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Friday, June 26, 2020

# Douglas names new Superintendent

BY KIMBERLY PALMUCCI  
TRIBUNE CORRESPONDENT

DOUGLAS — After an extensive search, the Douglas Public School District has recently named its new Superintendent.

Dr. Paul Vieira will join the district from his previous role with Ashland Public Schools.

“On behalf of the School Committee, we want to thank every person who participated in the superintendent search process,” Becky Charniak, School Committee Member, said in a statement. “Your feedback on surveys, time spent in interviews, and care regarding the leadership of our district certainly made a difference.”

According to district officials, Vieira has accepted the offer for the role of Superintendent of Schools.

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A SPECTACULAR SENDOFF

Northbridge Elementary School’s Kindergarten team organized a spectacular summer sendoff for their students last week, inviting the soon-to-be first graders to the school for a drive-through farewell parade.

Courtesy

## Douglas resident Caroline Meizen connects skills and experience with sports business

SMITHFIELD, R.I. — At the 2020 NCAA Career in Sports Forum, student-athletes from across the country, including Caroline Meizen of Douglas, received important guidance from and networked with athletics administrators and sports industry experts from around the country.

For Caroline Meizen ‘21, one of five Bryant Bulldogs selected to attend, it was a key opportunity to connect her education with her future.

“The forum was such an eye-opening experience,” says Meizen, a Marketing major concentrating in Sport Studies who runs both cross country and track and field at Bryant. She says her forum experience, made possible through Bryant’s Athletics Department, will be invaluable as she prepares for her career. “It made me really think about what I want to contribute to the sports world and gave us a taste of what to expect,” she notes.

The wide world of sports

The three-day forum, held virtually this year due to the COVID-19 pandemic, prepares junior and senior student-athletes for careers in sports by helping them learn more about themselves as leaders and aiding them in creating professional development plans. Forum session topics included understanding inner strengths, developing a career

plan, approaching the job search process, and navigating the athletics industry as a young professional.

Meizen, who is planning for a career in corporate and fan engagement, related to marketing, fundraising and development, likens the forum’s wide range of sessions and topics to her Sport Studies curriculum, through which she’s taken courses in everything from sport psychology and sociology to the economics of sport and media production. “You get to see so many aspects of the sports world and how they all work together,” she says. “One of the most important things you learn at Bryant is it’s

Turn To **MEIZEN** page **A7**

## Region enters next step of reopening

BY KIMBERLY PALMUCCI  
TRIBUNE CORRESPONDENT

REGION — Massachusetts state officials recently announced that “Step Two” of Phase II of the state’s four-phase reopening plan began at the beginning of the week, allowing additional industries to resume operations under sector-specific guidelines.

Businesses and sectors set to begin operating in Step Two of Phase II are subject to compliance with all mandatory safety standards, according to a statement from the Governor’s office.

In May, the Baker-Polito Administration released a four-phased plan to reopen the economy

based on public health data, spending at least three weeks in each phase. Key public health data, such as new cases of Covid-19 and hospitalizations, has been closely monitored and seen a significant decline allowing for Step Two of Phase II to begin, according to reports.

“The public health dashboard designating the progress of key COVID-19 data metrics has been updated to reflect the number of COVID-19 patients in Massachusetts hospitals to green, indicating a positive trend,” a statement from the Governor’s Office reads.

Gov. Charlie Baker and Lt. Gov. Karyn Polito announced that businesses and sectors set

to begin opening as part of “Step Two” include indoor table service at restaurants; close-contact personal services such as hair removal and replacement, nail care, skin care, massage therapy, makeup salons and makeup application services, tanning salons, tattoo, piercing and body art services, and more; retail dressing rooms by appointment only; offices at 50 percent capacity, and more.

In order to give Step Two businesses time to prepare, the administration had previously released sector-specific guidance in advance of Phase II for industries including restaurants, close-contact personal services, and sectors not otherwise addressed.

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## A virtual wave goodbye

BVT KEEPS ITS LAST DAY OF SCHOOL TRADITION



UPTON — At BVT, seeing your teachers and the school staff waving goodbye on your last day of the school year is an annual tradition, marking the official start of summer vacation. This year the custom continued virtually, socially distanced, and with a much different look.

On Tuesday, June 16, there were no school buses

lined up in front of the school for the final bus ride of the 2019 - 2020 school year. With students learning from home, there were no in-person celebrations or honking horns. But there was excitement in the air as masked teachers and staff got ready to wave anyway, before sending virtual air hugs, smiling eyes, and well-wishes for a safe and happy summer and embarking on their sabbatical.

Students are encouraged to keep reading over their summer vacation. While it won’t look like other summers, especially when it comes to finding your next great book to read, consider supporting your local town library and independent bookstore with curbside pickup and online ordering. The

Turn To **WAVE** page **A7**





# Trail Happenings

BY BECKY KALAGHER  
PRESIDENT  
BAY STATE TRAIL RIDERS ASSOCIATION

REGION — Last year, DCR (Department of Conservation & Recreation) did surveying and information gathering to start working on a design plan for the SNETT.

At the end of May I received a partial copy of the 25 percent design plan and was asked to give input on the parking areas on Depot Street and South Street in regards to truck and trailers for horseback riders.

I subsequently met with Charles Stone (Forest & Park Supervisor for Douglas State Forest & the SNETT), Cary VandenAkker (BLST Complex Field Operation Team Leader) at both parking lots to discuss the parking and ideas for the best layouts.

After the meeting, I sent the ideas that were discussed to Paul Jahnige (DCR’s Director of Trails & Greenways). In that e-mail I asked if what I had read on the plans about the proposed surface was a mistake. Imagine my surprise to see that DCR wanted to put in a 10 foot wide paved path with a five foot wide natural surface path next to it.

The sections in Franklin and Bellingham have been finished off with a soil stabilizer mixed with (I think) stone dust, (could be some type of crushed granite). In other words, a natural surface. This made the surface ADA compliant and suitable for horseback riders. It didn’t restrict horseback riders to just a five foot wide path, we could now ride side by side and as trail etiquette dictates, get single file when encountering other trail users.

The SNETT turns into the Airline Trail when you hit Connecticut. Connecticut is stone dust in the areas that have been improved and the existing natural surface for the rest of it.

It makes no sense to not continue the continuity of the surface of the trail.

On one of my rides on the SNETT I met five people and decided to do an informal poll. I asked each person two questions. First if they used the SNETT a lot and second, if they preferred a natural surface or a paved surface. Four of them immediately said natural, and the fifth at first said she had no preference, but then stated she really liked seeing the horses while she was out there, so natural it was.

On that same day, another rider from my barn went out and I asked her to ask the same questions. She ran into three

people. They all said natural surface. One lady said there was no way she wanted pavement, on sunny hot days, the pavement would be too hot for her dogs’ paws.

Three other people that I have mentioned this to have said the same thing, why in the world do they want to pave it?

At this point in my very early “polling” the consensus from other people is the natural surface.

Douglas is a rural community, we all enjoy the outdoors and want to keep it natural. We don’t want a paved path.

There are a few things that we feel very strongly about, and one of those is having the SNETT paved. BSTRA worked very hard to convinced the State many years ago that this rail trail had merit for outdoor recreation and was a good investment. BSTRA was responsible for getting that trail designated as a National Recreational Trail in perpetuity. And since 1989, BSTRA has put more than \$128,000 (grants, volunteer labor, and donations) into that trail to slowly improve it. So, it is easy to see that we are truly vested in the SNETT.

We passed this information along to the Blackstone Valley Chapter of the New England Mountain Bike Association and they too want a natural surface. No pavement.

We decided to be proactive about this issue because DCR has not been able to have a public hearing on the 25% design plan due to the Covid-19 outbreak.

We are asking those that do not want the SNETT paved to please send your comments to the following:

Sen. Ryan Fattman: Ryan.Fattman@masenate.gov  
State House  
24 Beacon St.  
Room 213-A  
Boston, MA 02133

Rep. Joseph McKenna: joseph.mckenna@mahouse.gov  
State House  
24 Beacon St.  
Room 33  
Boston, MA 02133

Paul Jahnige: Paul.jahnige@state.ma.us  
Commissioner Jim Montgomery  
Department of Conservation & Recreation  
251 Causeway Street, Suite 600  
Boston, MA 02114

## PLACE MOTORS IS PROUD TO SPONSOR Friday’s Child



Jamellah and Kye  
Age 11 and 13

Hi! Our names are Jamellah and Kye and we want to be adopted together!

Jamellah and Kye are siblings of African-American and Caucasian descent who are looking for a family with room in their hearts for both of them. Jamellah is described as artistic, outdoorsy, helpful, and quiet. She has a great sense of humor and a quick wit. Those who know her best say that she can be very nurturing, gets along well with younger children, and loves animals. Jamellah enjoys school and was recently a student council member. She is currently in the 6th grade and is well-liked by her

teachers.

Kye is a playful young boy who always wants to be running around outside. He is very active and loves to play different sports, as well as activities like fishing and camping. When he is inside, Kye likes building with Legos and playing video games. Kye has some behavioral concerns in school and will be assessed soon to see if he would benefit from extra supports in class.

Legally freed for adoption, Jamellah and Kye’s social worker is seeking a family for them of any constellation where Kye can be the youngest child in the home.

### 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](http://www.mareinc.org). The sooner you call, the sooner a waiting child will have a permanent place to call home.

## Rachel Adam named to President’s List at Merrimack College

NORTH ANDOVER — Rachel Adam of Uxbridge has been named to the President’s List at Merrimack College for both the spring and fall semesters of the 2019-2020 school year.

Rachel is the daughter of Ron and Kim Adam of Uxbridge. A double major in Human Development/Human Services and Early Childhood Education with a double minor in Spanish and Religious and Theological Studies, she is a sophomore at Merrimack.

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# Riverside Community Care honors Frank and Wendy Saba with mental helath center campaign

MILFORD — On Thursday, July 23 at 7:30 p.m., Riverside Community Care, a community-based non-profit behavioral health and human services organization, will livestream a virtual celebration to honor Frank and Wendy Saba, and to launch the public campaign for a new Behavioral Healthcare Center on West Street in Milford to serve south central Massachusetts.

Frank and Wendy Saba have been lifelong advocates of behavioral health and human services. Frank served for 25 years as CEO of Milford Regional Medical Center. Wendy was the long-time president of Stepping Stone Community Theater, Inc., a nonprofit community theater group that includes developmentally and physically challenged young adults.

After spending his career working for the health and well-being of his community, greater Milford, and the cities and towns that make up the Blackstone Valley, in his retirement Frank turned his attention to a gap in local healthcare he had long observed: the hardships that families and individuals, particularly adolescents, experience finding behavioral health services when and where they needed them.

With the support of the local community, Riverside Community Care – the largest community-based provider of outpatient mental health and substance use services in the area – is working to move to a larger Behavioral Healthcare Center at 176 West Street in Milford. The new center will greatly improve local access to mental health and substance use services for children and adolescents and also expand services for adults.

Scott M. Bock, Riverside founder and President/CEO, speaks of Frank and Wendy's commitment: "Frank is one of the kindest people I've ever known. For decades, children, families, and adults in the region have had a passionate, caring, and effective advocate for access to behavioral healthcare. Together, with Wendy, they are a powerful pair. We are grateful to both Frank and Wendy for working so hard to raise awareness about the need to address the shortage of mental healthcare and substance use services in south central Massachusetts."

William Shine, MD, Co-Chair of the virtual celebration with his wife,



Frank & Wendy Saba will be honored by Riverside Community Care on July 23 for their decades of community advocacy for behavioral health and human services.

Annette Shine, added: "We look forward to gathering virtually with members of the local community to honor Frank and Wendy. It is equally important that Riverside is announcing the public phase of its campaign for a new behavioral healthcare center that will address the well-recognized shortage of behavioral health services – especially for kids."

The community is invited to join the zoom celebration live at 7:30pm on Thursday, July 23. Riverside asks that people register in advance at <https://communitycelebration.cbo.io>. For questions or sponsorship opportunities, please contact Melissa Kogut, Vice President of Development, at [mkogut@riversidecc.org](mailto:mkogut@riversidecc.org) or 617-970-5613.

About Riverside Community Care  
Riverside Community Care ([www.riversidecc.org](http://www.riversidecc.org)) makes a difference in the lives of individuals, families, and communities through innovative and compassionate behavioral healthcare and human services. A community-based non-profit organization serving more than 40,000 people a year in Massachusetts, Riverside Community Care offers a wide range of mental healthcare, developmental and brain injury services, early childhood and youth programs, addiction treatment, trauma response, and more

## Police training expert disarms suspected shooter

BY KIMBERLY PALMUCCI  
TRIBUNE CORRESPONDENT

WORCESTER — Worcester Police Sergeant Shawn Barbale, who has trained members of police departments in the Blackstone Valley and across the Commonwealth, recently disarmed an active shooter suspect by performing a handgun disarming technique.

Worcester Police were dispatched on June 18 to Becket Street for a report of a person with a gun, according to a police statement. While officers were responding, they were updated that a male was actively firing gunshots. Upon arrival, officers learned that the armed suspect had fled on foot in the area of Lovell Street.

Sgt. Barbale, who is the Municipal Police Training Committee Statewide Coordinator for Defensive Tactics, was responding to the scene when he saw a male matching the description of the suspect on Lovell Street. According to reports, he drove toward the male, later identified as Ruben Alexander Link, twenty-two-years-old of Tennessee, and positioned his cruiser so that it could provide a barrier between himself and Link while they spoke.

"After a brief conversation, Sgt. Barbale walked toward Mr. Link to

check his ID. Mr. Link began to be verbally confrontational, and his body language became hostile," the statement reads. "As Sgt. Barbale approached, he observed a bulge in Mr. Link's front sweatshirt pocket that appeared to be a firearm. Sgt. Barbale asked Mr. Link if he had a gun on him. Mr. Link took a fighting stance, reached into his sweatshirt and began to draw the firearm."

According to reports, Sgt. Barbale stepped toward Link and performed a handgun disarming technique, taking the gun out of Link's hands. At this point, other officers arrived and they attempted to place Link under arrest. Link would not show his hands and struggled with the officers, but they were able to quickly place him in handcuffs.

The firearm was a loaded, large-capacity 9mm handgun, according to police.

"I am very proud of the actions taken by Sgt. Shawn Barbale during this very dangerous and life-threatening situation," said Worcester Police Chief Steven M. Sargent. "This is a great example of how his training in de-escalation and tactics were applied and allowed him to disarm the suspect without harm to himself, the suspect or others."

Neither Link nor the officers were

injured, and no one was struck by Link's initial discharge of his firearm, the department statement said. Link does not have a license to carry firearms; he has been charged with Assault with a Dangerous Weapon and several serious firearms offenses. He will be arraigned in Worcester District Court.

Sgt. Barbale is the Worcester Police Department's lead Defensive Tactics/Use of Force Instructor. He teaches in the Worcester Police Academy, and all Worcester police officers have taken his courses through in-service training.

"Sgt. Barbale's expertise in de-escalation and defensive tactics has been a tremendous asset to the entire department," added Chief Sargent. "This incident is also a reminder of the dangers officers face while working to protect our community."

The Sutton Police Department also released a statement, adding that Sgt. Barbale has worked personally with members of the department.

"Strong work by Sgt. Barbale of the Worcester Police Department," the statement said. "Sgt. Barbale has taught members of our own department as well as thousands of police officers within The Commonwealth of Massachusetts police academies."



### 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](mailto: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.

## Curry College announces Spring 2020 Dean's List students

MILTON — Curry College congratulates roughly 1,000 students who were named to the Spring 2020 Dean's List. To earn a place on the list, full-time undergraduate students - those who carry 12 or more graded credits per semester - must earn a 3.3 grade-point-average (GPA) or higher.

Devin Gatto of Uxbridge, majoring in Criminal Justice  
Taylor Keene of Northbridge, majoring in Community Education  
Corey Smith of Uxbridge, majoring in Management  
About Curry College  
Founded in 1879, Curry College is a private, four-year, liberal arts-based institution located on 131 acres in Milton. Curry extends its educational programs to a continuing education branch campus in Plymouth, Mass. Curry offers 28 undergraduate majors, as well as graduate degrees in business, accounting, education, criminal justice, and nursing, with a combined enrollment of over 3,700 students. The student body consists of approximately 2,000 traditional undergraduate students, and 1,700 continuing education and graduate students. Approximately 1,575 of its students reside on the Curry campus. The largest majors are business management, communication, nursing, criminal justice, and education, and the college is also internationally known for its Program for the Advancement of Learning (PAL). The College offers a wide array of extra-curricular activities ranging from 15 NCAA Division III athletic teams to an outstanding theatre program. Visit us on the Web at [www.curry.edu](http://www.curry.edu).

## Lasell University honors Class of 2020

NEWTON — Congratulations to the graduates of the Lasell University Class of 2020!

Samuel Bettencourt of Uxbridge: BA in Fashion Design and Production  
Emma Helstrom of Douglas: Summa Cum Laude BA in Graphic Design  
Stefan Masciarelli of Northbridge: BS in Marketing  
Allyson Parabolicoli of Uxbridge: Magna Cum Laude BS in Event Management  
Sarah Reese of Uxbridge: Magna Cum Laude BA in Fashion Design and Production

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



Courtesy

Nathan Lyons Of Whitinsville was honored with the 2020 NECC (New England Collegiate Conference) Academic All-Conference selection. Nathan was one of 43 Athletes in Baseball receiving this Honor. Nathan will be a Senior this Fall, majoring in Business Analytics at Lesley University in Cambridge. Nathan was a graduate of Northbridge High in 2017.

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# MILLBURY SENIOR CENTER

Grab & Go Meals”  
Starting on Monday the 22nd of June, the Millbury Senior Center Lunch meals will be available to be picked up daily at the front door, 11:30 A.M.  
Menu is available on Town Website, [www.townofmillbury.org](http://www.townofmillbury.org)

Or our Millbury Senior Center Facebook page  
A 48 hour reservation is required  
For more information or reservations call us at 508-865-9154

The Senior Center is closed to the Public.

While the building is not open to the public the Food Pantry at the Millbury Senior Center is available from 9am to 1pm Monday thru Friday by calling 508-865-9247 for an appointment our food pantry is fully stocked at this time tell us what you

need and you can pick it up or we will deliver it.  
We are still here to answer any questions you may have and we are available for your transportation to Doctors appointments or if you need to go to the drug store for your prescrip-

tions, we will take you there. If you don't have a mask, we will give you one.  
Also if you are in need of a home delivered meal give us a call and we will set you up to get one delivered to you.

Sorry to say that all our June trips are canceled, we will be researching to see if they can be rescheduled in the future.  
Keep safe and remember to wear a mask if you go out and to wash your hands frequently.

## Joseph DuBois of Uxbridge named to Emerson College Dean’s List

BOSTON — Joseph DuBois, a native of Uxbridge has been named to the Emerson College Dean’s List for the Spring 2020 semester. DuBois is majoring in Journalism and is a member of the Class of 2021. The requirement to make Emerson’s Dean’s List is a grade point average of 3.7 or higher.  
About Emerson College  
Based in Boston, opposite the historic Boston Common and in the heart of the city’s Theatre District, Emerson College educates individuals who will solve problems and change the world through engaged leadership in communication and the arts, a mission informed by liberal learning. The College has approximately 3,780 undergraduates and 670 graduate students from across the United States and 50 countries. Supported by state-of-the-art facilities and a renowned faculty, students participate in more than 90 student organizations and performance groups. Emerson is known for its experiential learning programs at Emerson Los Angeles, located in Hollywood, and at its 14th-century castle, in the Netherlands. Additionally, there are opportunities to study in Washington, DC, London, China, and the Czech Republic, Spain, Austria, Greece, France, Ireland, Mexico, Cuba, England, and South Africa. The College has an active network of 39,000 alumni who hold leadership positions in communication and the arts. For more information, visit [emerson.edu](http://emerson.edu).

## Matthew Martinez appointed Chair of Anesthesiology at Milford Regional Medical Center

MILFORD — Milford Regional Medical Center is pleased to announce the appointment of Matthew C. Martinez, MD as the new Chair of the Department of Anesthesiology. He has been an exemplary member of the Milford Regional Department of Anesthesiology since 2009.  
After receiving his undergraduate degree from Bucknell University, cum laude, Dr. Martinez went to medical school at SUNY Upstate Medical University in Syracuse, New York, where he was awarded the Doctor of Medicine in 2005. Following a transitional internship at Metrowest Medical Center in Framingham, Massachusetts, where he was born, he went

on for his anesthesiology residency at Beth Israel Deaconess Medical Center in Boston in affiliation with Harvard Medical School. Dr. Martinez is board certified in Anesthesiology and has satisfied all requirements for Maintenance of Certification.  
“Dr. Martinez is that rare find of an incredibly thoughtful and bright physician whose clinical excellence and compassion are universally recognized and respected. He is a natural leader,” states Leslie G. Selbovitz, MD, Chief Medical Officer and Senior Vice-President for Medical Affairs. “We welcome Dr. Martinez to his new role and wishing him much success.”



Matthew Martinez

## URI students named to Spring 2020 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. The following students from

your area were named to the Dean’s List:  
Isabella Biamonte of Northbridge  
Jacob Bliss of Whitinsville  
Daphnny Calixto of Uxbridge  
Allison Cotter of Uxbridge  
Benjamin Eason of Uxbridge  
Meghan Ferraro of Northbridge  
Maddy Green of Whitinsville  
James Haggerty of Whitinsville  
Jordan Howard of Uxbridge  
Cailee King of Uxbridge  
Emma Kraich of Uxbridge  
Taylor Lennox of Uxbridge  
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Sarah McGee of Uxbridge  
Taylor Perry of Uxbridge  
Jacob Rancourt of Uxbridge  
Nolan Reilly of Whitinsville

Allison Scannell of Douglas  
Paige Shepard of Northbridge  
Julia Vanelli of Uxbridge  
Eric Vario of Uxbridge  
Molly Zona of Northbridge  
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1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52

**CLUES ACROSS**

1. Protects from weather  
4. Superhigh frequency  
7. Southern constellation  
8. Swines  
10. Self-righteously moralistic person  
12. United Arab Emirates city  
13. Surinam toad  
14. Sign language  
16. Tattoo (slang)  
17. Makes level  
19. Sun up in New York  
20. It must be scratched  
21. Where people live  
25. Swiss river  
26. Buddy  
27. One of two equal parts of a divisible whole  
29. Shrek is one

**CLUES DOWN**

1. Occur  
2. Show up  
3. Capital of Taiwan  
4. Former French coin  
5. Some are bad  
6. Monetary unit  
8. Package (abbr.)  
9. Indian religious person  
11. Crew  
14. Antidiuretic hormone  
15. Makeshift  
18. Baseball box score stat  
19. Make a mistake  
20. Not moving  
22. Even distribution of weight  
23. Clumsy person

**CLUES ACROSS**

30. Egyptian unit of weight  
31. Fiddler crabs  
32. Carroll O'Connor's TV wife  
39. No longer having life  
41. Former OSS  
42. A way to emit sound  
43. Mandela's party  
44. Adult female chicken  
45. U. of Miami's mascot  
46. Southeastern Chinese people  
48. Casino game  
49. Amos Alonzo \_\_, US football coach  
50. Joint connecting two pipes at right angles  
51. Will Ferrell film  
52. River in NE Scotland

PUZZLE SOLUTION

E	E	D						F	T	E	
T	T	E						G	G	V	T
L	O	T	S					V	K	K	V
S	I	B	I				N	E	H		C
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N	O	T	E	T			V	L	S	N	V
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							S	D	O	O	H
							H	C	L	I	
							K	N	I		T
							I	V	B	N	D
							S	B	V	O	B
							F	H	S		

## SNHU announces Winter 2020 President’s List

MANCHESTER, New Hampshire — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Winter 2020 President’s List. The winter term runs from January to May.  
Eligibility for the President’s List requires that a student accumulate an academic grade point average (GPA) of 3.7-4.0 and earn 12 credits for the semester.  
Sal Ante of Uxbridge  
Hannah Cusson of Whitinsville  
Fallyn Hippert of Douglas  
Cameron Kearney of Douglas  
Emily Roberts of Uxbridge

Southern New Hampshire University (SNHU) is a private, non-profit institution with an 87-year history of educating traditional-aged students and working adults. Now serving more than 130,000 learners worldwide, SNHU offers over 300 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, NH. Recognized as the “Most Innovative” regional university by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner. Learn more at [www.snhu.edu](http://www.snhu.edu).

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**MIEZEN**  
*continued from page A1*

okay to explore different paths and find the one that’s right for you.”

Forum speakers included directors of athletics, representatives from athletics academic services, athletic conference officials, head coaches, and experts from professional sports and sports-related businesses. Meizen was especially impressed with a presentation by Dan Gavitt, the NCAA’s Senior Vice President of Basketball and a former director of athletics and recreation at Bryant University. “It was a really cool reminder of how far members of the Bryant community can go,” she notes.

Sharing experiences

The attendees, including Meizen and fellow Bryant student-athletes Matthew Crisafulli ‘21, Emily Gordon ‘21, Alex Rasmussen ‘20, and Andrew Wallace ‘21, also engaged in community-building breakout sessions with other student-athletes, allowing the Bryant students to make important connections.

“I think we were all excited not just to learn more about the paths available to us, but to be able to network with other student-athletes who also want to make an impact through sports as well,” says Meizen.

Through the conference, she notes, she was able to greatly expand the network she’s built among her teammates and other Bryant student-athletes. “It’s really special to be able to interact with other people with similar interests, especially from other schools and parts of the country,” says Meizen. “We all have this commonality of being student-athletes but the student-athlete perspective is different at each school. When we talk with one another, it allows each person to bring new ideas and perspectives to our conversations.”

She’s currently working on creating a Sports Business Association student organization on campus to connect Bryant students interested in careers in sports with new opportunities, mentors, and each other. The Bryant community, she says, has been a key asset in both her studies and athletic pursuits.

“You can learn from each other and it helps create a support system you know you can rely on,” she added.

The connections she’s made are just one reason she’s so excited by all the possibilities open to her, and she knows her time at the conference brought her one step closer to her dream career.

“The forum’s energy, ideas and speakers were so powerful,” says Meizen. “I feel inspired and excited about my future!”

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](http://www.Bryant.edu).

how Douglas students, staff, administrators, parents, and the School Committee all valued Dr. Vieira’s positive energy and his commitment to continuing to move the district forward.

Previously, the district’s Superintendent Search Committee had spent weeks reviewing more than twenty applicant resumes, conducting interviews with eight semi-finalists, and deliberating on finalist candidates to put forward to the School Committee. Three final candidates were submitted for consideration at the end of May, and a vote to appoint the new Superintendent took place at the beginning of June.

All finalists participated in remote visits with the Douglas district as well as the finalists’ districts, according to a Search Committee statement. Finalist interviews were then conducted.

“As always, we want to thank our teachers, administration, staff, and Superintendent Maines for all of the hard work they continue to do as we wrap up the school year,” the School Committee statement reads. “Their efforts to bring some sense of normalcy and continuity in our students’ education are deeply appreciated. Wishing you and your families well.”

# Ciara Naughton named to Dean’s List at Ithaca College

ITHACA, N.Y. — Ithaca College student Ciara Naughton was named to the Dean’s List for the spring 2020 semester.

Ciara Naughton is a Cinema & Photography major of Whitinsville.

**About Ithaca College**

Founded in 1892, Ithaca College is a residential college dedicated to building knowledge and confidence through a continuous cycle of theory, practice and performance. Home to some 6,200 students, the college offers more than 100 degree programs in its schools of Business, Communications, Humanities and Sciences, Health Sciences and Human Performance, and Music.

Students, faculty and staff at Ithaca College create an active, inclusive community anchored in a keen desire to make a difference in the local community and the broader world. The college is consistently ranked as one of the nation’s top producers of Fulbright scholars, one of the most LGBTQ+ friendly schools in the country, and one of the top 10 colleges in the Northeast.

# Local students named to Dean’s List at University of New Haven

WEST HAVEN, Conn. — Alex Desjardin, Christopher Matkowski, Morgan McCarty, and Lauren Small of Uxbridge were named to the Dean’s List at the University of New Haven for the spring, 2020.

About the University of New Haven

The University of New Haven, founded on the Yale campus in 1920, is a private, coeducational university situated on the coast of southern New England. It is a diverse and vibrant community of more than 7,000 students, with campuses around the country and around the world.

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Information is available at [www.newhaven.edu](http://www.newhaven.edu).

# Rachel Adam named to President’s List at Merrimack College


NORTH ANDOVER — Rachel Adam of Uxbridge has been named to the President’s List at Merrimack College for both the spring and fall semesters of the 2019-2020 school year.

Rachel is the daughter of Ron and Kim Adam of Uxbridge.

A double major in Human Development/Human Services and Early Childhood Education with a double minor in Spanish and Religious and Theological Studies, she is a sophomore at Merrimack.

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## Stonebridge Press

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# VIERA

*continued from page A1*

Most recently, Dr. Vieira had served as the Assistant Superintendent of Curriculum with the Ashland Public Schools. He earned his Doctor of Education Degree at Northeastern University and his Master of Science in Secondary Education at Suffolk University. Dr. Vieira has also worked as a principal and a classroom teacher, according to district information.

“Beyond his accomplishments, we were impressed at how well he was received by all groups involved in the interview process,” Charniak added, citing

# REOPENING

*continued from page A1*

Before these sectors can resume operations under the guidelines, businesses must meet all safety standards, create a Covid-19 control plan, and complete a self-certification, a statement reads.

For a full list and safety protocols, visit [www.mass.gov/reopening](http://www.mass.gov/reopening).

# WAVE

*continued from page A1*

required summer reading lists are on the school Web site at <https://www.valleytech.k12.ma.us/summerreading>.

While students and teachers enjoy their well-deserved downtime with a good book, administrators, support staff, and facilities team remain busy — the final phase of construction is underway on the self-funded roof repair project. In addition to their annual top-to-bottom cleaning

and routine maintenance of the entire facility and campus, summer projects include planning and preparing for reopening and returning to school based on forthcoming guidance.

Please check the school’s website throughout the summer for updates on the reopening of school this fall.

About Blackstone Valley Regional Vocational Technical High School (BVT)

Blackstone Valley Regional Vocational Technical High School serves the towns of Bellingham, Blackstone, Douglas, Grafton, Hopedale, Mendon, Milford, Millbury, Millville, Northbridge, Sutton, Upton, and Uxbridge. Located in the heart of the Blackstone Valley, Blackstone Valley Tech creates a positive learning community that prepares students for personal and professional success in an internationally competitive society through a fusion of rigorous vocational, technical, and academic skills. The school’s Web site is [www.valleytech.k12.ma.us](http://www.valleytech.k12.ma.us).



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EDITORIAL

Strength through survival

While our current economy hasn't quite dipped to the level it did during the Great Depression, the inevitable comparisons have been a dominant topic of discussion since COVID-19 put a halting stop to our economy. To date, the Great Depression was the worst economic decline in modern times. A hard jump from the 'Roaring Twenties,' when Americans were enjoying a robust economy with more time to spend and recreate. After the stock market crash in 1929, those who were still employed saw a decrease in pay of roughly 40 percent. This included doctors and other affluent career paths. One quarter of the population remained without a living wage. With that said, the typical American had to adapt to a new way of life that included a level of scrimping and saving never seen before. Homemakers, which were primarily women back then, were shown how to make due with what they had in the kitchen. Meals were stretched as far as possible. To do so people learned to enjoy more casseroles including macaroni and cheese, chili, Mulligan stew (a mix of anything available), bologna casserole, and a 'poorman's meal' (fried potato with diced hot dogs). Another go to was 'hot water pie' which was made up from simple ingredients such as butter, vanilla, sugar and flour. Potluck gatherings were also a cheap way for people to come together and socialize. Thrift gardens popped up in vacant lots across the country where community members could grow food, feeding thousands. Movie theaters were a major source of entertainment during the years leading up to the Depression. After the economy bottomed out, people had to find other, cheaper forms of leisure. One third of the cinemas in the country were shuttered. Miniature golf courses charged people no more than 50 cents per round, making the low-key game another popular thing to do. With that said, board games such as Scrabble and Monopoly became all the rage. People were also tuning into the radio for comedy shows and other dramas. More women became employed to supplement lost income, despite the fact that they were paid significantly less than men. Government help was also more socially acceptable after President Franklin D. Roosevelt introduced his New Deal initiative aimed at putting Americans back to work building infrastructure, such as the interstate highway system, that provided increased mobility not only for civilian traffic, but for the military and law enforcement as well. Before the Depression, those receiving welfare had their names listed in local newspapers, which was a deterrent for many to accept government assistance. Men grew insecure after not being able to provide for their families, which caused an uptick in suicide. Divorce rates were low because couples could not afford to separate, and though many couples did decide to split, others were inspired to work through their issues and emerge on the other side stronger than before. Traveling hobos became very common for teenagers who sought work to help their families on the road. Violent crimes did increase, however fell after a few years. While things have not reached a point nearly that low in our contemporary society (and hopefully won't), this situation has forced Americans to adjust their way of life, just as our forebears in the '30s did. And just as it did for them, that course correction may make us stronger.

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OPINION

Opinion and commentary from the Blackstone Valley and beyond

Have you noticed?

As I age and travel through my life, I find that time and experience are changing me. I've always been on the go. As a CEO for a quarter of a century, I worked long hours and spent countless time on the road. As an author on book tour for my three books, I've traveled to 31 cities in 35 days, did 92 media interviews and spoke to 32 groups. I've spent my life always on the move mentally and ahead of where I was physically. I'm not retired. I appear in 50-plus different publications weekly and have one new book out for publishing and two more in the works. I'm also cofounder and Interim COO of CubeStream, Inc., a free-market streaming platform that will launch this fall. So, I'm busy ... but I've changed. I've become a "noticer." I see things I've never noticed before. I'm certain my eyes have seen it all, but I never took the time to engage my brain and heart to notice. My eyes were focused on what was ahead and I was never in the moment. I'm sure my eyes glanced at the beauty around, but my brain and heart didn't engage to see what my eyes were beholding. But things have changed. Through time and a medical diagnosis, my heart and mind have engaged in everything and for the first time, I'm really noticing the wonderment of creation. Arlene is a gardener. She loves putting her hands in the dirt and planting flowers. I've always known gardening was a passion but before, I looked at it as busy work. It was something she did. I thought if it as a chore. Wow ... was I wrong. No different than Beethoven or Bach ... or Monet or Van Gogh ... each year, Arlene gets on her knees, lovingly plants, weeds, and tills, while composing a symphony of colors. The soil is her pallet and she paints a work of art in our back yard that changes and evolves with each day. She's been doing it for years. She's honed and improved her craft and created a magnificent living work of art for us to enjoy, and in doing so, she's living in the moment. It's been there for years. My eyes saw it, but my mind and heart never engaged. That's a loss ... a tragedy of missed opportunity to see beauty and experience joy. But not now. I spend time every day taking in the beauty. I have two focuses to my life's work. I write to uplift and encourage optimism in my readers and to help others enjoy



POSITIVELY SPEAKING

GARY W. MOORE

and live life in the moment. As a business leader I always said things like "keep your eyes on the future," but time has taught me that if you keep only looking ahead, you miss your life in the moment. It's not just a loss for you but also your friends and family. They want you with them in the here and now. In the future, you can look forward to life's rewards, but you never arrive in the future. It's a moving target that is always ahead. So, open your eyes and heart to the right

now and enjoy your life in this moment. How do you begin? Take five minutes each morning and live in the moment. Empty your brain of distractions. Block the thoughts of the future and the things you must do. Sit in your backyard or take a walk and look for the little things you've never taken time to notice. Tune in to your surroundings. Notice the sunshine on your face and think about how it feels. Take in the color of the sky and shape of the clouds. Sniff the air. Engage all your senses. Look people in the eyes when you encounter them. Smile and acknowledge you know they are there. I was in the grocery store last week. I encountered another shopper. We were both wearing masks, so it was hard to recognize others, but she called me by name and told me she was praying for my health. Gail Emme could have just passed me by, but instead decided to act in the moment and brighten my day. Speak to others, if only to smile and say hello. Acknowledge only your immediate surroundings. At this moment, pretend nothing else exists. It's not easy to change life-long behavior, but its worth the effort. As you learn to live and love in the moment for a few minutes, expand the length of time and the number of times per day. Trust me ... it's worth the effort. What have you noticed lately?

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](http://www.garywmoore.com).

Summer Drinks

Bright sunny days, shade tree breezes and a comfortable backyard chaise are the perfect elements for warm weather "easy living." And what could be more delightful than sharing a chat and a refreshing, cool drink on the porch with a friend or neighbor? There's no doubt about it, nothing quite "hits the spot" on a hot New England summer day more than a tall glass of ice tea or lemonade. The sweet taste and clanging ice cubes of the thirst-quenching drinks have prompted recipe contests, starred at country fair refreshment booths, and spawned generations of young roadside entrepreneurs. With summer officially here, read on for some great old-fashioned lemonade and iced tea recipes guaranteed to refresh both body and spirit. \*\*\* When people call for Tea Time, this season, it's usually iced tea - in frosty glasses filled to the brim. Here are a couple of delicious ways to serve up the perennial favorite drink. Citrus Tea Cooler The carbonation and orange juice add sparkle and zest to this alternative to traditional iced tea. Perfect for a punchbowl at an outside get-together. Ingredients: Three bags or one tbsps loose black tea; one and a half cup boiling water; one half cup fresh lemon juice; one bottle (28 oz) lemon-lime carbonated beverage or ginger ale, chilled; three quarters to one cup sugar; one tray ice cubes ;one half cup fresh orange juice. Directions: Place tea bags or loose tea in bowl. Pour boiling water over tea. Let stand five minutes. Remove bags or strain to remove leaves. Add sugar and stir until all is dissolved. Place ice cubes



TAKE THE HINT

KAREN TRAINOR

in two-quart serving pitcher. Pour hot tea, lemon and orange juice over tea. Stir briskly several seconds until mixture is cold. Stir in chilled lemon-lime carbonated beverage. Pour into glasses and serve at once. Makes two qts. \*\*\* Lemon Sparkler Now here's a quick and easy version. (For those of us whose "leisurely" outside activities more likely find us hanging out clothes, chasing after a stray child or dog and running for the ringing phone!) Ingredients: Two cups tea, brewed; one half cup Real Lemon juice; one half cup sugar; juice cubes(ice cubes made with lemon juice and a little water); two quarts of ginger ale, chilled. Directions: In a pitcher, combine the tea, lemon juice, and sugar stirring until sugar is dissolved. Just before serving, add the ginger ale and pour over juice cubes. \*\*\* Lemonade and sunny days have gone together forever. Many a summertime memory is sparked by sipping a chilled tumbler of syrupy sweet lemonade. Old Fashioned Lemonade Most lemonade aficionados agree the secret to a great lemonade is to make a heated syrup as a base. This recipe from Hamilton Beach, is touted as a "sure-fire hit." Ingredients: Two cups granulated sugar; two and one half cups water; juice of six lemons; juice of two oranges; grated peel of one orange; one cup fresh mint leaves Directions: In a medium saucepan, combine sugar and water. Bring to a boil; cook over medium high heat five minutes. Let cool. Add lemon juice, orange juice and orange peel to syrup. Add in mint leaves. Cover and let stand one hour. Strain lemon

syrup into a jar or pitcher. Store in refrigerator until ready to use. For each serving: Put one third cup lemon syrup into an eight ounce glass filled with crushed ice and cold water. Mix or shake well. Serves two (eight ounce servings) \*\*\* Quick Old Fashioned Lemonade Now, here's an "easy" version. Ingredients: Two or three ice cubes; two tablespoons lemon juice; one and one half tablespoons lime juice; two tablespoons superfine sugar; six to eight ice cubes; two cups cold water. Directions: Pour lemon and lime juice into a pitcher, add sugar and stir until dissolved. Add ice cubes and water and stir. Serve in tumblers. \*\* 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](mailto:KDRR@aol.com). Hints are entered into a drawing for dinner for two at the historic Publick House Inn.

Protect your landscape from hungry critters

While you're busy filling your landscape with beautiful flowers and scrumptious vegetables, the deer, rabbits and other wildlife are watching and waiting to move in to dine. Don't lose your beautiful investment to hungry animals. Be proactive in keeping wildlife at bay, so you can grow a beautiful landscape this season. Protect plants as soon as they are set in the ground. It's easier to prevent damage rather than break a habit. Once critters find delicious plants, they will be back for more and they're likely to bring along a few additional family members. A fence is an excellent defense against animals. A four-foot-high fence anchored tightly to the ground will keep out rabbits. Five-foot-high fences around small



GARDEN MOMENTS  
.....  
MELINDA MYERS

garden areas will usually keep out deer that tend to avoid smaller spaces. Woodchucks are more difficult. They will dig under or climb over the fence. You must place the fence at least 12 inches below the soil surface with four to five feet above ground. Make sure gates are secured so animals can't squeeze through or under these. The last thing you want is an animal happily living and dining inside your fenced in garden. For gardeners who do not want to spend the money on fencing or view their flowers and other ornamental plantings through a fence, there are other options. Scarecrows, rattling pans and other scare tactics have been widely used for decades. Unfortunately, urban animals are used to noise and human scent and not discouraged by these tactics. You

must move and alternate the various scare tactics to increase your chance of success. Repellents may be your best and most practical option. Always check the label for details on use, application rates and timing. Research has proven that odor-based repellents are more effective than other types of repellents. Wildlife will avoid plants rather than taking a bite before they discover they don't like the taste. Look for organic repellents labeled for use on food plants when treating edibles. [Plantskydd \(plantskydd.com\)](http://plantskydd.com) is the only OMRI certified organic repellent and is effective against rabbits, deer, voles, elk, moose, chipmunks and squirrels. It is rain resistant and each application lasts three to four months during the growing season. Maximize results by treating new growth according to label directions.



# Gardening and wildlife



Wildlife in many areas of Massachusetts are thriving, as this week's picture shows a doe with her three young deer. Numerous gardeners are also feeling the negative part of high deer populations. Gardeners have told me about losing a lot of their crops to deer this year. Woodchucks are also to blame for lost crops to the first-time gardeners, as well as longtime gardeners. One local gardener told me about a fellow gardener that planted seed for his corn crop. It did not take the crows long to find the recently planted seeds and pretty much cleaned out his corn patch.

This year, with all of the Covid-19 problems, many people are working from home, or are not working at all. They have a lot of time on their hands and decided to grow a garden for the first time. Seeds and gardening equipment were sold out of most stores early in the area, and they had to reorder. That to was pretty much sold out quickly.



THE GREAT  
OUTDOORS  
• • • • •  
RALPH  
TRUE

Rabbit populations are also on the increase in the valley, which is good news for the few remaining hunters that own beagles, and enjoy listening to their hounds baying, as they track the rabbit's scent. There were many rabbit hunters in the area 30 or more years ago, but the rabbit population dropped dramatically because of destroyed habitat due to construction. The return of birds of prey and the surge in coyotes, and fisher cat populations also took their toll on the rabbit population. Rabbits can cause some destruction to small gardens, feeding on recently sprouting plants.

Freshwater bass fishing is nothing but great, as this week's picture shows young Randy Curley with his 6.4 ounce largemouth, he recently caught in a local body of water. Plastics are number one with many bass fishing anglers, but shiners are also catching some impressive freshwater bass. Top water plugs are great for catching lunker bass when fishing at night. The biggest thrill for



catching big bass are fishing with a fly rod.

A number 8 or 9 fly rod when fished with small poppers, or the great assortment of weedless plastic frogs that are available today, provide the angler with some of the most successful fishing trips ever when used properly. Fishing top water frogs in the heat of the day will surprise you with some great action, even if you catch a number of two-or-three-pound bass. The big one is not far away, and you will enjoy the bass fishing a lot more. Your local Bait & Tackle shop should be able to set you up with the proper equipment for fly fishing, and you may never go back to the conventional rod & reel and braided lines for bass fishing.

Last week's picture of a large calico bass taken from Webster Lake, was indeed an impressive fish. Back in my younger days I fished at Meadow Pond in Whitinsville as a youngster and used a fly rod to catch them. The fly called the Mickey Fin was a killer when it came to catching Calico bass, also known as crappie. Fishing from the old bridge on Main Street. and at the Arcade Pond were two favorite places of mine for

catching calico bass.

Back in the '50s, aerial spraying of DDT helped keep the mosquito population down, but it also killed the Mayflies. The fly's fell into the water and the calico bass and other species of warm water fish ate the dead fly's killing them off also. The fish populations have since rebounded, but not in the numbers that we once had. Because of aerial spraying of DDT many birds were also killed, and the use of DDT was stopped. It was a hard lesson learned.

Fluke fishing around Block Island and the shores off of Matunuc beach are finally giving up some keeper fish. Numerous doormats up to 22 inches have been reported. Sea Bass finally opened up this past Wednesday, June 24 in Rhode Island waters. The daily limit is three fish at 15 inches or more. Buzzards Bay area continues to give up some big seabass along with monster Scaup.

Take A Kid Fishing & Keep Them Rods Bending.

## GARDEN

continued from page A8

Most liquid repellents need time to dry while granule repellents may need to be watered to activate the smell. Always check the label for the product you are applying.

Protect new tree whips by dipping them in a long-lasting liquid repellent. Mature trees will benefit as well. Treat them prior to bud break or two to three weeks after leaves have developed.

Continue to monitor plantings throughout your landscape all season long. Watch for animal tracks, droppings and other signs wildlife have moved into your area. Protect new plantings and those favored by wildlife before they start dining on your plants. Always be as persistent as the hungry animals.

If you're ever feeling discouraged, remember that gardeners have been battling animals in the garden long before us and there are lots of options to help protect your flowers and harvest.

Melinda Myers has written more than 20 gardening books, including *Small Space Gardening*. She hosts *The Great Courses "How to Grow Anything"* DVD series and the *Melinda's Garden Moment* TV & radio segments. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and was commissioned by *Tree World Plant Care Products* for her expertise to write this article. Her Web site is [www.MelindaMyers.com](http://www.MelindaMyers.com).



Photo Melinda Myers

Deer can wreak havoc on landscapes and research has proven that odor-based repellents are more effective than other repellents at keeping deer and other critters from eating your plants.



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# OBITUARIES

## Anna P. Routhier, 96



Anna P. (Petrin) Routhier, age 96 passed away Sunday, June 14, 2020 in Worcester, MA and returned to her Loving Lord and Savior. We honor, remember and celebrate Anna's long and good life. Anna was born in West Burke, VT in 1924. She was pre-deceased by her parents Albert and Flora (Joyal) Petrin and her step mother Leona (Bergeron) Petrin. She was pre-deceased by her husband Felicien (Phil) after 48 years of marriage. She also leaves two sons: Paul and his wife Anne-Marie of Millbury; David and his wife Laura of Dudley, MA. She also leaves 3 grandchildren (Simonne Brais, Jacqueline Jerome and Aaron Routhier) and 6 great grandchildren (Austin George, Dylan George, Taegan Jerome, Neila Jerome, Addison Jerome and Ian Brais).

Anna leaves a brother Henry Petrin of Claremont, NH. She was pre-deceased by 6 brothers: Vital, Leon, George, Origene, Victor Petrin, Normand Bergeron and 3 sisters: Gertrude Provencher, Rosalind Breault and Clemente Derosier. Also surviving are sisters-in-law Hazel Petrin, Ruth Petrin, Theresa Bergeron numerous nieces, nephews and dear friends. She was also pre-deceased by a longtime friend and gentleman, Donald Barry. As a young child, she spent 10 years in the convent (in Canada – Gray Nuns) and went to school in Claremont, NH upon her return to the family home. Anna is formerly of Millbury, MA

where she lived for more than 34 years before moving to Webster, MA. She lived in Webster for over 30 years until recently being relocated to Lutheran Rehabilitation and Skilled Care Center in Worcester, MA. She was well cared for at the Christopher Heights Assisted Living Facility in Webster for nearly 5 years and the Lutheran Rehabilitation and Skilled Care Center in Worcester since the beginning of 2020. The Lutheran Rehab Center was a Godsend. The Alzheimer's care and support she received there was extraordinary. She worked at Telechron in Worcester, Hilltop Supermarket and Jeffco Fibres in Millbury, retiring several years ago. Anna was a very social person, with a great sense of humor. She loved to have a good time and enjoyed spending time with her family and many friends. She enjoyed card playing, shopping (and returning) clothes, dancing (for a time, with the Sliver Dippers at the Webster Senior Center) and she loved Anne-Marie's homemade cookies. Calling hours will be an hour before the funeral, at the church. A Mass of Christian burial was held at 11 AM June 22 at Assumption Church, 12 Waters Street Millbury. Service will follow in Notre Dame Mausoleum, Worcester. As an expression of sympathy, in lieu of flowers, donations in Anna's memory may be made to The Friends of the Asa Waters Mansion, 123 Elm Street, Millbury, MA 01527. Bartel Funeral Home & Chapel 33 Schofield Avenue Dudley is directing arrangements. www.bartelfuneralhome.com A Celebration of Life will be held at a later date.

## Bernadette “Bernie” Cosky, 68



D O U G L A S - Bernadette “Bernie” (Marks) Cosky, 68, of Depot St. passed away at home on Mon. June 15, 2020 surrounded by her loving family. She is survived by her husband of 37 years Robert F. Cosky; her son Keith Carter of Spencer; a brother Ernest R. Marks Jr. and his wife Brenda; 2 sisters Donna Bourget in Maine and Virginia “Sissy” Warren and her husband Doug of Millville; and many cousins, nieces and nephews. She was predeceased by a brother in law Arthur Bourget. Born in Whitinsville, MA on May 25, 1952 she was daughter of the late Ernest R. Sr. and Virginia R. (Ballou) Marks and was raised in Whitinsville and lived in Douglas since 1964. Bernie worked hard as a Manager at Xtra Mart Convenience Stores in

Mendon and Sutton over 30 years. Previously she was a Manager at the former Fair Dept. Store in Whitinsville. She was educated in the Douglas public school system. Bernadette loved to travel, especially to Disney, Old Orchard Beach and Hampton Beach, and Foxwoods Casino. Raised on a farm, she was fond of all animals and was an avid horseback rider, competing in shows. Christmas Eve at her home was a special tradition to Bernie. She loved opening her home up to relatives and friends. According to her wishes Bernadette will be cremated. A Memorial Mass at St. Denis Church will be held Saturday, June 27th at 1 pm in St. Denis Church, 23 Manchaug St. Douglas. Memorial donations in her memory may be made to Care Central VNA and Hospice, 191 Pakachoag St. Auburn, MA 01501. To leave a condolence message for her family please visit www.jackmanfuneralhomes.com

## Henry J. Barnatt, 97



WHITINSVILLE- Henry J. Barnatt, 97, passed away on Tues. June 16, 2020 at his home after a long illness. He was pre-deceased 33 days by his beloved wife of 74 years, Ida Barnatt. He is survived by 2 children, Jane B. Wilkins of Corpus Christi, TX and James H. Barnatt and his wife Theresa of Lake Charles, LA; 5 grandchildren: Christine Royo and her husband David, Candice Griebel and her husband John, Kimberly Burghart and her husband Tom, Claire Hess and her husband Robert, and Colleen Kohrs and her husband Nicholas, and 10 great-grandchildren. He was predeceased by his sisters Frances Moroney and Helen Barnatt. Henry was born in Millville, MA on Feb 2, 1923. He was the son of James and Frances (Glinski) Barnatt and has been a longtime resident of Whitinsville. Following High School in Blackstone, Henry enlisted in the US Army and served 3 years in Trinidad as

part of the American Theater Campaign. Henry was employed by the Whitin Machine Works/ATF for 42 years retiring as a foreman. Henry and Ida spent much of their leisure time traveling and spent 16 winters in Florida. He was a lifelong member of St. Patrick's Church. Henry was an amazing husband, father, and grandfather. He most enjoyed being with friends and family and will be sorely missed. His funeral Mass was held Friday, June 19 at 11 am in St Patrick's Church, 1 Cross Street. Burial will follow at St Mary's Cemetery, Uxbridge. There are no calling hours. In lieu of flowers, donations in Henry's memory may be made to: Dana-Farber Cancer Institute and the Jimmy Fund, P.O. Box 849168, Boston, MA 02284-9168. To leave a condolence message for his family please visit: www.Jackmanfuneralhomes.com

## Diane B. (Racicot) Osimo, 72



SOUTHBRIDGE- Diane B. (Racicot) Osimo, 72, died on Sunday, June 14th, at Harrington Memorial Hospital after a brief but courageous battle with cancer and COVID-19. Her husband was the late Robert A. Osimo, who died in January 2017. Diane is survived by two sons, Anthony Osimo of Uxbridge, and Jonathan Osimo and his wife Kerri of Sturbridge, and five grandchildren, Adon Osimo, Robert Osimo, Elayna Osimo, Marissa Osimo, and Frank Osimo. She also leaves four sisters, Dolores Desrosiers and her husband Ray of Southbridge, Yvette Dwyer and her husband Jack of Poinciana, FL, Pauline Goodstone of Southbridge, Ann Hapgood of Wilbraham, and her brother Paul Racicot of Houston, TX, and many nieces and nephews. She was predeceased by her daughter-in-law Margo (Partlow) Osimo, and her twin grandchildren Emily and Jack Osimo. Diane was born in Webster on May 24, 1948, daughter of the late Henry A. Racicot and Dora M. (Bolduc) Racicot Geary. She was raised in Southbridge, and graduated from Southbridge High

School in 1966. She was a licensed beautician and then became a stay-at-home mom for many years. She was also a school bus driver for special needs children for several years and then worked at the former Martel Cleaners in Southbridge. Diane was honest, kind, and compassionate. She was always very supportive and fiercely protective of her family and friends. She enjoyed bird watching, especially the Hummingbirds, trips to the casino, playing cards, and crossword puzzles. She especially loved her role as a hockey/baseball/soccer/football Mom to her two sons, and then enjoyed spending time with her grandchildren and attending their many activities and school events. Although Diane was loved by so many and will be missed dearly, it's comforting to know that she's been reunited with her high school sweetheart, the love-of-her-life and soul mate. A funeral service for Diane will be held at a future date. In lieu of flowers, memorial contributions may be made to Autism Speaks, New England Chapter, 88 Broad St., 5th Floor, Boston, MA 02110. Sansoucy Funeral Home, 40 Marcy Street, Southbridge, MA 01550 is assisting the family with the arrangements. www.sansoucyfuneral.com



Jason Nicholas King of Ashford, CT, 37, went to be with his Lord on April 27th, 2020. Jason was born April 7th, 1983 in New Haven, CT to Peter and Melinda Basto King. A 2001 graduate of Woodstock Academy, he worked as a skilled carpenter and became versed in plumbing and electrical. He made his home in Maine, Rhode Island, East Killingly, Eastford and Ashford. Jason was a gentle soul, always eager to say a kind word and lend a helping hand. Nature was his soul mate. In the woods with Ox, his loving golden lab, was where he felt most comfortable.

Jason is survived by his parents, Peter (Springfield, Ma) and Melinda King (Ashford, Ct.) His brothers, Peter (Woodstock CT) and Brandon King (Eastford, CT) and his Grandparents, Dana Basto (Woodstock, CT) and Marieann MacGinnis (Auburn, MA). In lieu of flowers, donations in Jason's memory may be made to: The Evangelical Christian Ctr., 574 Ashford Center Road, Ashford, CT 06278. Memorial Service to be held Saturday June 27th, 2020 at 11:00am, Eastford Baptist Church, 133 Union Road, Eastford, CT, 06242 \*In accordance with COVID-19 regulations, masks will be required for attendees and social distancing will be practiced.

# LEGALS

### NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

By virtue of and in execution of the Power of Sale contained in a certain mortgage given by Donna M. Molinaro, Peter J. Molinaro, Jr. to Mortgage Electronic Registration Systems, Inc., as nominee for Countrywide Home Loans, Inc., dated October 5, 2005 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 37528, Page 343, as modified by a certain modification agreement dated August 13, 2015, and recorded with said Worcester County (Worcester District) Registry of Deeds in Book 54578, Page 95 of which mortgage the undersigned is the present holder, by assignment from: Mortgage Electronic Registration Systems, Inc. to Bank of America, N.A., successor by merger to BAC Home Loans Servicing LP, fka Countrywide Home Loans Servicing LP, recorded on June 5, 2012, in Book No. 49082, at Page 142 Bank of America, N.A. to Federal National Mortgage Association, recorded on October 17, 2012, in Book No. 49798, at Page 141 Bank of America, N.A., successor by merger to BAC Home Loans Servicing LP, fka Countrywide Home Loans Servicing, LP to Federal National Mortgage Association, recorded on November 14, 2012, in Book No. 49948, at Page 328 for breach of the conditions of said mortgage and for the purpose of foreclosing, the same will be sold at Public

Auction at 12:00 PM on July 20, 2020, on the mortgaged premises located at 110 Jefferson Avenue, Northbridge, Worcester County, Massachusetts, all and singular the premises described in said mortgage, TO WIT: A certain parcel of land situated in Northbridge, Worcester County, Commonwealth of Massachusetts, on the southeasterly side of Jefferson Avenue, shown as Lot 44 on a plan entitled "Definitive Plan of Land in Northbridge, Mass., property of: Daniel J. Heney" Scale 1" = 40', dated June 12, 1984, drawn by Guerriere & Halnon, Inc., Engineering and Land Surveying, Whitinsville, Mass., recorded with the Worcester District Registry of Deeds, Plan Book 534, Plan 117, and bounded and described as follows: BEGINNING at a point on the southeasterly side of Jefferson Avenue at the northerly corner of the herein described premises as shown on said plan; THENCE South 55 degrees 29' 21" E., a distance of 94.30 feet to a point in a stone wall at land now or formerly of Armstrong; THENCE South 29 degrees 09' 08" W., by said stone wall and by said Armstrong land 105.84 feet to a drill hole in said stone wall; THENCE South 7 degrees 18' 32" E., by said stone wall and by said Armstrong land 140.99 feet to a drill hole in said stone wall; THENCE South 6 degrees 37' 32" E., by said stone wall and by said Armstrong land 130.33 feet to an iron pipe at land now or formerly of Burna; THENCE North

86 degrees 05' 54" W., by said Burna land 40.00 feet to a point at Lot 45 as shown on said plan; THENCE North 21 degrees 34' 30" W., by said Lot 45, a distance of 324.12 feet to a point on the southwesterly side of Jefferson Avenue; THENCE Northeasterly by said Jefferson Avenue and by a curve to the left the radius of whose arc is 475.00 feet a distance of 136.55 feet to a point; THENCE North 34 degrees 30' 39" E, by said Jefferson Avenue, 13.45 feet to the point of beginning. Being the same premises in a deed Book 11599, Page 304. For mortgagor's(s') title see deed recorded with Worcester County (Worcester District) Registry of Deeds in Book 11599, Page 304. These premises will be sold and conveyed subject to and with the benefit of all rights, rights of way, restrictions, easements, covenants, liens or claims in the nature of liens, improvements, public assessments, any and all unpaid taxes, tax titles, tax liens, water and sewer liens and any other municipal assessments or liens or existing encumbrances of record which are in force and are applicable, having priority over said mortgage, whether or not reference to such restrictions, easements, improvements, liens or encumbrances is made in the deed. TERMS OF SALE: A deposit of Five Thousand (\$5,000.00) Dollars by certified or bank check will be required to be paid by the purchaser at the time and place of sale. The balance is to be paid by certified or

bank check at Harmon Law Offices, P.C., 150 California St., Newton, Massachusetts 02458, or by mail to P.O. Box 610389, Newton Highlands, Massachusetts 02461-0389, within thirty (30) days from the date of sale. Deed will be provided to purchaser for recording upon receipt in full of the purchase price. The description of the premises contained in said mortgage shall control in the event of an error in this publication. Other terms, if any, to be announced at the sale. FEDERAL NATIONAL MORTGAGE ASSOCIATION Present holder of said mortgage By its Attorneys, HARMON LAW OFFICES, P.C. 150 California St. Newton, MA 02458 (617)558-0500 2017080075 June 26, 2020 July 3, 2020 July 10, 2020



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**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**



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**WEBSTER - 548 SCHOOL ST**



Aesthetically pleasing 4-5 BR CAPE! Spacious 1,800 SF . Features 8 rooms. Including 4 large rooms & full bath on 1st floor, eat-in kitchen, living room, family room, office or possible 1st floor in-law bedroom. 2nd floor features 4 large bedrooms & full bath. Municipal water & sewer, situated on a 27 acre lot with 95' of road frontage. 2 car detached garage, level private yard. With a little paint & maintenance, this home will be well worth the small effort!

**\$199,900.**

**WEBSTER - 36 PARK AVENUE**



**ON DEPOSIT**

Well cared for Colonial on Park Avenue! Hardwoods throughout! Large formal dining room, eat in kitchen, 3 generous size bedrooms! Hollywood Bath. 1-1/2 baths total. Large deck! Garage! Corner lot! Freshly Painted & Thoroughly Cleaned! **\$264,900**

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**WEBSTER LAKE - 100 LAKESIDE AVENUE**

**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, up-scale 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**

**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**



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

BY GUS STEEVES  
CORRESPONDENT

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

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

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

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

In many respects, the process is pretty simple and logical: Roszell said it’s important to list the supplies, tool and mate-

rials you’ll need. Equally critical is to “be realistic about your building skills,” who will likely use it, and where on the property it is.

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

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

Regarding location, she said you can even build one on pavement, if the

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

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

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

Sometimes, though, weeds are particularly aggressive. Roszell cited

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

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

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

Likewise, they urged caution when it comes to selecting compost. Some

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

“Even if your compost has plenty of nitrogen, it might not be available right away,” Roszell said. She also warned not to use compost by itself because it can be too strong for the plants; always mix it with soil ... and you’ll probably need more than you think, Irons noted.

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

Regarding mulch, they recommended using local sources you know,

and “proceed with caution” with hay or straw because they might contain weed seeds; as an alternative, landscape fabric and burlap also work well.

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

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

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



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**Worcester:** Condominium, 2-3 BR, 2.5 BA, Hardwood Flrs, Skylights

**43 Whispering Pines #46 ~\$274,900**



**Charlton:** New Construction, 49' Split, 3 baths, Oak floors, Central air, Cathedral ceilings, Finished family room.

**196 City Depot Rd – \$415,000**



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# Make the most of your staycation with these activities



A night spent camping in the backyard and making s'mores can add a little variety and fun to a staycation with the family.

Staycations have grown in popularity in recent years. A 2018 poll from YouGov Omnibus found that 53 percent of the more than 100,000 participants had taken a staycation at some point, proving that forgoing traditional vacations for

relaxing respites in the comfort of home is a wildly popular trend.

While they might not be as exotic as venturing off to parts unknown, staycations need not be limited to days spent lounging by the backyard pool or laying out on the living room couch. The following are a handful of activities that can help people make the most of their staycations.

- Spa experience: Who doesn't like the chance to engage in a little pampering when staying in a fancy hotel? That same luxury can be enjoyed during a staycation by booking an appointment at a local spa that offers all the amenities, including a sauna, steam room, beauty treatments, and, of course, massage services.

- A day on the links: The opportunity to test one's mettle on a new course in an idyllic setting is one golf lovers simply cannot pass up while vacationing. A similar challenge can be found when staying at home. Do a little homework to find the most challenging course within driving distance of your home and then book a tee time, treating yourself even further by indulging in a good meal in the clubhouse once your 18 holes are up.
- The wonders of nature: Professional and personal lives can make it hard to enjoy the great outdoors, even when it's steps from your front door. During a staycation, commit to exploring local parks, hitting the trails to hike or mountain bike or renting a

boat or kayak and taking to the water.

- City life: Just because you aren't traveling far away doesn't mean you cannot still get out of town for a day. Plan a day trip to a big city within driving distance of your home. See the sights, visit a museum and cap it off with a visit to a restaurant serving your favorite ethnic cuisine.
- "Go" camping: Parents of young children can make a staycation more special by spending a night camping in the backyard. Leave your devices indoors as you sit around the firepit telling stories and making some delicious s'mores. Then set up the tents and

sleep under the stars for a memorable night in the "wild."

- Rainy day: If the weather is not cooperating during your staycation, create a backup plan to add a little life to rainy days. Plan a daylong film festival in which each member of the family gets to choose a movie everyone can watch together. Make sure you

have plenty of popcorn on hand and order in a few pizzas so everyone can focus on the films.

Families planning staycations can make these relaxing respites at home more enjoyable by incorporating a few unusual activities throughout the week.



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