

STURBRIDGE VILLAGER

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Friday, July 17, 2020

Woman In Business announces 2020 scholarship award recipients

STURBRIDGE — Woman In Business, Inc. (WIB), now in its 30th year of building community for women in our region by fostering networking, sharing information and experiences, and providing educational opportunities, is pleased to announce its 2020 Scholarship Award recipients: Leia Krans from Tantasqua Regional High School, Alyson Locke from Tantasqua Regional High School, Madison Hughes from Shepherd Hill High School, Jordan Lapierre from Tantasqua Regional High School, and Addison Ellithorpe from Shepherd Hill High School. In total, \$2,000 was awarded among these recipients.

Every year, Woman In Business awards four \$500 scholarships to deserving area high school seniors in support of their continuing education, and through the Judith A. Jaeger Memorial Scholarship, started in 2017 and endowed by the family of WIB Founder Judith Jaeger, an additional \$1000 award is presented to the top candidate among the applicants selected for scholarship prizes. Over the last 30 years, WIB has awarded over \$50,000 in scholarship prizes to over 100 deserving young men and women, who go on to do amazing things with their education and life.

Scholarship applications are open to any high school senior in our region by completing a form made available in their Guidance Office and submitting an essay. A special Scholarship Review Committee of the Board reviews all applications and selects award recipients. This year, WIB received a total of 53 applications from Tantasqua, Shepherd Hill, and Bay Path.

Jaeger Award winner Leia Krans is from Sturbridge, and is graduating from Tantasqua. She will be attending the University of New



Courtesy

Leia Krans



Courtesy

Madison Hughes



Courtesy

Addison Ellithorpe



Courtesy

Alyson Locke



Courtesy

Jordan Lapierre

Hampshire in the fall and is aspiring to be a School Counselor. “What impressed us about Leia was the extensive resume she added along with her application,” said Jennifer Anderson, Chair of WIB’s Scholarship Committee. “She has been very active in the community including volunteering for Special Olympics, Relay for Life, and Harrington Memorial Hospital.” Leila will be majoring in Psychology and hopes to double in Sociology, with a minor in Special Education. She then hopes to get her Master’s degree in School Counseling. Leia always looked forward to picking her classes each year and enjoyed helping her classmates with their choices as well. While at Tantasqua, Leia interned within the School Counseling Department and was actively involved in the schools community. She served on the Executive Board as Historian and Publicist, and has attended many Student Council Leadership Conferences. “Leia is passionate, energetic, and truly cares about what she’s doing. We wish

..... Please Read

WIB, page A5

State enters third phase of re-opening

BY KEVIN FLANDERS
STAFF WRITER

REGION – Local businesses continue to reopen as part of the state’s third phase, including fitness centers, health clubs, and movie theaters.

Gov. Charlie Baker launched the third phase of reopening on July 6, with specific guidance for each industry. The Governor thanks residents and business owners across the state for their efforts in mitigating the spread of COVID-19. After a careful review of statewide health metrics, Baker’s team felt comfortable with progressing to the third phase.

“Thanks to the hard work everyone has put in so far, more places will be able to reopen with strict guidelines,” Baker said. “Phase three contains some bigger players that will draw more people into indoor settings. This phase will last significantly longer than other phases so we can closely monitor the

impacts.”

The third phase of reopening also allows the following organizations and businesses to return:

- Outdoor performance venues
- Museums, cultural venues, and historical sites
- Certain indoor recreational activities with low potential for contact
- Professional sports teams, under the authority of league-wide rules

Although COVID-19 numbers have declined statewide, officials are urging residents not to become complacent. As more indoor facilities reopen, the chance of spreading the virus will increase if preventative measures aren’t taken.

“It’s important that we continue to follow the guidance and do all of the things that have allowed us to get to

..... Please Read **PHASE 3, page A5**

Smola supports bill to coordinate response to EEE

BOSTON – Rep. Todd M. Smola (R-Warren, Ranking Member, Committee on Ways & Means) recently joined with his House colleagues to support legislation designed to help coordinate an enhanced statewide response to the public health threat posed by Eastern Equine Encephalitis (EEE).

House Bill 4843, An Act to mitigate arbovirus in the Commonwealth, was engrossed by the House of Representatives on a vote of 158-0 on July 9. The bill authorizes the State Reclamation and Mosquito Control Board to “engage in preventive, management and eradication methods” whenever the Commissioner of Public Health determines that an elevated risk of arbovirus exists or may exist for the current or upcoming year.

EEE is an arbovirus that is generally transmitted to humans through the bite of an infected mosquito. Although it is rare, EEE can cause severe neurological problems and in some instances can be fatal.

Massachusetts recorded 12 human cases of EEE in 2019, including six deaths. There were also nine cases last year involving domestic ani-

mals.

State officials recently confirmed that mosquitoes tested positive for EEE in the towns of Orange on July 1 and Wendell on July 5, which marks the earliest EEE has been detected in the state in the last 20 years. So far, no humans or animals have tested positive this year, but the Department of Public Health (DPH) is advising residents to take precautions.

Representative Smola said House Bill 4843 requires the mosquito control board to provide at least 48 hours advance notice prior to conducting any aerial spraying. The board must notify local and regional boards and commissions, including boards of health, along with any property owner who has opted out of spraying, as well as agricultural entities such as beekeepers, cranberry growers, certified organic farms and aquaculture facilities. The board must also provide a form on its website that individuals can use to request notifications.

House Bill 4843 requires the mosquito control board to post a report

..... Please Read **EEE, page A5**

Rotary recognizes garden creator

STURBRIDGE — The Community Food Collaborative (CFC) committee held its monthly meeting at the garden located behind the Town Hall in Sturbridge recently after the regular work shift. The volunteer group had lots to discuss on their agenda and did so while maintaining proper social distancing.

The highlight of the meeting came when Sturbridge Rotary Past-District Governor Klaus Hachfeld, also a member of the CFC committee, surprised CFC President Joe Coan with a Rotary Paul Harris Fellow Recognition. This recognition is a way of honoring



Courtesy

Garden creator, Joe Coan (left) with Rotary Past-District Governor Klaus Hachfeld.

..... Please Read **GARDEN, page A5**

Aja Johnson of Springfield receives award from Bay Path

CHARLTON — Wife and mother of two, Aja Johnson of Springfield is the PN Class of 2020 Award Recipient of the Clinical Excellence Award. Johnson received the award for her distinguished clinical performance throughout

her training and education at Bay Path RVTHS Practical Nursing Academy. Johnson received the Clinical Excellence Award notification and will receive an engraved crystal woven plate from Tiffany & Co., at



Aja Johnson

the official Graduation and Pinning Ceremony at the Performance Arts Center of the Overlook Masonic Health Care, Charlton, June 18, 2021. Johnson attended Medford High School in Medford, Ma and completed her GED/HiSET at Springfield in 2019. She completed her nursing pre-requisites and psychology. She is a recipient of the Professional Employee of the Year-Health Services Award, Excellence in Government Awards from the Federal Executive Association of Western Massachusetts in 2012. She had demonstrated expertise and validated experience with the VA system. Noted as a competent professional with proven ability to communicate, listen and advocate for the veteran population. Aja is sought out for her calm, patient demeanor and knowledge of treatment plans and programs and is a tremendous asset to the OEF/OIF Veterans. While at Bay Path, Johnson was inducted to the National Technical Honor Society for excellence in Academic performance.

"We congratulate Aja Johnson for this immense honor and wholeheartedly applaud her family for their love and support. Aja has been a revered practical nursing student. She was elected student representative and went above and beyond in assisting both her peers and faculty during the academic year. We are so very happy that she is recognized for her Clinical Excellence," said Gretheline Bolandrina, MSN Ed, RN, CRRN, Academy Director.

"Aja Johnson exemplifies our desired graduate, one who exhibits clinically competent skill with compassion. As a practical nursing graduate and soon to be LPN, Aja has a promising nursing career ahead of her," concluded Bolandrina.

Sydney Davey of Sturbridge named to URI Dean's List

KINGSTON, R.I. — The University of Rhode Island is pleased to announce the Spring 2020 Dean's List. The students represent nearly all of Rhode Island's cities and towns, all six New England states, New York and New Jersey, and many other states and countries.

To be included on the Dean's List, full-time students must have completed 12 or more credits for letter grades during a semester and achieved at least a 3.30 quality point average. Part-time students qualify with the accumulation of 12 or more credits for letter grades earning at least a 3.30 quality point average.

Sydney Davey of Sturbridge was named to the Dean's List.

Note: Students who qualified for the Dean's List, but have restricted access to their information under the Family Education Rights and Privacy Act (FERPA) guidelines, are not included on this public listing. Students may adjust these restrictions on eCampus.

The University of Rhode Island's pioneering research extends the University's influence well beyond its coastal borders, while its unique interdisciplinary courses provide its 16,852 undergraduate and graduate students with global opportunities in an intimate environment. In May 2020, more than 3,500 undergraduate and about 700 graduate degrees were awarded. The University now has more than 120,000 alumni worldwide.



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The *Sturbridge Villager* (USPS#024-955) is published weekly by Stonebridge Press, Inc., 25 Elm St., Southbridge, MA 01550. Periodical postage paid at Southbridge, MA 01550. POSTMASTER: Send address changes to Sturbridge Villager, P. O. Box 90, Southbridge, MA 01550

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Brookfields, Sturbridge Rotary partner to assist area schools

REGION — Last week, our area Rotary clubs accepted a donation of 4,000 PPE masks from a Rotary club in Connecticut. These masks will be distributed to our local schools to assist them in their plans to reopen. Many more thousands of masks from this donation will be delivered to clubs throughout our Central Mass Rotary District.

Brookfields and Sturbridge Rotary are working collaboratively to assist our local schools get much needed PPE as they prepare to reopen in the Fall. In addition to the masks, the clubs are working on a joint Rotary Foundation matching grant to acquire hand sanitizer.

Seen in the photo with our donor partner from Connecticut are District Governor Pam Anastasi, Brookfields Rotary President Elect Lynn Duffy-O'Shea, Brookfields Treasurer Terry McCarthy, and Sturbridge Rotary President Klaus



Hachfeld.

Brookfields Rotary serves the Brookfields, Spencer and Warren. For more information about our service activities and schedule, visit our Web site at www.brookfields-rotary.org.

Smola supports bill expanding DCF's reporting requirements

BOSTON — The Department of Children and Families (DCF) would be subject to expanded reporting requirements, and would be responsible for implementing a Foster Parents' Bill of Rights, under legislation given initial approval by the House of Representatives on July 9 on a vote of 158-0.

State Rep. Todd Smola (R-Warren) said House Bill 4841, An Act relative to accountability for vulnerable children and families, would require DCF to develop and update specific case management policies to improve its operations and to ensure the safety of the children under its care. The bill would also move the board that investigates the deaths of children in state care from the Chief Medical Examiner's Office to the Office of the Child Advocate.

Among the reporting provisions included in House Bill 4841 is a requirement that DCF file an annual report detailing the outcomes of children and young adults leaving or aging out of DCF care and custody, and whether they have secured housing, employment, and post-secondary education. The bill also requires DCF to report annually on its fair hearing process and cases, and directs the department's Ombudsman to annually disclose any questions or concerns received during the previous fiscal year.

In response to the COVID-19 global pandemic, the bill requires DCF to analyze and report on various aspects of the child welfare and education system to understand the novel coronavirus' impact on vulnerable children. It also mandates monthly updates on child abuse and neglect reports made to the department, and directs DCF to develop and implement a public information campaign to increase awareness of child abuse and neglect during the State of Emergency.

Representative Smola said a centerpiece of House Bill 4841 is the creation of a Foster Parents' Bill of Rights, which is designed to articulate specific rights and responsibilities to help DCF recruit and retain foster parents. The proposed

Bill of Rights would require DCF to:

- not discriminate against a foster parent on the basis of religion, race, ethnicity, age, physical ability or other arbitrary factors;
- develop and provide standardized pre-service training for foster parents;
- provide foster parents with information about the child prior to their placement, including the child's physical and behavioral health history, as well as their education needs and daily routine;
- give foster parents an opportunity to review DCF's action plan regarding the child placed in their home and to discuss the plan with the social worker;
- notify foster parents about any court hearings, complaints, and financial supports and services available to them;
- maintain a 24-hour emergency hotline that can be accessed when DCF offices are closed; and
- allow foster parents to provide notes to be placed in a child's file before the child leaves their foster home that may be helpful to future foster parents.

Representative Smola said House Bill 4841 would also expand the role of the Child Advocate by providing their office with oversight of the state's child fatality review team and designating the Child Advocate as its co-chair, along with the Commissioner of Public Health. The Child Advocate would be responsible for presenting the findings of all investigations into critical incidents involving the death of a child who is under state care or receiving state services when there is a reasonable belief that a state agency failed in its duty to protect the child. The bill would require the Child Advocate to jointly and simultaneously brief the Governor, Attorney General, Senate President and House Speaker on their findings at least 48 hours before releasing the results of the investigation.

House Bill 4841 now heads to the Senate for its consideration. For additional information please contact Representative Smola at Todd.Smola@mahouse.gov or (617) 722-2100.

Maintain privacy and safety while video conferencing

Video conferencing tools captured the world's attention shortly after stay-at-home orders prompted people to seek alternatives to in-person gatherings. Seemingly overnight millions of people were logging onto various platforms to connect and chat with friends, family, schoolmates, coworkers, and others near and far. In March 2020, daily Zoom video chat users ballooned to more than 200 million from a previous maximum of 10 million, according to Zoom CEO Eric Yuan.

As digital communication continues to be an integral component of staying in touch — even after COVID-related restrictions are eased — users need to remain cognizant of the potential safety and privacy hazards related to this type of technology. Not all platforms are created equal, and some compromise security in favor of usability. The following are some safety considerations when using video chat.

Look for transparency

Video conferencing platforms should be open and honest about the data they collect, how information is used, whether you'll be targeted for advertising, and which security features they employ. Recognize if and when your chat is being recorded.

Pick a platform that favors security
"Zoombombing" refers to some security loopholes that have enabled hackers to enter Zoom chat rooms and leave inappropriate images and content. The company has had to fix bugs and tighten security in light of such problems.

Apple is known for strong encryption practices, meaning the company cannot see what you are sharing through a face call. People who chat with other Apple

users can rely on the company's built-in, free FaceTime app, which doesn't require an additional download. Signal also is an encrypted messaging app considered to be the world's most secure, and it's increasingly going mainstream.

Engage extra security features

Meeting hosts may be able to reduce the risk of security breaches by incorporating some features, according to the Federal Trade Commission. Conferencing services may offer the option to lock the meeting once the participants have arrived. Others may require approval of each participant trying to join. Many services enable password encryption or ID numbers for each new meeting.

Be mindful of your surroundings

Sometimes the biggest privacy blunders are made by users. Be sure to check the settings of microphones and cameras as they may be "on" by default when joining chats. If you want to increase privacy, disengage these options. Be sure you know which background items are in view as well, as others may be able to see private documents, photos or people in your household. Let other people in the home know you are on a call, so they can refrain from discussing personal information.

Another concern is sharing your screen through video apps, in the case of slide shows or work or school presentations. Before sharing, make sure you don't have any open documents, browser windows or other things on the screen not intended for a public audience.

Video conferencing is the new normal and safety needs to be kept in mind when utilizing this mode of communication.



ACCURACY WATCH

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

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

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

Upcoming events at the Joshua Hyde Library

STURBRIDGE — The Joshua Hyde Library announces the following events scheduled through the end of July.

Thursday, July 16: Summer Reading Program begins. Sign up on Beanstack (sturbridgeliibrary.beanstack.org) and begin logging time spent reading and activities completed to earn raffle tickets.

Thursday, July 16: ScienceTellers. A Zoom event. Science and stories, together! A long time ago in a faraway world, two brave villagers go on a daring journey to release the dragons and save the kingdom from the Evil Ice Sorceress. Will science save the day? Don't miss this fun fantasy adventure featuring awesome dry ice effects! Zoom information will be provided after registering. Space is limited. Sponsored by the Friends of JHL. 3 p.m.

Friday, July 17: Grab & Go Kid Crafts: Greek Myth Laurel Wreath. Craft kits will be available on the Craft Cart located near the library entrance. One kit per child please; supplies are limited. Sponsored by the Friends of JHL. 10 a.m. – 4 p.m.

Tuesday, July 21: Virtual Preschool Music & Movement Program with Deb Hudgins. Today's theme is "Fun with Birds". View using the link that will be posted on our webpage and Facebook page. Sponsored by the Friends of JHL. 11 a.m.

Wednesday, July 22: Master storyteller Diane Edgecomb presents "Once Upon a Fairytale" in this delightful perfor-

mance of unusual stories. From enchanted bears, to determined princesses, to Jack's hilarious adventure when he gets dancing bugs instead of beans - Once Upon a Time has never been this fun! Free. Sponsored by the Friends of JHL. Link will be added on the day of the event. 11 a.m.

Thursday, July 23: Fairy Tales Escape Room will be posted on sturbridgeliibrary.org and our Facebook page. 11 a.m.

Monday, July 27: Grab & Go Kid Crafts: Dragon. Craft kits will be available on the Craft Cart located near the library entrance. One kit per child please; supplies are limited. Sponsored by the Friends of JHL. 10 a.m. – 4 p.m.

Tuesday, July 28: Virtual Preschool Music & Movement Program with Deb Hudgins. A new, fun theme will be shared. View using the link that will be posted on our webpage and Facebook page. Sponsored by the Friends of JHL. 11 a.m.

Wednesday, July 29: Songbirds & Snakes Escape Room will be posted on sturbridgeliibrary.org and our Facebook page. 11 a.m.

Thursday, July 30: Create a Fantasy Garden! Bemis Farm Nursery Garden Kits will include all you need to create a magical garden. A limited number will be available; pre-registration will be required. For ages eight to 12. Pick up to be arranged. Sponsored by the Friends of JHL.

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Friday's Child



Hailey
Age 12

Hi! My name is Hailey and I love horses! Below is a letter I have written to help you get to know me.

Hi,

My name is Hailey and I am 12 years old. I am a sociable, funny, cool, kind, sweet, and outgoing person. I am someone who likes to stay on topic, listen to others, and am a good planner. I consider myself a brave person and a hard worker.

I have several family members who I am close with, including my aunt, grandmother, grandfather, and two cousins. I am particularly close with my aunt who I speak with about funny things, my emotions, and my hopes. Along with my many strengths, I also have many talents and interests. I like to ride horses, play hockey, video games, and board games, and go swimming.

I'm looking for a family that will love me and have fun with me! I would like

to do many activities with my family including horseback riding, arts and crafts, movie nights, and cooking/baking. I am also learning to play the piano. I also would be a big help to my family by doing chores, playing with any siblings, and making everyone laugh. I would also love a visiting resource. I hope to speak with you soon!

Sincerely,
Hailey

Who Can Adopt?

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

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

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



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AEMILIA DESY GRADUATES FROM FRAMINGHAM STATE UNIVERSITY

Aemilia (Ohop) Desy, daughter of Michelle Roy from Holland, recently graduated with four years of high honors. She maintained the President's list at FSU with a bachelor degree in Studio art with a concentration in illustration and double minor in Psychology and Art History. She was the student Vice President of Phi Kappa Phi for the FSU chapter and also the Vice President of art honor society Kappa Pi. She was inducted into membership in Alpha Lambda Delta honor society also. She was active on campus as a student wellness educator, as well as a graphic design intern at the Independent Association of Framingham State Alumni (IAFSA). Her artistic accomplishments during college include illustrating and designing two books for local authors and digitally designing a photo book for a foundation. Her focus is to continue with her freelance art work consisting of pet portraits, book illustrations along with graphic design.

Sturbridge Democratic Town Committee awards essay scholarships

STURBRIDGE — The Sturbridge Democratic Town Committee (SDTC) is pleased to announce this year's winners of the 2020 SDTC scholarship essay award — Maxwell Ballou and Aleksandra Jedrzejczyk. This annual competition provides Tantasqua Regional High School seniors an opportunity

to provide their views and thoughts on ways to better community political awareness and citizenship. The scholarship Committee awarded each winner \$270 for assistance in their future academic endeavors. Congratulations again to Maxwell and Aleksandra on winning this award. The Committee wishes

them well as they start their collegiate experience this fall.



Courtesy

QUINEBAUG MASONIC LODGE HOLDS FIRST MEETING

On Monday, July 6, Master Masons throughout the community gathered to Quinebaug Masonic Lodge in Southbridge. The lodge held its first meeting since the beginning of the COVID-19 Pandemic. Phase 3 rules for social distancing were followed based upon Governor Bakers guidelines for gatherings of groups larger than 10. Brethren gathered 6 feet apart and wore face masks and all restricted seating was clearly marked and was not to be used while conducting lodge business. Going forward, per the orders of the Grand Masonic Lodge of Boston all lodges in this state will conduct their meetings according to the guidelines of the CDC and Gov. Baker. The top priority of all lodges is the health and safety of all brethren and their families.

Trinity Catholic Academy honor roll

SOUTHBRIDGE — Trinity Catholic Academy has released its honor roll for the third trimester of the 2019-2020 school year.

GRADE 4
Honors
Symeon Downie
Jameson Durocher
Aedyn Esser
Issayris Gonzalez-Rivera
Oliver MacDonald
Heather Kennedy
Nolan Smeltzer
Noah Waterhouse

GRADE 5
Honors
Michael Gasperini
Olivia Chouinard
Apollo Logan
Caleb Colon

Tatum Perez
Jeremy Figueroa
Yashvi Swadia
Joshua Livernois
Nico Yacavace
Melany Ngo

GRADE 6
Makayla Capillo
Charles Congdon
Zoe Forget
Brandon Donnell
Frances Dyer
Anika Ferrantino
Colin Ladd
Brandon McGlone
Amari Pereira
Jorge Santiago
Nicholas Sargent
Cameron Simpson
Ezekiel Velazquez

GRADE 7

Honors
Shane McGlone
Jason Checka
Casey Renaud
Luisa Henao
Manaali Vaidya
Summer Hudson
Elena Jerez
Jennalee Rousseau
Ava Simon

GRADE 8
Honors
Kirsten Congdon
David Adorno
Zachary Cournoyer
Teresita Del Valle
Sean Gasperini
Payton MacDonald
Zachary Hebert
Avelyn O'Brien
Laci Pollone

Worcester Academy announces Honor Roll and Headmaster's List

WORCESTER — Worcester Academy proudly announces its Honor Roll and Headmaster's List for Semester 2 of the 2019-2020 School Year. The honors represent the achievements that each of these Worcester Academy students has earned through academic excellence, challenge, and personal growth.

Among the students are:
Mavrick Rizy of Fiskdale, 9, First Honors.
Kyle Rizy of Fiskdale, 11, First Honors.
Matthew Shaw of Brimfield, 12,

First Honors.
Kate Gagnon of Fiskdale, 9, Headmaster's List.
Ryan Bonja of Fiskdale, 11, Headmaster's List.
Alexandra Mrotek of Fiskdale, 11, Headmaster's List.
Ava Detarando of Fiskdale, 7, Honor Roll.

About Worcester Academy

Worcester Academy is an exceptional co-educational independent school for day and boarding students in grades 6 through 12 and postgrad-

uates. Through an innovative and thoughtfully designed curriculum, Worcester Academy instills in students a lifelong passion for learning and a foundation of core values that enable them to "Achieve the Honorable" as leaders and world citizens. The school takes pride in its diverse local and international community, and situates its curriculum within a global, multicultural context that helps students develop the independence, confidence, and world-readiness they need to succeed in college and beyond.

Bryant University students named to Dean's List

SMITHFIELD, R.I. — Bryant University is dedicated to the pursuit, recognition, and celebration of academic excellence. The University is pleased to recognize the students who have been named to the Deans' List for the spring 2020 semester.

"These outstanding achievements are particularly commendable as students have overcome significant challenges to demonstrate an unwavering commitment to excellence," says Provost and Chief Academic Officer Glenn Sulmasy, JD, LL.M. "I am

impressed and proud of their resilience, dedication, and innovative spirit."

Congratulations on this outstanding achievement!
Mckensie Avanesian, class of 2022, from Sturbridge
Alyssa Slade, class of 2022, from Brimfield

About Bryant University

For 157 years, Bryant University has been at the forefront of delivering an exceptional education that anticipates

the future and prepares students to be innovative leaders of character in a changing world. Bryant delivers an innovative and uniquely integrated business and liberal arts education that inspires students to excel. With approximately 3,800 graduate and undergraduate students from 38 states and 49 countries, Bryant is recognized as a leader in international education and regularly receives top rankings from U.S. News and World Report, Bloomberg Businessweek, Forbes, and Barron's. Visit www.Bryant.edu.

Local students named to Dean's List at Western New England University

SPRINGFIELD — Western New England University congratulates over 950 students named to the Spring Semester 2020 Dean's List.

The following students are named to the Dean's List for achieving a semester grade point average of 3.30 or higher.

Adam Jensen of Brimfield is pursuing a BS in Information Technology.
Matthew Dumas of Holland is pursu-

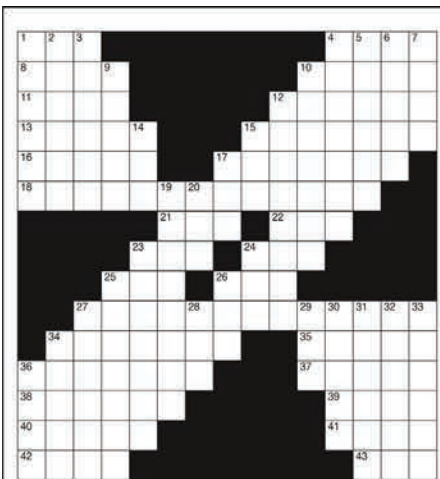
ing a BSE in Mechanical Engineering/ Mechatronics Concentration.

Jacob Jolin of Sturbridge is pursuing a BSBA in Pharmaceutical Business.

Dean Lemansky of Sturbridge is graduating with a BSE in Mechanical Engineering.

Having just celebrated its Centennial, Western New England University is a private, independent, coeducation-

al institution. Located on an attractive 215-acre suburban campus in Springfield, Massachusetts, Western New England serves 3,825 students, including 2,580 full-time undergraduate students. Undergraduate, graduate, and professional programs are offered through Colleges of Arts and Sciences, Business, Engineering, Pharmacy and Health Sciences, and the School of Law.



CLUES ACROSS

- 1. Sound unit
- 4. Trim by cutting
- 8. Small buffalo
- 10. Ancient manuscript
- 11. Look angry or sullen
- 12. Glim
- 13. Northern Zambia peoples
- 15. Central
- 16. Collector of birds' eggs
- 17. Misbehavior
- 18. Top of the line
- 21. Political action committee
- 22. Have already done
- 23. Al Bundy's wife
- 24. Entertainment channel
- 25. Holiday (informal)
- 26. The common gibbon
- 27. Legendary actress
- 34. Seasoned sausages
- 35. Bluish greens
- 36. Ridiculed
- 37. Three-dimensional arrangement
- 38. Emerged
- 39. Type of protein
- 40. Denmark natives
- 41. Leak slowly through
- 42. Expression of sorrow or pity
- 43. Midway between south and southeast

CLUES DOWN

- 1. Artistic dancing
- 2. Plenty
- 3. Act leisurely
- 4. Serve as a warning
- 5. Admired lovingly
- 6. Leftover oil from distillation process
- 7. Company officer
- 9. Egyptian unit of capacity
- 10. One transmits information
- 12. Middle layer of an embryo
- 14. Form of "to be"
- 15. Cairo Regional Airport
- 17. Partner to cheese
- 19. Sample
- 20. A shirt may have none
- 23. Public gatherings
- 24. Disallow
- 25. Overnight suitcases
- 26. French river
- 27. Where boats dock
- 28. Top of a pot
- 29. Type of drug
- 30. City along the Rhine
- 31. Animal disease
- 32. They go in martinis
- 33. A way to break away
- 34. Intermediate ecological stage
- 36. Baby term for father



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WIB

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her the best success in the future. “

Alyson Locke is from Brookfield, and is graduating from Tantasqua. She will be attending UMass Dartmouth and is planning to study Art/Graphic Design. Aly always knew she wanted to be an artist. She spent a summer in Baltimore where she studied Graphic Design and found her passion. During that time she created her own branding and packaging, and has since created a logo for a friend's company. Aly loves creating but also likes working with people which makes Graphic Design a good combination for her. “Alyson is not only talented and imaginative, but hardworking and intelligent. She has been on the Student Council, Class Secretary, and competes with the varsity swim team. We wish Alison the best of luck in her creative future.”

Madison Hughes is from Charlton, and is graduating from Shepherd Hill. She will be attending Isenberg School of Management at UMass Amherst and will study Forensic Accounting. Through high school, Maddi took many business and accounting courses which she liked. She also knew she wanted to help people. This narrowed it down to Forensic Accounting. Maddi hopes to help protect companies and individuals from financial crimes, hoping someday to work for the FBI. She has a passion for detail which will help with auditing financial records. Maddi was Captain of the Varsity Volley Ball team and coached the middle school team. “Maddi is motivated, intelligent and kind, and will be an asset in her field. We wish Madison the best of luck in the future.”

Jordan Lapierre is from Wales, and is graduating from Tantasqua. She will be attending WPI, studying Molecular Biology or Bioengineering. Her plan is to then attend graduate school in the field of Genetics. Jordan has run a food and

clothing drive each year since 8th grade and has been running for Team Hoyt since 6th grade. Team Hoyt is an international organization where runners push team members with disabilities in specially designed racing chairs. She was active in track and field and the varsity cross country teams, as well as a variety of clubs and extra-curricular activities. “Jordan puts 100% effort into every endeavor she tackles. Her goal would be to help reverse the effects of diseases such as Alzheimer's, Multiple Sclerosis, and Parkinson's Disease.”

Addison Ellithorpe is from Fiskdale, and is graduating from Tantasqua. She will be attending Quinnipiac University studying Physical Therapy. Addie likes the sports and movement sciences. Her favorite course was anatomy which she found interesting and helped her decide to pursue this field. This field puts her love for helping people and her passion for sports involvement together. She was lucky to participate in an internship at a local therapy office through the school. Outside of school she has been active in her local church and has been on several mission trips. She was also on the Volleyball and Lacrosse. “Addie always follows through with whatever she commits to whether it is in our out of school. We wish her the best of luck.”

Scholarship winners are traditionally acknowledged and celebrated at Woman In Business' annual June Meeting & Luncheon, but this year due to COVID-19 restrictions, recipients will receive their award checks and special gift bags donated by WIB members by members of the Scholarship Awards Committee and Board members at individual celebrations held at the Sturbridge Commons the first week in July.

Woman In Business, Inc., a 501c(3) charitable organization, supports women by fostering networking, sharing information and experiences, and providing educational opportunities. For additional information visit www.wibsturbridge.org.

Hachfeld commented, “it was the logical place to present it. During the pandemic, Sturbridge Rotary has been meeting weekly on Zoom but the Zoom platform isn't conducive to making a personal presentation.”

A surprised Coan, while appreciative of the recognition, was quick to stress the recognition goes to everyone who volunteers at the garden.

“The idea to start this garden quickly gained the support of the town and business leaders who have faithfully sponsored us each year, as well as the garden's committee members and volunteers who work to grow all the great produce,” Coan said. “I'd also like to add that without the encouragement and support we received from the Rotary Community Corps, comprised of Sturbridge Rotary and Southbridge Rotary, it may have taken a lot longer to launch this great volunteer community project.”

PHASE 3

continued from page A1

this point,” said Lt. Gov. Karyn Polito. “Everyone has a role to play, and everyone must do their part. You have all made it possible for more businesses to reopen.”

Key public health data, including the number of new cases and hospitalizations, continue to be closely monitored. Since mid-April, the state's seven-day average for the positive COVID-19 test rate is down 94 percent, and the three-day average of hospitalized patients is down 79 percent.

Over a million COVID-19 tests have been administered statewide.

Also included in the Governor's phase three announcement was a revised public gatherings order. Indoor gatherings are now limited to eight people per 1,000 square feet; gatherings should not exceed 25 people in a single enclosed indoor space.

Outdoor gatherings in enclosed spaces are limited to 25 percent of the facility's maximum permitted occupancy, with a maximum of 100 people in a single enclosed outdoor space. This includes community events, civic events, sporting events, concerts, and conventions. This order does not apply

to outdoor, unenclosed gatherings if proper social distancing measures are possible.

Also addressed in the third phase of reopening, healthcare providers can now offer in-person group treatment programs and day programs. These include adult day health programs, day habilitation programs, substance abuse services, and outpatient services. Additionally, community-based day services for adults with intellectual and cognitive disabilities can also reopen.

Additionally, visitation guidelines have been updated for several sectors. These include the Departments of Developmental Services, Youth Services, Children and Families, Public Health, Mental Health, and the Mass. Rehabilitation Commission. Offsite visits, including overnight visits, will be allowed under specific guidelines.

MassHealth will also extend its current telehealth flexibility through at least the end of the year to ensure member access to critical healthcare services.

The state's reopening plan includes four total phases. The fourth phase won't likely be reached until there is a COVID-19 vaccine, officials said.

For a full list of state guidance and regulations, visit www.mass.gov/reopening.

EEE

continued from page A1

on its website within 30 days of any aerial spraying detailing the specific preventative, management, and eradication methods used, areas sprayed, number of applications, and products used. The bill further stipulates that any actions taken by the board must be done in a way that protects public health while minimizing any adverse impact to the environment.

House Bill 4843 also requires the board to allow property owners to opt out of aerial spraying and directs the Executive Office of Energy and Environmental Affairs to develop a process for the board to allow cities and towns to opt out of spraying, provided they have an alternative mosquito management plan in place that has been approved by DPH.

In addition, the bill establishes a Mosquito Control for the Twenty-First Century Task Force, which will commission an independent research organization with expertise in pest management and mosquito control to perform an evaluation of the 2020 mosquito control process. The task force will also file a report by Oct. 31, 2021 with its recommendations on:

- facilitating the use of integrated pest management;
- promoting public participation in mosquito management decisions;
- providing for local options

regarding the use of pesticides;

- protecting organic agriculture from pesticide use;
- assessing the need to update the composition of the mosquito control board;
- developing procedures to protect human and ecological health and minimize the impact of mosquito pesticides;
- promoting the use of minimum risk pesticides, including avoiding the use of pesticides containing per- and poly-fluoroalkyl substances (PFAS);
- identifying known ingredients in pesticide products used for mosquito control and analyzing the ability, or lack of ability, to identify such ingredients;
- providing for comprehensive annual evaluations of each season's mosquito control process, including its effectiveness in controlling arbovirus and the effects of spraying on the environment, agriculture and wildlife; and
- identifying the challenges, including financial barriers, facing municipalities in joining a regional mosquito control project or district.

The Senate previously approved its own version of the EEE bill, Senate Bill 2757. The House and Senate will now work to reconcile the differences between the two bills to produce a compromise that can be sent to Gov. Charlie Baker for his signature. For additional information please contact Rep. Smola at Todd.Smola@mahouse.gov or (617) 722-2100.

GARDEN

continued from page A1

an individual who has gone above and beyond in doing something for the betterment of man and/or the community. In Coan's case, the recognition was for his idea and pursuit of creating a community garden to help feed local hungry individuals. The garden is in its third year, donates everything it grows to the Saint John Paul II Food Pantry that distributes it to the local food insecure individuals in our communities. The garden is supported by the community and operates totally by volunteers. The Sturbridge Rotary Club donated \$1,000 to the Rotary Foundation in Coan's name in order to honor him with a Paul Harris Fellow.

“While the garden is an unusual and informal setting to present this recognition,” Rotary Past-District Governor



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FRANK G. CHILINSKI
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EDITORIAL

Common sense has left the building

It seems like our country remains, and will remain, divided over how to stop the spread of Covid-19.

It distresses us that common sense seems to have left the building. When our cars break down, we bring them to a mechanic. When our phones or laptops go on the fritz, we bring them to a tech professional to fix them. When we need a new prescription for whatever ails us, or we break a bone, we call the doctor. When we are speeding down the highway and get pulled over for doing so, we are given a ticket to deter us from speeding again, and to keep ourselves and each other safe.

Why, then, when doctors and scientists whose experience and expertise are beyond question almost universally advise us that the best way to slow the spread of this virus is to wear a mask in public and avoid gathering in large groups, are so many so adamant in their refusal to listen? We all want our economy to function normally again. We all want our children to be able to attend school safely. We all want to be able to enjoy shopping at our favorite stores and dining at our favorite restaurants. So why this bullheaded refusal to do two very simple things that will help all of that happen safely? The answer is, regrettably, that like seemingly everything else in today's world, COVID-19 has been politicized.

Here's the thing, though — political affiliation has no effect on reality, and the reality we face at this crucial moment is that we are being stalked by a highly contagious virus. This enemy could not only prove fatal to certain segments of the population; it appears to leave even those who survive it with debilitating health issues that may follow them for the rest of their lives. And it doesn't give a damn what side of the political divide any of us stand on. Masks have always, and still do, helped to decrease the spread of viruses. Granted, certain styles are proven to work better than others, but that is a different discussion. There is ample research demonstrating that even the flimsiest of surgical masks can dramatically reduce the ability of entities like the COVID-19 virus to traverse the air between two people, and at this point, with flare-ups happening across the country, there is simply no excuse for those who are physically able to wear one not to do so.

This brings us to our next point. The fact that you might have found an article published somewhere online purporting to prove that a face mask is unhealthy for the wearer does not make it legitimate. You can find all sorts of misinformation during a Google search that could fuel a point/counterpoint discussion on any topic under the sun. While the Internet was meant to open conversations and was dubbed the 'information superhighway,' it seems the opposite is happening. People rely on ever narrowing social circles, memes, and unverified social media posts to guide them in their behavior, and it has frankly become dangerous. Facebook and Twitter 'trolls' spread misinformation at an alarmingly high rate to create division and unrest, and unfortunately, it has worked. With so much misinformation out there, it's hard to determine what is and what isn't fact. Many argue that COVID-19 is "just the flu," while ignoring the fact that the flu does not cause such a flood of patients at hospitals that they have no space to treat anything else.

According to the CDC, an infected individual, will spread the virus to at least five others. Our elderly population is the most vulnerable; however, that trend has seemed to spread to people of all ages becoming more and more infected with dire outcomes. If we value life, we must value it regardless of age.

No matter what our political persuasion, we all want to win the war against this pandemic. So why the refusal among so many to unite as one team to fight it? One of the defining characteristics of this great country of ours is that each time we have been faced with adversity, we have joined together as one to fight it. If all it takes is wearing a mask and some social distancing to get rid of this virus and to open our schools and economy, then there is no room for this childish refusal to cooperate. We are, and must be, better than this.

OPINION

VIEWS AND COMMENTARY FROM STURBRIDGE, BRIMFIELD, HOLLAND AND WALES

LETTERS TO THE EDITOR

Democrats should unite behind Alex Morse

To the Editor:

This tumultuous year has made us all rethink our priorities, and helped us to step back and examine what's really working and what needs to change. Richie Neal, funded by big special interests, has been coasting on the status quo for too long and we now need a fresh voice representing us in Washington: Alex Morse. Alex, who is not taking corporate PAC money and whose campaign is funded by thousands of small in-district donations (as opposed to Neal's less than 1 percent of donations from in-district and less than 1 percent of donations that are under \$200), believes in universal health care, unlike Richie. Alex has taken a bolder stand on racial justice, LGBTQ rights, climate change, reproductive health, and police reform, making him the brave voice we need for progressive change. The primary to vote for Alex Morse is Sept. 1.

Sarah Prager
Sturbridge

A closer look at the Canal



THE GREAT
OUTDOORS
• • • • •
RALPH
TRUE

A large bear was spotted in Douglas last week, and it was not a small one. The large bear was crossing through a resident's back yard during the morning hours. I was surprised to hear that the bear did not have any cubs with it. Black bear numbers have been increasing in the valley area over the last ten years or more.

Massachusetts hunters can purchase a bear permit for only \$5, and can be used to harvest a bear during any one of the three seasons. All Wildlife Management zones are open to bear hunting during the 2020 seasons. Be sure to read your Massachusetts hunting guide for all regulations and seasons.

Bobcat populations are also on the increase, but strict trapping regulations need to be followed. A first-time trapper must pass a trapping & hunter education program. All harvested fur bearing pelts need to be reported to Massachusetts Fish & Wildlife. The pelts need to be brought to any check stations to be registered. Again, if you plan on trapping this year, it is very important to read all of the rules and regulations prior to trapping.

The Massachusetts antlerless deer hunting permit system for 2020 requires the applicant to have applied for a permit by July 16 to be eligible for the antlerless deer permit lottery. The application is on your 2020 license. Starting Aug. 1 -Dec. 31, an applicant can go on line at MassFishHunt and try to win an antlerless deer permit, for the zone that they applied for. Surplus permits will go on sale at a date to be announced.

Striper fishing on the Canal continues to give up some impressive stripers, but many need to be released. There have also been numerous people fighting at the famous fishing spot, which has turned off a lot of anglers that once enjoyed the area for fishing, but now go somewhere else. Most anglers at the canal are there to fish and enjoy themselves, but the few that are causing the problems need to be banned from the area, before it is too late. Closing the canal to fishing would be a terrible loss to the responsible law-abiding anglers.

The canal is over 100 years old, and was considered an engineering marvel back in the day. Under private owner-



This week's picture shows a young lady with a nice doormat fluke.

ship back in 1914, it was redesigned and reconstructed under federal ownership in the 1930's.

Congress directed the US Army Corps of Engineers on March 31, 1928 under authority of the Rivers & Harbors act of 1927 to operate and improve the founding canal. It was purchased by the federal government for \$11,500,000 on July 22, 2018. The canal is rich in history. Now anglers enjoy some of the best striper fishing around.

Fluke fishing remains fair around Block Island, but Bluefish and Dogfish need to be dealt with. Numerous large seabass are also being caught. Lots of big bluefish are raising havoc with bass fishing anglers, cutting their expensive eels in half, or even worse.

Freshwater bass fishing anglers are catching some impressive Smallmouth bass at Webster Lake. Bass anglers that do not mind doing a bit of work catching their own bait, can walk along the shallow water on small ponds and catch some crayfish by turning over small to medium rocks. They are fast so you also need to be ready when you slowly and gently lift the rocks. It can be a great family affair, and the bait is dynamite for smallmouth bass. Give it a try.

Wild Blueberries are now ready for picking. This writer found some high bush berries ready for the picking last week, and I have been eating them every day. They sure taste better than the cultivated ones, and they are free.

Take A Kid Fishing & Keep Them Rods Bending!

Love Lavender!



TAKE
THE
HINT
KAREN
TRAINOR

Lush lavender has found a home in many New England gardens, and with good reason. The fragrant flowers are not only a favorite to display, but the popular herb also boasts many medicinal and practical uses. Since the time of the ancient Greeks, lavender has been hailed as remedy for everything from insomnia to moth invasions. With a renewed interest in the virtues of herbs, this week's column will review how lovely lavender can be utilized in an array of duties all around the house.

Did you know lavender blossoms and leaves can be used instead of rosemary in many recipes? Try it to add a dash of color as well as flavor to your next gourmet dish.

Lavender lemonade is a summertime favorite. Here's a classic recipe using fresh lavender from the garden:

Victorian Lavender Lemonade

Ingredients: five cups water; one and one half cups sugar; 12 stems fresh lavender; two and one quarter cups lemon juice

Directions: Boil two and one half cups of water with the sugar. Add the lavender stems and remove from heat. Place on the lid and let cool. When cool, add two and one half cups water and the

lemon juice. Strain out the lavender. Serve the lavender lemonade with crushed ice and garnish with lavender blossoms and lemon wedges. Serves eight tall glasses over ice.

Drying tip: Dry lavender by harvesting it on a dry day and tying into bundles. Hang the bundle bouquets out of direct and allow to completely dry.

Essence of Lavender: Lavender essential oil is a concentrated form of lavender that lends itself to many convenient uses. It takes about 175 pounds of fresh lavender flowers to produce a single pound of lavender oil! A little goes a long way, as one drop of lavender essential oil can be equal to one ounce of the fresh plant.

Did you know pure essential oil of lavender is proven more antiseptic than many commercial chemical disinfectants? Make up your own spray by adding 20 drops of pure essential oil of lavender to one cup of water. Pour into a spritz bottle and use around the house to kill germs on surfaces.

Lavender oil also comes in handy when you vacuum. Just place a few drops on the vac bag before vacuuming

What should you do with an inheritance?



FINANCIAL
FOCUS
JEFF
BURDICK

If you were to inherit a large sum of money, what would you do with it?

The question may not be hypothetical, especially if you are in the millennial, Gen X or Gen Z demographic groups. That's because the baby boomers — often referred to as the richest generation in history — are poised to transfer some \$30 trillion in assets over the next few decades, according to the consulting firm Accenture.

Of course, this is a "macro" figure, and everyone's situation is different. Furthermore, since baby boomers are living longer, more active lives, the total amount passed on may end up being considerably less than the estimate. Nonetheless, you may well receive a medium-to-large inheritance someday, and when that day arrives, you'll need to decide how best to use your newfound wealth.

Your first move may be to do nothing at all. Generally speaking, you have enough time to decide how to handle the various elements of an inheritance, although if you are inheriting an investment vehicle such as an IRA or a 401(k) plan, you will eventually have to make some decisions about liquidation or withdrawals. (And since these accounts may carry tax obligations, it's a good idea to consult with your tax advisor fairly soon after you receive your inheritance.) But if a big part of your inheritance simply consists of cash parked in a bank account, there's nothing wrong with moving the money into a cash management account at a financial services company until you decide what to do with it.

However, after some time has passed, you may want to put your inheritance to good use. If you're already working with a financial advisor, you might want to get some guidance on how to use your new assets to strengthen your existing investment strategy. Do you have any gaps in certain areas? Can you use the money to help diversify your holdings? Diversification can't guarantee profits or protect against all losses, but it can help reduce the impact of volatility on your portfolio.

And, of course, if your inheritance is large enough, it may permit you to "max out" on your IRA for years to come, and possibly free you to have even more of your salary deferred into your 401(k) or similar employer-sponsored retirement account. Plus, you could use the money for other long-term goals, such as funding a tax-advantaged 529 college savings plan for your children.

You also might use part of your inheritance to donate to the charitable organizations you support. Due to recent changes in tax laws that caused many people to stop itemizing their deductions, charitable groups are in more need of support than ever.

And last, but certainly not least, take this opportunity to review your goals. Is your inheritance large enough for you to adjust your planned retirement age? And if that age may indeed change, what about your other plans for retirement? Will you now be free to travel more or pursue other hobbies? Will you even need to modify the way you invest for your new reality, possibly by taking a less aggressive approach? Again, a financial professional can help you answer these questions.

Someone thought enough of you to leave you a valuable inheritance — so use it wisely.

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

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Keep your landscape looking good with less effort



GARDEN MOMENTS

MELINDA MYERS

Keep your garden looking its best and reduce your workload by enlisting practices that provide multiple benefits. Your garden will flourish and you'll have more time to enjoy its beauty.

Put your yard waste to work in your garden. You'll save time hauling plant

debris to the recycling center and money spent buying bagged material. Use shredded leaves, evergreen needles, herbicide-free grass clippings or other pest- and weed-free organic material as mulch. Spread a one to two-inch layer of these materials over the soil around annual and perennial flowers and vegetables.

Use woodchips and shredded bark to mulch pathways, trees, and shrubs. Consider joining forces with your neighbors, renting a chipper, and turning brush into mulch for your landscape. Maintain a two- to three-inch layer of mulch around these plants. And keep the mulch away from tree trunks and the crowns of the plants.

Organic mulch helps conserve mois-



Melinda Myers

Manage weeds by using woodchips or shredded bark to mulch pathways and garden beds.

ture, reduce weeds, and improve the soil as it breaks down. So, you get multiple benefits from this one task while burning a few calories and strengthening your muscles.

Water plants thoroughly and less frequently whenever you irrigate the garden. This encourages deep roots, making your plants more drought tolerant and pest resistant. Water early in the day to reduce water lost to evaporation. And consider using drip irrigation or soaker hoses to deliver water right to the plant roots where it is needed.

Check container gardens daily. Water thoroughly until the excess water runs out the bottom. Or enlist the help of one of the many container irrigation systems. Consider using a slow release fertilizer when needed to keep plants thriving with less effort. These types of fertilizers provide a slow, steady release of nutrients for balanced growth without sacrificing flowers or burning drought stressed plants.

Don't forget your trees and shrubs. Proper watering will also improve their health. Water new plantings and moisture lovers whenever the top few inches of soil are dry. Even established trees and shrubs need a helping hand during extended periods of drought. Always water thoroughly to encourage deep, drought-resistant roots.

Keep mowing your lawn as long as your grass is actively growing. Mow high since taller grass is better able to out compete the weeds and forms deep-

er roots, making it more drought tolerant. Minimize the stress by removing no more than a third of the total grass height each time you mow.

Always use a sharp mower blade. Sharp blades cut more efficiently, saving you time whenever you mow. You'll consume 22 percent less fuel and the lawn will use up to 30% less water when using sharp blades. Plus, the clean cut will be less noticeable and the wound will close quickly, helping you grow a healthy, better-looking lawn.

Be sure to leave grass clippings on the lawn. They add nutrients, moisture, and organic matter to the soil. A season's worth of clippings is equal to one fertilizer application. So every time you mow you are fertilizing the lawn and improving the soil.

Finish every garden chore with a bit of cleanup. Sweep clippings, plant debris and fertilizer off walks, drives and patios, so it won't wash into storm sewers. Keeping plant debris out of our waterways is good for us and the environment.

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

The decisions that change your life

The decisions that we make determine the trajectory of our lives.

Last week, this column spoke of the choices we make. I said that we are who we are, what we are, and where we are in life because of the decisions we've made ... and it's true. If you take a pad of paper and begin backtracking, step by step and decision by decision, your current situation, both good and bad, become clear. You are where you are because of the decisions and choices you made. That's true for all of us.

I received an email disputing my claim. The writer said, "I'm a victim of circumstances. I've lost everything and none of it was based upon my decisions. My life has always been in the hands of others."

My first question is, "Why is your life in the hands of others? Are they really making your decisions for you? Probably not." And that question leads me to my next question, "What decision that you made placed you in their hands?"

Blaming others is easy. "It's not my fault!" To blame others is also a decision you make and an awfully bad one. It's a decision to not accept responsibility for your results.

Let's say that circumstances were such that they were completely out of your control. My next question would be, "What decisions are you making now to pull yourself out of this mess?" You can blame others and say it's not your fault, but you must accept responsibility to move forward. The decisions you make will pull you out of the situation.

I was diagnosed with cancer earlier this year. I don't know why. Maybe environmental... maybe stress... maybe genetic. I don't blame others or take a fatalist view. I decided to do the research and find the right team of doctors at the right medical facility to give me the best chances to live. I decided that I was going to fight and win. I decided that I'll die someday, but not today... and not from this.

Many people accept their diagnosis, get their life in order, then go home to await the end. I chose differently. I decided not to die from cancer and that decision pushed me to make other decisions to find the right medical team and treatment. I am where I am now in my medical care because of decisions I've made.

The quality of our lives is determined by the decisions we make.

A friend on LinkedIn posted something this morning that I found interesting and an example of how decisions impact results.

"If you have a bar of iron, it's worth five dollars. If you make the iron into horseshoes, the value increases to twelve dollars. That decision more than doubles the value of your investment.

Now, take the same bar of iron and turn it into simple sewing needles. The value becomes thirty-five hundred dollars.

But if you turn that same five-dollar bar of iron into springs for Swiss watches, the value becomes an astonishing three-hundred thousand dollars. The decision you make of what you do with your iron gives you a variety of values and outcomes." The decisions you make about how you live your life are the same. The quality and value of your life are determined by your decisions.

Stephen Covey says, "We are the creative force of our life, and through



POSITIVELY SPEAKING

GARY W. MOORE

our own decisions rather than our conditions, if we carefully learn to do certain things, we can accomplish our goals."

What about your decisions? Who you associate with, what you read, the importance you put into receiving training and/

or education... it all impacts your life by the decisions you are able to make based upon the knowledge you have.

You are influenced greatly by the people you spend the most time with. Choose your friends wisely.

You are who you are, where you are and what you are in your life based by what you allow into your mind. What you let in determines the decisions you make. Read good books and choose your entertainment wisely. Don't allow negativity into your mind. Choose what and who you allow into your head.

Finally, I'll share that I've never met a successful pessimist. The most successful people I have ever met are also the most optimistic. Successful people are those that believe in their success before it happens and they make the decisions to make it so.

Choose to be optimistic in all that you do.

What decisions will you make today?

Gary W. Moore is a freelance columnist, speaker, and author of three books including the award-winning, critically acclaimed, "Playing with the Enemy." Follow Gary on Twitter @ GaryW Moore721 and at www.garywmoore.com

Ephemera that was saved from the trash

Merriam Webster defines ephemera as "something of no lasting significance." Their second definition reads "paper items (such as posters, broadsides, and tickets) that were originally meant to be discarded after use but have since become collectibles."

Ephemera was not meant to be preserved. Posters were used to promote events like movies, plays, the circus, sport matches or to advertise products. The posters were typically ripped down after the event or another poster was plastered over them.

Tickets were typically ripped or punched. Most people threw them away as soon as the event ended.

Merriam Webster's definition for a broadside is "a sizable sheet of paper printed on one side." Broadside documented events prior to the Revolutionary War, during the Civil War, and throughout other significant times in history. They were intended to inform the public and were not expected to last long after they were printed

There are also other types of ephemera not included in Merriam Webster's definition. Postcards were meant to communicate with family and friends and then be thrown away. Programs for a play or sporting event provided you information on the event and performers or players. Most were not saved. Locally, Whitney in



ANTIQUES, COLLECTIBLES & ESTATES

WAYNE TUISKULA

Worcester played a big part in producing greeting cards. Those made in Worcester and elsewhere were usually discarded after the holiday or event passed.

As with other antiques or collectibles, it is often the things that most people throw away that are the most collectible. Some ephemeral pieces can bring large sums at auction.

A 1959 ticket for a John F. Kennedy speech in Nashville, TN signed by JFK, Robert Kennedy and Jackie Kennedy sold for over \$8,000 last year. A "Mountain Road" lottery ticket signed by George Washington brought \$12,500 this year. The tickets were sold to raise funds for a proposed road to a resort in Virginia. A ticket stub for Michael Jordan's first NBA basketball game from 1984 went for over \$36,000 at auction in 2018.

Real photo postcards are actual photographs with a postcard back and some can be quite valuable. A real photo postcard that read "WRIGHT AEROPLANE COLLEGE PARK MD OCT '09" pictured the Wright Brothers' airplane. It sold for \$10,000 in 2017. A 1964 Beatles postcard signed by all four reached over \$18,000. As you might expect, sports related postcards can be some of the most valuable. A 1915 Red Sox team real photo postcard that included Babe Ruth during his rookie year fetched \$80,000.

A six-color broadside offering sale of Missouri lands in 40 acre or more lots by the Hannibal & St. Joseph's Railroad brought nearly \$20,000 in 2013. A broadside advertising a \$100,000 reward for Abraham Lincoln's assassins sold for \$80,000 in 2009. A rare July 1776 printed broadside of the Declaration of Independence sold at auction in 2016. The Massachusetts-Bay Colony's Authorized

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!

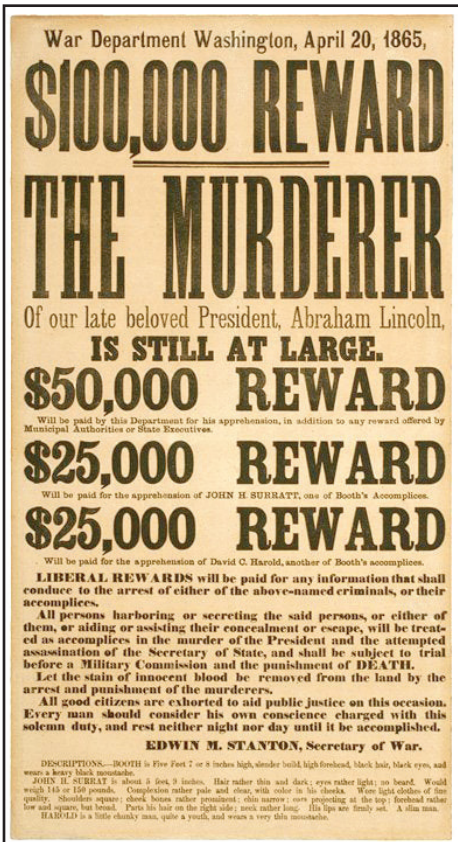
Do you have a helpful hint or handy tip that has worked for you? Do you have a question regarding household or garden matters? If so, why not share them with readers of Stonebridge Press newspapers? Send questions and/or hints to: Take the Hint!, C/o the Southbridge Evening News, PO Box 90; Southbridge,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

the feet to soothe away stress. Or place a drop or two of the oil on a cotton ball and tuck it inside a pillowcase to lull you off to sleep.

NOTE: Use herbs and essential oils at your own risk and only under proper direction. Consult an herb guide for direction on usage.

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



Edition was printed by Ezekiel Russell of Salem, Mass. It realized over \$500,000.

An 1892 Henri de Toulouse-Lautrec poster, "AMBASSADEURS / ARISTIDE BRUANT," brought \$50,000 in 2016. An 1864 campaign poster for Abraham Lincoln and Andrew Johnson sold for \$250,000 last year. A 1932 movie poster for the Boris Karloff's "The Old Dark House," which was said to be one of two known to exist, went for \$950,000 in 2019. Bela Lugosi's IMDb profile shows his highest salary for a film was \$5,000. Lugosi would have had to make 190 films to pay for the poster.

We will soon be hosting an online auction in Warren, RI. We are planning an estate sale in Auburn later this summer. We also will be offering toys from a huge collection in multiple online auctions. The first auctions will feature diecast cars and later auctions will feature some of the finest antique toys that we have handled. Please keep checking www.centralmassauctions.com for details.

Contact us at: Wayne Tuiskula Auctioneer/Appraiser Central Mass Auctions for Antique Auctions, Estate Sales and Appraisal Services www.centralmassauctions.com (508-612- 6111) info@centralmassauctions.com.

TRAINOR

continued from page A8

to cut down on dust microbes that trigger allergies.

For generations, minor burns have reportedly been soothed by applying lavender oil immediately after the injury occurs. If done in time, the lavender can prevent a blister from forming and ease the hurt with its pain killing properties.

Lavender's role in inducing calm is legendary. Here are two remedies to try: Mix a little lavender essential oil with a carrier oil and massage on the bottom of



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¹DETAILS OF OFFER: Offer expires 8/1/2020. Not valid with other offers or prior purchases. Get \$330 off each window and \$725 off each patio/entry door and 25 months \$0 down, 0 monthly payments, 0% interest when you purchase four (4) or more windows or patio/entry doors between 7/5/2020 and 8/1/2020. Military discount applies to all active duty, veterans and retired military personnel. Military discount equals \$300 off your entire purchase and applies after all other discounts, no minimum purchase required. Subject to credit approval. Interest is billed during the promotional period, but all interest is waived if the purchase amount is paid before the expiration of the promotional period. Financing for GreenSky® consumer loan programs is provided by federally insured, federal and state chartered financial institutions without regard to age, race, color, religion, national origin, gender or familial status. Savings comparison based on purchase of a single unit at list price. Available at participating locations and offer applies throughout the service area. See your local Renewal by Andersen location for details. License number available upon request. Some Renewal by Andersen locations are independently owned and operated. "Renewal by Andersen" and all other marks where denoted are trademarks of Andersen Corporation. ©2020 Andersen Corporation. All rights reserved. ©2020 Lead Surge LLC. All rights reserved.

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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! **\$339,000.00**

DUDLEY – 8 Tanyard Rd! 5 Rm 3 Bdrm Ranch! Some Sweat Equity Needed! 13,000' Lot! Eat-In Kit! Liv Rm w/Hrdwd Flrs & Picture Window! Mudroom/Sunroom! Bdrms w/Hrdwds & Ample Closet Space! Full Tile Bath w/Linen Closet! Unfinished Lower Level! Gas Heat! C/Air! Garage! **\$249,000.00**

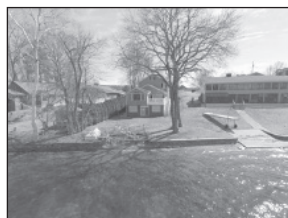
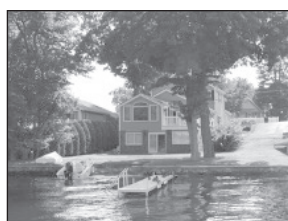


WEBSTER LAKE – 112 Gore Rd! NORTH POND! Sucker Brook Cove! 8 Rm, 3 Bdrm, 1.5 Bath Ranch is Ready for You! Southwestern Exposure! Gorgeous Sunsets! Unique Waterfront! An Open Floor Plan! Lake Views from Nearly All Rooms! 2x6 Construction! Energy Efficient Blinds in Every Room! 4 Oil Tanks - Fill Up Once a Year! C/Air! Gas Fireplace! Whole House Fan! Meticulously Cared For! Large workshop! 3 Car Garage! Carport! 2 Sheds w/Electric! Back Yard is Perfect for Family Gatherings! Plenty of Off Street Parking! Summer is Here! **\$539,900.00**

WEBSTER – 4 Jeffrey St! 5 Rm, 2 Bdrm, 2 Bath Ranch! 1/4 Acre Lot! Liv Rm w/ Cathedrals & Bay Window! Eat-In Kit w/ Isl! Master w/Walk-in Closet & Full Bath! Hall Bath w/Laundry! Freshly Painted Int! Front & Rear Decks! Partially Fenced Yard! Oil Heat! Town Services! Garage! Lakeside Beach & Boat Ramp Near! **\$249,900.00**

WEBSTER LAKE WATERFRONT - 3 Lakeview Rd! Middle Pond – Reid Smith Cove! Ideal Summer or Yr Round 6 Rm Ranch! Western Expo – Beautiful Sunsets! Near All the Excitement that "Indian Ranch" provides, Dining, Concerts & the Indian Princess! An Arched Bridge to Your Own Private Island, a Great Place to Enjoy the Lake from! Open Flr Plan! Being Sold Fully Furnished! Recent Kit w/Quartz Counters, Breakfast Bar, SS Appliances, Tile Flr & Recessed Lighting! Liv Rm w/Hrdwd Flr, 6x14 Lake Facing Picture Window & Stone Frplcd! 3 Remodeled Bdrms w/Ceiling Fans & Hrdwd Flrs! Master w/Bath & Laundry Closet! Screen Porch w/Lake Views! Dock! Carport! Shed! Still Time for this Summer! **\$579,900.00**

GRAFTON – 168 Brigham Hill Rd! 8 Rm Garrison Colonial set on 1.3 Acres! 4 Comfortable Bdrms & 2 Full Bthrms! Freshly Painted, Floors Recently Refinished! Spacious Kit w/Lunch Counter! SS Appliances w/Gas Cook-Top! Grand Dining Rm for Family Gatherings! 19x26 Living Rm w/Pellet Stove! Master Bdrm w/Dble Closets & Hot Tub! Bright & Airy Mudroom out to the 2 Car Garage! Furnace & Hot Water Tank 5 Years Young! Radon tested at 2.5! Newer Roof on Garage & Breezeway! New Well Water Tank Installed! Title V in-hand! Property Abuts Grafton Land Trust - Hiking Trails Right Out Your Back Door! Convenient to Routes 90, 9 & 20! Immediate Occupancy! **\$449,900.00**



WEBSTER LAKE – 62 Bates Point Rd! Middle Pond! Absolute Prime 51' Level Waterfront Lot w/Western Expo! Beautiful Sunsets! Fantastic Panoramic Lake Views! 11 Rms, 6 Bdrms, 4 Bathrooms, 3,269' A/C'd Colonial! Custom SS Applianced Granite Kit! Formal Din Rm w/ Cherry Hrdwds! Lake Facing Liv Rm w/Cathedrals, Cherry Hrdwds! Slider to Waterfront Deck! Spacious 1st Flr Master Bdrm w/Full Bath, Cherry Hrdwds & Walk-in Closet! Frplcd Lower Level Fam Rm! 1st & 2nd Flr Laundries! 2 Car Garage! **\$999,900.00**



WEBSTER LAKE - 11 Bay View Rd! One of the Lake's Premier Properties! 9,822' of Nice! .68 Acres of Park Like Grounds! 297' Waterfront! \$4 Million Spent, Nothing Spared! 17 Rms! 5 Water View Bdrms, 5.5 Bathrms! Brazilian Cherry Hrdwd Flrs, Grand & Spiral Stairways! Elevator, Ground Flr to Master Suite! In-door Resistance Swimming Pool, Hot Tub & Bthrm w/Steam Shower off Exercise Rm! Billiard Rm! Media Rm! Center Isl Granite Kit w/Viking Gas Range, Sub-Zero Frig, Pantry & Breakfast Bar! Open Flr Plan! Din Area, Fam Rm w/Entertainment Center w/Wet Bar! Formal Din Rm, Frplcd Liv Rm & Atrium! Library w/Deck! Waterfront Master Suite w/Office, Bdrm w/Triple Glass Dr to Private Deck w/Lake Views, 3 Walk-in Closets, Bathrm w/Multi-Head Shower, Whirlpool, Dble Vanity, Separate Commode/Bidet/Sink Area! 16 Z's of Updated Geothermal Heat/A/C! Recessed Lights & Fire Sprinklers Through Out! 3 Car Garage! Generator! Slate Roof! Reward Yourself! **\$2,499,900.00**



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WEBSTER - 195-199 THOMPSON RD



3 ACRE COMMERCIAL SITE! APPROX. 550 FT ROAD FRONTAGE ON STATE HIGHWAY RTE 193 A/K/A THOMPSON ROAD. STRATEGICALLY NESTLED BETWEEN TWO (2) I-395 (NORTH & SOUTH) ON-RAMPS & TWO (2) I-395 (NORTH & SOUTH) OFF-RAMPS. PROPERTY DIRECTLY ABUTS I-395! 48'x80' BUILDING, 7,680 SF TOTAL! LOWER LEVEL USE AND ACCESS THRU DRIVE IN GARAGE DOOR! NATURAL GAS! HIGH TRAFFIC - HIGH EXPOSURE! MANY POSSIBLE USES. WHAT DO YOU HAVE PLANNED? **\$600,000.**

DUDLEY - 25 MARSHALL TER.



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WEBSTER - 36 PARK AVENUE



ON DEPOSIT

Well cared for Colonial on Park Avenue! Hardwoods! Formal dining room, eat in kitchen, 3 bedrooms! Hollywood Bath. 1-1/2 baths total. deck! Garage! Freshly Painted **\$264,900.**

DUDLEY - 5 FAIRVIEW AVE



SORRY, SOLD!

3 bedroom 1-1/2 bath ranch. 16,000 ft lot. Plumbing for lower level bath. Garage. Needs little updating. Recent Buderus Furnace. assisted sale **\$248,500.**

DUDLEY - LAND ON PACKARD DRIVE



Privacy!! Off Ridge Drive - 2 abutting Lots offered as a package. Each, has there own Deed description. Lot# 19 Contains 27,699 SF of land area, Lot# 20, Contains 24,883 SF of land area. Total 52,582 SF. / 1.2 acre. **\$50,000.**

LAND

WEBSTER/OXFORD/DUDLEY/DOUGLAS

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

Webster - 85 Upper Gore w/View of the Lake. 1+ acre! Much work done! Artisan well, Septic Design, & Conservation **\$130,000**

Webster - Cooper Rd 2 Buildable Lots! Water/Sewer Access, Zoned Lake Residential! **\$49,000. ON DEPOSIT**

Douglas-Mount Daniels Lot #2-2.5 Acres of flat land that abuts Douglas State Forest **\$132,900**

Oxford - 4 Leicester St. approx. 8.47 acres! River frontage! Possible to be subdivided. **\$99,900**

On the shores of Lake Chargoggagoggmanchauggagoggchaubunagungamaugg

Webster - New Lake Listing!



ON DEPOSIT

WEBSTER LAKE - 100 LAKESIDE AVE

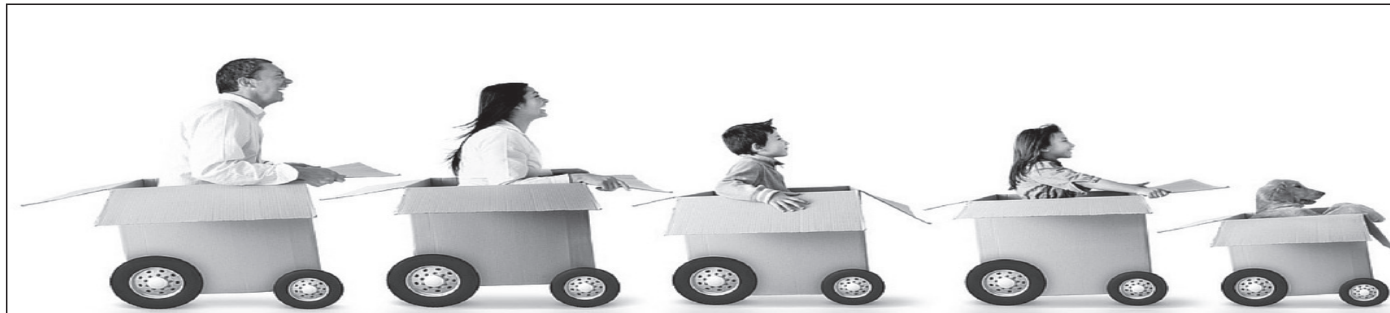
WEBSTER LAKE! PANORAMIC VIEWS! BEAUTIFUL SUNSETS! Extraordinary Waterfront Contemporary! Architect designed with Lake Living in mind, Custom Built with Attention to High Quality & Detail. Outstanding open concept, water view from almost every room, upscale features & amenities! Nicely situated on a .25 acre level peninsula, 180'+/- prime lake frontage! Enhanced by a all natural shoreline, exceptional views, professional landscaping & privacy. All you need to live is located on the 1st floor... including a grand 2 story foyer, cozy fireplace living room, gourmet kitchen, lake facing dining, half bath & laundry, formal dining room, media room & spacious 1st floor guest BR Suite w/private bath. Incredible 2nd floor fireplace lake-facing corner master suite w/ luxurious private bath, 3 more 2nd floor BRs & full bath! It Truly is a Great Opportunity to Own Something Special! Remember, Timing Is Everything! **\$1,075,000.**

WEBSTER LAKE – 32 JACKSON RD



SORRY, SOLD!

DEVELOPMENT POTENTIAL! EXTREMELY UNIQUE 3.32 ACRE WEBSTER LAKE WATERFRONT PROPERTY! Charming, year-round, 2 BR, 2 bath Ranch, located at the Southern most end of Webster Lake's South Pond beyond Cedar Island! Extremely private w/direct Lake access. The home offers a full finished LL w/walkout access, a screened-in 18x20 patio, 18x26 det'd garage & 8x8 storage shed. Park like grounds! **\$375,000**



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7 Joseph St - \$319,900

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SOLD
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30 Oakwood Ave - \$379,900

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Worcester: Condominium, 2-3 BR, 2.5 BA, End unit, 1200 sq. ft.
43 Whispering Pines #46 - \$274,900

Woodstock, CT: 21 acre, privacy, highway convenience, 4 bdr. nature's paradise, turkey, deer, solitude.
480 Route 197 - \$650,000



Make the move!

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A buyer's guide to home air conditioning systems

Few experiences provide as much relief as walking into a cool room on a hot summer day. Air conditioning systems make such experiences possible, and homeowners' decision in regard to which one to install in their homes is significant.

Homeowners may not know where to begin in regard to finding the right air conditioning system for their home. According to the Air-Conditioning, Heating, & Refrigeration Institute, the best systems provide steady, dependable performance for many years when sized correctly for the home. Correct installation and routine maintenance also can ensure homeowners' air conditioning systems withstand the test of time.

How do I know which size is best?

When shopping for new air conditioning systems, homeowners must consider a host of factors to ensure they get the best match. The

AHRI notes that the home's age, the number and quality of its windows, how well it's insulated, the number of stories it has, and its square footage are among the factors to consider. Homeowners can benefit from working with trained technicians who can investigate each of these factors and recommend the correct system. The AHRI recommends homeowners ask their technicians to perform a Manual J analysis, which is a standardized formula that can help homeowners get the perfect system for their homes.

What about energy efficiency?

Energy efficiency is an important consideration when purchasing a new air conditioner for a home. Energy rates vary depending on where a person lives, but rates remain pretty high across the board. The Energy Information Association notes that residential electric-

ity rates increased throughout the United States by about 15 percent between 2009 and 2019. An energy-efficient unit can help homeowners save considerable amounts of money, so homeowners can ask their technicians to recommend energy-efficient units that suit their homes. A unit that adequately cools a home without consuming a lot of costly electricity should be every homeowner's goal. The U.S. Department of Energy employs the Seasonal Energy Efficiency Rating, or SEER, to inform consumers about the efficiency of each air conditioner. This rating is noted on the Energy Guide® label on each unit, and the higher the number, the more efficient the unit.

Home air conditioning systems are costly. But the right choice of unit can keep homes cool without costing homeowners a fortune in energy costs.



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FINE CHINA: 12 piece SETTING / MIKASA BRINDISI 5854 (BLACK & WHITE): **\$165.00**

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400 SERVICES

442 LICENSED DAY CARE

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448 FURNITURE

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Local News

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700 AUTOMOTIVE

725 AUTOMOBILES

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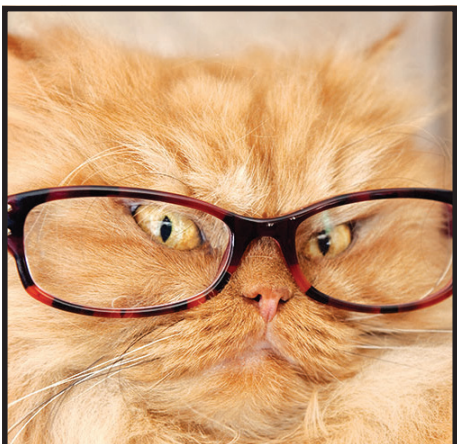
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