurses, and staff in the Oncology Department at Reliant Medical Group, the Jewish Healthcare Hospice who was by her side at the end, as well as the many departments that assisted Linda through her illnesses. Thank you for giving us the time that we had together!

Due to the Covid19 pandemic and the safety of everyone, we will not be having any services at this time. Please be sure to check out the photo slideshow and sign the guest book at paradisfuneralhome.com for the family to read and keep as a keepsake. Any donations and memorial contributions may be sent to the JHC Hospice 646 Salisbury St. Worcester, Ma 01609.

Paradis-Givner Funeral Home in Oxford is directing arrangements.

Michael R Standrowicz, 63



Michael R Standrowicz, age 63, of Webster died unexpectedly Wednesday, April 22, 2020 at his home in Webster. Michael was born December 31, 1956 in Webster, MA.

He is the son of the late Raymond and Marjorie C (Arel) Standrowicz.

He is survived by ; his mother Marjorie C (Arel) Standrowicz; two sisters: Lisa Lavoie of Dudley, MA and Cheryl Kopas of Worcester, MA, and one brother: Steven P Standrowicz of Hermosa Beach, CA; Uncle Mike will be missed by his niece and nephews Katie and Eric Lavoie, Jan Adam

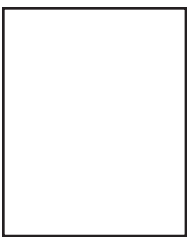
and Anthony Kopas Garrett and Chad Standrowicz. His Former wife and close friend Linda Sellig Slap

He lived in Dudley for many years a member of the first class to graduate from SHRHS in 1974.

He was employed by Kidder Stacey as Machinist for many years. Mike loved the beetles and playing his guitar. From a young age he was A Fan of New York Yankees

A celebration of life will be held after the pandemic restrictions are lifted. Bartel Funeral Home & Chapel 33 Schofield Ave. In lieu of flowers donations in Mike’s memory may be made to the Webster-Dudley Boy’s and Girls Club 55 Oxford Ave. Dudley, MA 01571 Dudley is assisting the family .www.bartelfuneralhome.com

Rhonda L. Doney, 55



OXFORD – Rhonda L. (Crosby) Doney, 55, of Old Howarth Road, died peacefully and comfortably on Friday, April 17, 2020, at St. Vincent Hospital in Worcester with her family by her side.

She is survived by her husband, Mark R. Doney of Oxford; two sons, Keenan J. Doney and Braden C. Doney, both of Oxford; two brothers, Jeffrey Crosby of Natick and Paul Crosby and his partner Sharon Dawes of Mendon; a sister, Kathy Gurley of Marlborough; several aunts, uncles, nieces, nephews, and cousins; and many friends, including Pat Hokanson of Oxford. She was predeceased by her brother Mark Crosby who died in 2018. She was born in Framingham, daughter of the late Curtis and Winifred (Keenan) Crosby, and lived in Framingham before moving to Oxford in 1995. She graduated from Keefe Technical High School in Framingham in 1982.

Mrs. Doney worked in the cafeteria and snack shack at Oxford High School for 12 years. She loved working at the high school and interacting with the students. Her greatest joy was her family and spending time with her boys. She will be remembered as a happy, positive person who enjoyed doing things for others, being a great friend, and being the best mother.

Rhonda was an amazing woman and devoted mother. She changed the lives of many students at Oxford High School. She was the glue that held everything together and will be greatly missed by all who knew her.

Due to gathering restrictions in Massachusetts, a celebration of her life will be held at a later date. In lieu of flowers, memorial contributions may be made to the Keenan and Braden Doney Memorial Fund, c/o Hometown Bank, 31 Sutton Avenue, Oxford, MA 01540. Paradis-Givner Funeral Home in Oxford is directing the arrangements.

paradisfuneralhome.com

Ruth C. Lindblad, 92

SPENCER- Ruth C. (Brown) Lindblad age 92 passed away Monday, April 20, 2020 at Tatnuk Park, Worcester.

She was the wife of the late Roland Lindblad who died in 1989. She leaves a daughter Darlene Granger and her husband Robert of Spencer, a son Russell F. Lindblad and his wife Sandra, grandchildren; Scott Lindblad, Brandon Granger, Kristen McArtor and Syndi Lyn Luciano.

She was born in Charlton daughter of the late Elmer Brown and Marion (Anthony) Brown and living in Boynton Beach, Florida and Denisport, Cape Cod. She worked at Worcester

City Hospital where she was a registered nurse. She also had her Master’s Degree in Nursing. Their are no calling hours, services are private and burial in. Please omit flowers and donations may be made to the Shriners Children’s Hospital, 516 Carew St., Springfield, MA 01104. The Shaw-Majercik Funeral Home, 48 School St. Webster has been entrusted with her arrangements. A guest book is available at www.shaw-majercik.com where you may post a condolence or light a candle.

Mary E. Wright, 93



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

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

She graduated from Radcliffe College in 1949, and went on to receive her Masters in Social Work from Boston

University in 1954. Her successful career included helping delinquent teens and surveying nursing homes and hospitals for the state of New York. Having spent most of her life in New England and New York, she and Brooks also enjoyed many years in Arizona and New Mexico. Betty was an avid gardener. She also enjoyed sewing, knitting, weaving, oil painting and pastels. Most of all she loved to travel the world with Brooks, and then host dinner parties to share their adventures with friends. She had a passion for helping teens with family planning, education and development.

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

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

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

Norman B. Lavoie

Norman B. Lavoie passed away peacefully at home on Wednesday April 22nd. His wife of 62 years, Esther R. (Piechota) Lavoie, died in 2016.

Norman leaves his daughter Jayne E. Dodge and her husband Bruce of Dudley; and his son Brian E. Lavoie and his wife Lisa of Dudley. He also leaves 4 grandchildren Matthew Dodge and fiancée Kendra, Chelsea Aiudi and husband Anthony, Katie Lavoie, Eric Lavoie and 2 great grandchildren Grayson and Zoe.

Norman was the son of Edward and Doris (Daigle) Lavoie. He graduated from Bartlett High School in Webster.

Omer J. Garrepy, 82



DUDLEY – Omer J. Garrepy, 82, of Ziembra Road, died Tuesday, April 21, 2020, peacefully at home in his sleep. He is survived by his wife of 57 years, Elaine M. (Parker) Garrepy of Dudley; four children,

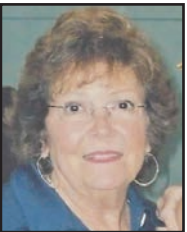
Stephen M. Garrepy and his wife Diane of Dudley, Michael W. Garrepy and his wife Ellen of Warren, Suzanne M. Putis and her husband Bill of Charlton, and Jeff S. Garrepy and his wife Stacy of Charlton; ten grandchildren, Nick, Phil, Natasha, Heather, Zane, Jake, Zaccarie, Samantha, Brooke, and Haleigh; five great-grandchildren, Leah, Audrey, Jace, Wesley, and Tenley; and many nephews and nieces. He was born in Worcester, son of the late Omer J. and Agnes M. (Snay)

Garrepy, and lived in Oxford before moving to Dudley in 1968.

Mr. Garrepy was a concrete truck driver for over 30 years, retiring from Aggregate/Dauphinais Concrete in Grafton in 1998. He will be remembered as a hard-working man who enjoyed hunting, fishing, gardening, and snowmobiling. He loved taking trips to the beach with Elaine and fishing on his boat on Lake Ontario.

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

Patricia Brousseau, 79



Patricia Brousseau, 79, of Dudley, passed away peacefully in her daughter’s home, on April 17, 2020, after a short illness; she is survived her loving husband, Roger Brousseau, and family including her

daughter Lori Kasik, and husband, Mike, daughter Lynn Gion, and husband Dan, her grandchildren Chad Kasik and his wife Amy, Ryan Kasik, Danny Gion, and Chelsea Gion; she also leaves behind her two brothers Vincent Menzone and his wife Joan, and Donald Menzone, all of Dudley, with whom she was very close, as well as nieces, nephews, life-long friends and neighbors, whom she adored.

Patty was born in Dudley, the daughter of the late Vincent and Dolores (Plasse) Menzone. She was a lifelong resident of Dudley.

She was a hairdresser for over 40 years, first starting her career in Webster and then fulfilling a dream of

becoming self-employed, with her own salon, The Hair Loft, in Quinebaug CT.

Patty was a great cook, and especially enjoyed creating Italian feasts in her home, to share with family and friends, with homemade pasta, meatballs, and of course her homemade sauce.

Patty was also an animal lover and rescued both cats and dogs over the years; she most enjoyed time spent with family and cherished her weekly breakfast get-togethers with her brothers Vin, Don and sister-in-law Joan. Patty was happiest spending time with family; she was a selfless, loving mother and grandmother, who always put her family first. Patty was also a loyal Patriots fan and enjoyed weekly get togethers to watch the game with family.

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

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

Zachary T. Silva, 25



BROOKFIELD- Zachary T. Silva, 25, died suddenly on Saturday, April 18, 2020.

He leaves his parents Brian and Debra Silva of Brookfield; a brother Ethan Silva of Brookfield; his paternal grandparents Robert and Ruth Silva of Oxford; his maternal grandparents Earle and Phyllis Allen of West Brookfield; the love of his life Katie and her son Carter of Brimfield; many aunts; uncles and cousins.

He was a 2012 graduate of Tantasqua Regional High School in Sturbridge.

Zachary worked as a Solar Technician for Bright Planet Solar of Auburn and previously for Crane Construction for many years. He was very hardworking.

Zachary was a friend to everybody and he would give the shirt off his back. He enjoyed being outdoors, going fishing, hiking, riding dirt bikes, and had a passion for cars. He especially loved spending time with his family and friends. He will be missed by so many. Our hearts are broken.

Due to COVID-19 a Celebration of Zach’s life will be held at a later date and time to be announced. Arrangements are under the care of Pillsbury Funeral Home 3 West Brookfield Rd. Brookfield.

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 Frpld Granite Kit w/Updated Cabinets, Frpld Din Rm w/Built-in China Cabinet & Butler Closet! Gracious Foyer! Spacious Frpld 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 Pine St! 5 Rm Ranch! Original Owner! Quaint Eat-In Kit! Formal Din Rm! Spacious Liv Rm w/New Picture Window! Fam Rm w/Views to Private Back Yard! Mudrm! Huge Deck! Buderus Oil Heat! 2 Car Garage! New Septic! Vinyl Sided! Newer Windows! Solar Panels! **\$239,000.00**

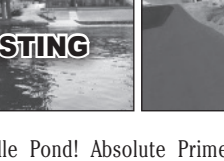
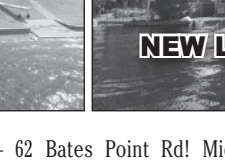
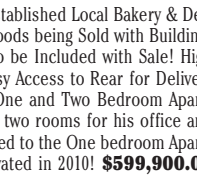
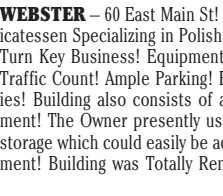
DUDLEY – 231 Dresser Hill Rd! 8+ Rm Custom Built 3 Bdrm, 3 Bath Split Set On 2.63 Acres Professionally Landscaped w/Panoramic Views of Nichols College at a Distance! Stamped Concrete Walk Leads to the Transom Side Light Door Entry! Custom Granite Kitchen w/SS Appliances including Gas Range! Dining Area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

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



WEBSTER – 9 Lake Parkway! Extremely Conveniently Located just off Exit 1 of 395! Loads of Potential! 6 Rm Cape! 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 – 132 Southbridge Rd! 5 Rm Bungalow! 2.21 Acres! Enjoy Nature and Kayak right from your Backyard! Eat-in Kit w/Pantry! Frpld Liv Rm w/Hrdwds & Bay Window! Din Rm or Fam Rm w/Hrdwds & Ceiling Fan! Full Tile Bath w/Tub/Shower Combo! Master Bdrm w/Walk to Wall Carpet! Second Bdrm w/Wall to Wall & Ceiling Fan! Walk-up Attic w/Potential for Additional Living Space! 3 Season Porch w/Natural Woodwork! Recent Roof! Recent Oil Steam Heat! New Septic & being Well Installed! Plenty of Parking! **\$179,900.00**

WEBSTER LAKE – 62 Bates Point Rd! Middle Pond! Absolute Prime 51' Level Waterfront Lot w/Western Expo! Beautiful Sunsets! Fantastic Panoramic Lake Views! 11 Rms, 6 Bdrms, 4 Bathrooms, 3,269' A/C'd Colonial! Custom SS 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! Frpld Lower Level Fam Rm! 1st & 2nd Flr Laundries! 2 Car Garage! **\$1,199,900.00**

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



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

WEBSTER - 8 MAPLE ST



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

LAND

WEBSTER/OXFORD/DUDLEY/DOUGLAS

Dudley - Marshall Terrace 12,000 +/- Sq. Ft. Potential for a 2 family to be built! Town Water, Sewer. **\$70,000**
Douglas-Mount Daniels Lot #2 2.5 Acres of flat land that abuts Douglas State Forest **\$132,900**
Webster - Potential 6 Buildable Lots! Water/Sewer Access, Zoned Lake Residential **\$129,400.**
Webster - 85 Upper Gore! View of the Lake. 1+ acre, 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



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N. Brookfield - Stoddard Rd - Custom ranch on over 5 acres. 2,390 sq ft, 3 bdrm, 2 ba. Gourmet kitchen w/ prep island, breakfast bar & nook, walk in pantry, gas stove, SS appliances, crown molding, 9' ceilings, hardwood flooring, stone fireplace livingroom. Mastersuite w/ private bath & walk in closets. 16X24 detached workshop. **\$535,000**

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LOANS

continued from page A1

“The program was designed to protect people’s jobs and wages while maintaining their connectivity to the workplace, and it did exactly what it was meant to do,” Fields said. “For the next eight weeks, it saved those jobs and those paychecks.”

The Small Business Administration’s Paycheck Protection Program (PPP) is a small business stimulus program included in the federal government’s recently enacted \$2.2 trillion Coronavirus Aid, Relief, and Economic Security (CARES) Act. The PPP provided an initial \$349 billion for SBA lenders like bankHometown to fund loans to businesses on a first-come, first served basis in order to guarantee eight weeks of payroll and other costs to help businesses remain viable. Funds were exhausted in less than two weeks, but Congress is expected to provide an additional funding capacity though the timing is uncertain. To qualify, businesses must have 500 or fewer employees and demonstrate that they have been negatively affected by the Coronavirus. If used for payroll and other qualifying expenses, the loans are forgivable.

The program also helped bankHometown customer Accord Adult Day Center provide full-time pay to all 38 of its furloughed nurses, activities directors, CNAs, and other employees who worked at its Webster and Wareham facilities. Executive Director and Owner Joseph Rizzo said that with no revenue coming in, the pandemic has been “devastating” for his business.

“Without the PPP funding, we would have been in trouble by the end of June,” he said. “Now at least during this short window, we can keep moving



bankHometown President and CEO Robert J. Morton with Wormtown Brewery Managing Partner David Fields.

forward and sustain ourselves a little further out.”

Rizzo called the PPP funding he received through bankHometown a “lifeline that has made a big difference” to his business, his staff, and his clients who come from communities across south central Massachusetts and northeastern Connecticut and who are elderly or living with disabilities. In addition to funding full pay for all of Accord’s employees through June, Rizzo said the PPP has already allowed him to welcome back a small group of staff to work on a rotating basis to provide services to clients using a remote services model.

“With telehealth services, we’re able to check in on our clients and find out if they’re at risk in their homes, whether they need anything medically or need food, and know they’re able to interact with people,” Rizzo said. “It’s modified ser-

vices without the brick-and-mortar, but without the PPP funds, we would not have been in a position to offer any of it.”

Rizzo also said his staff has created opportunities for clients, who he said are like family, to reintegrate with the facility and reconnect with staff—even leveraging the organization’s social media pages

“We’re offering ‘take-out activities’ where we post a demonstration on our Facebook page and have them drive to our facility to pick up a baggie with the activity all put together,” Rizzo said. “Our clients think it’s awesome. They like the connection so we’re trying to build and sustain it while they can’t be here.”

bankHometown’s commercial lending teams worked tirelessly to submit applications on behalf of hundreds of its small business customers like Wormtown and Accord, know-

ing that for many business owners, timing was critical.

“These are trying times, and we understand the financial situation our customers are facing and the negative impact it can have on their business, the staff, and the community,” said bankHometown President and CEO Robert J. Morton. “We’ve moved quickly to get these funds in our customers’ hands so they can meet all of their obligations. As a community bank, this is what we do and I’m proud of our ability to help local organizations like Wormtown and Accord,” he said.

Rizzo said his long-standing relationship with bankHometown commercial loan officers Todd Donohoe and Michael Mahler made the application process very easy, noting that bankHometown was able to provide funding in a matter of days.

“We’re a big supporter of bankHometown and they’re

a big supporter of us,” Rizzo said. “They understand us, and what our business and our people need is important to them. That’s why I value our community banking relationship.”

“It was remarkably easy to work with bankHometown on the PPP,” Fields added. “Their communication at all levels was incredibly proactive and their responsiveness was just as high.”

Fields also noted that program funding better positions Wormtown for when normal operations resume, stating that the company will be better prepared to drive its business forward through continued innovation, promotional programs, and additional employees—something that would have been impossible without PPP funding to bridge the gap. However, he and Rizzo both agree that the business environment post-COVID-19 is uncertain and are preparing their companies for a potential longer-term impact.

“When will people be comfortable resuming normal activities and returning to crowded bars and restaurants? We just don’t have a handle on that yet,” Fields said, noting that businesses may need to continue making accommodations to keep patrons socially distanced for some time. “For now, at least we can continue making great beer for central Massachusetts, while preparing for the worst and hoping for the best.”

“Our clients are high risk, so people will need assurance that’s it’s OK and that it’s safe to come back, even if things open up in June,” Rizzo said, adding that he expected to be at a lower capacity for some time. “But I can only control what I can control, and the PPP allowed me to retain control at least for a short period of time.”

NICHOLS

continued from page A1

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

es once more.

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

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

WILLARDSON

continued from page A1

blood, especially if you have [type] AB.”

Selectmen praised him and Health Agent Jen Sullivan for “shin[ing] in this dark hour.” Ironically, the pandemic shutdown of the schools – now for the rest of the school year, per the governor’s order – means the schools can start work on replacing the high school boilers earlier than planned.

Beyond that, thought, the economics don’t look good. He noted the federal CARES Act did not include any direct money for local governments (nor does the more recent stimulus bill), and the state recently released new, greatly decreased tax collection figures. Like many towns, Webster relies on state aid for more than 25 percent of its budget; Willardson said he hadn’t yet seen new local aid numbers, but expects them to “go down quite a bit.” At the same time, he predicted an increase in unemployment claims, particularly from substitute teachers.

Overall, he guessed the budget might need more than \$1 million in cuts, but said, “I feel pretty confident we won’t get to the point” of cutting staff.

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

St. Joseph School congratulates Students of the Month

WEBSTER — Congratulations to the following students who were selected as February Students of the Month at St. Joseph School in Webster.

Pre-K 3 year old – 2 day Program: Evan Walker

Pre-K 3 year old: Landon McGrail
Pre-K 4 year old program: Mia Reed
Kindergarten: Aniyah Asare
Grade 1: James Miranda
Grade 2: Jacob Lopez
Grade 3: Jake Martin
Grade 4: Ryan Gruppiso
Grade 5: Cadence Benes
Grade 6: Isabella Mello
Grade 7: Krystian Kowalczyk
Grade 8: Robert Broden

Students are awarded Student of the Month for their outstanding exemplification of Religion, Respect, and Responsibility.

Keep up the great work!

EARTY DAY

continued from page A1

Day events and in order to maintain grant funding they must hold an Earth Day program by mid-September. The town currently has T-shirts acknowledging the 50th anniversary of Earth Day in stock as well as around 400 trash bags saved from the previous year. Zajkowski said the town is not losing any money due to the postponement but

needs to show an investment in Earth Day prior to the September deadline.

In addition to Earth Day, the animal vaccination program planned to run concurrently with the cleanup has also been postponed indefinitely. While this program is not required to take place with Earth Day activities, the town scheduled them together for convenience. As of now, that program will also be rescheduled to a later date.

LEGALS

DEPARTMENT OF ENVIRONMENTAL PROTECTION WATERWAYS REGULATION PROGRAM

Notice of License Application pursuant to M. G. L. Chapter 91 Waterways License Application Number X286037
Pier/ Dock Construction
***NOTIFICATION DATE:** _____
Public notice is hereby given of the application by **Cedar Cove, LLC** to maintain an existing or construct and maintain a proposed: [pier/dock, boat ramp, ramp, float(s), pile(s), boat lift, boat house, retaining wall/seawall, bulkhead, rip rap, groin(s), residential, NWD building, other] at **32 Jackson Road, Webster MA**

The Department will consider all written comments on this Waterways application received by within 30 days subsequent to the “Notification Date”. Failure of any aggrieved person or group of ten citizens or more to submit written comments to the Waterways Regulation Program by the Public Comments Deadline will result in the waiver of any right to an adjudicatory hearing in accordance with 310 CMR

9.13(4)(c). The group of citizens must include no less than five citizens who are residents of the municipality in which the proposed project is located. Additional information regarding this application may be obtained by contacting the Waterways Regulation Program at 617-292-5929. Project plans and documents for this application are on file with the Waterways Regulation Program for public viewing, by appointment only, at the address below.

Written comments must be addressed to: MassDEP’s Waterways Regulation Program **Boston** located at **MassDEP P.O. Box 4062 Boston, MA 02211** May 1, 2020

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Probate and Family Court
225 Main Street
Worcester, MA 01608
(508) 831-2200
Docket No. WO20P1073EA

CITATION ON PETITION FOR FORMAL ADJUDICATION

Estate of:

Vasilios T Sizopoulos

Date of Death: March 21, 2020

To all interested persons:

A Petition for **Formal Adjudication of Intestacy and Appointment of Personal Representative** has been filed by **Steliane Thompson of Jefferson MA** and **Despina Kiely of Dudley MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition. The Petitioner Requests that: **Steliane Thompson of Jefferson MA** and **Despina Kiely of Dudley MA** be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in an unsupervised administration.

IMPORTANT NOTICE

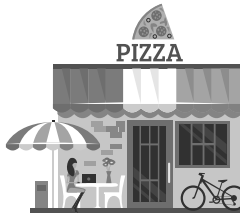
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 06/09/2020.** This is NOT a hearing date, but a deadline by which you must file a written ap-

pearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)
A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.
WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.
Date: April 17 2020
Stephanie K. Fattman,
Register of Probate

May 1, 2020

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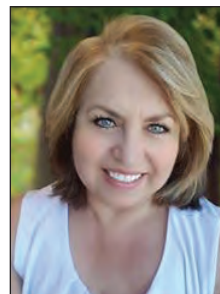
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Solar is a great way to reduce your carbon footprint and protect the environment. Traditional sources of electricity, such as coal and oil, emit byproducts such as carbon dioxide, sulfur dioxide, nitrogen dioxide, particle dust, and even mercury, which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

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HOME

Spring 2020

*A Stonebridge Press
Publication*

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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7 Advantages of Hiring a Licensed Realtor to Sell Your Home

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

GIVE THE HOME BUYER A NUDGE

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

NEGOTIATE HEFTY REPAIR COSTS

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

REMEDY A BROKEN SALES CONTRACT

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



COORDINATE A CHANGED CLOSING DATE

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

DETERMINE FINANCIAL QUALIFICATIONS

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

SORT OUT A HOME INSPECTION LIST

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

unnecessary repair items.

GIVE YOU PEACE OF MIND

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

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

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

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

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

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

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

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

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

3 perennial gardening pointers

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

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

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

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

1. Make a plan.

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

2. Consider aesthetics.

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

3. Work with a professional.

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

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



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



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

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

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

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

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

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

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



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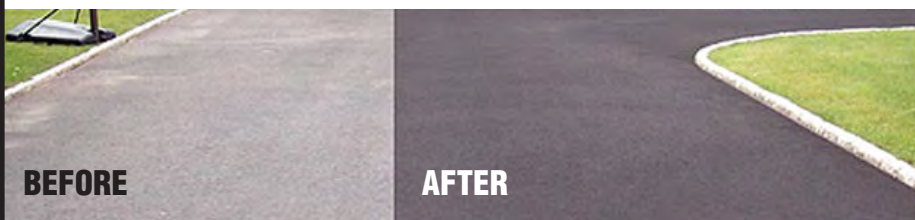
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Alternatives For Health Herbal Apothecary celebrating 10 years

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



The back-bone of Alternatives For Health is its Bulk Herb and Tea section. There are not many of these brick and mortar shops anymore. There are over 200 both culinary and medicinal herbs in this section, although Salli is quick to point out that culinary herbs are also medicinal. The Bulk Tea section has pre-blended teas, but any edible herb can be made into a tea. "It's fun to see customers experimenting and blending their own teas." In addition to that they carry Essential Oils, Flower Essences, Homeopathy, Vitamins and other herbal preparations. They offer Massage, Reiki, Polarity and other Energy Treatments. Classes on a wide range of topics are continually being offered. A variety of Readers also utilize the space. They send an monthly email newsletter which keeps people up on events. Their website www.alternatives-4health.com is also a useful way for people to check on products and events.

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

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

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

HEALTH

Spring 2020

*A Stonebridge Press
Publication*

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

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

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

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

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

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

About Quaboag:

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

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

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

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

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

Tens of thousands of people are diag-

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

their dogs become infected.

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

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

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

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

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

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

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

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

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

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

Allergies or COVID-19?

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

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

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

Allergy symptoms

- Itchy eyes
- Stuffy nose
- Sneezing

Doctors advise people who are exhibiting potential allergy symptoms to pay

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

Coronavirus symptoms

- Shortness of breath
- Fever
- Cough

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

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

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



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The benefits of eating local meat and produce

Do You Know Where Your Meat Comes From? Is it locally sourced? Do you purchase straight from a butcher? Do you shop at your local grocery store? Now more than ever, self-care is a number one priority. A big part of self-care includes being aware of what you ingest.

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How to exercise during the pandemic

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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



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

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

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