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Friday, August 21, 2020

Officials tighten restrictions on social gatherings



Photo Courtesy

Gov. Charlie Baker announces new regulations to slow the spread of COVID-19.

BY KEVIN FLANDERS
STAFF WRITER

REGION – State officials are tightening regulations and enforcement policies in an effort to slow the spread of COVID-19.

On Aug. 11, Gov. Charlie Baker announced a new set of initiatives aimed at curbing a recent statewide uptick in new cases. These include stricter rules for gatherings on both public and private properties.

Baker has expressed frustration in recent weeks over residents ignoring mask and social distancing guidelines at large gatherings. State officials are worried that many residents have become too complacent.

“The notable decline in COVID in Massachusetts, especially in comparison to many other states, has caused some residents to feel a bit too relaxed about the seriousness of this virus,” Baker said. “There

have been several reports of big parties, illegal sports camps, and weddings.”

Effective Aug. 11, the limit on attendees at outdoor gatherings was reduced from 100 to 50 people (the indoor gatherings limit will remain at 25 people). These restrictions apply to all types of gatherings, including those on both public and private property.

Additionally, due to the recent increase in positive COVID-19 cases, step two of the Commonwealth’s third phase of reopening has been postponed indefinitely. The Baker Administration hopes to see a renewed statewide commitment toward slowing the spread.

“We have asked a lot from the people of Massachusetts since March. Businesses have been closed for months, and everyone continues to sacrifice to deal with this

Please Read **RESTRICTIONS**, page A4

Dudley Charlton District lays out plan for fall

BY JASON BLEAU
VILLAGER CORRESPONDENT

DUDLEY – After weeks of deliberation, several meetings and much public input the Dudley Charlton Regional School District has decided to embrace a hybrid learning plan for the new school year.

The School Committee voted in a 4-3 decision to support a reentry strategy for students on August 10 which proposes the first two weeks of learning be handled remotely before transitioning to a hybrid format that includes both in-class and online learning. The full plan was made available for parents and citizens on the school district’s website following the vote. Remote student learning is expected to begin September 16 and move to a hybrid format on October 1 for PreK through 4th grade. The remaining grades will move to a hybrid format on Thursday, Oct. 15.

District Superintendent Steven Lamarche released an email discussing the reentry strategy where he acknowledges that the “decision weighted heavily on the (school) committee” and called it merely a starting point. “Our goal is to get to full in-person learning as soon as we can. The entire process is imperfect, and our work was centered on the health, safety and well-being of staff and students,” Lamarche said.

The district hosts nearly 4,000 students in seven build-

ings including the shared Shepherd Hill Regional High School in Dudley. Parents and educators have made their concerns and opinions heard in several forums over the last few months as a decision approached. According to the plan students will be broken up into cohorts labeled A, B, C, and D with differing schedules for in-person learning, remote learning, and independent learning. Cohorts A and B will consist of general education students, cohort C will consist of special education students, and cohort D will consist of high-needs special education students. Lamarche estimates about 10% of the student population will make up cohort C while another 5% will be included in cohort D. Wednesday will be a universal independent learning day for all students to learn from home. As the start of school approached, Superintendent Lamarche said the district remains diligent and continues to work towards a safe reentry for students during the ongoing COVID-19 pandemic.

“With our established reentry strategy much work needs to be done. Our principals are continuing the heavy lifting this week and then will begin all forms of family communication,” said Lamarche. “We continue to appreciate your patience.”

The full copy of the 28-page reentry plan can be accessed on the Dudley Charlton Regional School District Web site.

Bay Path to embrace hybrid model for fall

BY JASON BLEAU
VILLAGER CORRESPONDENT

CHARLTON – Like countless schools across the country, Bay Path Regional Vocational Technical High School has been working hard to establish a plan for students’ return this fall that takes into consideration the safety and health of students and staff while also working to maintain an effective educational experience.

Superintendent-Director

Kyle Brenner released details about the reopening plan on Aug. 14 along with a nearly 90-page document detailing the plan in full. Like many schools Brenner said that Bay Path had considered several different options including a full return to classrooms, an online only option and a hybrid model combining the two. The school has decided the hybrid model will be their approach keeping in line with many educational institutions throughout the state.

“The administration recommended and the committee unanimously agreed that this plan provides us with the opportunity to provide students with a safe environment while traveling on our buses and while here at school due to the decreased numbers and the resulting ability for the implementation of plans and procedures that accommodate critical social distancing requirements. This plan will also increase the productivity of students as regular atten-

dance at classes here at school will better hold them accountable for their work and better accommodate the needed application of theory and practice or ‘hands-on’ instruction in the vocational area,” Brenner said in a press release.

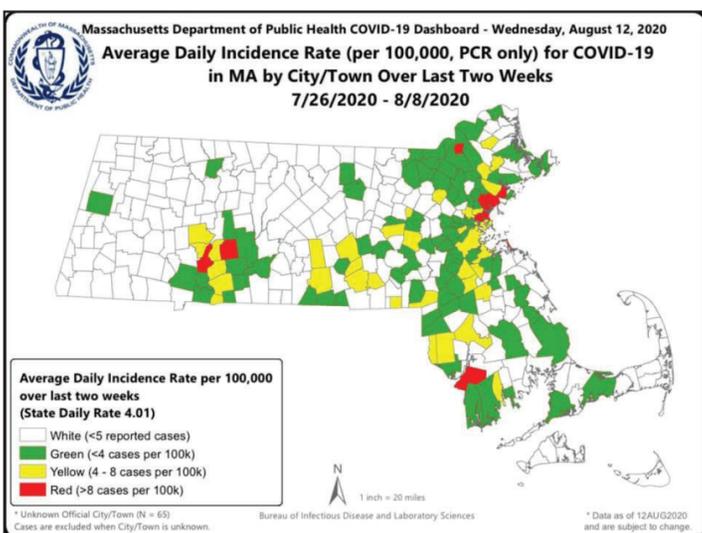
The hybrid plan will have half of the student body learning remotely during parts of the week while the other half learn in the classroom on any given day. The plan also includes a remote learning option with no in-person component in order

to accommodate students not yet ready to return to in-person learning. This format will also be embraced for all students in the event of a surge in COVID-19 cases.

Bay Path’s new school year will start later than normal on Sept. 14. Teachers will report at the end of August to begin preparations to accept students. Full details of Bay Path’s hybrid model reopening plan can be found on the school’s Web site, www.baypath.net.

Charlton responds to designation as Moderate Risk Community

BY JASON BLEAU
VILLAGER CORRESPONDENT



A map released by the state shows Charlton (in yellow) as a moderate risk community.

CHARLTON – As state officials continue to monitor the status of the COVID-19 pandemic throughout the commonwealth several municipalities have seen small spikes or increases in cases over the last month, including Charlton.

The town was one of several named on a list of moderate and higher-level risk communities by the Baker-Polito Administration that have experienced small spikes over a two-week period. Charlton, along with nearby Auburn, were named moderate risk communities due to their average daily cases per 100,000 residents over that 14-day period. According to data provided by the state from January 2020 until Aug. 12, Charlton had recorded 105 cases including 11 during the two-week sample period, an average of 5.6 per 100,000 over the 14 days.

Town Administrator Andrew Golas said the designation isn’t changing the town approach to battling the outbreak. Not long before the designation Charlton had gone

weeks without major spikes or even new cases of the virus. But he said the town has to take the current data as it is and remain vigilant in keeping Charlton at a low level of spread.

“I know it’s a designation, but in all reality it’s an average of four per day per hundred-thousand people over a fourteen-day period. We had 11 cases, I’d say probably three of four of those instances were people living in the same household that were multiple people due to proximity. We’ve got to look at it as we’re really at the same risk level as most other communities in the state. No matter where you go there’s going to be some level of vigilance of what’s going on. I don’t think you’re any safer anywhere else, it’s just a matter of that’s where we are at this moment in time,” said Golas.

Golas said he expects Charlton to be removed from the list soon as cases drop. The town had gone almost a month and a half without any new cases before experiencing the small increase that led to its inclusion on

Please Read **RISK**, page A4

Local historian chronicles 1918 pandemic in new book

WORCESTER — In the spring of 2018, long before the COVID-19 pandemic hit, Linda Hixon, lead historian of the Hopedale Women's History Project and former instructor at Worcester State University, wanted to commemorate the 100th anniversary of the influenza pandemic of 1918 through personal tales of those affected.

Throughout the world, the 1918 pandemic killed the most people in the least amount of time—estimates say between 5 and 10 percent of the world's population died between September and November 1918, with about 675,000 dying here in the United States. Having spearheaded book projects on Worcester's military heroes from the Civil War, the Spanish-American War and World War I, she decided that chronicling this historic event was of paramount importance. Thus was born "The Grip: The 1918 Pandemic and a City Under Siege."

Shawn Driscoll, a student in the Master's program at Worcester State at the time, collaborated with Hixon. He is currently a second year Doctoral Research Fellow at the University of Massachusetts-Lowell; his field of study is twentieth century American History with a concentration in Vietnam Conflict history. Together, they decided to invite high school students and volunteers to participate in this project.

Driscoll approached Worcester Academy and Worcester Public Schools, and almost 20 students and ten volunteers joined the effort to remember some of the nearly 1,000 people who died in Worcester from influenza. Altogether, about 50 profiles were written on the victims of the "Spanish Flu," all of them either residents of the city or dying within the city's limits. But that is less than ten percent of the total number of victims who died here in Worcester. Very few photos of the victims could be found, although some volunteers wrote biographies of family members who perished during the epi-

demio. Photos of those loved ones have been included in the book.

The book also includes chapters by local historians and academics on the city's response to the influenza epidemic. The chapters range from the effort of the local media to inform the public; the volunteer efforts of local groups to try and aid the sick, the dying, and the orphaned; the creation of an emergency hospital to take the strain off the local medical establishment; how influenza impacted the African-American population of Worcester; how local cemeteries dealt with the influx of the dead; and an account of the Worcester County town of Milford, where the local population of poor immigrants was devastated by the disease.

Worcester County District Attorney Joseph D. Early has written the forward for "The Grip: The 1918 Pandemic and a City Under Siege." Early's family lost a member to influenza—Helen Labuski, who died on December 31, 1918 at barely 18 months old. Helen was the last death in 1918 as influenza resurged in Worcester. Once the death toll began to fall the city attempted to return to "normal," but they did so too soon—hundreds more would die between mid-October when the restrictions eased, and May 24, 1919 when Bertha Mackey became Worcester's last official death from the influenza pandemic.

"A project like this, remembering the victims of a medical disaster, is important at any time in history. But I believe it is most important now because we have forgotten the lessons of the past. We have forgotten that human lives are more important than economic gain. We have forgotten to keep our neighbors safe by wearing masks and keeping our distance," Hixon said. "We have forgotten to protect the vulnerable by keeping public gatherings to a minimum. Worcester's powers-that-be took similar steps in

1918, but not without a fight and not until it was too late, and more people died than was necessary. And restrictions were ended too soon, leading to even more deaths. Worcester was not alone—this happened in most cities and towns across the country during that pandemic 100 years ago, and more people died. The fact that we have forgotten those lessons is to our shame. More will die because we have forgotten our

past."

"The Grip: The 1918 Pandemic and a City Under Siege" offers insight into a previous pandemic and lessons for effectively dealing with the current one. The book will soon be available at the Amazon Marketplace store, Changing History Books. For more information, please contact Linda Hixon at 508-373-8315.

Charlton Fire Department to receive federal grant

CHARLTON — The Federal Emergency Management Agency (FEMA) announced today \$7.8 million in direct assistance grants to 340 fire departments nationwide through the agency's FY2020 Assistance to Firefighters Grant COVID-19 Supplemental program (AFG-S). Additional phases will soon be announced.

The Fiscal Year 2020 Assistance to Firefighters Grant Program—COVID-19 Supplemental (AFG-S) is a supplemental funding opportunity under the Assistance to Firefighters Grant Program (AFG). AFG is one of three FEMA grant programs that focus on enhancing the safety of the public and firefighters with respect to fire and fire-related hazards. The AFG-S Program accomplishes this by providing financial assistance directly to eligible fire departments, nonaffiliated emer-

gency medical service organizations, and State Fire Training Academies for critical Personal Protective Equipment and supplies needed to prevent, prepare for, and respond to the COVID-19 public health emergency. The AFG-S Program represents part of a comprehensive set of measures authorized by Congress and implemented by the Department of Homeland Security.

FEMA obligates funding for this project directly to the recipient agencies. It is the recipient agency's responsibility to manage their grant award within federal guidelines with technical assistance and monitoring provided by FEMA Fire Program Specialists.

Additional information about FEMA's Assistance to Firefighters grant program(s) may be found at <https://www.fema.gov/firegrants>.



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QCC to hold virtual information session

WORCESTER — Quinsigamond Community College will hold a Virtual Admissions Information Night on Thursday, Aug. 20 from 4 - 5 p.m. The upcoming information session is designed to give potential students a way to learn more about the college from the comfort and safety of their homes.

"This session comes at a critical time for students, as more four-year colleges and universities are changing plans at the last minute and students are rethinking their higher education options," said QCC's Director of Admissions, Ai Co Abercrombie.

As the first college in the region to announce it would hold its fall semester remotely, QCC has adopted innovative ways in which to engage students through online platforms that are interactive. The college transitioned to remote instruction in March, offering students three types of remote instruction from autonomous self-paced courses, to more structured online meeting times or a combination of the two.

"We are not scrambling to readjust

courses to fit an online platform. We are well-versed in remote instruction and have been doing it for many months," Ms. Abercrombie said, adding, "Students still have time to enroll and begin the semester without losing valuable time, and they can use the credits they earn at QCC to transfer them to a four-year school when it's safe to do so."

Students who planned to take in-person classes at four-year schools that are now moving to an online format have to decide if the cost differential between a community college and a four-year school is worthwhile. Community colleges are historically the most affordable form of higher education.

According to the Community College Research Center (CCRC), research shows that taking courses at a community college can benefit students who are enrolled in a four-year college. Data from the Educational Longitudinal Study (ELS) found that students who earned between one and 10 credits at a community college during the first three years of college enrollment were

attributed to a higher bachelor's completion rate and higher wages when they entered the marketplace.

"We recognized early on the challenges of remote instruction and adapted to meet the needs of our students. We have all our support services available remotely and have instituted a Student Emergency Fund to assist students with the financial hardships that this pandemic has brought on," QCC President Dr. Luis Pedraja said. "We know this is a trying time for students and their families, but we want them to know we are here to help them succeed with their academic goals in a smarter and safer way."

To register for QCC's upcoming Virtual Information Session, visit www.QCC.edu/admissions/upcoming-admission-events

For more information on QCC, contact Josh Martin, Director of Institutional Communications at 508-854-7513 or jmartin@qcc.mass.edu.



ACCURACY WATCH

The Charlton 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.

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Nichols receives grant to prepare for remote learning

BY JASON BLEAU
VILLAGER CORRESPONDENT

DUDLEY – As Nichols College prepares for what promises to be a unique and challenging return to operation in the wake of the COVID-19 pandemic, the college has received some financial support to allow it to adjust to remote learning which is expected to be at least partially embraced this fall.

The school recently announced it has received a \$25,000 Presidential Grant for Alternative Academic Delivery from the David Education Foundation which will be used to enhance training in the digital classroom. The college had already been utilizing an education model called HyFlex in its graduation programs allowing students to attend class either in person or remotely. This approach will now be utilized for undergraduates as well with the grant helping train educators in blending the two models.

Heather Richards, an academic instructional designer at Nichols College, designed the modules that will serve as the basis for the instruction. The training will first provide faculty a look into the student experience and also learn how to increase their own social presence in the process.

"At Nichols, we are used to face

to face. Our faculty are 'present,' very engaged, and the students love them," Richards said in a press release. "The modality of the digital realm is more challenging in terms of connectedness. It takes effort and intention on the part of the faculty. Students need to see them as real people."

The training is designed to provide educators with tools and techniques to synchronize their teaching methods to accommodate both in-person and online learners. After learning the student perspective and how to expand their social presence participants will then partake in a series of one-hour courses led by members of the faculty based on individual interests and feedback from the first lessons covering such topics as assessments, project-based

courses and adapting to the new learning environment.

"This grant, as well as the others Nichols has received from the Davis Educational Foundation, will decidedly enhance teaching and the professional development of our students," said Mauri Pelto Ph.D., the Vice President for Academic Affairs as Nichols College. "In particular, it will advance the strides we have already made in alternate academic delivery with our graduate programs and allow us to expand and invigorate our HyFlex model for undergraduate students."

Nichols plans to package and publish the sessions once the training is complete.

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CHURCH LISTINGS

• **Charlton Federated Church**, 64 Main St., Pastor James Chase, 248-5550, Sunday worship 10:30 a.m. www.fedchurchcharlton.org

• **Charlton Baptist Church**, 50 Hammond Hill Road, 248-4488, www.charltonbaptist.org, Sunday worship 8:30 a.m. and 11 a.m.

• **Charlton City United Methodist**, 74 Stafford St. 248-7379, web site: CharltonCityUMC.com, Sunday worship 10:30 am, Sunday School 9 am.

• **St. Joseph's Church**, 10 H. Putnam Ext, 248-7862, www.stjosephscharlton.com, Saturday Vigil Mass 4:30 p.m., Sunday Mass 8 a.m., Sunday Family Mass 10 a.m., Sunday LifeTEEN Mass 5 p.m., Weekday Mass Monday, Tuesday, Thursday, Friday 8:30 a.m.

• **Hope Christian Fellowship**, 6 Haggerty Road, 248-5144

• **Assemblies of God Southern New England District Headquarters**, Route 20, 248-3771, snedag.org, Office hours Monday-Friday 8:30 a.m. to 4:30 p.m.

• **Lamblight Christian Church**, 37 Main Street - Grange building 1st Floor, Charlton, Ma 01507, Rev. Stephen Wade, (774) 452-2393 - Pastor's Cell. Sunday Service 10:30am. www.visitlamblight.com

• **New Life Fellowship A/G, SNED Chapel**, 307 Sturbridge Road, Rt. 20, Charlton, MA, Sunday Worship 10:00 a.m.



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Friday's Child



Alyssa Age 15

Hi! My name is Alyssa and I love to give hugs!

Alyssa is an affectionate girl of Caucasian descent. She enjoys toys with movement and sounds. She is also a fan of bouncing on therapy balls and watching Disney movies! Alyssa is able to communicate through her facial expressions and physical gestures. She has been observed to respond to familiar names, faces, and preferred activities by smiling and waving her hands in excitement. Alyssa has been introduced to communication devices and is using picture symbols to choose between activities and objects. She also uses an

iPad with assistance. In her current placement, Alyssa seeks out staff for attention and responds well to positive praise. Alyssa likes to face where she can see her peers and she will seek interaction by reaching for others or holding hands.

Legally freed for adoption, Alyssa would do best in a two-parent family with older children. Any interested family should be open to working with the providers in Alyssa's life to ensure she reaches her fullest potential! Alyssa will need to maintain contact with her sister and grandmother once a placement is identified. The open adoption agreement calls for six visits per year once she is placed, and then three visits per year post-adoption

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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Kayte Rooney named to Dean's List At Loyola University Maryland

BALTIMORE, Md. — Kayte Rooney, a member of the class of 2022 from Uxbridge, has been named to the spring 2020 Dean's List at Loyola University Maryland.

In order to qualify for the Dean's List at Loyola, a student must achieve a minimum QPA of at least 3.500 for the term, provided that, in the term they have successfully completed courses totaling a minimum of 15 credits.

Established in 1852, Loyola University Maryland is a Catholic, Jesuit comprehensive university comprising Loyola College, home to the University's arts and sciences programs; the Sellinger School of Business and Management; and the School of Education. Loyola enrolls 4,000 undergraduate and 2,000 graduate students from across the country.

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Capital Campaign Steering Committee receives major pledge for public safety building

CHARLTON — In December 2019, the Charlton Board of Selectmen appointed a steering committee comprised of Charlton resident volunteers to seek private and corporate donations intended to lower the tax burden on Charlton residents to construct a new public safety building.

Southbridge corporation, Dexter-Russell, has pledged \$100,000 to the building project, payable over four years, contingent upon approval of Charlton voters to fund the project through a tax measure.

Committee co-chair Noreen Johnson Smith expressed her pleasure to share the news at the Aug. 11 Charlton Board of Selectmen meeting, thanking Dexter-Russell for continuing its role in the

community as a generous good neighbor and corporate citizen. Ms. Johnson Smith noted the committee is seeking gifts from other community organizations, and invited volunteers to join the endeavor.

Charlton Board of Selectmen offered sincere thanks in behalf of the board and the residents of Charlton.

Watch an instructional video about the public safety building project by visiting <https://www.townofcharlton.net/439/Public-Safety-Building-Capital-Campaign>. Detailed information, including building plans, is available at <https://www.charltonpublicsafety-building.com/> Volunteers are welcome to join the campaign.

Massasoit Art Guild issues call for art

REGION — The Massasoit Art Guild Announces its 17th Annual 2020 Art Show and Sale Oct. 17. This year's show will be held virtually on the website at www.massasoitartguild.com from Oct. 17 through Jan. 1, 2021. There will be an exciting display of artwork exhibited from members in all categories. New artists of

any level are always welcome.

This year's judge is Nancy Cooke Bunnell, an award winning artist and teacher. Nancy Cooke Bunnell is a professional artist whose is best known for her pastels. NC Bunnell Studio offers existing paintings, pastels and photography as well as t-shirts, prints and commission paint-

ings in her studio and on the web. As a certified art teacher, she teaches throughout the state.

Nancy Cooke Bunnell's pastels are infused with light, color, and energy. She is an award winning artist and won 'Best in Show' at the Connecticut Pastel Society(CPS), 2012, 2nd place in 2011 at CPS and Vernon Art Center in 2013. Her work won first Place at Mansfield Art Show, 2012, and placed honorary mention at the CPS Show, 2013. She won the Great American Art Award at CPS in 2015. Her work can be seen at www.ncbunnellstudio.com.

Recommended tech for students

Shopping for school supplies once entailed stocking up on pens, pads and notebooks. Students today still buy many of the same items, though they also now stock up on electronics.

Technology and education now go hand-in-hand. For students to find success both in and out of the classroom, the right tech can make all the difference.

- High-speed internet: Connectivity is key in a digitally driven world. Students need access to the internet for homework, lectures, email, entertainment, and much more. The faster your internet speed the better. According to the resource HighSpeedInternet.com, streaming videos on a single device or web browsing requires between five and 40 Mbps. Downloading large files or using multiple devices simultaneously requires high speeds. When accessing the internet via smartphones, make sure your plan has unlimited data or provides enough data to ensure interruptions do not occur.

- Laptop or notebook computer: Laptops and notebook devices are similar in that both offer many types of software preloaded that a student will need. The devices seem interchangeable, but there are some differences. Laptops are generally larger than sleek, light notebooks. Notebooks are sized to



fit easily into backpacks. Notebooks tend to have minimal features, including less RAM capacity and slower speeds, helping to keep their costs down. Some notebooks may have very small amounts of hard drive storage space, requiring users to purchase external storage devices.

- Headphones: Most schools now require students to have their own dedicated pair of earbuds or over-the-ear headphones so that work conducted on a computer does not disturb others also working on their own devices. Headphones also can make it easier to hear and comprehend videos and other digital lessons while doing homework.

- Chargers/battery packs: Devices must maintain power to help kids learn. Students can benefit from having a backup charger or battery pack to maintain functionality on their

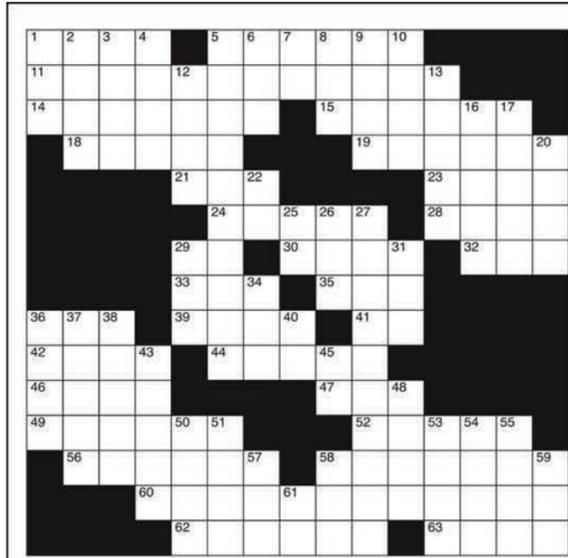
devices.

- Storage and charging base: Keeping electronics neat and accessible for the family may mean rethinking countertop or other storage spaces. Charging stations hold multiple devices and allow them to charge simultaneously.

- Touchscreen pen: Many notebook and laptop computers have touchscreens that respond to pens/styluses and make drawing or writing on the screen more detailed.

- Printer/scanner: While many schools have adopted paperless formats, there may come a time when printing an assignment or report is necessary. A quality ink-jet printer can fit the bill. A scanner to scan photos or documents also makes it easier to complete assignments.

The above are just some of the many gadgets that can assist students with their studies.



CLUES ACROSS

- 1. Popular musical awards show
- 5. Speech in one's honor
- 11. A state of poor nutrition
- 14. Not ingested
- 15. More lacking in taste
- 18. "Popeye" cartoonist
- 19. Helps to reduce speed
- 21. January 1 greeting (abbr.)
- 23. Georgian currency
- 24. Proverb expressing a truth
- 28. Jewish calendar month
- 29. Volume measurement
- 30. Fair-skinned
- 32. Patti Hearst's captors
- 33. Have already done
- 35. Touch lightly
- 36. Autonomic nervous system
- 39. Plant part
- 41. College degree
- 42. Military alliance
- 44. Tokyo's former name
- 46. Carpenter's tool
- 47. Before
- 49. Consent to receive
- 52. Passages
- 56. The Duke of Edinburgh
- 58. Utter repeatedly
- 60. Linked together in a chain
- 62. Quality that evokes pity
- 63. Maintained possession of

CLUES DOWN

- 1. U.S. military school
- 2. Controls
- 3. Away from wind
- 4. Grab quickly
- 5. Being everlasting
- 6. Vase
- 7. Atomic #3
- 8. Type of medication
- 9. Encircle with a belt
- 10. Belonging to you
- 12. American state
- 13. City in Zambia
- 16. Good Gosh!
- 17. Of the country
- 20. Helsinki district
- 22. 36 inches
- 25. Reporters' group
- 26. The voice of Olaf
- 27. Explains in detail
- 29. Tooth caregiver
- 31. One point south of due east
- 34. Scottish river
- 36. Elsa's sister
- 37. Civil Rights group
- 38. Line of poetry
- 40. Doctor
- 43. Fatty acid
- 45. Avatar (abbr.)
- 48. Awe-inspiring garden
- 50. Fall down
- 51. Rock icon Turner
- 53. Asian country (alt. sp.)
- 54. UK museum network
- 55. Stairs have at least one
- 57. Part of (abbr.)
- 58. Simpson trial judge
- 59. Sun up in New York
- 61. Exclamation of surprise

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RESTRICTIONS

continued from page A1

virus," Baker said. "But we have to continue working hard to keep this virus out of our communities as we head into the fall."

The Baker Administration also announced that, starting last week, additional town-by-town data will be published weekly to better illustrate the spread of COVID-19 at the community level.

Also, free COVID-19 testing sites in 17 communities have been extended through Sept. 12. Locations include Agawam, Brockton, Chelsea, Everett, Fall River, Framingham, Lawrence, Lowell, Lynn, Marlborough, Methuen, New Bedford, Randolph, Revere, Springfield, Taunton, and Worcester.

Restaurant rules have also been updated as part of the

Governor's latest guidance. Effective Aug. 11, alcoholic beverages may only be served for on-site consumption if accompanied by orders for food prepared on-site.

State officials will also be stepping up enforcement to ensure compliance.

"The administration will be taking measures to ensure that bars masquerading as restaurants will be closed," read a statement released by the Baker Administration. "Public safety officials, including state and local law enforcement, have the jurisdiction to enforce these orders. Event hosts in violation of these orders will be subject to fines or cease-and-desist orders."

In addition to utilizing police resources, the Baker Administration has assembled a COVID Enforcement and Intervention Team that will be responsible for ensuring compliance. Members will receive

and review complaints against businesses that aren't following state regulations.

The COVID Enforcement and Intervention Team includes members of the Executive Office of Public Safety and Security; the Massachusetts Emergency Management Agency; the State Police; the Department of Labor Standards; the Division of Professional Licensure; the Department of Public Health; and the Alcoholic Beverages Control Commission (ABCC), among several others.

The intervention team will work closely with the ABCC and local licensing boards to identify and fine noncompliant restaurants. The suspension or revocation of liquor licenses is also possible for businesses that do not comply with safety regulations.

For more information about the Governor's latest regulations, visit www.mass.gov.

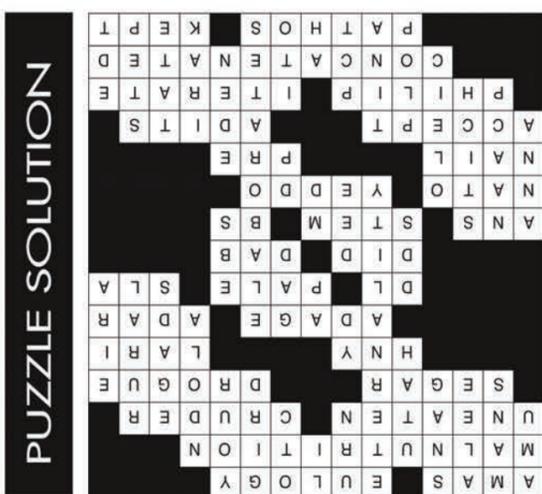
RISK

continued from page A1

the map. Golas said those residents have since isolated and followed protocol. The designation is not expected to cause any new closures in the town or change how the municipality is going about reopening and recovering from the pandemic. Golas said he hopes to see citizens remain diligent in preventing the spread of the

pandemic and keep the town's number low.

"It's all about personal accountability, continuing to wear face masks when you can't social distance and continuing to wash your hands. Your basic hygiene is what you need to continue. That's really what stops the spread. Use common sense until we can get through this whole thing," said Golas.



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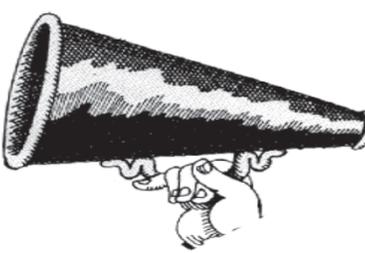
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A change of opinion signals growth

As the world turns, so do people's opinions — even moreso now that it's an election year. Further, there has been so much civil unrest currently, in addition to the fact that we are all living through a global pandemic. We are all constantly being bombarded with opinions. You see them on social media, the radio, television, newspapers, and even on signs in people's yards.

As overwhelming, and sometimes unsettling, as this can be, it is actually quite healthy to have and share your opinions. Some individuals have no issue sharing their opinions, while others tend to shy away. Perhaps the latter is on to something but we digress. As we write this, and as you read it, somewhere, two people are in the midst of a debate.

When we share opinions, it's a sign that we are yearning to be more educated and more knowledgeable about the world we live in. The problem arises when a person will insult, lie and attack to turn their opinion into truth. It's important during a debate or heated discussion to remain open minded, as hard as that can be at times. When harsh words are exchanged, they are here for good.

There's also a difference between facts and opinions. When an uninformed person tosses out talking points with misinformation, the point of the conversation goes right out the window. Likewise, both facts and opinions can and do change. Sometimes a person will have a light bulb moment that changes everything they thought they once knew, leading to a change in their mindset. A researcher can find new discoveries, which can alter something that prior, was fact.

A person's viewpoint on something can change over the course of their lifetime. Growth happens every day with all of us. What we once thought when we were 17, could be and is likely vastly different than how we think at 50.

With that said, it's also important to not hold an individual to past statements or actions that may have been troubling. When we hold people accountable to things they did and said in the distant past, they are less likely to share their opinions, and that would be a bad thing.

Opinions are important to share, but that doesn't mean they are right. Backing up an opinion with facts is crucial and responsible. We can all agree that when it comes to personal choices that don't hurt anyone else, other's opinions are irrelevant.

We must also remember that as individuals, our life experiences have brought us each to a unique place, unlike anyone else we encounter, therefore nothing is ever cut and dry. We are seeing this too much in today's politics. Instead of looking at things issue by issue, people are automatically jumping behind one party and calling it a day. The fact remains that we are living in a complicated world, and our thoughts are naturally all over the place, and that's a good thing. Rejecting labels is refreshing.

As we grow our opinions evolve and shape who we are. So while we all have opinions, (on more than just politics) it's important to be flexible with them. Changing how we think does not make us weak, it's a sign of maturity and intelligence.



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OPINION

VIEWS AND COMMENTARY FROM CHARLTON, CHARLTON CITY, CHARLTON DEPOT AND BEYOND

You are not powerless unless you choose to be so

Thank you. Your letters and emails expressing your prayers, good wishes and concern for my recovery are overwhelming. I always do everything I can to answer each correspondence, so if you haven't yet received a reply, you will.

Thank you for your care and concern. It strengthens and encourages me.

After expressing encouragement, the most asked question is, "How can you remain so positive while facing so much?" It's a question I have been asked most of my adult life. The answer is simple but not easy.

I remain strong and positive because of my chosen optimism. I say chosen because it is a choice. I could crumble under the weight of stage 4 stomach cancer and mentally give into it and my body will quickly do the same ... or I can expect the best outcome and fight with my medical team to extend my life and overcome the odds. It is a choice I've made. Like I said, "simple but not easy."

It's simplistic to say I choose to be optimistic when you look at the data. Fewer than 5% of the people afflicted with stomach cancer live five years. It's easier to give in and say I have a 95% chance of dying, rather than making the harder assumption, that I'll be one of the 5% to live beyond five years. I must sell and convince myself I'm a "five percenter!" If I just look at the data and take it at face value, I'd begin believing I have no responsibility for my health. The numbers already tell me what will happen. The data insinuates there is no patient impact on who lives and dies. I know that's not true and understand the choices I make about my health do have a profound impact.

I am not powerless in this fight.

One of the important aspects I've learned about surviving stomach cancer is my overall health, so I make a list and carry it with me as a reminder of all the positives I have going for me in my battle.

I don't smoke and have never smoked or used tobacco in any way.

I'm not overweight.

I am not a diabetic.

I don't have any other health problem. I walk and keep moving.

Okay. That all works in my favor. What else?

Almost every doctor or medical professional will tell you that the attitude and outlook of the patient plays an important role in treatment and recovery.



POSITIVELY
SPEAKING

GARY W.
MOORE

ery. I believe I will be a survivor.

The next question is always, "How can just believing help?"

If I believe I will survive, my mind and body conspire together to make it so.

Think logically about this ... if I believe I can survive, I wake up in the morning and get my body moving. I go about my daily business believing I'll still be here in five years and plan accordingly. My mind believes and my body responds.

Of course, I realize, as I always say, there are some medical realities that optimism may not overcome. No person lives forever. There is always an end of life here on earth, but numerous studies prove that optimistic people live longer, happier, and more successful lives than pessimistic people do.

So, a long answer to your question of how I can remain positive under the weight of a negative diagnosis. It is a simple answer but not easy in execution. It all begins with the choice to live and not die.

A charming young lady, ninety-one years young, wrote to me this week saying, "I was born a pessimist and I rely on you and your column to keep me going."

She was born a pessimist? Now she can be a "born again" optimist! In the ninth decade of her life, she's reading this column and using it to change her mindset. You are never too old ... it is never too late to join us! As I always say, it begins with a choice. Make the decision to change your life and become more optimistic. You really can do it.

Imagine what our nation and world would be like if the majority chose optimism. Optimists don't riot, loot, or destroy property. A nation of optimists would not act this way, but that's a subject for next week.

For me, I choose to live, and in addition to longer life, optimistic people are happier, healthier, and more productive than others.

Why would you choose otherwise?

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.

Tips to Preserve Harvest's Bounty the Old Fashioned Way

The pleasures of the New England harvest season are truly bountiful. Whether plucked from your own backyard or purchased fresh from local gardens or farmers markets, preserving the "just picked" flavor of the New England harvest is a seasonal quest.

While freezing has long been a favorite form of "keeping" crops and traditional canning is enjoying a comeback, the old fashioned method of drying garden vegetables often gets overlooked by home gardeners. A modern dehydrator isn't necessary, as all it takes is an oven, some trays and a bit of time to maintain all the flavor, integrity and wholesomeness of the season's harvest.

**

Dry to Preserve Garden's Bounty

Drying is one of the oldest forms of food preservation, and a reliable technique that can be easily employed to stretch the goodness of home grown vegetables. Dehydrating removes moisture and therefore halts the growth of bacteria and molds, extending the life of precious garden crops.

Proper preparation of vegetables to dry is very important. Pick produce at peak of ripeness and rinse in cool water to remove dirt and debris. Dry thoroughly and cut into uniform thicknesses to ensure even drying time. Some vegetables, such as tomatoes, corn, carrots and potatoes should be blanched before drying to kill potential bacteria and enzymes that can decrease flavor and color during storage. Common foods that do not require pre blanching include mushrooms, peppers, onions, garlic and herbs. Blanch vegetables by boiling or steaming. Immediately drop



TAKE
THE
HINT

KAREN
TRAINOR

into cold water briefly to stop cooking and drain and dry vegetables while still warm. (The warmth will aid the drying process.)

Place vegetables in a food dehydrator, or if drying in oven, arrange in a single layer on a wire cake cooling rack set on top of a sheet tray to allow air circulation. The optimum temperature for successful drying is 140 degrees. This low temperature ensures moisture has completely evaporated, therefore lowering the risk of mold from any trapped moisture. If your oven doesn't have as low a setting, try the "warm" setting checking the temperature with a thermometer to avoid cooking the vegetables. Check temperature periodically to ensure oven maintains an even 140 degrees.

It can take several hours for garden produce to be properly dried. Sufficiently dehydrated vegetables and herbs will be crisp and brittle. Vegetables cut in thicker slices such as tomatoes should be dry but not hard (a bit pliable). Dried goods must be cooled completely before storing. Air tight containers such as zipper lock bags, glass mason jars and plastic freezer tubs are all good candidates for storage of dehydrated vegetables. Dried produce should be stored in a cool, dark place and can last from a few months up to a year, depending upon the vegetable. Refrigeration can extend the life of some dried vegetables, just be sure they are stored in an air tight container and always use within one year of packing. To ensure the product remains dehydrated, it is very

Turn To TRAINOR page A10

What does an unplanned career transition mean for you?



FINANCIAL
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The COVID-19 pandemic has unsettled the country's employment picture for months and will likely continue to do so for a while. However, the nature and terminology of this disruption varies greatly among individuals — some have seen their jobs disappear, others have been "furloughed" and still others have been offered an early retirement. If you're in this final group — those either offered, or feeling forced to accept, an early retirement, how should you respond?

Try to look at your situation holistically, rather than strictly in a short-term manner. Consider these four areas:

Retirement — What does retirement really look like to you? Are you ready to fully retire or would you like to work part time? Are you confident that you can work somewhere else for a few years before retiring on your own terms? If you're not certain you can work elsewhere, how can you adjust your desired retirement lifestyle — what you planned to do, where you hoped to live, etc. — to meet your new reality?

Income — Just how financially affected you'll be from an early retirement depends on several factors: how much you've already saved and invested, whether you're married and have a working spouse, whether you've paid off your mortgage, and so on. In any case, though, you'll need to answer several questions, including these: Do I need to start taking withdrawals from my IRA and 401(k)? If so, how much can I afford to take out each year without running the risk of outliving my resources? Should I adjust my current investment mix? If I haven't yet started collecting Social Security, should I do so now, or can I afford to wait until my monthly payments will be bigger? Are there any other sources of income I can leverage? You may want to work with a financial professional to address these and other key income-related issues.

Insurance — If you received health insurance through your employer, an early retirement could present you with a dilemma, especially if you're not quite old enough for Medicare. You might be eligible for COBRA, which provides ex-employees and their dependents the option of continued health insurance for potentially up to 36 months, but this coverage can be expensive. As an alternative, you might be able to negotiate an extended severance package, which could provide you with health insurance for several months. Or, you might be able to get on the health insurance plan of your working spouse.

Legacy — Many people want to take care of their family while they're alive — and leave something behind when they're gone. If you take an early retirement, you might lose your employer's group life insurance. Of course, if this plan was not sufficient, you may have already supplemented it with your own policy, but, if you haven't, you may need to shop around for some coverage, particularly if you have children still at home. You also may want to take this opportunity to review your key financial accounts to make sure your beneficiary designations still accurately reflect your wishes.

Going through an unplanned career transition is certainly challenging. But looking closely at the four areas describe above, and making the appropriate moves, may help you reduce some of the stress and can put you in a better position to start the next phase of your life.

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



GOOD NEWS

Saltwater fishing opportunities



THE GREAT
OUTDOORS
.....
RALPH
TRUE

Fly fishermen are ready to enjoy some great fishing on saltwater in the coming weeks. Bonito and False Albacore migrate to numerous saltwater bays and estuaries in both Massachusetts & Rhode Island during the month of August. They provide the angler with some great exciting fly fishing, and they are edible table fare, although many anglers release their catch because of the somewhat strong taste of the fish.

They travel in somewhat large schools, and are often spotted by their constant feeding habits on or near the surface of the water, similar to bluefish. They also are caught on small lures and plastic baits, and provide a lot of fun catching them on light spin cast rods. It can become a bit crazy on the water, as anglers chase after the schools of bonito and false albacore with their boats, trying to stay with a school of active feeding fish.

Many of the fly-fishing public take their fishing seriously and become quite agitated with "GOGANS" (weekend warriors) as they plow through an actively feeding school of fish with their boats, driving the fish away from the area. I find it best just to sit and wait for a school of bonito to resurface and start feeding right around the boat. The areas around Galilee RI provide a lot of action every year for this hard fighting fish.

Fluke and seabass fishing around Carpenters Beach area to the Charlestown Breachway area is best during a high tide. The outgoing tide seem to provide the best action. Fishing for seabass around the "Hooter" is also providing some great seabass fishing. The seabass limit in Rhode Island increases to six fish on Sept. 1. Hopefully, no major storms like tropical depressions will be heading up our coastline in the coming weeks. It sure can negatively impact the fishing for a week or more.

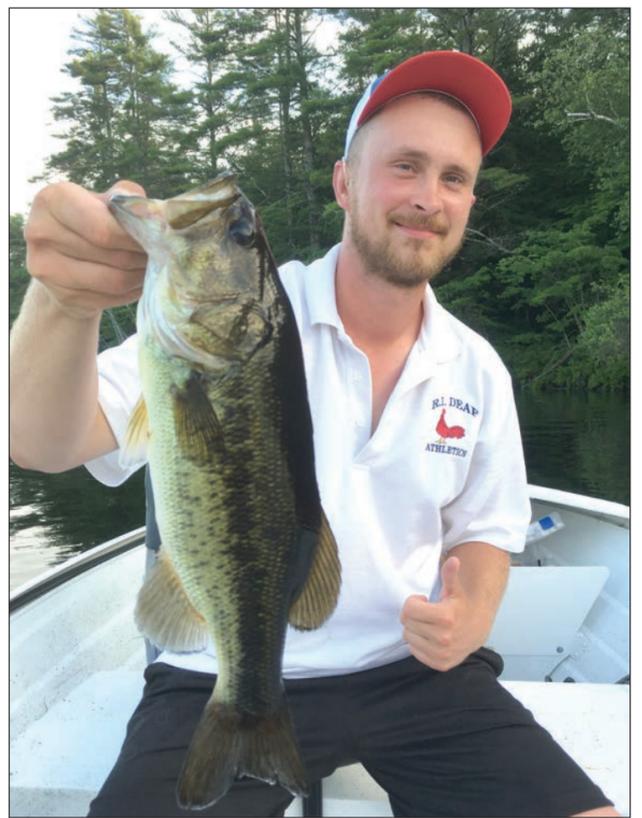
Massachusetts has decided to extend their seabass season for anglers fishing on charter boats only? The season was slated to end on Sept. 9, but because of the Covid-19 pandemic, their season was started late, and will now be extended to Oct. 9 of this year. "The extra

days should result in the same harvest, if they had started the season on time," the report stated.

The extra 31 days will not include anglers fishing from shore or in there privately owned vessel, which will end on September 8 of this year. "Because black Seabass catch rates are at their peak in the spring when the fish are near shore, aggregated, and aggressively feeding and interest in the fishery, it is at its highest," the report stated.

Do not forget to go online at "MASSFISHHUNT" and check out the status of your antlerless deer permit application. It is quick and easy!

Local bass anglers are enjoying some great freshwater fishing, with numerous largemouth bass being caught almost every week. Releasing the fish to fight another day is extremely important and will provide another angler with the thrill of catching it again. Many anglers are taking the opportunity of entering the fish into the MF&W freshwater fishing awards program. The catch and release program only require you to submit a photo of the fish, along with some other simple requirements necessary to win a pin. Check it out on page 13 of your 2020 hunting and fishing abstracts.



Joe Gareri recently took a trip to Maine to do a little freshwater bass fishing, and was rewarded with a five pound, 11 ounce largemouth bass, as

shown in this week's picture. Nice fish!

Take A Kid Fishing & Keep Them Rods Bending!



Photo Courtesy

Gardener's Supply Company Wooden orchard racks maximize storage space, while allowing air to reach each layer of produce.

All your hard work is paying off with a bountiful harvest. Fresh produce is filling your garden, countertops, and refrigerator while the garden keeps producing more. Preserve some of your harvest to enjoy throughout the winter

Preserve your garden produce for delicious winter meals

with some tried-and-true or updated variation of food preservation techniques.

Hang bundles of herbs to dry is a long-time practice that works. Harvest herbs in the morning just after the dew has dried off the leaves. Rinse, allow them to dry, and remove any damaged or dried leaves.

Gather the dry herbs into small bundles and secure with a rubber band. Use a spring-type clothespin to hang the bundles from a clothesline or hanger in a warm, dry, airy place out of direct sunlight.

A modern twist on this tradition is the space-saving Stack!t Herb Drying Rack (gardeners.com) hung from the ceiling. You will be able to dry large quantities of herbs in any narrow, out-of-the-way space.

Extend the life, flavor, and nutritional value of squash with proper harvesting and storage. Only store blem-



GARDEN
MOMENTS
.....
MELINDA
MYERS

ish- and damage-free fruits and vegetables to reduce the risk of mold and decay developing during storage.

Harvest zucchini when the fruit is six to eight inches long and scalloped squash when three to six inches in diameter. Store these in a plastic bag inside the vegetable crisper drawer in your refrigerator for several days.

Wait to harvest winter squash when the fruit is full-sized, and the rinds are firm and glossy. The portion touching the ground turns from cream to orange when the fruit is ripe. Use a pruner to harvest the fruit, leaving a one-inch stem on each fruit. Cure all winter squash, except for acorn, in a warm, humid location. Then move to a cool, dry, well-ventilated area to store for several months. In the past, gardeners stored these, potatoes, onions, and fruit in wooden racks that maximized storage space and allowed air to reach each

layer of produce. An updated version, Gardener's Supply Orchard Rack, adds convenient drawers to this traditional storage system.

Boost your cabbage harvest with this trick. Remove firm full-sized heads but leave the lower ring of leaves and roots intact. The plant will form several smaller heads.

Harvest cucumbers based on how you plan to use them. Pick the fruit when it is 1 1/2 to 2 1/2 inches long if you plan on making sweet pickles. Allow the cucumbers to grow a bit bigger, three to four inches, if dill pickles are on the menu. Harvest those for slicing when the skin is firm, bright green and the fruit is six to nine inches long.

Turn a portion of your harvest into something delicious. Fermentation is a relatively easy preservation technique used for thousands of years. Preserve some of your cucumbers as pickles, cabbage as sauerkraut, and berries as preserves with fermentation. Store fermented fruits and vegetables in a cool,

Turn To MYERS page A13

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We're celebrating our Tax Savings Event all month long!

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- From last year we know that these appointments fill up quickly; call today
- This Tax Savings Event is **even better than last year's!**



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Save on every door!

Must call by August 31st, 2020

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SAVE \$725 on every patio and entry door¹

Minimum purchase of four.

AND

2 6.25% OFF your entire project¹

No minimum purchase required.

WITH

3 \$0 Down 0 Monthly Payments 0% Interest

FOR 1 YEAR¹

¹DETAILS OF OFFER – Offer expires 9/19/2020. You must set your appointment by 8/31/2020 and purchase by 9/19/2020. Not valid with other offers or prior purchases. Get \$330 off each window and \$725 off each patio/entry door and 12 months \$0 down, 0 monthly payments, 0% interest when you purchase four (4) or more windows or patio/entry doors between 8/1/2020 and 9/19/2020. Additional 6.25% off your entire project, no minimum purchase required, taken after initial discount(s), when you set your appointment by 8/31/2020 and purchase by 9/19/2020. 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. *See limited warranty for details.

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TRAINOR

continued from page A7

important to check the contents periodically and discard any food that has become rehydrated, smells “off”, or is moldy or tainted in any way.

From Décor to Diet: Garlic Braids and Pepper Wreaths

Garlic braids dangling from kitchen rafters and colorful hot pepper wreaths hung near the chopping block offer not only homegrown décor, but a handy “pick as you use” year round supply of garden produce. Storing garden garlic and dried peppers in a creative way is not only satisfying for the home gardener, but the finished products serve as ideal “garden gifts” throughout the seasons.

Garlic Braid: Give Bountiful Bulbs a “Twist:” Garlic is easy to grow, and even a novice gardener can produce enough garlic bulbs to store for use all year round via a well constructed garlic braid.

To do: Gather up about a dozen of fresh garlic bulbs with greens attached. Begin braiding greens of three garlic bulbs, and then begin adding more bulbs as you continue up the braid. Add a new bulb on the right and work it into the braid, then a new one in the middle and do the same, then add a bulb on the left, layering the bulbs in an attractive braid as you move up the length. At this point the braid technique resembles “French braiding” of hair. For larger bulbs bring greens in from the outer edges (forming an x with the other

greens) for an attractive French braiding rope. Continue braiding until all bulbs are used.

To finish off your garlic rope, wind a length of twine or raffia around the greens close to the top bulb. Tie off and tie ends together to form a loop to hang the rope. Hang in a well ventilated, warm area to dry for two to three weeks. When dry, simply snip off desired bulbs. For long term storage, hang braid in a cool storage area or root cellar.

Pepper Wreath: Pick Perfect Peppers
Note: Before stringing hot peppers be sure to wear gloves to ensure safety while handling. Texas A & M University advises using waxed dental floss to string and dry hot peppers like jalapenos, as the strength of their oils can dissolve normal thread.

Wreath: To make a pepper wreath with slim peppers, you’ll need to wash and dry a generous amount of fresh peppers. With a sharp knife, make two slits at the top of each pepper, under the cap. Using 12 gauge wires form a sturdy round circle (for larger wreaths double the wire or use a heavier gauge. To form circle, stretch wire over a bucket or clay flower pot. Make a loop at one end. Thread peppers onto the wire through the slits, pushing them together at different angles until the wreath is full and looks attractive. Make a hook at the end of the wire and hook onto the loop. Hang up to dry for about two weeks.

Swag: To string a swag of peppers, wash and dry thoroughly. Thread a heavy duty needle with fishing line

or unflavored wax dental floss. Tie a knot at the end of the line and thread through the stem of the pepper, pushing peppers close together and off to each side as you form the swag. For decorative effect, alternate red and green peppers. Continue stringing until swag is desired size. Tie off and loop top and hang to dry.

Mock “Sun” Dried Tomatoes
What could be better than freshly picked tomatoes? How about enjoying the rich flavor of garden grown tomatoes throughout the year? Sun dried tomatoes offer a delicious way to preserve the unique tastes of the season.

The heat of an ordinary oven is a safe and reliable alternative to drying tomatoes in the sun. To make approximately one pint of sun dried tomatoes, you’ll need about five pounds garden ripe tomatoes, a sprinkling of herbs, salt, black pepper, sugar, and good quality olive oil for packing.

To do: Preheat oven to 200 degrees. Slice tomatoes about a half inch thick. If you slice them thinner, they will dry sooner, but for best results cut at least 1/3” thick to prevent hard, tough tomatoes. Lay tomatoes out in a single layer on a baking sheet lined with paper towels, sprinkle with salt and allow to set for up to an hour to draw out the natural juices. Drain moisture, discard paper towels and place tomatoes on a tinfoil lined baking sheet. Bake for several hours, turning over at least twice until tomatoes have shrunk and dried but are pliable (think raisins). Allow to cool on wire cake racks.

To pack sun dried tomatoes, mix together a good quality olive oil, black

pepper, salt, a dash of sugar (optional), and add herbs of choice and garlic cloves to taste. Pack tomatoes in sterilized jars and cover with olive oil mixture. Store in the refrigerator or tomatoes can be frozen for longer storage.

References:
Colorado State University Extension; Cooperative Extension, The University of Georgia; Michigan Cooperative Extension Food Preservation

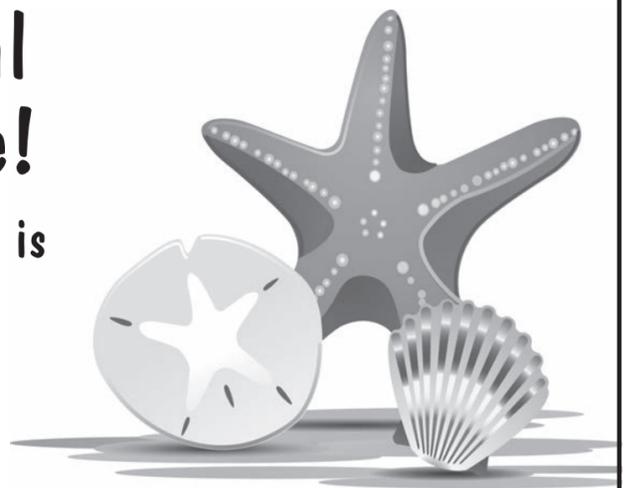
Win Dinner for Two at the Publick House

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 renowned restaurant, located on Route 131 across the town common in historic Sturbridge. Because I’m in the business of dispensing tips, not inventing them (although I can take credit for some), I’m counting on you readers out there to share your best helpful hints!

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

Welcome to our 2nd Annual ABC's of Summer Scramble!

The Winner of a random drawing of all entries is Julie Caron of West Brookfield
Thank you to all who entered our Scramble Contest and to all of our ABC Businesses.
Hope you will join us again in the Fall!



ABC'S OF SUMMER SCRAMBLE ANSWERS

(These are not in alphabetical order)

- | | |
|---|---|
| <p>1. NSHASEE SALNO
Sheenas Salon</p> <hr/> <p>2. UROY CDB EORST
Your CBD Store</p> <hr/> <p>3. INHIGSG EERYNG RVNEALTTIEA
Higgins Energy Alternative</p> <hr/> <p>4. WHIRDCKA MSRAREF
Hardwick Farmers</p> <hr/> <p>5. KIAEAML ADN NJUE
Mikaela and June</p> <hr/> <p>6. EMRIROC EELSWJER
Cormier Jewelers</p> <hr/> <p>7. EBNS KALETC HKSCA
Bens Tackle Shack</p> <hr/> <p>8. BAIETCN OTEPD
Cabinet Depot</p> <hr/> <p>9. LOXAMUERU DROF
Lamoureux Ford</p> <hr/> <p>10. EATACURC TPSE CLTOONR
Accurate Pest Control</p> <hr/> <p>11. REPIOEN EALLYVY LOI / RMANCIEA TSNUCID OIL
Pioneer Valley Oil / American Discount Oil</p> <hr/> <p>12. IASL CANRO TEXI RLEA SEAETT
Lisa Caron Exit Real Estate</p> <hr/> <p>13. BE STAFTL
EB Flatts</p> | <p>14. AOGAUBQ LEIAITTAINHOBR
Quaboag Rehabilitation</p> <hr/> <p>15. IYOTCVR SERTGOA
Victory Storage</p> <hr/> <p>16. DGBUXREI OEHDOPCTSR
Uxbridge Orthopedics</p> <hr/> <p>17. DTVICNEAHRZ ALRE STEETA
Vanderzicht Real Estate</p> <hr/> <p>18. GRYSA TRETSUG
Garys Gutters</p> <hr/> <p>19. LCLIHA ETRI NDA AUTO
Cahill Tire and Auto</p> <hr/> <p>20. SODOYW TUAO YDOB
Woodys Auto Body</p> <hr/> <p>21. RNOAIRDD OEEKFE EASH
Dorrinda Okeefe Shea</p> <hr/> <p>22. IFVE VLAEOS
Five Loaves</p> <hr/> <p>23. ASLN TNPAI TNEREC NALS
Paint Center</p> <hr/> <p>24. ADEVS LCAEANPSPI
Daves Appliances</p> <hr/> <p>25. 'FLESDEE FEFCOE PSOHEP
Fedele's Coffee Shoppe</p> <hr/> <p>26. TEH MIVGON ERWC
The Moving Crew</p> |
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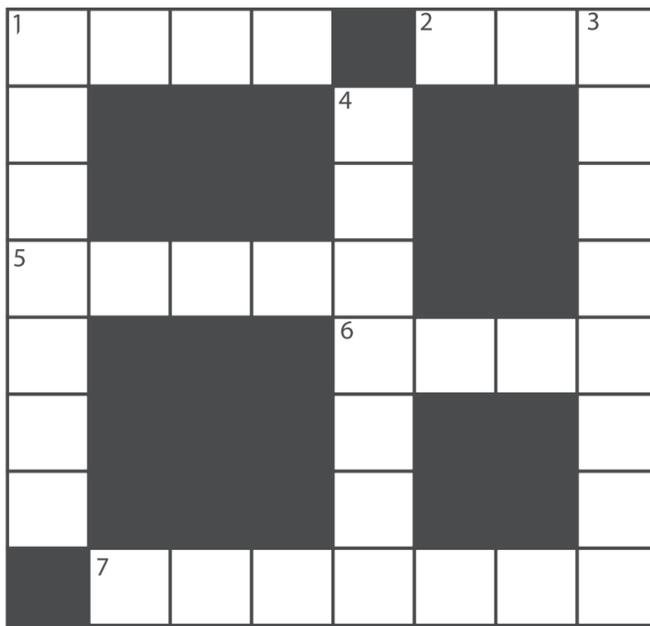


News,

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Crossword Puzzle



ACROSS

- 1. Floating navigation marker
- 2. The ocean
- 5. Poison
- 6. Nourishment
- 7. Using rod and reel

DOWN

- 1. Riding on a ship
- 3. Steering clear of
- 4. One of the heaviest known bony fishes

THIS DAY IN...



HISTORY

- **1977:** THE SPACE PROBE VOYAGER 2 IS LAUNCHED. IT IS STILL IN USE AND IS NOW MORE THAN 7 BILLION MILES FROM EARTH.
- **1988:** IRAN AND IRAQ AGREE TO A CEASEFIRE AFTER NEARLY EIGHT YEARS OF WAR.
- **2014:** A MONTH'S WORTH OF RAIN FALLS IN A SINGLE DAY IN JAPAN'S HIROSHIMA PREFECTURE.



ANCIENT EGYPTIANS MADE THE FIRST OF THESE ITEMS, WHICH WERE BUILT BY SEWING PLANKS WITH STRAPS AND STUFFING GRASS AND REEDS IN BETWEEN.

ANSWER: SHIPS



PORT

the left side of a boat that is facing forward

ANSWERS:
ACROSS
1. Buoy 2. Sea 5. Toxin 6. Food 7. Fishing
DOWN
1. Boating 3. Avoiding 4. Sunfish

How they SAY that in...

- ENGLISH:** Fish
- SPANISH:** Pescar
- ITALIAN:** Pescare
- FRENCH:** Pêcher
- GERMAN:** Angeln



CRABS CAN BE CAUGHT USING A CRAB POT OR A DIP NET.



GET THE PICTURE?



Can you guess what the bigger picture is?

ANSWER: DOCK CLEAN AND LINE

⊙ * ✎ ☹ ☺ ~ ⓪ Ⓜ Ⓝ ✖ ✚ ✛ ✜ ✝ ✞ ✟ ✠ ✡ ✢ ✣ ✤ ✥ ✦ ✧ ✨ ✩ ✪ ✫ ✬ ✭ ✮ ✯ ✰ ✱ ✲ ✳ ✴ ✵ ✶ ✷ ✸ ✹ ✺ ✻ ✼ ✽ ✾ ✿ Ⓜ Ⓝ Ⓞ Ⓟ Ⓠ Ⓡ Ⓢ Ⓣ Ⓤ Ⓥ Ⓦ Ⓧ Ⓨ Ⓩ

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to water quality.
Each number corresponds to a letter.
(Hint: 1 = T)

A. 1 22 20 15 23
Clue: Poison

B. 9 2 25 16 15 1 12
Clue: Standard of something

C. 1 6 18 1 15 23 21
Clue: Measures performance

D. 26 25 14 1 15 8 2 16 25 1 6
Clue: Minute separate particles

Answers: A. toxin B. quality C. testing D. particulate

SUDOKU

		4	8	9	6	1		
							9	
		1				5		4
	5			1		6		
			3		5		7	
			7					9
	4	8					6	
3	9	2			1			8

Level: Intermediate

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

3	9	2	4	6	1	7	5	8
7	4	8	5	2	9	3	6	1
6	1	5	7	8	3	4	2	9
1	8	6	3	4	5	9	7	2
4	3	9	6	7	2	8	1	5
2	5	7	9	1	8	6	4	3
9	6	1	2	3	7	5	8	4
8	7	3	1	5	4	2	9	6
5	2	4	8	9	6	1	3	7

ANSWER:

OBITUARIES

Rhoda M. Taylor, 80

DUDLEY- Rhoda M. (Gray) Taylor, 80, of Oaks Ave., passed away on Sunday, Aug. 9th after a brief illness.

She was predeceased by her beloved husband Richard Taylor. Rhoda leaves her daughter, Beth A. Fitts and her husband Al of Charlton City, five grandchildren, ten great grandchildren and many nieces and nephews. She was predeceased by a daughter, Theresa (Jackson) Grzlecki; four brothers, Martin "Pete" Peterson, Robert Gray, Kent Gray, and Roy Gray; and a grandson, Joshua Leffler.

Rhoda was born in Boston, the daughter of

Avery A. and Mildred E. (Sprague) Gray. She graduated from Charlton High School. Rhoda worked her entire life as a caregiver. Her love of helping others was seen not only in her lifelong career as a nurse's aide, but also in her unwavering care for her family and friends. Rhoda enjoyed crocheting, reading and playing Bingo. She was a longtime member of the Charlton Grange.

Funeral services for Rhoda will be private. There are no calling hours.

The Daniel T. Morrill Funeral Home, 130 Hamilton St., Southbridge, is directing arrangements. www.morrillfuneralhome.com



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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**

WEBSTER - 10 Wyman St! Webster Lake Neighborhood Access at Lakeside Beach & State Boat Ramp Near-by! 10,000' Lot! 1 Level Living! 11 Rooms, 4 Bedrooms, 2 Baths! Room for the Extended Family! 2 Complete Living Quarters! A/C! LP Gas Heat! Town Services! 2 Driveways! Fenced Back Yard! 2 Sheds! **\$189,900.00**

DOUGLAS - 102 SE Main St! Start Packing! Spacious 9 Rm Colonial! 2.23 Acres! Center Island Granite Kit w/Soft Close Cabs, SS Appliances! Slider to 24' Deck! Open Floor Plan! Hickory Wood Floors throughout the Kit, Din & Liv Rms, all w/Recessed Lighting! 1st Flr Office or Possible 4th Bdrm w/Oak Hrdwd Flr! Full Bath in the Hall! 2nd Flr w/Full Dble Vanity Bthrm & 3 Comfortable Bdrms, all w/Beautiful Wood Laminate Flrs! Master w/Cathedral Ceiling, Skylight, Ceiling Fan, Bay Window overlooking the Back Yard and a Master Bath! Lower Level w/2 Finished Rms, Utility Rm w/Laundry and Half Bath! 3.5 Baths Total! Recent C/Air, Heat & Roof! 2x2x2 Car Detached Garage! Huge Shed! Nearby Nature Trails & Wallum Lake Beach! **\$379,900.00**

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! 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' AC'd Colonial! Custom SS Appliance 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! **\$949,900.00**

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, Bathroom 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! Roped Yourself! **\$2,499,900.00**

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THOMPSON - 452 FABYAN ROAD

Impressive Gambel Colonial! 2,343 SF, 3 BRs, 2-1/2 Baths, Main Level Master BR Suite! Private Master sized bath w/whirlpool tub & shower. A Season Year-Round Gateway Destination or Full Time Country Home on 4.1+/- PRIVATE Acre! Cathedral wood ceilings & wide-board pine floors & a truly unique 2 story floor plan! Granite counter tops, stainless appliances, gas cook top & ceramic tile floor in bed rooms & a full bath, cross the walkway to the right to a gigantic lightgreat room with interior balcony! Over-sized 3 car detached garage w/high ceilings, and a huge unfinished 2nd story room! TRULY A FAR-ABOVE PLACE NEARBY! **\$390,500.**

WEBSTER - 56 CUSHING ROAD

ON DEPOSIT

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WEBSTER - 195-199 THOMPSON RD

3 ACRE COMMERCIAL, SITE APPROX. 550 FT ROAD FRONTAGE ON STATE HIGHWAY RTE 195 AKA 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'x90' CONCRETE BLOCK BUILDING, 7,680 SF TOTAL! FULL LOWER LEVEL USE & DRIVE IN GARAGE DOOR! HIGH TRAFFIC - HIGH EXPOSURE! WHAT DO YOU HAVE PLANNED? **\$600,000.**

OXFORD - 4 LEICESTER ST

LAND Great Opportunity for Developer! Total 8.47 +/- Acres. 6.54 Acres on Tract I, 1.93 Acres for Tract II. Excellent location for quick commuter access to several State Highways. Nice scenic nature views. Town water & Sewer in the street. Wetland Delineation. **\$89,900.**

WEBSTER - 36 PARK AVENUE

SORRY, SOLD!

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 - G & S DRIVE

SORRY, SOLD!

Great location! Painted and ready to move in! Hardwood floors! Brick fireplace & cathedral ceiling! Open floor plan! rear covered porch. 2 large bedrooms. 1 & 1/2 baths! Recent roof in Yr. 2019. **assisted sale \$260,000.**

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! Artesian well, Septic Design, & Conservation. **NEW PRICE \$115,000**

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 **\$132,000**

Oxford - 4 Leicester St. approx. 8.47 acres! River frontage! Possible to be subdivided. **NEW PRICE \$89,900**

On the shores of Lake Chargoggagoggmanchauggagoggchaubunagungamaugg

WEBSTER LAKE - 28 BLACK POINT RD

BOATER'S & FISHERMAN'S PARADISE! 2019 custom cape! New 26 ft poly dock on a 4ft plus deep channel in quiet lower cove" move to end after central AC! The benefits of Lake Living! Enjoy Sunrise Lake Views from your Farmer's Porch. Open Floor Plan, Cathedral Ceilings, Stone Fireplace, Upscale Gourmet Kitchen w/Huge Island, Sunny Breakfast Area w/Built In Beverage Nook, Vaulted Loft, Formal Dining, Office, Laundry Room, Oversized 2 Car Garage & 2 BRs with 1 Full Bath, 2nd Flr Features, Very Private Master BR Suite, Lg Walk-in Closet, Full Bath w/ double vanity, Private W/C, large Walk-in Tile Shower! 1,500 SF+ Basement for FUTURE ENTERTAINMENT or Possible IN-LAW AREA w/ INSIDE & OUTSIDE ACCESS. Rough Plumbed for Full Bath and Kit... Central A/C! Check out our Video Tour! **NEW PRICE \$625,000.**

WEBSTER LAKE - 100 LAKESIDE AVE

ON DEPOSIT

All you need to live is located on the 1st floor. Grand 2 story foyer, cozy fireplace living room, gourmet kitchen, lake facing dining, 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! Something Special! **Remember, Timing Is Everything \$1,075,000.**

LAKE SHIRLEY - 647 RESERVOIR RD

SORRY, SOLD!

Lakefront! Lake Shirley! Modern Flare on a Lakefront Colonial! 1st level Formal large entry foyer, living room, gas fireplace, chef kitchen, impala black granite, center island, 3 season porch, overlooking the lake, 1st Flr bedroom suite w/ shower and jacuzzi tub, 2nd floor Master Suite! Lower level Summer kitchen, full bath, game room, Crown moulding & hardwood floors throughout, wired sound system, radiant floors, oversized 2 car garage, Additional Guest House! **assisted sale \$859,000.**



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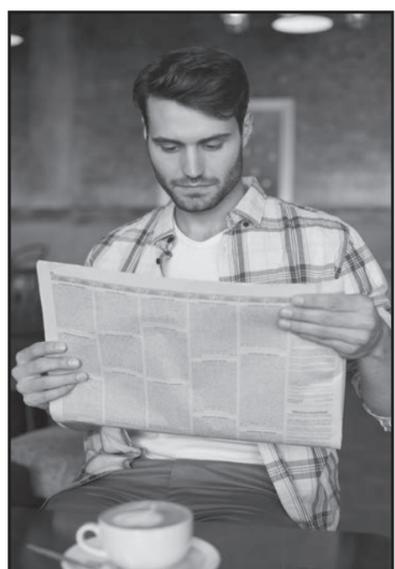
Dudley: Privacy, in-ground pool 3-4 bedroom, town services
 11A Paglione Dr - \$253,500

Webster: Mobile home totally renovated! New floors, ceiling, kitchen, bath, electric, windows.

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MYERS
 continued from page A8

dark place or extend their shelf life by canning the finished product. For most projects, you just need the fruit or vegetables, water, salt, and spices. The desired ingredients are placed in a covered vessel, like Gardener's Supply three-gallon Fermentation Crock. Weights are used to keep the fruit and vegetables submerged in water throughout the fermentation process.

If your garden is still producing when frost is in the forecast, extend the har-

vest season. Cold frames and cloches are tried-and-true techniques used for extending the growing season. A modern method employs floating row covers. These spun fabrics allow air, light, and water through while protecting plants from frosty conditions. Cover the plantings and anchor the fabric in place. Lift to harvest and enjoy several more weeks and even months of garden-fresh produce.

Select the storage and preservation methods that work best for your garden produce, growing location, and lifestyle. Once you enjoy home-

grown produce in winter meals, you will start growing more produce to eat fresh, share and preserve.

Melinda Myers is the author of numerous 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 *Gardener's Supply* for her expertise to write this article. Her Web site is www.MelindaMyers.com.

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YARD SALE: there will be a yard sale of a different kind from 9am-3pm. Saturday August, 22 at 385 Morris St. in Southbridge. This yard sale will feature only rebuilt lawnmowers. Stopby early before they are all gone.

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for outside home maintenance such as gardening and lawn care in the Woodstock area.
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Valley View School is a small, residential boarding school. Meals include breakfast, lunch, and dinner.

Schedule includes weekdays and weekend shifts.

If you enjoy cooking nutritious and tasty meals and want to make a difference in the lives of students in a small, friendly setting, please contact Kim Beatson at k.beatson@valleyviewschool.org

Mechanic / Heavy Equipment Operator (HEO):

The Town of Spencer seeks qualified applicants to fill the HEO/ Mechanic position in the Highway Department. This position is responsible for the repair, retrofit and service of Highway Equipment and Vehicles, including welding and fabricating steel components. The position also is responsible for operating of heavy and light equipment, plowing and salting, repairing and maintaining stormwater systems, repairing streets and sidewalks, debris removal and other tasks assigned by the Foreman or Superintendent. The position is expected to perform skilled labor duties, be able to lead the repair activities and be the OSHA Competent Person on site. This highly responsible position is subject to emergency call-ins to respond to emergencies. High School diploma or GED, plus five years of related experience in operating heavy equipment, a Mass CDL Class B, and Hoisting 2A are required, additional license and certifications beneficial. Base pay for this position ranges from \$23.12 to \$28.49 and includes a generous benefits package, including clothing allowance, continuing education, and license cost reimbursement.

Submit resume and standard Town application (available at www.spencerma.gov) to Town of Spencer, Town Administrator's Office, 157 Main Street, Spencer MA 01562. Subject to Union Rules and Regulation, EEO Employer.

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Tips for effective remote learning

An increased reliance on virtual home instruction has many students rethinking their organizational strategies and daily school schedules. Learning at home is different from being in a traditional classroom environment, but with some effective strategies, students can persevere without missing a beat.

Stick to a schedule

Many students are successful because

they follow a schedule. The Center for Social and Emotional Foundations of Early Learning says that routines and schedules are important because they influence a child's emotional and cognitive development. Children feel secure with schedules, which may help them recognize what's expected of them.

When learning at home, students should strive to maintain as consistent a

schedule as possible, including bedtimes, wake times, hours devoted to learning, and time to get outside or engage in downtime activities.

Connect live if possible

There are many free tools and resources available that enable teachers to provide live video lessons or to record them so students can watch them later. Similarly, social networking apps and virtual meeting programs enable students to connect digitally. This can be helpful for collaborative learning assignments or just to see a familiar face.

Stick to tools that work

Once students find apps or systems that work, they should stick with them, offers Khan Academy, an educational tutoring resource. There are many factors outside of one's control during virtual instruction, but maintaining consistency with tools and schedules is one way to feel more confident and secure.

Check student accounts frequently

Just like students, teachers may be learning as they go in regard to remote learning strategies. Students should be sure to check school email accounts or other places where teachers post assignments a few times per day so that they stay on top of all

assignments and are aware of due dates.

Reach out to instructors

Allegheny College suggests students contact their teachers if they are unsure of how to participate in remote learning environments. Ask questions about assignments, get clarification on key topics and be sure to tune into any remote chats or virtual "office hours."

Stay in touch with guidance, if needed

Remote learning is a new experience for many students, and there may be certain struggles or road blocks. It can be easy to grow frustrated with equipment failures or lack of in-person interaction. Schools employ qualified therapists and guidance counselors who are just a click, call or email away if issues need to be talked through. Students should utilize all resources made available to them.

Virtual home instruction can be made even easier with some extra assistance and guidance.

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