

Photo Courtesy

“Virtual learning” has become the new normal as educators and residents do their part to keep their communities safe. Whitinsville Christian School is among the schools working to uphold its mission of hands-on education, interaction with students, and the spirit of the entire school community.

Local students, schools utilize virtual learning

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

WHITINSVILLE — Although school buildings throughout the state remain closed due to the Covid-19 pandemic, students and faculty are not letting that halt the learning. “Virtual learning” has become the new normal as educators and residents do their part to keep their communities safe.

Whitinsville Christian School is among the schools working to uphold its mission of hands-on education, interaction with students, and the spirit of the entire school community.

“Our spring break was originally scheduled for the week of March 16,” said Lance Engbers, Head of School. “The COVID-19 situation was evolving rapidly the week preceding and it was important for our administrators and faculty to act quickly.”

Classes on March 13 were cancelled, and the day was used as a professional development day, allowing faculty and the administration

time to plan for the possibility of online classes in the event of an extended campus closure.

“In a week that many had planned to be on vacation, teachers were developing lesson plans for what we had hoped would be two weeks of virtual learning,” said Engbers. “Virtual learning began on March 24, and now that timeline has of course been extended, as has our planning.”

Following spring break, all preschool and elementary families at the school arrived at a drive-thru pick-up point for at-home learning packets. As part of their at-home lessons, teachers greet their students in “morning meeting” videos where they share devotions and prayer. Students have access to all of their lessons for the day, many featuring videos of their beloved teachers, according to the school.

“We understand the challenges families face with at-home learning,” said Sarah Bowler, Elementary School Principal. “One

Turn To **VIRTUAL** page **A11**

Uxbridge offers free meal service to students during school closures

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

UXBRIDGE — In an effort to support families during school closures, Uxbridge Public Schools is providing free, nutritious breakfast and lunch meals to all Uxbridge students and to all children/youth aged 21 and under, regardless of residence or school attended, as part of the USDA’s emergency COVID-19 response. The program began on Monday, April 13.

“We want people to know that these healthy meals are available to all Uxbridge students. In fact, parents/caregivers can pick up meals on children’s behalf to help ensure safe social distancing,” said Superintendent Frank Tiano. “We know that home food supplies are running low and it’s important to try to keep people out of the supermarkets. This is a federally funded program, and the food is nutritious, so please come take your meals!”

Uxbridge Public Schools offer meals at the Taft Early Learning Center, 16 Granite St. in Uxbridge. Meals are

available for pick-up on Mondays, Wednesdays, and Fridays from 11 a.m. to 1 p.m. with breakfast and lunch offered for multiple days.

“On Monday and Wednesday, we offer two breakfasts and lunches to cover Tuesday, and Thursday. On Friday, we offer three breakfasts and lunches to carry children through the weekend,” said Stephanie Barstow, the district’s School Nutrition Director.

According to the district, children receive a free breakfast and lunch for every day of the week (bagged breakfast and bagged lunch). Children (or parents/guardians on behalf of children) can take multiple days’ worth of meals at once.

On Fridays, families can pick up six meals to cover both a breakfast and a lunch on Friday, Saturday, and Sunday. Children do not need to be present for parents or guardians to pick up the meals, district officials said.

Safe social distancing is encouraged via the pick-up

Turn To **MEALS** page **A11**

Local dispatchers honored during National Telecommunicators Week

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

GRAFTON — Every year during the second week of April, the telecommunications personnel in the public safety community are honored as part of the week-long National Public Safety Telecommunicators Week.

The event was initially established in 1981 by Patricia Anderson of the Contra Costa County Sheriff’s Office in California, according to APCO International, the group that hosts the week. Its purpose is to celebrate and thank “those who dedicate their lives to serving the public.”

“It is a week that should be set aside so everyone can be made aware of their hard

work and dedication,” reads the Telecommunicators’ Week Web site, npstw.org.

Locally, the Grafton Police Department said this year the week of April 12 through April 18 has been designated to honor those who work behind the scenes for first responders and citizens throughout town.

“Dispatchers serve as a vital link between our community and police, fire, & EMS, agencies. Acting as a critical lifeline to all first responders, these unsung everyday heroes are always there to answer the call,” the department released in a statement.

The department said it would like to acknowledge and recognize the “professionalism and dedication” of

Turn To **DISPATCHERS** page **A13**

A NOTE TO READERS

This week’s edition of the paper might seem a bit smaller than you are accustomed to, but rest assured, this is only temporary. Due to the unique circumstances we are all living under at the present time, local sporting events and community activities have wisely been canceled as we all try to stay closer to home and practice social distancing.

As we ride out this temporary interruption of life as

usual together, we urge you to continue supporting the local businesses that advertise in your newspaper. They have always been here for you through good times and bad, and now, more than ever, they need you to be there for them in any way you can.

Amid this temporary absence of local events and municipal meetings, we are also looking to celebrate the many quiet heroes in our communities who have gone

above and beyond to make this situation easier for those most affected by it. Let us know if there is someone in your community who you think should be recognized by e-mailing news@stonebridgepress.news.

Above all, know that we have been your trusted source for local news for generations, and we plan to be here for you to generations to come, in print and online at www.stonebridgepress.com.



Photo Courtesy

An agile scarecrow climbs a bean and morning glory teepee in search of his wayward soccer ball at the Uxbridge Community Gardens.

Uxbridge Community Gardens provide welcome therapy for chaotic times

UXBRIDGE — As spring arrives amidst the stay-at-home orders, the itch to get outside has turned our gardens into refuges for many of us. Why not let the Uxbridge Community Gardens help your family by providing an opportunity to keep little hands busy, give everyone some much needed exercise and practice some life skills in the process?

Although plans for a formal Open House on Saturday, April 18 have been cancelled, the Gardens will be available for members to work their spaces while practicing appropriate social distancing. Each garden plot measures 20 by 25 feet, allowing plenty of room for a family to feel safe within its own special domain.

Applications for a garden can be downloaded from the town Web site at <https://www.uxbridge-ma.gov/uxbridge-community-gardens>. A single garden can be had for \$20 per year, with some double (25 by 40 feet) plots available for \$40. Alternately, a note to uxbridgecommunitygardens12@gmail.com can reserve a garden for your family, since the processing of applications may be delayed by the current circumstances.

While you plan your garden and turn over the soil, keep the kids busy designing a fairy or truck garden in a corner of the plot. Older children can collect pruned branches to make a garden teepee for climbing beans.

It will make a great hideout once the plants cover the structure in July. After you decide what to plant, get everyone involved in making creative garden markers so you can identify the seedlings as they emerge from the earth. Or build a bird house, paint some flower pots, make a scarecrow, fashion a bird bath ... You get the idea; a garden can be so much more than just growing things. Let your imagination soar.

Need help getting started? Community Garden mentors are ready to take you step-by-step to a successful garden. All you have to do is ask for assistance. So – make this the year you finally get your hands dirty!



Together Strong, we will weather this storm. Stay healthy everyone!

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How to support local businesses during mandatory restrictions



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(Editor's Note: Please consult your local laws and regulations before publishing this story to confirm its content aligns with mandates currently in place in your city.)

The outbreak of the novel coronavirus COVID-19 throughout the United States in March 2020 transformed American lives in ways many might never have imagined possible. Social distancing

recommendations and restrictions on gatherings of more than a handful of people had a ripple effect on the economy that adversely affected many small businesses.

Small businesses are the backbones of local communities. According to the U.S. Small Business Administration, small businesses make up 99.9 percent of all businesses in the United States

and employ 59.9 million employees. The SBA notes that the accommodation and food services sector is the second largest small business industry. Many of these businesses have been hit especially hard as more and more of their regular customers stay at home in the wake of government advisories promoting social distancing.

But small businesses are vital to local communities, and there are ways to support them and help them stay afloat as they confront the challenges posed by the COVID-19 outbreak.

• Order delivery. It's still possible to enjoy foods from your favorite local restaurants. Many restaurants that had not previously done so have begun to offer delivery services, be it curbside or at-home, and this can provide a great respite for families who have had to cook three meals a day at home for their entire families for extended periods of time. Curbside delivery has made it possible to get takeout meals without compromising social distancing recommendations.

Turn To **SUPPORT** page **A3**

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Here at Quaboag Rehabilitation and Skilled Care Center the health and safety of our residents, staff and community are very important to us. We are doing everything recommended and required by the CDC and then some to keep us all safe.

For our elder community members a few things that you can do at home to keep yourselves safe...

- Restrict visitors – Visit loved ones through the window, outside while remaining at least 6 feet apart or video chat when possible.
- Call your local senior center or Tri-Valley Elder Services if you need help with services or obtaining groceries/meals.
- Call your local grocery stores to find elder shopping hours and only shop during that time period.
- Wash your hands frequently with hot soapy water.
- Stay home as much as possible.

We want to thank all of our dedicated staff for taking care of our residents in every department. We appreciate you all so very much and are humbled by your dedication.

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Senate passes bill protecting renters, homeowners, and small businesses

BOSTON — Yesterday, the Massachusetts State Senate passed An Act providing for a moratorium on evictions and foreclosures during the COVID-19 emergency to provide a critical safety net for renters, homeowners and small businesses grappling with the immediate economic fallout of the current public health pandemic.

“This legislation allows us to protect homeowners and tenants during these uncertain times,” said Sen. Michael Moore (D-Millbury). “I am pleased that I was able to contribute to this bill with my legislation on mortgage forbearance, but I am more pleased by the fact that we are able to put individuals and families in the Commonwealth at ease by assuring them that they will still have a roof over their head as we move through this public health crisis.”

To address the COVID-19 public health crisis and its adverse impacts on renters, homeowners and small businesses, the bill includes the following components:

A moratorium on all stages of the eviction and foreclosure processes. The bill extends eviction protections to renters and small businesses during the state’s COVID-19 state of emergency and places a moratorium on all stages of the eviction process for non-essential evictions for a period of 120 days after the bill becomes law. The bill authorizes the governor to extend the moratorium beyond 120 days, if the crisis continues. The moratorium on evictions prohibits, for non-essential evictions, a landlord or property owner from terminating a tenancy or sending a notice to quit, prohibits a court from entering a default judgement, prevents the scheduling of court hearings, and prohibits the enforcement of an execution to forcibly remove a tenant.

In addition to a moratorium on the eviction process, the bill extends protections to homeowners and halts the foreclosure process for a period of 120 days after the bill becomes law to ensure homeowners and residential property

owners are protected throughout this public health crisis.

Mortgage forbearance for homeowners experiencing financial hardship from COVID-19. The Senate bill protects homeowners by requiring mortgage lenders to grant a forbearance of up to 180-days on required mortgage payments, if a homeowner submits a forbearance request demonstrating a financial impact from COVID-19. In addition, the bill protects homeowners by prohibiting mortgage lenders from furnishing negative mortgage payment information to a consumer reporting agency and prohibits the accrual of fees, penalties or interest during the life of the forbearance granted.

A prohibition on late fees and negative credit reporting. The Senate bill also provides renters and homeowners struggling financially with additional protections during this uncertain time and prohibits landlords from imposing late fees for non-payment of rent for a residential dwelling or small busi-

ness. Similarly, the bill prohibits landlords from sending payment data to credit reporting agencies related to the non-payment of rent. These protections are available to a tenant if the tenant provides notice and documentation to the landlord within 30 days of the missed rent payment that the non-payment was related to a financial impact from COVID-19.

The use of video conferencing or phone for reverse mortgage real-time counseling. To promote strict adherence to social distance measures during this public health crisis, the bill allows a person applying for a reverse mortgage to receive counseling conducted virtually through real-time video conference or by phone in lieu of in-person counseling until the COVID-19 state of emergency is lifted by the Governor.

An Act providing for a moratorium on evictions and foreclosures during the COVID-19 emergency now moves to the Massachusetts House of Representatives for consideration.

Second Chance continues to help pets despite dinner auction postponement

EAST BROOKFIELD — COVID-19 may have forced Second Chance Animal Services to reschedule their annual dinner auction to Oct. 3, but the nonprofit will not let the postponement interfere with the important work of serving pets that need help right now. Pets will continue to need medical care and emergencies will happen, so Second Chance continues to care for pets with urgent medical needs at their three Community Veterinary Hospitals.

“For 20 years, the annual dinner auction has provided major funding for all the Second Chance programs that help pets in need,” said Second Chance CEO Sheryl Blancato. “Right now, the need is great. All three of our vet hospitals are seeing a dramatic increase in pets needing urgent medical care. We need to be here for all these pets.”

To conserve surgical supplies, all non-essential surgeries have been rescheduled and they are directing all emergency surgeries to the North Brookfield vet hospital, which has an increased

Photo Courtesy
Second Chance Worcester Community Veterinary patient Izzy visiting for an appointment.

surgical capacity and an advanced care unit for critical patients. Additional safeguards have been put in place to protect the staff and pet owners so they can remain open and caring for those in need.

According to the nonprofit’s Facebook page, on a recent day two very sick dogs arrived at Second Chance’s Springfield hospital within an hour of each other, both requiring emergency surgery. Both patients’ care was transferred to the North Brookfield hospital where medical staff worked well into the night, saving both their lives.

“We are touched by the support of pet owners who are grateful we’ve been able to stay open with precautions in place.” Second Chance hospital staff bring pets into the hospital and while pet owners talk to the doctors from the safety of their cars. “At our Worcester hospital, one pet owner stashed



homemade masks and a gift card inside their cat’s carrier, along with a note thanking Second Chance for ‘staying open to care for everyone’s babies.’”

Blancato added that she knows times are challenging

ACCURACY WATCH

The Blackstone Valley Tribune is committed to accuracy in all its news reports. Although numerous safeguards are in place to ensure accurate reporting, mistakes can occur. Confirmed fact errors will be corrected at the top right hand corner of page A3 in a timely manner.

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

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SUPPORT

continued from page A2

- Recognize that more than food is available for takeout. In response to the COVID-19 outbreak, Governor Andrew Cuomo of New York announced relaxations on laws governing what can and cannot be obtained via takeout, allowing takeout on goods that were previously restricted in regard to takeout. For example, Cuomo announced that the New York State Liquor Authority intended to temporarily relax regulations regarding the takeout and delivery of alcohol. Utilizing such services can be a great way to support local businesses while still adhering to recommendations designed to slow the spread of COVID-19.
- Purchase a gift card. Gift cards can help small businesses generate revenue at a time when their doors are largely closed to the public. This can be vital to these businesses’ survival, and it gives consumers something to look forward when life returns to normal.
- Help market local businesses. Spread the word when local businesses deliver in the wake of the restrictions put on them due to COVID-19. Share these experiences via social media or online reviews, and urge your



neighbors to patronize these businesses.

Local businesses are suffering during the COVID-19 outbreak. But communities can come together to support business owners and their employees to help these vital businesses stem the tide. TF205946

SOCIAL MEDIA TEXT: Small businesses are vital to local communities, and there are ways to support them and help

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Mother's Day Honors

Publish Date:
May 8, 2020
Deadline date:
Friday, May 1 @ 4 pm

The Blackstone Valley Tribune would like to honor all Mothers and Grandmothers in the May 8th issue.

The deadline for honors is Friday, May 1st at 4pm.

Cost is just \$20 per 2.4" X 2" block.
(Double blocks available @ Double the cost)

SAMPLE:

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

*With love from
John, Mary, and
Jennifer*

Please email a photo and a special message (or an In Loving Remembrance message if deceased) to Patricia@stonebridgepress.news; OR mail or drop off to the

Blackstone Valley Tribune
25 Elm Street, P. O. Box 90
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All photos will be returned. Please write your name and address on the back of your photo.

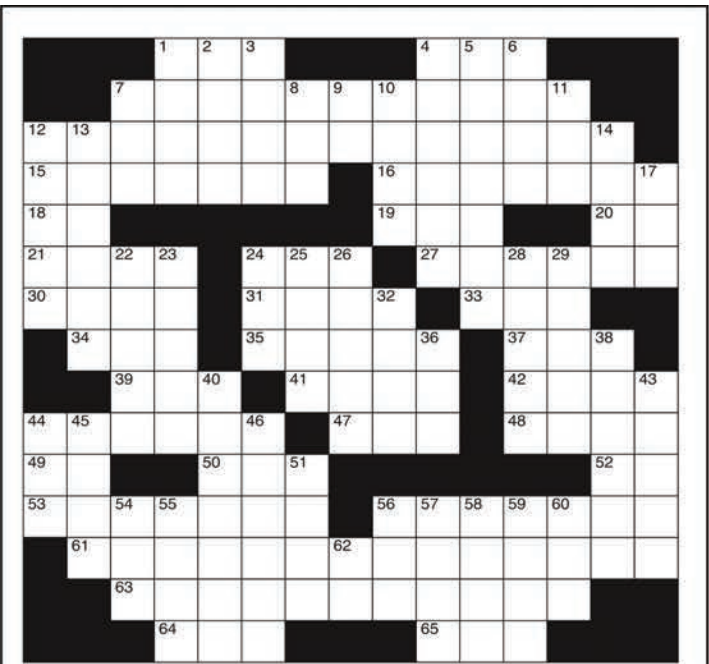
QCC students work remotely to continue income tax assistance

WORCESTER — Quinsigamond Community College students and their instructor Eduardo Rivas are offering free remote tax preparation until the end of April. This free income tax preparation service is available to individuals who meet any one of the following requirements: household income is \$56,000 or less, the elderly, those with disabilities, and limited English speakers who need assistance in preparing their tax returns. Mr. Rivas is the volunteer coordinator for the City of Worcester’s Volunteer

Income Tax Assistance (VITA) program, in addition to being a QCC adjunct faculty member and Admissions Enrollment Counselor. Until the recent state closure of all non-essential businesses, Mr. Rivas and his 50 volunteers (both QCC students and trained volunteers from the community) had prepared over 300 tax returns. The returns were prepared at both the Main South Community Development Corporation and at QCC’s Community Learning Hub, located at Great Brook Valley. The need was so great that there were times when 14 preparers were working at the two sites. Mr. Rivas wanted to continue to help those in the community, who might still need to get their taxes prepared, which is why he decided to continue preparing tax returns remotely.

A total of 10 QCC students will be working on any tax returns received through the end of April. The students are part of Mr. Riva’s Volunteer Income Tax Assistance course, which introduces students to concepts and languages of the IRS and taxation. Students in the course all become certified tax preparers before they are allowed to volunteer to prepare federal and state taxes. The course also requires students to complete 12, three-hour volunteer sessions. This is the second year the course has been offered and nine former students from last year’s class came back to volunteer again this year. “This class is truly rewarding. I also enjoy doing the necessary work and enjoy working with the clients as well as the volunteers. I see such a diverse group of people who come and have been through so much. I am glad that we can help, and in the same way help ourselves by gaining experience and skills,” said current QCC student Joe Ramos, an accounting certificate major. According to Mr. Rivas, the students

are working on returns for their own family and friends and waiting to pitch in with preparing other returns as needed. “I have received emails from a lot of my volunteers expressing their willingness to help me in preparing returns remotely, or with any other projects related to the VITA project during this time,” Mr. Rivas said. “I have divided all the work among the QCC students, but I also have other volunteers who are willing to help me if needed. The plan is that if we start getting a lot of clients who contact us by email and the QCC students cannot handle the work, I will ask the other volunteers to support us.” Anyone who meets the income requirements and is still interested in getting their tax returns prepared can email vita@qcc.mass.edu. For more information, visit Volunteer Income Tax Assistance. For more information on QCC, contact Josh Martin, Director of Institutional Communications at 508-854-7513 or jmartin@qcc.mass.edu.

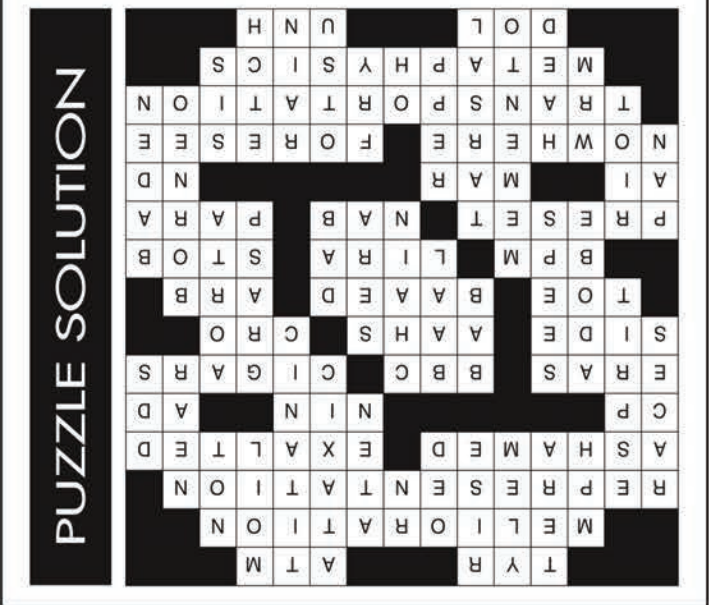


CLUES ACROSS

1. Germanic mythological god
4. Cash machine
7. Improvement
12. What voters want
15. Sheepish
16. Placed at powerful level
18. Measure of illumination
19. Trent Reznor’s band
20. Commercial
21. Amounts of time
24. English broadcaster
27. Rolls of tobacco
30. Position
31. Expresses pleasure
33. Corporate exec (abbr.)
34. Body part
35. Bleated
37. Businessman
39. Beats per minute
41. Defunct Italian monetary unit
42. Broken branch
44. Put in advance
47. Arrest
48. Prefix indicating adjacent to
49. Artificial intelligence
50. Disfigure
52. The Fighting Irish (abbr.)
53. Not in any place
56. Predict
61. A system of getting stuff from one place to another
63. Philosophy of the principles of things
64. US gov’t office (abbr.)
65. Seaborgium’s former name (abbr.)

CLUES DOWN

1. Network connector
2. Primordial matter
3. Get up
4. Uncoordinated
5. Ill-fated cruise ship
6. Work hard
7. Drivers’ speed
8. Largest English dictionary (abbr.)
9. Healthcare pro
10. Egyptian Sun god
11. Expresses the negative
12. Some are three-legged
13. Clothing manufacturer
14. Close by
17. Tooth caregiver
22. Housing material
23. Flows through
24. Founder of Babism
25. Honorific title
26. A type of letter
28. Seize and hold firmly
29. Artery
32. Body fluids
36. Press against lightly
38. An island in the Pacific
40. A reminder of past events
43. Austrian spa town
44. Peter’s last name
45. Something a mob might do
46. Of the bones of the feet
51. “Amazing Stories” writer
54. Nazi-resistant youth group (abbr.)
55. Used to have (Scottish)
56. A way to cook
57. Japanese port city
58. Type of precipitation
59. Engrave
60. Female sibling
62. Expresses emotion



Registry announces additional licensure deadline extensions

BOSTON – The Massachusetts Registry of Motor Vehicles (RMV) continues to thoroughly review its licensing protocols and credential requirements to identify additional measures that can be implemented to reduce non-essential travel, reduce the need for customers to visit RMV Service Centers, and ensure proper “social-distancing” can take place under Gov. Charlie Baker’s declaration of a State of Emergency the week of March 9.

The following new changes to service delivery and organizational protocols are now or are about to be in place as follows:

Professional credentials for School Bus Certificates, School Pupil Transport Licenses (7D), Inspector Licenses, Driving Instructor Licenses and Driving School Licenses that have expired or are expiring, between March 10 and April 30, will be extended for 90 days after the State of Emergency is lifted. These credentials should all be considered “active” as the RMV implements the system changes to reflect that status in the near future.

Commercial Driver’s License (CDL) holders are now able to renew their licenses online if they are self-certified in the Non-Excepted Interstate (NI) category for medical certification.

All passenger and motorcycle road tests (Class D and Class M) have been cancelled through Monday, May 4, 2020.

Reminders About Other Previously Announced Changes:

Driver’s licenses, ID cards, and Learner’s Permits, including Commercial Driver’s Licenses & Permits (CDL/CLP), that have expired or are expiring between March 1, 2020, and April 30, 2020, have had a 60-day extension applied to the current expiration date and do not need to be renewed at this time. Customers holding a license or ID marked “Limited-Term” that expired between March 1 to April 30

should visit Mass.gov/RMV for more information and to check the validity of their credential. CDL Medical Certificates that expire on or after March 1 until April 30 will be extended until June 30 to prevent license downgrades and elective medical visits, as well as alleviate demand on medical providers.

Due to the current COVID-19 pandemic, the RMV has implemented a strict no walk-in policy at a limited number of Service Centers that remain open to the general public. Service for necessary in-person transactions are available by appointment only. Customers should visit Mass.Gov/RMV to make a reservation at an open Service Center or find information on over 40 transactions that can be conducted online, by phone, or by mail.

Non-Classroom Drivers Education – through a temporary policy, the RMV is allowing driving schools to offer online driver education training and written testing during this emergency period only. The RMV will continuously monitor the current emergency and will keep you informed about the timeframe in which driving schools can offer alternative training.

Effective April 1, 2020, all of the passenger plate registrations that have expired in March or will be expiring in April have been extended for 60 days. Registrations that expired in March have been extended until May 31 and registrations that expire in April have been extended until June 30. Registration renewals can continue to be performed online at Mass.Gov/RMV during this time. Customers seeking to do so in-person will not be able to make an appointment and should delay their visit to a Service Center at this time.

The annual motor vehicle safety and emissions inspection stickers that expire on March 31 and April 30 have been extended

60 days and all motorcycles with inspection stickers originally set to expire on May 31 must be inspected by June 30. The RMV is also extending the time during which newly registered vehicles must be inspected based on the purchase date.

Class D and M Learner’s Permits knowledge exams have been suspended through May 4. Commercial Learner’s Permit tests are available to be taken at the Milford and Wilmington RMV Service Centers during normal business hours and commercial road tests continue to be conducted by the Massachusetts State Police.

Massachusetts State Police are still conducting road tests for Commercial Driver’s Licenses (CDLs), but require anyone taking these road tests to bring and wear a mask or face covering for the entirety of the test.

The National Safety Council (NSC) and the RMV have previously announced the cancellation, through May 4, of the following Massachusetts in-person classroom driver safety classes: eight-hour Driver Retraining Program, 4-hour Driver Attitudinal Retraining Program and the four-hour State Courts Against Road Rage (SCARR) Program. The RMV has temporarily approved an alternative way to deliver the statutorily required content in the form of an online course. For a limited time, participation in the online course will fulfill the in-person class requirement. Additional information is available at <http://drive.nsc.org> and impacted customers can expect to receive specific instructions directly from NSC.

For details on all of these extensions and additional information on RMV services and the RMV’s response to COVID-19, visit <https://www.mass.gov/info-details/rmv-covid-19-information>.

Milford Regional COVID-19 drive-thru testing update

MILFORD — Drive-thru COVID-19 testing is available, once again, at Milford Regional Medical Center for Milford Regional Physician Group patients,

Tri-River Family Health Center patients, Edward M. Kennedy Community Health Center patients and Milford Regional physicians and employees. Patients should contact their

determine if they meet Massachusetts Department of Public Health (DPH) criteria for testing. Patients that meet DPH criteria must have a physician order to have the test; an appointment will be scheduled. The testing center is located at the main entrance of Milford Regional Medical Center at 14 Prospect St. in Milford.

Milford Regional encourages symptomatic patients that do not qualify for testing to self-quarantine at home until they have had no fever for 72 hours and symptoms have improved and at least seven days have passed since symptom onset. Patients should monitor their symptoms and take their temperature daily. If you develop any worsening of your symptoms such as increasing shortness of breath, chest tightness, lethargy, periods of confusion, or worsening fever, you should contact your primary care provider or go to the emergency department for evaluation immediately.

Milford Regional encourages you to go to our Web site at milfordregional.org to stay up-to-date on the Medical Center’s response to COVID-19.

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Baker announces new regulations on supermarkets

BY KEVIN FLANDERS
STAFF WRITER

REGION — Gov. Charlie Baker announced several new measures last week to combat the coronavirus, including the reduction of supermarket capacity.

Established by the Department of Public Health, one of the new regulations requires grocery stores to limit occupancy to 40 percent of their maximum permitted occupancy levels. This does not include stores with a maximum occupancy of less than 25 people.

The regulations also provide guidance that store staff members can use to monitor occupancy levels. Several local stores have already added specific hours for seniors to shop, while others have announced that they will close for one to

two days weekly to allow workers to rest.

The new statewide regulations are meant to ensure social distancing while customers shop for groceries.

“The guidance builds on a previous March 23 order for grocery stores, which set out policies for ensuring access to handwashing facilities and protecting employees in higher-risk populations, among other requirements,” read a statement released by the Baker Administration.

Baker also announced an expansion of COVID-19 testing sites for public safety personnel. The sites were opened last week, doubling the number of free, drive-through tests available for first responders and other emergency management workers. A mobile testing site at the Big E fairgrounds in

West Springfield also began operations last week, supplementing a site at Foxborough’s Gillette Stadium.

Each site will serve police officers, firefighters, EMS personnel, correction officers, mortuary service providers, and state active duty National Guard personnel who perform critical public safety functions. The mobile testing sites in Foxborough and West Springfield will each perform up to 200 tests per day, seven days per week, with appointments scheduled in advance by agencies and departments through a call center at the Executive Office of Public Safety and Security.

Testing is performed at no charge. The sites reflect a partnership among the Baker-Polito Administration, the Big E, Brewster Ambulance

Service, the Department of Correction, the Department of Fire Services, the New England Patriots, the New England Revolution, Wellpath, and Quest Diagnostics.

The Baker Administration also released updated crisis standards of care guidelines for the state’s healthcare facilities. Upon the request of leaders in the healthcare system, the Department of Public Health convened an advisory committee that includes medical experts and ethicists from across the Commonwealth, representing both large academic medical centers and community hospitals. Their recommendations helped inform ethical, equitable and transparent guidelines for providing acute care during a crisis.

The guidelines, which are not mandatory, are designed to

do the following:

Help healthcare institutions and providers make consistent decisions about the use and allocation of scarce medical resources.

Ensure that critical resources are conserved and distributed efficiently across the healthcare system.

Promote transparent decision-making and public trust in the fairness and equity of the system.

Protect those who might otherwise face barriers to accessing care.

Assure patients and their families that they will receive fair access to care, regardless of where they live.

Additional information and updates can be obtained by visiting www.mass.gov. Officials have also created specific pages related to the crisis.

Reliant Medical Group to open temporary COVID-19 observation unit

WORCESTER — Reliant Medical Group is opening a temporary observation unit to reduce pressure on overcrowded Emergency Departments and to mitigate risk for patients not suspected of having Covid-19 who require a higher level of care. The unit is located at Reliant’s ReadyMED Plus urgent care facility on Shrewsbury Street in Worcester. Reliant’s medical staff will care for adult patients for 12-36 hour stays at this facility.

Patients appropriate for this level of care will have conditions such as cellulitis, abdominal pain, kidney stones, urinary tract complaints, or need for hydration, antibiotic therapy, or anaphylaxis management.

To start, the unit will have the capacity to provide observation-level care for 9 patients, but is designed to expand to accommodate more patients as needed. Referrals to the unit will be accepted from Reliant providers and other area providers, including those referring from an emergency room. Ambulatory services will continue to be available at ReadyMED Plus.

Reliant briefed officials at the Massachusetts Department of Public Health and the City of Worcester about its plans for ReadyMED Plus, and both indicated their support for this expanded scope of services during the pandemic.

“These are unprecedented times and all of us in healthcare need to work together, adapt and innovate to serve the needs of our patients and our communities,” says Tarek Elsayy, MD, president & CEO of Reliant. “We have the medical expertise to care for patients with certain acute conditions, so it made sense for us to convert our ReadyMED Plus facility to provide a higher-level of care. Our Emergency Departments are challenged to care for the increasing number of patients with serious respiratory illness, and Reliant is prepared to help relieve some of the pressure our hospital partners are facing.”

“Once the prevalence models began to anticipate a spike in Massachusetts in the number of people with COVID-19 illness, we quickly mobilized to rapidly

stand up an observation unit,” says Leon Josephs, MD, chief of specialty care at Reliant. “In less than two weeks, our incredible team of healthcare and administrative professionals have procured the necessary equipment, secured a food service partner, and developed a 24/7 staffing capacity within the Reliant workforce.”

About Reliant Medical Group

Reliant Medical Group, part of OptumCare, was founded in 1929 and is one of the largest ambulatory health systems in the Central Massachusetts and Metro West Regions. With more than 500 providers and 2,500 employees across more than 19 locations, Reliant Medical Group offers a unique team-based approach to care. Reliant opened ReadyMED Plus, a physician-staffed urgent care facility, in 2016. Reliant and ReadyMED Plus accepts most major forms of health insurance. For more information on Reliant Medical Group, please visit: reliantmedicalgroup.org

Two Lasell University field hockey student-athletes named NFHCA Scholars of Distinction

NEWTON — Two members of the Lasell University field hockey team were honored by the National Field Hockey Coaches Association (NFHCA) on Wednesday for their outstanding work in the classroom as the organization announced the 2019 Zag Field Hockey/NFHCA Division III Scholars of Distinction.

Lasell’s Scholars of Distinction are senior Mindy Esposito (Sunderland, Mass./Frontier Regional) and freshman Kaylie Gonya (Uxbridge, Mass./Uxbridge).

This year, 321 student-athletes nationally have been recognized as Zag Field Hockey/NFHCA Division III Scholars of Distinction. The Division III Scholars of Distinction program recognizes student-athletes who have achieved a cumulative grade-point average of 3.9 or higher through the first semester of the 2019-20 academic year.

For more information contact: Samantha Mocle, assistant director of communications at smocle@lasell.edu or at 617-243-2386.



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Age 11

Hi! My name is Angel and I love to laugh!

Angel is a boy of Hispanic descent with a contagious smile. He is very inquisitive and loves to laugh. Some of Angel's favorite activities are reading, playing video games, playing outside on his scooter and going to the playground. He also loves Disney and Pixar movies, especially the Cars movie. Angel is a very bright child, with an excellent memory.

Angel attends a specialized classroom for children on the Autism spectrum. The school has a focus on language and literacy development, and Angel is also able to receive Applied Behavior Analysis during school time. According to his foster mother, Angel loves to learn and does well in class. Both his teachers and foster mother have noted that Angel responds well to structure and that he can be very active.


Angel is legally freed for adoption and will do best with a family that is nurturing and patient. Angel has a lot of energy and an active family would be ideal for him. His social worker prefers Angel to be placed in a two parent home either with no other children or with children who are older than him.

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

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

To learn more about adoption from foster care, call the Massachusetts Adoption Resource Exchange (MARE) at 617-964-6273 or visit www.mare-inc.org. The sooner you call, the sooner a waiting child will have "a permanent place to call HOME."



To sponsor Friday's Child call Mikaela at 508-909-4126 or email Mikaela@stonebridgeoress.news

A promising start to spring fishing



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Spring fishing in some local ponds has been great for numerous trout fishing anglers this year, as pictures in this column have shown. I received a call from Daryl Carter this past week, and he told me about he and his wife catching 5 & 6 lb. trout from Webster lake in March. A six-pound brook trout and brown trout along with a huge tiger trout sure made for a few great days of fishing. It seems as though Massachusetts Fish & Wildlife decided to stock many of their brood stock trout this year, along with the full spring stocking of trout, to ensure the fish were available to licensed fishermen & women.

Daryl fished Wallum lake this past weekend and could not catch a single fish, and he was not alone. Numerous other anglers that fished Wallum Lake this past week came up empty handed, but that is Wallum Lake. Some nice



rainbow trout were caught by other anglers using power bait last week, but then they to found fishing slow during the past few days. A couple of anglers fished fly's and lures from a boat last week and also came up empty handed. They claimed that fish were rising all over the lake, but they would not take a single thing that they used.



Wallum Lake opened on March 5 this year, unknown to many anglers. One minute, it was closed to all fishing, and the next, it was open. Rhode Island decided to use the odd even schedule for fishing because of the virus outbreak, after pressure from the fishing public. Fishing was allowed for anglers'

names that began with A - M on odd days and N-Z on even days.

A number of years ago, a good friend, the late Bob Trombi of Worcester, taught this writer a good method of catching trout when they are surface feeding. Using a couple of ultra light rods loaded with six-pound test monofilament line, with 20 feet of two-pound test leader material were trolled with a number 18 dry fly extremely slow in back of the boat. It was not long before we were reeling in one trout after another. A small electric motor was used to keep the 16 foot boat speed extremely slow. Early morning fishing with light winds are necessary to fish this method, but it worked.

Beavers continue to destroy many trees throughout the state, as this week's picture shows a fallen tree at a local club. They chew the tree until there is only a small amount holding the tree up. Eventually, a strong gust of wind comes along and blows it over.

Massachusetts needs a trapping season soon before the beaver cause more destruction to public & private property. The band aid approach the state now has is ridiculous.

Take A Kid Fishing & Keep Them Rods Bending! Stay Safe!

BVT earns new trade benchmark at SkillsUSA District V Competition

UPTON – Blackstone Valley Regional Vocational Technical High School (BVT) students competed among the most talented vocational-technical students in the Commonwealth at the annual SkillsUSA District V Competition at Bay Path Regional Vocational Technical High School in Charlton on March 11.

BVT earns a new trade benchmark with 184 medals over the last two years. Remarkable results for the skilled students who showcased their technical mastery, and proudly brought home a combined total of 184 trade medals, 69 gold, 57 silver, and 58 bronze medals in the first stage of the SkillsUSA competition series. This year, there were 41 perfect scores, 34 on their OSHA test, five on their employability test, and two on their trade test.

It is an honor for students who have worked hard to compete among the most skilled vocational-technical students in the annual SkillsUSA competitions, which showcases the best regional, state, and national champions in every trade conceivable.

"It is rewarding to see that mastery on full display. With a mission of preparing our students on their respective journeys, as knowledgeable, well-trained young adults armed with technical skills, ready to succeed in the world of work, we call a career," said Superintendent-Director Dr. Michael F. Fitzpatrick. "These impressive results are not only one attribute which brings 800-900 ninth grade, in-district applicants, to BVT annually."

Following their remarkable district-level performance, the students who medal would move on to the Massachusetts State Leadership and

Skills Conference in April to compete for advancement to the National Leadership and Skills Conference in June. Unfortunately, the COVID-19 health crisis that we are currently facing has affected all aspects of our lives, and consequently, SkillsUSA, resulting in the cancellation of both the State and National Leadership and Skills Conferences.

"Benefitting from some 500 business advisors, our students have a built-in advantage versus traditional instructional learning. Many students will choose to acquire additional expertise obtained with postgraduate credentials, often with BVT and/or industry-sponsored scholarships. As our society addresses the consequences of COVID-19, the skills gained via competition preparation are particularly valuable," said Dr. Michael F. Fitzpatrick. "We look forward to the time when we can once again compete on the stage that is SkillsUSA."

The following students, organized by hometown, earned gold, silver, and bronze medals at the SkillsUSA Massachusetts District V Leadership Conference. Also listed are students who earned perfect scores in their trade testing.

Bellingham
Perfect Score (OSHA Test): Nicholas Alexander, Ashley Cifizzari, Nathan Dynko, Adam Kaminski-Miller, and Camryn Krusz
Silver: Timothy Haarstick, CNC Technician; and Adam Kaminski-Miller, Welding
Bronze: Nathan Dynko, Information Technology
Blackstone
Perfect Score (OSHA Test): Aaron

Bolduc, Leah Cook, Avry Guilbert, Victoria Lemieux, Christina Swenson, and Rebecca Swenson
Perfect Score (Employability Test): Aaron Bolduc
Gold: Aaron Bolduc, Internetworking; Jon Cili & Daniel Cardone, Web Design; Avry Guilbert, Painting & Design Technology; Andrew Konicki, Customer Service; Victoria Lemieux, Basic Health Care Skills; and Grant Van Dyke, Additive Manufacturing
Silver: Matthew Coppolino, Mechatronics
Bronze: Jessica Connolly, Customer Service
Douglas
Perfect Score (OSHA Test): Lily Courtemanche, and Ryleigh Flansburg
Gold: Mya Ackerman, Restaurant Service; Nathan Boulanger, Automotive Refinishing Technology; and Ryan Masoud, CNC Technician
Silver: Christina Aube, Technical Drafting; and Logan Hampson, Major Appliance Technology
Bronze: Daria Hamelin, Advertising Design; and Madison Mathieu, Telecommunications Cabling
Grafton
Perfect Score (OSHA Test): Stephen Bayreuther, Baraka Consuegra, and Jacob Lazo
Silver: Jacob Lazo, Telecommunications Cabling; Daniel McDonald, Computer Programming; and Daniel Nault, Internetworking
Bronze: Andrew Corbett, Urban Search & Rescue; and Catherine Rozanas, Technical Drafting
Hopedale
State Officer Candidates: Abby Kelly and Madeleine Poitras
Perfect Score (OSHA Test): Thomas

Buckley, Gabe Chaves-Silva, Ashley King, Anna Martin,
Eli Moore, Chloe Pigeon
Perfect Score (Trade Test): Gabe Chaves-Silva and Vivian Staheli
Perfect Score (Employability Test): Anna Martin
Gold: Thomas Buckley, Computer Programming; Gabe Chaves-Silva, HVAC/R;
Rohit Kaushik, Information Technology; and Eli Moore, Culinary Arts
Silver: Anna Martin, Digital Cinema Production; Chloe Pigeon, Dental Assisting; and
Vivian Staheli, HVAC/R
Bronze: Lily Allen, Commercial Baking
Mendon
Perfect Score (OSHA Test): Colin Fitzgerald, and Joseph Mendes
Bronze: Lillian Balocca, Health Knowledge Bowl
Milford
Perfect Score (OSHA Test): Connor Harrison, Logan Keefe, and Melissa Vieira
Gold: Joel Awuku-Asante, Major Appliance Technology; Logan Keefe, Digital Cinema Production; Christopher Mason, Urban Search & Rescue; Joseph Tutela, Commercial Baking; and Melissa Vieira, Nursing Assisting
Bronze: Donovan Henkel, Additive Manufacturing
Millbury
Perfect Score (OSHA Test): Julia Allain, Nicholas Healey, Rachel Perrotta, Isabelle Shum, and Mason Weagle
Gold: Julia Allain, Medical Math;

Turn To SKILLS page A14



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EDITORIAL

Lessons from another pandemic

A recent conversation with someone who experienced the Spanish Flu pandemic of 1918 prompted a bit of research into that era on our part, and what we found was that things back then were, in many ways, not so different.

The Spanish Flu infected one third of the world's population, and roughly 675,000 people died in the U.S. as a result. Interesting to note is that this particular strain of the flu virus did not, in fact, begin in Spain, but most likely somewhere in the farm belt of the United States. The name was born from the fact that infection reports in the Iberian Peninsula were particularly high, and Spanish King Alfonso XIII fell ill from it.

In 1918, Washington, D.C. public health officials tried to warn citizens of the symptoms and how the disease was spread via posters. One poster read, 'INFLUENZA' Spread by droplets sprayed from nose and throat. Cover each cough and sneeze with handkerchief, spread by contact, avoid crowds, if possible, walk to work, do not spit on floor or sidewalk, do not use common drinking cups and common towels, avoid excessive fatigue, if taken ill, go to bed and send for a doctor. The above applies also to colds, bronchitis, pneumonia and tuberculosis' The virus began to spread rapidly due to the close proximity in military encampments during the First World War. The disease was a very contagious H1N1 strain of the flu.

What we know from our 1918 counterparts is that social distancing does work. Newspapers downplayed the flu, and President Woodrow Wilson had his own family and staff were infected. During that time, Wilson didn't pay much attention to the pandemic. In fact, no public statement from him was ever made in regards to it. His focus was on the war.

We've heard that over the next few weeks, we will see a dramatic surge in confirmed COVID-19 cases. We've also read reports that the curve is flattening in some places. This does not mean that folks should think the pandemic is over. Everyone should, of course, still be practicing social distancing among the many other precautions we've heard about.

In 1918, schools were shut down and public gatherings were banned. By the summer of 1919, the flu pandemic came to an end. Individuals either passed away or developed an immunity to it. In 2008, researchers discovered a group of three genes that caused a person's bronchial tubes and lungs to weaken which paved the way for bacterial pneumonia. This is what made the Spanish flu so deadly.

Back in 1918, the first outbreak dwindled into spring, however it re-emerged during the fall. The Spanish flu came in three waves. The first was in the spring of 1918 that included mild symptoms. That fall the flu mutated into a more deadlier version, that hit those between the ages of 20-40 the most.

During the winter, the third wave hit and by the spring time the illness was no more.

An October newspaper excerpt from 1918 reporting the cancellation of Halloween read, "Because of the 'flu' epidemic, there is to be no Hallowe'ening this year. The Board of Health has strongly urged against any demonstrations and the Burgess today, issued orders that there be no observance of the Hallowe'en season. Howard Heinz, of the Federal Food Administration has issued an appeal to the people against the waste of food-stuffs, during this season. Corn, beans, peas, apples, pumpkins, etc should not be used. Every year thousands of pumpkins are cut up and wasted in making Jack-O-Lanterns. The same wasteful practice has applied to apples in the time honored Hallowe'en sport of bobbing for apples. It is not the purpose of the food administrator to discourage harmless little celebrations in the home, but this year it is imperative that every scrap of food be saved."



OPINION

Opinion and commentary from the Blackstone Valley and beyond

LETTERS TO THE EDITOR

Please help your postal workers stay safe

To the Editor:

During these challenging times, postal employees are working hard to ensure residents stay connected with their world through the mail. Whether it's medications, a package, a paycheck, benefits or pension check, a bill or letter from a family member, postal workers understand that every piece of mail is important. While service like this is nothing new to us, we need our communities' help with social distancing.

For everyone's safety, our employees are following the social distancing precautions recommended by the Centers for Disease

Control and Prevention (CDC) and local health officials. We are asking people to not approach our carriers to accept delivery. Let the carrier leave the mailbox before collecting the mail. With schools not in session, children should also be encouraged to not approach a postal vehicle or carrier.

If a delivery requires a signature, carriers will knock on the door rather than touching the bell. They will maintain a safe distance, and instead of asking for a signature on their mobile device, they'll ask for the resident's name. The carrier will leave the mail or package in a safe place for retrieval.

We are proud of the role all our employees play in processing, transporting, and delivering mail and packages for the American public. The CDC, World Health Organization, as well as the Surgeon General indicate there is currently no evidence that COVID-19 is being spread through the mail.

With social distancing, we can keep the mail moving while keeping our employees, and the public, safe.

MIKE RAKES
DISTRICT MANAGER
U.S. POSTAL SERVICE
- GREATER BOSTON DISTRICT

Put tax-smart investing moves to work



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The tax return deadline has been extended until mid-July, but you may have already filed your taxes. If you were not entirely happy with the results, you might start seeking ways to change the outcome for next year. And one area to look at may be your investment-related taxes.

To help control these taxes, consider these moves:

Take full advantage of tax-deferred investments. As an investor, one of the best moves you can make is to contribute as much as you can afford to your tax-deferred accounts - your traditional IRA and 401(k) or similar employer-sponsored plan - every year. If you don't touch these accounts until you retire, you can defer taxes on them for decades, and when you do start taking money out, presumably during retirement, you may be in a lower tax bracket.

Look for tax-free opportunities. Interest from municipal bonds typically is exempt from federal income tax, and, in some cases, from state and local income tax, too. (Some municipal bonds, however, may be subject to the alternative minimum tax.) And if you qualify to contribute to a Roth IRA - eligibility is generally based on income - your earnings can be withdrawn tax-free, provided you've had your account for at least five years and you don't start taking withdrawals until you're at least 59 and a half. Your employer may also offer a Roth 401(k), which can provide tax-free withdrawals. Keep in mind, though, that you contribute after-tax dollars to a Roth IRA and 401(k), unlike a traditional IRA and 401(k), in which your contributions are made with pre-tax dollars.

Be a "buy and hold" investor. Your 401(k) and IRA are designed to be long-term investments, and you will face disincentives in the form of taxes and penalties if you tap into them before you reach retirement age. So, just by investing in these retirement accounts, you are essentially pursuing a "buy and hold" strategy. But you can follow this same strategy for investments held outside your IRA and 401(k). You can own some investments - stocks in particular - for decades without paying taxes on them. And when you do sell them, you'll only be taxed at the long-term capital gains rate, which may well be less than your ordinary income tax rate. But if you're frequently buying and selling investments you've held for less than a year, you could rack up some pretty big tax bills, because you'll likely be taxed at your ordinary income tax rate.

Be prepared for unexpected taxes. Mutual fund managers are generally free to make whatever trades they choose. And when they do sell some investments, they can incur capital gains, which will be passed along to you. If this is a concern, you might look for funds that do less trading and bill themselves as tax efficient.

While taxes are certainly one factor to consider when you invest, they should probably not be the driving force. You need to build a diversified portfolio that's appropriate for your risk tolerance and time horizon. Not all the investments you select, and the moves you make with them, will necessarily be the most tax efficient, but by working with your financial and tax professionals, you can make choices that can help you move toward your long-term goals.

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

Thank you from a grateful nation

It's easy to take some occupations and services for granted until something causes us to take notice and appreciate what they do. 9/11 developed a deep and sincere appreciation for police officers and the men and women of the fire department. I think superficially before we watched them in action on 9/11, we knew they put their lives in harm's way to protect us, but as the twin towers fell, it burned into our collective memories the risks they took and sacrificed they made on that fateful day.

It's commonplace now to run across a man or woman in military uniform and thank them for their service, as we should. They are both the first line and last line of our defense. They earn and deserve our eternal gratitude.

There is a new kind of war raging across the globe. It's not against an armed enemy threatening to send missiles into our cities and there's not an invasion force staging to take away our freedoms. Instead, it's a microscopic virus with a technical name that a few short months ago we'd never heard, but today, it's upon everyone's lips across the globe.

COVID-19 has created a pandemic the likes of which have not been seen since 1918. It's global in nature. It harms and kills not because of political or racial differences. It infects us because it can ... and is.

Our troops in uniform may be called into a support mission as this virus continues to expand. The men and women of the police and traditional fire department may also be called into support, but the front line of this war is being fought by a different uniformed group and the risks are as great as if they were armed and facing a foreign invader.

An army in scrubs ...

Their uniforms are referred to as scrubs and the risks they are taking to protect us are as deadly as bullets and bombs. Today, this battle is being fought and will ultimately be won by medical tech's, nurses, doctors and all those in the health care system that support them.

I'm fortunate to have as my family doctor, a man who is also head of internal medicine at my local hospital. He hasn't had a day off in a long time. I'm currently having a health issue unrelated to COVID-19 and he answers my emails and returns phone calls late at night, after he's spent twelve or more hours at the



POSITIVELY
SPEAKING
GARY W.
MOORE

hospital. My Doctor, like many others, is a leader and a hero in this war.

A good friend of mine is CEO of our local medical center. He's working around the clock in a community that is suddenly exploding with new cases. I sent Phil a text a few days ago to express my gratitude and encourage him. He's a great CEO and is providing the leadership we need in this battle, as are many others.

The infantry in this fight, and those who are at most risk are the techs and nurses. They are in close contact with the enemy trying to take over our bodies. While we are all trying to self-quarantine and social distance ourselves from each other, our nurses and techs are rushing in to take our blood pressures and temperatures. They are purposefully and willingly coming in direct contact with patients who are infected, not because it is their job but because it is their calling. I think it takes a special type of bravery and dedication to put on those scrubs and walk into the healthcare facility armed only with a stethoscope and a mask. I'm afraid that once this crisis has come to an end, the sacrifice made by our healthcare workers may potentially be shocking. We already owe them a debt we can never repay.

I spoke with Maddie, a local RN at my cancer center. I asked her if she was afraid.

She responded, "I listen to the news and come to work fearful that we will not have the supplies we need or not enough beds. So far, we do. My greatest fear is of course becoming infected. I cannot treat and serve you if I am in the bed next to you."

I was struck by the dedication of this married RN with two little girls at home. Her fear is that she may not be able to take care of her patients. I'm humbled and touched by her dedication.

So once social distancing is a distant memory, please give your doctor, nurse, tech and support staff a hug and a hearty thank you. Their dedication and bravery are inspirational.

They deserve no less. ■

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.garywmoore.com.

A Roundup of Reader Tips and Tricks

As social distancing is keeping us close to home, many people are discovering new and easier ways to get things done and "make life a little easier." Read on for the newest round of Reader Tip submissions.

And remember readers, send in your favorite hints and you could win a fabulous three course dinner for two at the Public House in Sturbridge!

** This reader has found an ingenious way to "track the trek."

This tip could help if people alternate and really social distance! Did you know the



TAKE
THE
HINT
KAREN
TRAINOR

standard distance for above ground telephone poles in the U.S. is 100 feet apart? If you hike past 24 poles, turn around and walk home, you have walked a mile plus!

Viola Bramel
Northbridge, MA
**

This moneysaving tip is something worth getting fired up for!

Use pine cones for a great fire starter. They burn quick and hot, due to the sticky sap on them, and they are all over the ground where you have native pines. Collect them and save for use and keep them dry.

Turn To **TRAINOR** page **A9**

Garden your way to better health

Break out the tools and garden your way to a healthier mind, body and spirit. Gardeners know and research proves that getting outdoors, digging in the soil and gardening help strengthen muscles, increase flexibility, reduce stress and elevate our mood.

Include gardening as a major component of your workout schedule. You'll stretch and strengthen muscles while promoting cardiovascular health and maintaining bone mass. A University of Arkansas study found that yard work as well as weight training significantly maintained bone density in women over 50.

And for those trying to lose weight, add 30 minutes of gardening to your daily or weekly routine to help shed some extra pounds. A half hour of raking burns 162 calories, weeding 182, and turning the compost pile a whopping 250. Gardening several times per week will help keep you and your landscape looking top notch.

Don't let a lack of time, space or painful joints stop you from growing nutritious vegetables, beautiful flowers or an attractive landscape. Staying active through gardening not only increases flexibility and strengthens muscles, it helps fight anxiety and depression that arthritis sufferers and others often experience.

Those struggling with limited time, space or mobility may want to try container and elevated gardening. Both can be placed on patios, decks or balconies. Select a size and style you can



GARDEN
MOMENTS
.....
MELINDA
MYERS

easily reach and one that matches your garden design. Those on a tight budget can add drainage holes and paint 5-gallon food grade containers or nursery pots to create attractive planters.

Protect and support your hands with gloves that fit and provide support like Foxgloves' Works gloves (foxglovesinc.com). Padding and reinforced fingertips protect your hands and knuckles from scrapes and bruises. Gloves with long cuffs or those that extend to the elbow provide added protection when working in the garden.

Select gloves that are machine washable, so you always have a clean pair ready when you venture out to the garden. Keep a pair of gloves, pruner and your favorite weeding tool in a bucket near the front or back door. You won't waste time looking for your favorite tools plus you can take advantage of those small blocks of time to weed, deadhead or pick a bouquet of flowers to enjoy.

Enlist the help of ergonomic tools that allow you to garden longer with less pain and fatigue. Look for designs that keep your back and wrist straight when digging, pruning and raking. Select tools with soft wide grips to further reduce hand fatigue. Wrap the handles of existing tools with foam pipe insulation for added padding.

Protect your joints and muscles while gardening. Warm up, just as you would for any workout, with a few simple stretches. Protect your knees by using

a stool, kneeling pad or one-legged kneel instead of squatting.

Take regular breaks. Gardening in twenty-minute intervals and resting in between to enjoy your handiwork and hydrate will pay off with less muscle strain and fatigue. You'll then be ready for your next workout session in the garden that will invigorate your mind, body and spirit.

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



Photo Courtesy

Gardening helps fight anxiety and depression while providing plenty of fresh-from-the-garden produce.

TRAINOR

continued from page A8

Paul Davignon
Uxbridge, MA
**

A reader shares her timely recycling hint:

I do a lot of gardening and my age is catching up to me. Yesterday I went outside to do some clean up in my beds. This past winter our flannel sheet had a rip and I kept it for a purpose. I laid it down on the ground as it is large enough to kneel or sit. It is better than a small kneeler that has a limited area. The sheet is a good choice for me – easy to move around and a large surface area.

Rita Lemieux
North Brookfield, MA
**

You know cinnamon as a tasty spice; this reader knows it's a great garden aid!

Here are some uses for cinnamon in the garden

1) Cinnamon is a proven fungus fighter. Dampening off covers an array of diseases that attack seeds and kills them. It is caused by fungi and soil conditions.

2) Mushrooms don't like cinnamon, a little dusting of cinnamon and watch them disappear from your garden.

3) Rooting hormone - just apply cinnamon to the stem when you plant the cutting.

4) Ant deterrent - we love cinnamon, ants do not. Sprinkle around your garden beds to kill ants and keep them away.

5) Plant wounds - dust some cinnamon on the wound to encourage healing and prevent infection.

6) House plants - cinnamon helps get rid of mold and mildew in your plants. Sprinkle on soil and watch plants flourish.

7) Gnat problem? Cinnamon gets rid of gnats in seedlings + plants and keeps them away.

Bob Bourdeau
Fiskdale MA
**

This smart sewer is (literally) making her mark:

As a quilter/sewer, I have found my

heat erasable pen most useful when sewing "in the ditch" or close to the seam line with two like fabrics. Just run the pen down the seam and it marks where to sew or not. Also when I want to stop sewing before a point I can mark that too. A quick touch with a hot iron and the markings are gone. Pen should be an alternate color to fabric.

Joanna Gallant
Whitinsville, MA
**

Forget about freezer burnt food -this simple tip helps prevents waste!

I keep a list of freezer contents on the side of the refrigerator. When we've eaten something I delete it from the list.

Terry Maiorana
Ashford, CT
**

Prize Winner

Congratulations to Rita Lemieux of North Brookfield, whose name was drawn for Dinner For Two at the Publick House. She submitted the timely recycling tip above.

**
Win Dinner for Two at the Publick House

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

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

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LEGALS

**Commonwealth of Massachusetts
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Worcester Probate and Family Court
225 Main Street
Worcester, MA 01608
Docket No. WO20P0924GD
CITATION GIVING NOTICE OF
PETITION FOR APPOINTMENT OF
GUARDIAN FOR INCAPACITATED
PERSON PURSUANT TO
G.L. c. 190B, §5-304
In the matter of:
Richard Noel
Of: Belmont, MA
RESPONDENT**

Alleged Incapacitated Person
To the named Respondent and all other interested persons, a petition has been filed by Mclean Hospital of Belmont, MA in the above captioned matter alleging that **Richard Noel** is in need of a Guardian and requesting that Some Suitable Person of, (or some other suitable person) be appointed as Guardian to serve on the bond. The petition asks the court to determine that the Respondent is incapacitated, that the appointment of a Guard-

ian is necessary, and that the proposed Guardian is appropriate. The petition is on file with this court and may contain a request for certain specific authority. **You have the right to object to this proceeding.** If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 A.M. on the return date of **06/02/2020**. This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail to file the written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date.

IMPORTANT NOTICE
The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named

person cannot afford a lawyer, one may be appointed at State expense.

WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.
Date: April 02, 2020

Stephanie K. Fattman
Register of Probate

April 17, 2020

**Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Division
Docket No. WO20P0896EA
Estate of:
Jane H Benson
Date Of Death: August 24, 2019
INFORMAL PROBATE
PUBLICATION NOTICE**

To all persons interested in the above-captioned estate, by Petition of Petitioner **Ronald H Benson of Fort Collins CO** a Will has been admitted to informal probate. **Ronald H Benson of Fort Collins CO** has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal

Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.
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OBITUARIES

Angela Marie (Mazzeo) Bailey, 90

SUTTON, MA – Angela Marie (Mazzeo) Bailey, 90 of Sutton, passed away on Good Friday, April 10th, 2020 at University of Massachusetts Medical Center, Worcester, MA.



Angela's husband of 63 years, Harry A. Bailey, passed away in 2013. She leaves three sons, Brian of Upton, Mark and his companion Mary Kate of Sutton, Bradford and his wife Julianne of Monroe, New Hampshire and a daughter, Lisa Andrews and her husband Robert of Sutton: eight grandchildren Caroline, Jonathan and Matthew Bailey, Derek Bailey and his wife Tara, Laura Candelaria and her husband Eric, Samantha Strom and her husband Mark, Christine and her husband Timothy, and Jessica Andrews: five great grandchildren, Porsha, Summer, Lucas and Nathan Bailey, Ava and Ella Candelaria and Mason and Rory Strom. Angela also leaves a sister Barbara Buduo and her husband Daniel of Worcester, a brother Dr. Frank A. Mazzeo, Jr. and his wife Joan of West Palm Beach, Florida and many nieces and nephews. She was predeceased by her parents Frank A. and Ida E. (Paletta) Mazzeo.

Angela was born and raised in Millbury. A 1947 graduate of Millbury High School, she loved her Italian heritage and the music that filled her childhood home with family musicians. Mrs. Bailey was an accomplished pianist and served as organist with her mother at Saint Brigid Church, Millbury. Caring, gracious and kind, Angela was devoted to family and was the heart of her home. Finding contentment and joy in the presence of family and friends, Angela and Harry treasured the numerous gatherings hosted at their Sutton residence on Boston Road.

Mrs. Bailey began her career as a hairdresser in her shop, the former Angela's Beauty Salon, Millbury.

Moving to Sutton with her family in 1953, she and her husband owned and operated Sutton Realty and began developing 'neighborhoods' in Sutton through the early 1970's. Mrs. Bailey also worked with the former Fitzpatrick Realty Team, Millbury. Angela loved being with children and found great joy as librarian/clerk at Sutton Elementary School and later as a long term substitute in Sutton's Middle and High School levels.

As founding members of Saint Mark's Church, Sutton, Mrs. Bailey and her husband were requested by Former Bishop Bernard J. Flanagan D.D. of Worcester to seek a suitable location for a mission parish of Saint Brigid Church, Millbury. They selected and assisted in the acquisition of Singletary Farmhouse and the adjacent field on Boston Road for the new parish. Mrs. Bailey proudly served as President of the former Saint Mark's Women's Club, was a member on many parish committees, and a major influence in the initial parish rectory renovation. Angela and her husband assisted the 1962 Sutton Town Common Restoration Committee with their donation of the 'Sutton Stone' that currently stands on the northwest corner of the common.

Mrs. Bailey also found enjoyment and relaxation in painting, the theatre, traveling to her ancestral home in Italy, and locations throughout the United States including family visits in West Palm Beach, Florida.

Angela's family would like to thank staff members at Care One, Millbury who shared kindness and compassion during her stay.

Due to the current health situation, services will be private with burial in Saint Brigid Cemetery, Millbury. A memorial mass will be announced at a later date to celebrate Angela's life. Anyone wishing to make a contribution in her memory may do so to Saint Mark's Music Ministry Fund, 356 Boston Road, Sutton, MA 01590.

Carol A. Auty, 73

MEDWAY– Carol Ann (Dillon) Auty, 73, of Medway passed away on Saturday, April 11, 2020 at her residence. She was the wife of the late J. Martin Auty who died in 2012.



Mrs. Auty had been employed at Waters Corporation in Milford for 15 years. She had previously worked at the American Optical in Southbridge, Cocke N' Kettle Restaurant in Uxbridge and drove the Mendon school bus route for Bob Winterhalter Bus Co.

Carol was born in 1946 in New Haven, CT the daughter of the late Nicholas J Dillon born in Iowa and the late Betty Grace (Weaver) Dillon DiGregorio born in North Carolina.

She loved genealogy and traveling to South Carolina and the Smokey Mountains in TN. Carol cherished spending time with her family. She loved the ocean, especially Nauset

Beach in Orleans and Myrtle Beach in SC. She also loved keeping in touch with her friends on-line and through social media.

Carol is survived by her daughters, Kimberley D. Thibeault and Sheri R. and her husband William Tagliaferri, all of Medway, Heather J. and her husband Paul Perrone of Mendon, Stacy L. and her husband Scott Remillard of Northbridge; her sister, Susan M. Barone of Port St. Lucie, FL; 5 grandchildren, William J. Tagliaferri, Michael S. Remillard, Mathew D. Remillard, Olivia R. Perrone and Anthony J. Perrone and several nieces and nephews including T. Jason Cronin and Nicholas M. Barone.

Visiting hours will be private. A funeral procession will be assembling at 10:15 AM on Thursday, April 16, 2020 at the Buma-Sargeant Funeral Home, 42 Congress St., Milford followed by a graveside funeral service at 11 AM in Oakland Cemetery, Barber St., Medway. Flowers are welcome.

Genevieve M. Buxton, 101

NORTHBRIDGE- Genevieve M. (Chiselski) Buxton, 101, passed away peacefully on Mon. April 6, 2020 at her home, aside her loving family. She was predeceased by her adored husband of 41 years, Lewis D. Buxton Sr. in 1983.



She is survived by her son, Lewis D. Buxton Jr. with whom she lived, a daughter, Sandra Jenoski and her husband Raymond of Douglas; 5 grandchildren; 9 great-grandchildren, as well as several nieces and nephews. She was also predeceased by her son, Robert J. Buxton in 2002, and her sister Wanda Mazzuchelli.

Born in Whitinsville on June 4, 1918 Genevieve was the daughter of Joseph and Mary (Odrobena) Chiselski and was raised and grew up in Northbridge attending their public schools. With the exception of a few married years living in Worcester she was a lifelong resident of Northbridge. Genevieve

worked a few small jobs in the area mid life but worked for Data General as an assembler for 11 years up until her retirement in 1983.

Genevieve enjoyed playing bingo, going shopping with her cousins and friends, tending to her flower garden, feeding the neighborhood stray cats, and cooking- especially Polish dishes. Spending time with family was most important to her, as they were her pride and joy. She was a woman of great faith, a lifelong member of St. Patrick's Church, and sang on their choir for many years.

Her family would like to extend a special thank you to Salmon VNA & Hospice for their outstanding care and support shown to Genevieve in her last weeks.

Genevieve's services will be privately held at the convenience of her family. In lieu of flowers, donations in her memory may be made to: St. Patrick's Church, PO Box 60, Whitinsville MA 01588. To leave a condolence message for her family please visit: <http://www.Jackmanfuneralhomes.com>

Eunice D. Flinton, 88

DOUGLAS- Eunice D. (Bouvier) Flinton, 88 formerly of Franklin St. and currently North St. died Sat. April 11, 2020 after an illness. Her husband Richard Flinton died in 1995.

She is survived by her 2 children David P. Flinton Sr. and his wife Denise and Sandra M. Flinton of Douglas; 3 grandchildren David Flinton Jr. and his wife Liza of Minnesota, Melissa Flinton of Douglas and Victoria Flinton and her partner Emma Sonberg on N Smithfield, RI; and one great granddaughter "Breezie"; a sister Pearl Brunell of Millbury; and several nieces and nephews. She was predeceased by 3 brothers Karl Wunschel, Chester Wunschel, and Richard Wunschel and a sister Aurore Bouvier. Eunice was born in the Rockdale section of Northbridge, MA on Jan. 27, 1932, she was the daughter of Emile and Mary L. (Pelletier)Wunschel Bouvier and was raised in Rockdale. She lived in

Douglas 67 years.

Mrs. Flinton worked over 30 years as a wrapper for Jeffco Fibers in both Millbury and Webster locations, retiring in 2001. Previously she worked for the Bernat Yarn Co. in Uxbridge. She was educated in the Northbridge school system, enjoyed horses, and was an avid Boston Red Sox fan. Recently she attended Summit Eldercare in Worcester, and made many friends there.

According to her family's wishes a memorial service will be held at a future date. Burial will be in St. Paul's Cemetery in Sutton. Memorial donations in Eunice's memory may be made to the Multiple Sclerosis Society, Upper Midwest Chapter, 2829 University Ave. S.E., Suite 900 Minneapolis, MN 55414. To leave a condolence message for her family please visit www.jackmanfuneralhomes.com

Richard H. Vander Brug, 88

WHITINSVILLE- Richard H. Vander Brug, 88, of Whitinsville passed away on Easter Sunday, April 12, 2020 at the Beaumont Rehabilitation & Skilled Nursing Center, Northbridge. He was the husband of Gertrude G. (De Jong) Vander Brug.



Mr. Vander Brug had been a mechanic for Anchor Motor Freight for 23 years before retiring in 1998. He also worked at Casey Equipment in Mendon and Koopman Tractor for 18 years.

He was born November 12, 1931 in Whitinsville, the son of the late Henry and Edith (Harkma) Vander Brug and was a graduate of Northbridge High School, class of 1950. Richard was a U.S. Navy veteran serving during the Korea conflict.

Richard was a former deacon and church elder at the Fairlawn Christian

Reformed Church and was a board member for the Whitinsville Christian School. He also enjoyed his bowling league, gardening and family gatherings.

In addition to his wife of 62 years, Gertrude, he is survived by two sons, Wayne R. and his wife Pat Vander Brug of Whitinsville and Henry R. and his wife Cynthia Vander Brug of Uxbridge; two daughters, Debra L. and her husband David Hartman of Thornton, CO and Melissa F. and her husband John Hinken of Hudsonville, MI; a sister, Katheryn and her husband Bob Vander Baan of Whitinsville; eleven grandchildren and nine great-grandchildren. He was predeceased by a brother and sister-in-law, William and his wife Janet Vander Brug.

Visiting hours and graveside funeral services will be private.

A memorial gathering will be held at a later time.

Memorial donations may be made to a Parkinson's Disease or Dementia Foundation of one's choice. Arrangements by Buma Funeral Home, Whitinsville. www.bumafuneralhome.com

Gloria K. (Kumle) Briggs, 91

WHITINSVILLE- Gloria K. (Kumle) Briggs, 91, passed away on Sun. April 5, 2020 at home aside her loving family after a period of declining health. She was predeceased by her husband of 63 years, Edwin A. Briggs in 2013.



She is survived by 8 children, Linda Costello of Sugarloaf Key, FL, Karl Briggs of Oxford, Steven Briggs and his wife Sharon of Oxford, James Briggs and his wife Lynn of Oxford, John Briggs and his wife Robin of Oxford, Kathleen Lavallee and her husband Michael of Northbridge, Albert Briggs and his wife Erica of Bellingham, and Edwin Briggs Jr. and his wife Dena of Charlton; 18 grandchildren, and 10 great-grandchildren.

Born in Worcester on July 21, 1928

she was the daughter of Hilma and Karl (Ware) Kumle and was raised in Worcester, attending their public schools. After highschool she attended secretarial School in Worcester. Primarily a homemaker, Gloria much enjoyed knitting sweaters and blankets for her children and was an excellent cook. She had a great love for animals especially her dog Brody and 3 cats. Gloria's greatest joy was her family, and she enjoyed throwing family parties, hosting a clambake every year. She will be sorely missed by her adoring family.

As to her wishes there will be no services. In lieu of flowers, donations in Gloria's memory may be made to: The Breast Cancer Research Foundation, 28 West 44th St., Suite 609, New York, NY 10036. To leave a condolence message for her family please visit: www.Jackmanfuneralhomes.com

VIRTUAL

continued from page A1

adjustment we made after the first week was to implement Tech-Free Wednesdays when there is a full week of school. Students continue to learn, just not in front of a screen. This gives the students a much needed break, as well as alleviates some the scheduling constraints of so many online resources."

Middle school students begin each day with a devotion from Mary Dykstra, Middle School Principal, then students follow their class schedule just as they did on campus. With a mixture of live classes, recorded lessons, and links to new material, students continue their pursuit of knowledge.

"When we launched our Guidelines for Virtual Learning, I reminded our students and parents that when I think of guides,

I know they are knowledgeable, do what's best for whomever is following, and often tweak things along the way," said Dykstra.

Whitinsville Christian High School has utilized Google classroom, a system that gives students access to all assignments, rubrics, and calendars, for several years.

"In the 2018-2019, school year, WCS launched virtual snow days," said Chris Vander Baan, High School Principal. "The school recognizes two snow days where students have the days off from school work. On the third snow day, our students learn from home online in order to save that lost learning time and avoid making up that time in June. Our experience with virtual snow days has been positive, and we implemented that model for Virtual High School during this COVID-19 crisis."

Students are expected to

'attend' their classes by checking in with all of their teachers each day. Assignments are posted each morning before the school day begins and students have live lessons, breakout groups, and even labs. In addition, the Guidance Department and administration have held class meetings and town meetings with all high school students and their parents.

"In this time of Virtual Learning we have watched students sing and pray with their teachers, and students volunteer to tutor their peers," said Engbers. "We have seen the Guidance Department meet with students and parents. We see faculty and administrators who have shown creativity, flexibility, and commitment. And we have seen families offer their gratitude and grace, while managing trying circumstances. We are blessed indeed."

MEALS

continued from page A1

process. Meals are distributed outside cafeteria doors on the sidewalk where families enter the drive-up/pick-up line, pull up to the curb, and inform staff how

many students they are picking up for. Food service staff will place meals in the trunk of vehicles to maintain distance.

Anyone who cannot make it out of their house to pick up a meal is encouraged to email Stephanie at sbarstow@uxbridge.k12.ma.us.



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



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



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



DUDLEY – 38 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**



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



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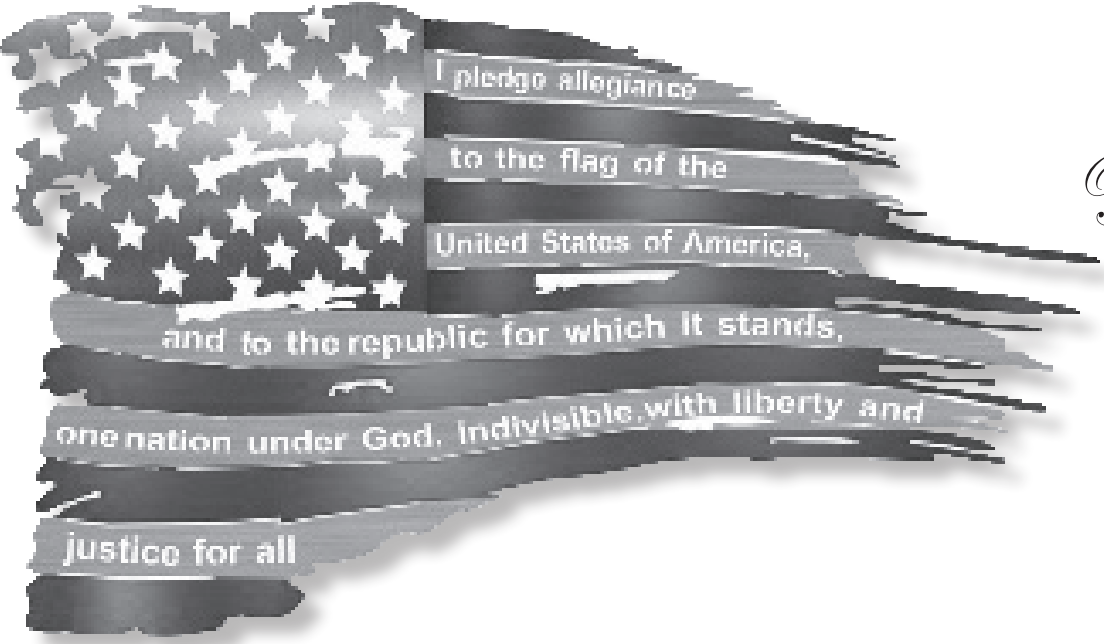


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OBITUARIES

David A. MacGibbon Sr., 80

SAUGUS - David A. MacGibbon Sr., 80, died on Friday, April 10, 2020, at UMass Memorial Medical Center - University Campus in Worcester, after a short battle with COVID-19. He is survived by four children, Kimberly A. Hutchins and her husband Matthew of Oxford, Margaret M. Larose and her husband Timothy of Saugus, Dawn L. Sudano and her husband John of Middleton, and David A. MacGibbon Jr. of Salisbury; a brother, Robert MacGibbon and his wife Kathleen of Wakefield; two sisters, Ruth Crivello



of Wakefield and Margaret Hardy of North Reading; eight grandchildren, David MacGibbon III, Carisa Sudano, Miranda MacGibbon, Samantha Sudano, Matthew Hutchins Jr., Mackenzie MacGibbon, Nathan Hutchins, & Jacob Hutchins; his wife Patricia A. MacGibbon; and many nephews and nieces. He was predeceased by a daughter, Ruth A. MacGibbon, a brother Donald MacGibbon and sisters

Patricia Meuse and Dorothy O'Keefe. He was born in Malden, son of the late Robert and Margaret (MacClellan) MacGibbon, and lived most of his life in Saugus. He was a veteran of the U.S. Air Force.

Mr. MacGibbon was a truck driver for McLean Trucking for many years. Later, he was a bus driver for Hertz Rental Cars in Boston for many years before retiring in 2001. He was a member of Trinity Evangelical Church in North Reading, the VFW in Saugus, a trap shooter at Danvers Fish and Game, and enjoyed collecting and trading watches.

The family would like to thank nurse Lori Wortman, who cared for him in his later years, the staff at Beaumont Nursing Home in Northbridge for their exceptional care over the last year, and friend Paul Gillette, for always being there for David over the past several years.

Due to gathering restrictions in Massachusetts, a service will be held at a later date at Trinity Evangelical Church in North Reading. In lieu of flowers, memorial contributions may be made to the Alzheimer's Association, 309 Waverly Oaks Rd., Waltham, MA 02452. Paradis-Givner Funeral Home in Oxford is directing the arrangements. paradisfuneralhome.com

Camille Labrecque, 87

NORTHBRIDGE- Camille Labrecque, 87, of Plummers Park passed away on Easter, April 12, 2020 at Milford Hospital after an illness. He is survived by his adoring wife of 67 years, Alice M. (McGuire) Labrecque.



He is also survived by 4 children, Steven Labrecque of Whitinsville, Donna Burghardt of Santana, CA, and Brian Labrecque of San Diego, CA; 4 grandchildren, Brittany, Danielle, Troy, and Brett; 2 sisters, Arlene Crawford of Whitinsville, and Silvia Beaumont also of Whitinsville, as well as many nieces and nephews. He was predeceased by a daughter, Lynn Bayse in 2015, and 2 brothers, Armand and Roger Labrecque.

Born in Northbridge on April 28, 1932 he was the son of Nere and Delia (Racicot) Labrecque and grew up in the Linwood section of Northbridge. He was a graduate of Northbridge High School,

and was later drafted into the Army during the Korean War era, where he served as a Corporal. He and Alice were married on base during that time and when he returned home started their family in Northbridge. Camille worked as a special painter for Raytheon for over 30 years, painting the missiles. He also was the Administrative Account for the former Oliver Ashton American Legion Post #343 in Northbridge for 20 years, where he had previously served as past commander. He helped to run the Bingo games every year, which raised a lot of money, helping to make many improvements including a new roof. Camille loved playing pool, cribbage at the Senior Center, and most of all visiting Sandwich at the Cape with Alice. He was a devoted husband, father and grandfather who will be sorely missed.

Camille's funeral services will be held at a later date to be announced along with burial in St. Patrick's Cemetery, Whitinsville. In lieu of flowers, donations in Camille's memory may be made to: St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105

To leave a condolence message for his family please visit: Jackmanfuneralhomes.com

DISPATCHERS

continued from page A1

its dispatchers including: Cynthia Mercier, Christine Cooper, Thomas Schlottenmier, Dennis Perron, Nancy D'Auteuil, Anna Padgett, Dawn Legassey, Laura Cassidy, Patrick Sheridan and Marianne DeVries.

"You can always rely on our dispatchers to answer the phones and

provide calm during chaos when you need help the most. Once again, thank you all for your service," the statement reads.

APCO President Tracey Hilburn said that over the course of this week, emergency communication centers throughout the country may be limited in the manner in which they can celebrate due to social distancing.

"However, you can still take this opportunity to applaud yourselves and each other," Hilburn said. "Even though we are experiencing extremely challenging and unprecedented circumstances with the spread of the COVID-19 Virus, it remains vital for our physical and mental well-being to recognize the positives in our lives, as we work to combat this epidemic."

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(GLOSSY PRINTS)

Open Sky Community Services releases clinical video series, “Coping during COVID”

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 website.

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@openskycys.org.

Manzi, Sean Naughton, and Donna Ross

Perfect Score (Employability Test): Kaitlyn Manzi, and Meghan Griggs

Gold: Max Brueggemann, Technical Drafting; Anna Cook, Photography; John Hehir, Mobile Robotics; Megan Jacene, Robotics & Automation Tech; Ryan Johnson, Automotive Service Technology; and Kaitlyn Manzi, Medical Terminology

Silver: Emery Amtmann, Medical Terminology; Meghan Griggs, Automation Tech; and Nathan Nackman, Additive Manufacturing

Bronze: Jacob Gray, Computer Programming; Jonathan Hollenbeck, Major Appliance Technology; Lillian McLaughlin, Restaurant Service; Donna Ross, First Aid/CPR; and Faith Sawyer, Health Knowledge Bowl

Sutton
Perfect Score (OSHA Test): Sawyer Allen

Gold: Marie Peladeau, Power Equipment Technology
Silver: Sawyer Allen, Medical Math

UXBRIDGE — The Massachusetts Department of Transportation (MassDOT) is announcing that it will be conducting milling operations on Route 146 northbound and southbound, between the Rhode Island state line to the Mill Street overpass, in Uxbridge. The work is scheduled to take place beginning today, Monday, April 13, and continuing through to Friday, April 17, during the daytime hours of 7 a.m. to 5 p.m.

The milling work will require intermittent lane takings and off-ramp closures to allow crews to conduct necessary construction operations.

Traffic will be directed to follow the ramp detour signage in place as follows:

Route 146 northbound off-ramp at Exit 1 is closed:

• Traffic looking to exit Route 146 northbound at Exit 1 (Route 146A, Uxbridge, North Smithfield, R.I.) will be directed to continue on Route 146 northbound and take a right at Exit 2 (Route 146A, Chocolog Road, Uxbridge) in order to access Route 146A from

Chocolog Road.

Route 146 southbound off-ramp at Exit 1 is closed:

• Traffic looking to exit Route 146 southbound at Exit 1 (Route 146A North Smithfield, R.I.) will be directed to continue on Route 146 southbound into Rhode Island and take exit for Route 5 and Route 102, Forestdale / Slaterville. Traffic will be directed to follow the detour signage in place and turn right onto Route 146A Victory Highway.

Route 146 northbound off-ramp at Exit 2 is closed:

• Traffic looking to exit Route 146 northbound at Exit 2 (to 146A, Chocolog Road, Uxbridge) will be directed to continue northbound on Route 146 and take a right at Exit 3 (Route 16 Uxbridge/ Douglas) and follow the detour signage in place in order to reverse direction.

Route 146 southbound off-ramp at Exit 2 is closed:

• Traffic looking to exit Route 146 southbound at Exit 2 (Route 146A Chocolog Road, Uxbridge) will be directed to continue southbound on Route 146 and take a right at

Exit 1 in order to access Route 146A Quaker Highway.

Appropriate signage, law enforcement details, and advanced message boards will be in place to guide drivers through the work area.

Drivers who are traveling through the area should reduce speed and use caution.

All scheduled work is weather dependent and may be impacted due to an emergency.

For more information on traffic conditions travelers are encouraged to:

Dial 511 and select a route to hear real-time conditions.

Visit www.mass511.com, a website which provides real-time traffic and incident advisory information, and allows users to subscribe to text and email alerts for traffic conditions.

Follow MassDOT on Twitter @MassDOT to receive regular updates on road and traffic conditions.

Download MassDOT's GoTime mobile app and view real-time traffic conditions before setting out on the road.

SKILLS

continued from page A6

Payton Hartshorn, Collision Repair Technology; Nicholas Healey, Telecommunications Cabling; and Mason Weagle, Digital Cinema Production.

Silver: Cassidy Jacobs, Collision Damage Appraisal; and Rachel Perrotta, Architectural Drafting

Bronze: Lyndsey LaPierre, Photography
Millville

Perfect Score (OSHA Test): Aaron Canali, Samuel Houle, Nicholas Kirby, and Hayley Vecchione

Gold: Nicholas Kirby, Additive Manufacturing

Silver: Natalie Lambert, Culinary Arts

Bronze: Ryan Caddell, Robotics & Automation Tech; and Samuel Houle, HVAC/R

Northbridge
Perfect Score (OSHA Test): Emery Amtmann, Grace Arnold, Melanie Bisbee, Meghan Griggs, Jonathan Hollenbeck, Megan Jacene, Kaitlyn

Manufacturing, Abigail Lane, Robotics & Automation Tech; John Lowrey, Automotive Service; and Keegan Tonry, Mobile Robotics

Bronze: Molly Curley, Health Knowledge Bowl; Nolan Holt, Culinary Arts; Riley Holt and Robert Mellen, Mechatronics; and Ella Yaroshefski, Health Knowledge Bowl
About Blackstone Valley Regional Vocational Technical High School (BVT)

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Bronze: Trin Astrella, Additive Manufacturing; Tyler King, Robotics & Automation Tech; and Alexandra Richard, Painting & Design Technology
Upton

Perfect Score (OSHA Test): Adam Dickey

Gold: Christopher Leombruno, Diesel Equipment Technology; and Noah Stallcup, Robotics & Automation Tech

Silver: Adam Dickey, Mechatronics; Kirsten Dinsmore, Restaurant Service; Chloe Fallon, Mobile Robotics; and Kelli Konieczny, Digital Cinema Production

Bronze: Rachel May, Urban Search & Rescue; and Sheridan Scanlon, Diesel Equipment Technology
Uxbridge

Perfect Score (OSHA Test): Isaac Curley, Nolan Holt, Riley Holt, Abigail Lane, Kieler Langemo, Kushi Patel, Caroline Sanford, and Ella Yaroshefski
Perfect Score (Employability Test): Casey Goyette

Gold: Casey Goyette, Urban Search & Rescue; Kieler Langemo, Advertising Design; and Caroline Sanford, Mobile Robotics

Silver: Isaac Curley, Additive



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