

Auburn News

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Friday, April 17, 2020

Newsstand: 75 cents

Lady Wildcats celebrate successful season



BY JASON BLEAU
CORRESPONDENT

CHARLTON – While the COVID-19 pandemic put an unfortunate damper on many sports seasons across the state, that's not stopping local coaches and athletes from celebrating the accomplishments of their teams in 2020. The Charlton Lady Wildcats Youth Basketball program for example are celebrating a successful season all around.

Leading the way were the fifth grade Lady Wildcats, who became division champions, the first team in Charlton to accomplish that feat in some time. While the COVID-19 pandemic prevented the ladies from going to the state championship Head Coach Jean Murphy said the athletes should be

proud of what they were able to accomplish and walk away with plenty of pride.

"The tremendous amount of effort these girls gave us was impressive. They would show up ready to give 110 percent, no matter if it was a practice, scrimmage, or game. One of my favorite takeaways from the season was to see the remarkable growth and development each girl showed from our first practice to the last game," Coach Murphy said in a release from the Charlton Wildcats. "Our girls always came to play no matter what. I look forward to the further development into the coming years. I also want to commend the girl's parents for their dedication and support they gave to the girls, getting them to practice, tournaments, and scrimmages. There were a lot of sacrifices made by parents and coaches alike and that's what makes this such a special team. I

Courtesy Photos

The 2020 division champion 5th Grade Lady Wildcats

Please Read WILDCATS, page A5

A NOTE TO READERS

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

As we ride out this temporary interruption of life as usual together, we urge you

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

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

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

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

Baker announces new regulations on supermarkets

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

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

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

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

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

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

Each site will serve police officers, fire-

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

Testing is performed at no charge. The sites reflect a partnership among the Baker-Polito Administration, the Big E, Brewster Ambulance Service, the Department of Correction, the Department of Fire Services, the New England Patriots, the New England Revolution, Wellpath, and Quest Diagnostics.

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

The guidelines, which are not mandatory, are designed to do the following:

Help healthcare institutions and providers make consistent decisions about the

Please Read MARKETS, page A3



Courtesy Photos

Neighbors come together to honor the memory of Paul Finnigan, Jr.

Community rallies around grieving family

BY JASON BLEAU
VILLAGER CORRESPONDENT

CHARLTON – The COVID-19 crisis has resulted in the loss or temporary stoppage to many aspects of life. Recreational activities, sports and entertainment have all been affected by the outbreak but for those grieving at this time it can be even more difficult time with the ban on social gatherings effecting funerals and celebrations of life.

One such case was Charlton resident Brian Finnegan and his family, who suffered the passing of his father, Paul Finnigan, Jr. of Douglas, on March 24.

A former Navy mechanic and Grand Knight in the Knights of Columbus during his time in Pennsylvania, Paul Finnigan, Jr. left behind his wife of 55-year Lorraine Finnigan as well as four children including Brian. In the wake of his passing, the family were forced to resort to a private



Neighbors left single roses at the home of Charlton's Brian Finnegan to honor his late father, veteran and cancer survivor Paul Finnigan, Jr.

service putting off a memorial Catholic mass until a later date due to limits on

Please Read FINNIGAN, page A9

Auburn's Kym Meyer inducted into Honor Society of Phi Kappa Phi

BATON ROUGE, La. — Kym Meyer of Auburn was recent-

ly initiated into The Honor Society of Phi Kappa Phi, the nation's oldest and most selective all-discipline collegiate honor society. Meyer was initiated at University of Massachusetts.

Meyer is among approximately 30,000 students, faculty, professional staff and alumni to be initiated into Phi Kappa Phi each year. Membership is

by invitation only and requires nomination and approval by a chapter. Only the top 10 percent of seniors and 7.5 percent of juniors are eligible for membership. Graduate students in the top 10 percent of the number of candidates for graduate degrees may also qualify, as do faculty, professional staff and alumni who have achieved scholarly distinction.

Phi Kappa Phi was founded in 1897 under the leadership of undergraduate student Marcus L. Urann who had a desire to create a different kind of honor society: one that recognized excellence in all academic disciplines. Today, the Society has chapters on more than 300 campuses in the United States and the Philippines. Its mission is "To recognize and pro-

mote academic excellence in all fields of higher education and to engage the community of scholars in service to others."

More About Phi Kappa Phi Since its founding, more than 1.5 million members have been initiated into Phi Kappa Phi. Some of the organi-

Please Read MEYER, page A3





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How to support local businesses during mandatory restrictions

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

The outbreak of the novel coronavirus COVID-19 throughout the United States in March 2020 transformed American lives in ways many might never have imagined possible. Social distancing recommendations and restrictions on gatherings of more than a handful of people had a ripple effect on the economy that adversely affected many small businesses.

Small businesses are the backbones of local communities. According to the U.S. Small Business Administration, small businesses make up 99.9 percent of all businesses in the United States and employ 59.9 million employees. The SBA notes that the accommodation and food services sector is the second largest small business industry. Many of these businesses have been hit especially hard as more and more of their regular customers stay at home in the wake

of government advisories promoting social distancing.

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

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

- Recognize that more than food is available for takeout. In response to the COVID-19 outbreak, Governor Andrew Cuomo of New York announced relaxations on laws governing what can and cannot be obtained via takeout, allowing takeout on goods that were previ-

ously restricted in regard to takeout. For example, Cuomo announced that the New York State Liquor Authority intended to temporarily relax regulations regarding the takeout and delivery of alcohol. Utilizing such services can be a great way to support local businesses while still adhering to recommendations designed to slow the spread of COVID-19.

- Purchase a gift card. Gift cards can help small businesses generate revenue at a time when their doors are largely closed to the public. This can be vital to these businesses' survival, and it gives consumers something to look forward when life returns to normal.

- Help market local businesses. Spread the word when local businesses

deliver in the wake of the restrictions put on them due to COVID-19. Share these experiences via social media or online reviews, and urge your neighbors to patronize these businesses.

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

SOCIAL MEDIA TEXT: Small businesses are vital to local communities, and there are ways to support them and help them stay afloat as they confront the challenges posed by the COVID-19 outbreak.



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

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

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AdCare outpatient now provides telehealth treatment for those struggling with substance abuse

WORCESTER — In the midst of the coronavirus pandemic, AdCare Hospital has taken additional steps to safeguard patients accessing outpatient treatment. Starting April 6, AdCare began providing telehealth treatment for substance use care offered at locations in Worcester, West Springfield, Boston, Quincy and North Dartmouth, MA, as well as in Warwick, RI. Patients can now access Intensive Services (IOP), Early Recovery Groups (ERGs), Individual and Family Treatment virtually with a licensed counselor. AdCare's outpatient offices remain open to provide services as needed.

For more information, visit <https://adcare.com/programs/telehealth-rehabilitation/>

"We are doing everything we can to protect the physical health and safety of our patients and staff," said David Hillis, Jr., vice president of outpatient services.

"Telehealth services are the safest way for our patients to stay connected to treatment and recovery," said Jane Jolly, director of outpatient operations. "Bringing telehealth services to our patients - many of whom also struggle with anxiety, stress and isolation - helps break down the latest barrier to treatment erected by the pandemic."

AdCare's parent company, American Addiction Centers, is also offering free virtual support meetings for the public for those who need encouragement and a supportive community.

About AdCare Outpatient Services Experience matters. For nearly 45 years, AdCare Hospital, New England's only level-4 SUD hospital centrally located in Worcester, Massachusetts, with outpatient locations throughout Massachusetts and Rhode Island, has provided individuals and families with life-changing alcohol and drug treatment. In March of 2018, AdCare joined AAC (OTC: AACH), a national treatment provider, operating facilities across the United States. To learn more, please visit americanaddictioncenters.org.



ACCURACY WATCH

The Auburn News is committed to accuracy in all its news reports. Although numerous safeguards are in place to ensure accurate reporting, mistakes can occur. Confirmed fact errors will be corrected at the top right hand corner of page 3 in a timely manner. If you find a mistake, call (508) 909-4106 or email news@stonebridgepress.news during normal business hours. During non-business hours, leave a message in the editor's voice mailbox. The editor will return your phone call.

MARKETS

continued from page A1

use and allocation of scarce medical resources.

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

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

Protect those who might otherwise face barriers to accessing care.

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

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

MEYER

continued from page A1

zation's notable members include former President Jimmy Carter, NASA astronaut Wendy Lawrence, novelist John Grisham and YouTube co-founder Chad Hurley. Each year, Phi Kappa Phi awards nearly \$1 million to outstanding students and members through graduate and dissertation fellowships, undergraduate study abroad grants, funding for post-baccalaureate development, and grants for local, national and international literacy initiatives. For more information about Phi Kappa Phi, visit www.phikappaphi.org.

Residents urged to take Earth Day cleanup into their own hands

BY JASON BLEAU
VILLAGER CORRESPONDENT

CHARLTON — While Charlton's annual Earth Day cleanup efforts may be put on pause due to the COVID-19 pandemic, that doesn't mean local residents can't take the time to help celebrate the annual celebration of environmental protection in their own way.

With Earth Day falling on April 22, the commonwealth will still be under quarantine and social distancing restriction which has led to the temporary halt of social gatherings. Linda Davis, the co-chair of the Charlton Earth Day Committee, confirmed that the 2020 town-wide cleanup effort has been postponed due to the global health crisis, and is expected to be rescheduled to later in the year.

"We don't have a new date yet because we are waiting, as everyone else is, to see what happens with the virus. There are a lot of unknowns right now. It would be nice if we could get it in this spring, and if we can't, I think we're

looking more towards the summer or early fall to get it in before the leaves come down," Davis said.

While the yearly organized cleanup effort won't happen as scheduled, that doesn't mean that citizens can't take Earth Day into their own hands. Davis said April and early spring are "prime time" for cleanup efforts with no snow on the ground and less foliage and plant life to invade areas that need heavy cleaning. So, if citizens choose to, Davis said it's perfectly fine for residents to take up their own Earth Day cleaning efforts as long as they adhere to social distancing practices. Even in small groups, every little bit helps make a difference.

"There's a benefit to the planet, to us and to wildlife and it just looks nicer. It instills pride in the community to have it looking nice. We also want to get the younger kids to appreciate the significance of proper disposal and understand that it's not acceptable to dispose of trash on the side of the road or see trash there. We have the power to make

this better. Lots of small actions by individuals combined make a big difference," said Davis.

Those who choose to take to the streets on their own time and clean up the town are urged to use double-bagged trash bags and to wear durable gloves when handling trash. Never handle syringes or any other bio-waste and report any such finding to local police for proper disposal. Trash can be dropped off by Charlton residents every Saturday morning at the North Oxford transfer station free of charge from 8 a.m. until noon.

Davis also noted that those looking to make the biggest difference should venture beyond highly traveled neighborhoods. Called "hit spots" due to their isolation and lack of residents, these roadways are often areas where commuters feel more comfortable disposing trash improperly and thus need the most attention during the annual Earth Day cleanup.

Please help your postal workers stay safe

To the Editor:

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

For everyone's safety, our employees are following the social distancing precautions recommended by the Centers for Disease Control and Prevention (CDC) and local health officials. We are asking people to not approach our carriers to accept delivery. Let the car-

rier leave the mailbox before collecting the mail. With schools not in session, children should also be encouraged to not approach a postal vehicle or carrier.

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

We are proud of the role all our employees play in processing, transporting, and delivering mail and packages for the American public. The CDC,

World Health Organization, as well as the Surgeon General indicate there is currently no evidence that COVID-19 is being spread through the mail.

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

Mike Rakes
District Manager
U.S. Postal Service - Greater Boston District



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AUBURN NEWS STAFF DIRECTORY

EDITOR
BRENDAN BERUBE
(508) 909-4106
news@stonebridgepress.news

LOCAL NEWS AND ADVERTISING
Phone: (508) 764-4325
Fax : (508) 764-8015

To PLACE A RETAIL AD
JUNE SIMAKAUKAS
(508)909-4062
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A STONEBRIDGE PRESS PUBLICATION

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FRANK C. CHILINSKI
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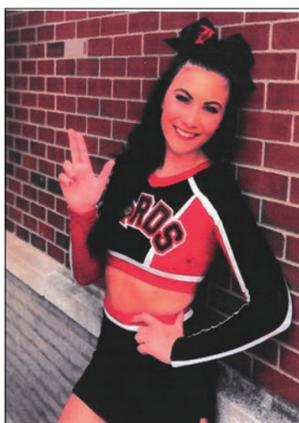
BUSINESS MANAGER
RYAN CORNEAU
(603) 677-9082
ryan@salmonpress.news

OPERATIONS DIRECTOR
JIM DiNICOLA
(508) 764-4325
EDITOR
BRENDAN BERUBE
(508) 909-4106
news@stonebridgepress.news

PRODUCTION MANAGER
JULIE CLARKE
(508) 909-4105
production@stonebridgepress.news

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A family of athletes



Erin McKeon



Sean McKeon



Brendan McKeon

CHALRTON — Paul and Charlotte McKeon are the proud parents of three outstanding athletes — Sean, Brendan, and Erin. All three siblings attended Dudley/Charlton schools and participated in both towns' youth athletic programs and Shepherd Hill's sports, specifically football, baseball and cheer. Each of their children have gone on to Division I schools, and continue to be strong student athletes.

Sean McKeon, a 2016 graduate of Shepherd Hill, was recruited by the University of Michigan to play football for them as a tight end. He played for all four years, starting for the past three. Sean's reli-

able blocking and downfield receiving ability made him an important part of the Michigan offense. He is a two-time nominee to the John Mackey Award Watch List. He entered the NFL draft this winter.

Brendan McKeon attended Shepherd Hill High School through his junior year, playing football and baseball for them. Following a severe injury that prevented him from participating in the 2018 football season, he transferred

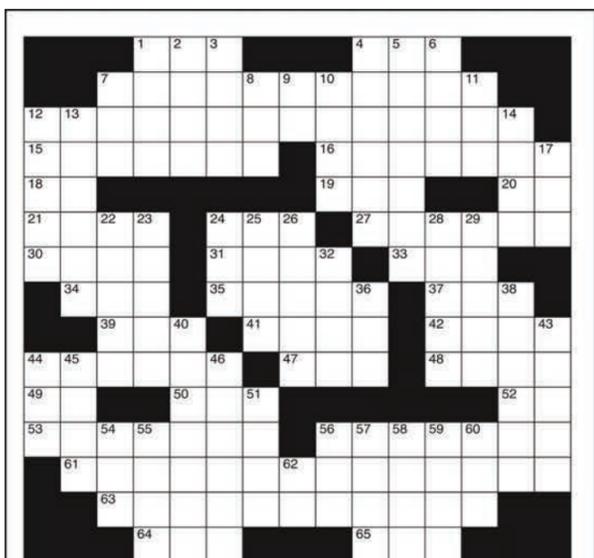
to St. Thomas Moore School in Connecticut and graduated in 2019. He was recruited by Central Connecticut State University to play football as a Safety or Running Back. He is completing his freshman year, and looking forward to the 2020 season.

Erin McKeon, a 2019 graduate of Shepherd Hill, has been involved in competitive cheer from the age of four. She participated in Charlton's youth football cheer programs, became

a Shepherd Hill cheerleader while also participating in several private competitive cheer teams in central Massachusetts. In the spring of 2019, her cheer team, the Bombshells from East Coast Celebrity Cheer, were World Champions. Her talents and hard work earned her a place on the University of Louisville's cheer team as a

freshman, where she will continue to compete with other college cheer teams at the national level.

The McKeon family thanks the towns of Charlton and Dudley for the many opportunities provided to the youth to explore and develop athletic skills in a supervised and safe environment.

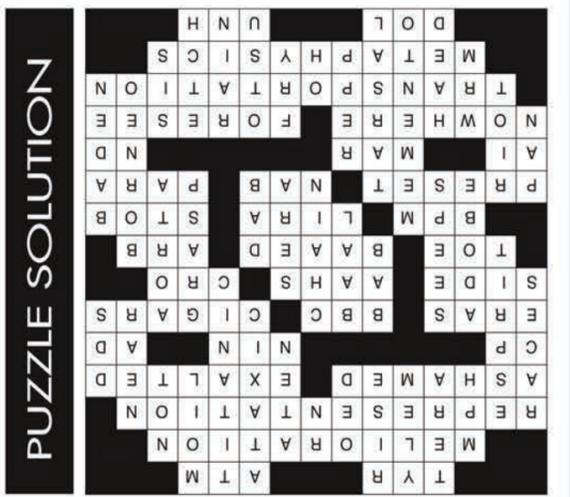


CLUES ACROSS

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

CLUES DOWN

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



Second Chance continues to help pets despite dinner auction postponement

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

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

To conserve surgical supplies, all non-essential surgeries have been rescheduled and they are directing all emergency surgeries to the North Brookfield vet hospital, which has an increased surgical capacity and an advanced care unit for critical patients. Additional safeguards have been put in place to protect the staff and pet owners so they can remain open and caring for those in need.

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

"We are touched by the support of pet owners who are grateful we've been able to



Photo Courtesy

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

stay open with precautions in place." Second Chance hospital and while pet owners talk to the doctors from the safety of their cars. "At our Worcester hospital, one pet owner stashed homemade masks and a gift card inside their cat's carrier, along with a note thanking Second Chance for 'staying open to care

for everyone's babies."

Blancato added that she knows times are challenging right now for everyone. For those who are able to help, donations can be made online at secondchanceanimals.org/ donate, on the Second Chance Facebook page or via mail to 111 Young Rd., East Brookfield, MA 01515.

Zero incidents of COVID-19 transmission from print surfaces

We just can't be too safe today!

Information as of April 2020 by:
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STONEBRIDGE PRESS
Together Strong, Strong Together

WILDCATS

continued from page A1

would also like to thank assistant coaches Shawn Murphy and Mike Gormley, without their help we couldn't have accomplished what we did."

The sixth-grade girls finished second for the second year in a row under coach Scot Neri, who said he continued to be amazed by the effort put in by all the ladies on the team and how well balanced the sixth grade crew turned out to be.

"This is my second season coaching these girls and the one thing I am most proud of is that we don't rely on just one player. For the second year in a row, five different girls led the team in scoring for a game. Another trait that this team has is toughness. They fight hard all game long and never gave up for a second the entire season. I'll take that in my team every day of the week. I'd really like to thank my assistants Glenn Lotter and Derek Hast," Neri said. "I could write a paragraph on each girl from this year — each of these girls is tough as nails and they deserve all the credit for their success."

The seventh-grade girls, coached by Dan Welton, finished second for their third straight year. These ladies competed in a North/South combined division defeating several prominent teams and while their efforts didn't end in a championship Coach Welton said they made a lot of great and important memories along the way.

"This group of girls plays great team basketball, which is the secret to their success. Someone different steps up every week, making us hard to beat. This also makes team superlatives a challenge. Our team defense was clearly the MVP. All eight girls made their opponents earn every basket. Every girl improved over the course of the season and made contributions to the team's success. If there is one thing I can say that the team could use more of, it's confidence. Amazing that a team that has been to the finals for 3 straight seasons can be short on confidence," said Coach Welton. "They definitely improved this season, but this is where they have the most room to grow. If they believed in



The 2020 6th Grade Lady Wildcats

themselves as much as the coaches do, they would never lose a game. And we'll continue to work on that next season."

Finally, the eighth-grade girls, led by Coach Elizabeth Kowalski, faced a new level of competition after merging with the North Division in 2019 where they only one two games. This season though the Lady Wildcats earned a winning record of 7-3, which Coach Kowalski said is evident of how much they've grown.

"They didn't give up, and this year, they gave their best effort. They showed their love of the sport, the team and wanting to try their best. Hopefully, the girls will take this as a life lesson to keep trying and working hard," Coach Kowalski said. "They've all come such a long way since 5th grade and hopefully will remember these years as fondly as I know I will."

As the curtain falls on the 2020 season prematurely, the Lady Wildcats walk away with plenty of memories and hopes for even more success in the 2021 season. With a division title in the books and consistency and player growth abundant, the future of girls' basketball really is alive and well here in Charlton.

The 2020 7th Grade Lady Wildcats



The 2020 8th Grade Lady Wildcats



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Oxford Finance Committee OK's \$2 million in requests

BY GUS STEEVES
CORRESPONDENT

OXFORD – In a remote meeting that did not follow state requirements for having all votes be by roll call, the Oxford Finance Committee unanimously approved sending \$2 million in capital spending requests to Town Meeting. Among the largest of the items were \$500,000 to augment Chapter 90 road spending, \$150,000 for DPW vehicles, \$137,500 for Fire Department breathing gear, \$126,000 for a new math curriculum, \$139,000 for a small trash truck, and \$85,000 to repave part of North Cemetery.

Many of the items will go to DPW. The Chapter 90 funds will be added to what Oxford gets from the state (roughly the same amount annually), but town officials have said that will only keep roads at the level they are now. To catch up on long-deferred repaving and other projects, the town is also exploring the possibility of seeking voter approval for a \$15 million road bond – three chunks of \$5 million every five years.

Chairman John Eul said the second of those bigger items

was pared down from the original \$550,000 request for two new multi-use vehicles and a rebuilt one to replace four older trucks. The \$150,000 will be available at DPW Director Sean Divoll's discretion "for him to determine what he can do with his fleet for that money." Divoll said he wants to explore "some variables" in how to fund new vehicles, using the current street sweeper five-year lease as a model.

Regarding the trash truck, Divoll said it's not one of the big crusher trucks, but uses a pickup chassis to collect trash at parks and cemeteries. He currently has two fulltimers doing that 10 hours a week using a dump-truck body, from which they throw bags into the DPW's dumpster. This truck will enable them to haul it directly to the transfer station and therefore run more efficiently, possibly having seasonal staff do it rather than fulltimers, he said.

He said about half of North Cemetery's roads were recently paved, and are "well-attended by people who want to walk and ride" there. But the rest of its roads – including the one

going past Clara Barton's historic grave – are in bad shape. He noted this has been one of his requests "for years," and the \$85,000 will come from the cemetery perpetual care fund.

A similar upgrade project is being conceived for parks, with \$35,000 going to rebuild the bathrooms at Greenbriar and \$40,000 for playground equipment at the elementary school. Divoll said the latter "has seen better days" and "does not meet any modern standards."

Town Manager Jen Callahan said the former is important "to honor the partnership we have with the Army Corps of Engineers." Last year, a pine tree crushed the building, but it was already in derelict condition, and "now we have to replace it," she said.

One the other end of the spectrum, Divoll also advocated for demolishing Joslin School annex for \$53,000.

"I think it speaks for itself. It's in very, very tough shape. There's no point in repairing it and no plan to use it," he said.

Fire Chief Laurent McDonald admitted the new breathing gear is "quite pricey," but said

the department is getting a good deal because it's switching all of its equipment to a new supplier. Normally, it'd have to pay extra for extra tanks, but the firm is including a second cylinder with each set free. They have a 15-year lifespan, he said.

Callahan spoke of several of the requests, including putting \$80,000 in reserve toward a facility lease to create more office and record-storage space for the "entire land management" staff now in Town Hall. The goal is ultimately to find a new permanent home for those departments, which she described as "crucial to bringing in revenues" for the town, but now face "a very real spatial issue."

She also handled the math curriculum item, since the schools had no representative present. She described that as "a major item" that "crosses all different student age group and is vital" for the district to upgrade its standards and maintain state requirements. One FinCom member asked about its "shelf life," and she replied that curriculum, testing and other aspects of public education are "moving targets" that change often. She

compared it to past practice of occasionally having to buy new textbooks.

She advocated for several smaller items. One, just \$27,900, is the town's share of the Green Communities grant of \$164,000, which will go toward LED lights at two schools and the fire department sites, replacing an infrared panel at DPW, and installign variable-frequency drivers at the schools, which will collectively save the town about \$30,000 a year, she said. It's the first year of a five year plan for such grant money – \$200,000 to \$250,000 each year – for various energy-saving methods totaling around \$3 million.

Other items in the capital plan include setting aside \$100,000 for a building improvement fund, \$26,000 to buy a shared inspections vehicle, \$40,000 for a downtown sewer feasibility study, \$60,000 for a community center generator, \$60,000 for "branding" signs and related master-plan needs, \$38,000 for school fiberoptic switches, and new police tasers.

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

Registry announces additional licensure deadline extensions

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

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

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

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

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

Reminders About Other Previously

Announced Changes:

Driver's licenses, ID cards, and Learner's Permits, including Commercial Driver's Licenses & Permits (CDL/CLP), that have expired or are expiring between March 1, 2020, and April 30, 2020, have had a 60-day extension applied to the current expiration date and do not need to be renewed at this time. Customers holding a license or ID marked "Limited-Term" that expired between March 1 to April 30 should visit Mass.gov/RMV for more information and to check the validity of their credential. CDL Medical Certificates that expire on or after March 1 until April 30 will be extended until June 30 to prevent license downgrades and elective medical visits, as well as alleviate demand on medical providers.

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

Non-Classroom Drivers Education – through a temporary policy, the RMV is allowing driving schools to offer online

driver education training and written testing during this emergency period only. The RMV will continuously monitor the current emergency and will keep you informed about the timeframe in which driving schools can offer alternative training.

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

The annual motor vehicle safety and emissions inspection stickers that expire on March 31 and April 30 have been extended 60 days and all motorcycles with inspection stickers originally set to expire on May 31 must be inspected by June 30. The RMV is also extending the time during which newly registered vehicles must be inspected based on the purchase date.

Class D and M Learner's Permits knowledge exams have been suspended through May 4. Commercial Learner's Permit tests are available to be taken at

the Milford and Wilmington RMV Service Centers during normal business hours and commercial road tests continue to be conducted by the Massachusetts State Police.

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

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

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

QCC students work remotely to continue income tax assistance

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

Mr. Rivas is the volunteer coordinator for the City of Worcester's Volunteer Income Tax Assistance (VITA) program,

in addition to being a QCC adjunct faculty member and Admissions Enrollment Counselor. Until the recent state closure of all non-essential businesses, Mr. Rivas and his 50 volunteers (both QCC students and trained volunteers from the community) had prepared over 300 tax returns. The returns were prepared at both the Main South Community Development Corporation and at QCC's Community Learning Hub, located at Great Brook Valley. The need was so great that there were times when 14 preparers were working at the two sites. Mr.

Rivas wanted to continue to help those in the community, who might still need to get their taxes prepared, which is why he decided to continue preparing tax returns remotely.

A total of 10 QCC students will be working on any tax returns received through the end of April. The students are part of Mr. Riva's Volunteer Income Tax Assistance course, which introduces students to concepts and languages of the IRS and taxation. Students in the course all become certified tax preparers before they are allowed to volunteer to prepare

federal and state taxes. The course also requires students to complete 12, three-hour volunteer sessions. This is the second year the course has been offered and nine former students from last year's class came back to volunteer again this year.

"This class is truly rewarding. I also enjoy doing the necessary work and enjoy working with the clients as well as the volunteers. I see such a diverse group of people who come and have been through so much. I am glad that we can help, and in the same way help ourselves by gaining experience and skills," said current QCC student Joe Ramos, an accounting certificate major.

According to Mr. Rivas, the students are working on returns for their own family and friends and waiting to pitch in with preparing other returns as needed.

"I have received emails from a lot of my volunteers expressing their willingness to help me in preparing returns remotely, or with any other projects related to the VITA project during this time," Mr. Rivas said. "I have divided all the work among the QCC students, but I also have other volunteers who are willing to help me if needed. The plan is that if we start getting a lot of clients who contact us by email and the QCC students cannot handle the work, I will ask the other volunteers to support us."

Anyone who meets the income requirements and is still interested in getting their tax returns prepared can email vita@qcc.mass.edu. For more information, visit Volunteer Income Tax Assistance.

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

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BRENDAN BERUBE
EDITOR

Lessons from another pandemic

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

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

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

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

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

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

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

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

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

Thank you from a grateful nation

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

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

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

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

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

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

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

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

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

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

I spoke with Maddie, a local RN at my cancer center. I asked her if she was afraid. She responded, "I listen to the news and come to work fearful that we will not have the supplies we need or not enough beds. So far, we do. My greatest fear is of course becoming infected. I cannot treat and serve you if I am in the bed next to you."

I was struck by the dedication of this married RN with two little girls at home. Her fear is that she may not be able to take care of her patients. I'm humbled and touched by her dedication. So once social distancing is a distant memory, please give your doctor, nurse, tech and support staff a hug and a hearty thank you. Their dedication and bravery are inspirational. They deserve no less.

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



POSITIVELY SPEAKING
GARY W. MOORE

Put tax-smart investing moves to work



FINANCIAL FOCUS
DENNIS ANTONOPOULOS

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

To help control these taxes, consider these moves:

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

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

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

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

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

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



A Roundup of Reader Tips and Tricks

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

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

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

This tip could help if people alternate and really social distance! Did you know the standard distance for above ground telephone poles in the U.S. is 100 feet apart? If you hike past 24 poles, turn around and walk home, you have walked a mile plus!

Viola Bramel
Northbridge, MA

This moneysaving tip is something worth getting fired up for!

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

Paul Davignon
Uxbridge, MA

A reader shares her timely recycling hint:

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

Rita Lemieux
North Brookfield, MA

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

Here are some uses for cinnamon in the garden

1) Cinnamon is a proven fungus fight-



TAKE THE HINT
KAREN TRAINOR

er. Dampening off covers an array of diseases that attack seeds and kills them. It is caused by fungi and soil conditions.

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

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

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

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

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

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

Bob Bourdeau
Fiskdale MA

This smart sewer is (literally) making her mark:

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

Joanna Gallant
Whitinsville, MA

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

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

Terry Maiorana
Ashford, CT

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

**

A promising start to spring fishing



THE GREAT
OUTDOORS
.....
RALPH
TRUE

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

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



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



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

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

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

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

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

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

Garden your way to better health

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



GARDEN
MOMENTS
.....
MELINDA
MYERS

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

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

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

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

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

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

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

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



Photo Courtesy

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

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

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

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

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

TRAINOR

continued from page A8

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 invent-

FINNIGAN

continued from page A1

social gatherings. In an interview the Villager, Brian Finnigan said the funeral was a difficult day as the limitations imposed due to the pandemic kept his family and loved ones from celebrating his late-father's life to the fullest through a wake and mass. However, when he returned home on the day of the funeral what he found filled his heart with love as the local community gathered in small groups to respect a veteran and loving father.

"When we were coming back, the neighborhood started a procession. Every house had people outside. Kids had roses that they brought to our driveway and put in a bucket. We ended up with four dozen roses in there," Brian Finnigan said. "It was hard to grieve on that day, but it just goes to show that people are still there for you."

ing 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.

Finnigan said he struggled to find peace on the day of the funeral, but those who turned out to pay their respects in their own way helped him achieve it. Those who wanted to pay respects but couldn't due to the lack of a wake or large social gathering went out of their way to be a part of something truly special for just one family who, in these unsure times, sought closure in a time of sorrow.

"It meant the world to my mom and my family," Finnigan said holding back tears while recalling the day's events. "I completely lost it. It was so emotional to see people out there and coming together at a time like this."

In Paul's obituary, the family asked that in lieu of flowers donations be made in Paul's name to the Wounded Warrior Foundation, the American Heart Association and the American Cancer Society as Paul was a two-time cancer survivor.

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OBITUARIES

Daryl A. (Davenport) Tinnerholm, 64,

LEICESTER- Daryl A. (Davenport) Tinnerholm, 64, died suddenly, Friday, April 10 at her home. She leaves her husband of 21 years, John "Jack" Tinnerholm, her son Joshua Venditti of Oxford, her daughter Kristy Venditti of Pittsfield, her mother, Lillian (Johnson) Davenport of Auburn, a brother Francis Davenport and his wife Tracy of Leicester, her sisters Anna Smith of Shrewsbury, Margaret Klosek and her husband William of Leicester and Kathleen Garrity and her husband



Robert of Barre, three grandchildren; Anthony, Sophia and Collin, nieces and nephews. She is predeceased by her brother Albert Davenport, Jr. Born in Leicester she was the daughter of the late Albert Davenport, Sr. and later graduated from Leicester High School. Private graveside services were held by the family with burial in St. Joseph's Cemetery, Leicester. In lieu of flowers, contributions may be made to the Leicester Food Pantry, c/o St. Joseph's Church, 759 Main St., Leicester, MA 01524. the MORIN FUNERAL HOME, 1131 Main St., Leicester is assisting the family with funeral arrangements. www.morinfuneralhomes.com

John J. Larkham, 93

EAST BROOKFIELD- John J. Larkham, 93, formerly of East Brookfield, peacefully passed away on Saturday, April 11 at Quaboag Rehabilitation & Skilled Care Center, West Brookfield. Born in Worcester, he was the son of Frank O. and Margaret (Conway) Larkham. He was predeceased by his wife of 65 years, Irene A. (Eldridge) Larkham, in 2012. He is survived by his loving children, Nancy E. Larkham and her spouse, Jeanne, of Scituate; David and his wife, Karen of West Brookfield; Richard J Larkham of Southbridge; and Jeffrey P. Larkham and his former wife Rebecca of Newton, NH. He also leaves his cherished grandchildren, Ethan, Graham and Luke Larkham, as well as many nieces and nephews. A sister Marguerite Hoey of Auburn. He was predeceased by brothers; Raymond, Herbert, James and Bud as well as his sister, Estelle. Family meant everything to John and his loving and steady presence will be greatly missed by all knew him. John worked as a shipper at Chicago



Beef Co. for 34 years and later worked in the East Brookfield School System as a custodian, until his retirement. At his 90th birthday celebration his son Jeffrey gave a moving toast which noted John's pride and integrity at all stages in his life. No matter what life threw at him, John would handle it "with courage, grace and quiet determination." He was a man of faith, having been a longtime member and communicant for the St. John the Baptist Church in East Brookfield. The family would like to thank the wonderful staff at Quaboag Rehabilitation & Skilled Care Center for their kind attention to detail and care, for the time John was there. They also would like to extend the same Thank You and appreciation to the amazing team at Brookhaven, who made John feel so comfortable, while he was there, also located in West Brookfield. Due to current health conditions and restrictions, a Memorial Mass will be held at a later date and at a time to be announced in St. John the Baptist Church, East Brookfield. J.HENRI MORIN & SON FUNERAL HOME, 23 Maple Terr., Spencer is assisting the family with arrangements. www.morinfuneralhomes.com

Curtis S. Johnson, 85

AUBURN- Curtis S. Johnson age 85 passed away at Worcester Rehabilitation and Health Care Center, Worcester, MA. Curtis leaves his long time friend Karl W. Silun of Auburn. He was born in Auburn son of the late Rudolph M. Johnson and Elsie (Benson) Johnson living in Auburn most of his life.

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

Reliant Medical Group to open temporary COVID-19 observation unit

WORCESTER — Reliant Medical Group is opening a temporary observation unit to reduce pressure on overcrowded Emergency Departments and to mitigate risk for patients not suspected of having Covid-19 who require a higher level of care. The unit is located at Reliant's ReadyMED Plus urgent care facility on Shrewsbury Street in Worcester. Reliant's medical staff will care for adult patients for 12-36 hour stays at this facility. Patients appropriate for this level of care will have conditions such as cellulitis, abdominal pain, kidney stones, urinary tract complaints, or need

for hydration, antibiotic therapy, or anaphylaxis management. To start, the unit will have the capacity to provide observation-level care for 9 patients, but is designed to expand to accommodate more patients as needed. Referrals to the unit will be accepted from Reliant providers and other area providers, including those referring from an emergency room. Ambulatory services will continue to be available at ReadyMED Plus. Reliant briefed officials at the Massachusetts Department of Public Health and the City of Worcester about its plans for ReadyMED Plus, and both

indicated their support for this expanded scope of services during the pandemic. "These are unprecedented times and all of us in healthcare need to work together, adapt and innovate to serve the needs of our patients and our communities," says Tarek Elsayw, MD, president & CEO of Reliant. "We have the medical expertise to care for patients with certain acute conditions, so it made sense for us to convert our ReadyMED Plus facility to provide a higher-level of care. Our Emergency Departments are challenged to care for the increasing number of patients with serious respiratory illness, and Reliant is

prepared to help relieve some of the pressure our hospital partners are facing." "Once the prevalence models began to anticipate a spike in Massachusetts in the number of people with COVID-19 illness, we quickly mobilized to rapidly stand up an observation unit," says Leon Josephs, MD, chief of specialty care at Reliant. "In less than two weeks, our incredible team of healthcare and administrative professionals have procured the necessary equipment, secured a food service partner, and developed a 24/7 staffing capacity within the Reliant workforce." About Reliant Medical

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





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Board of Health recognizes PPE donors

BY JASON BLEAU
CORRESPONDENT

CHARLTON – The COVID-19 pandemic has caused many towns to stretch their resources thin over the past few weeks, but in Charlton, resources have become relatively abundant for the Board of Health, thanks in no small part to local businesses and donors. In fact, the outpouring of donations and support has been so great that the board has already begun thanking companies and individuals for their contributions even as the fight against the pandemic continues into April. Board of Health Chair Matthew Gagner said that as a token of appreciation the board is wasting no time in recognizing those businesses and individuals that are going above and beyond to

make sure Charlton has the resources necessary to see the pandemic through to the end with the safety and health of first responders and essential individuals in mind. “We were running short, as everybody was, and several local businesses stepped up and donated much needed supplies to the Board of Health. Masks, gowns, gloves and other personal protection items all came in from different businesses and donors. The Board of Health decided to recognize those companies with certificates of recognition and we also wrote them ‘thank you’ letters. I’ve always believed that a simple ‘thank you’ goes a long way,” Gagner said. Through these unsure times, Gagner said he is continuously inspired by the outpouring of support and neighbor-

ly gestures being shown by those in Charlton. From donations to the Board of Health to individuals offering to shop for those in need Gagner pointed out that there are people making a difference all over town. “We have businesses stepping up. We have individuals stepping up. We had students offering to babysit children before this got as bad as it did. Now we have adults who are offering to pick up groceries for people and run errands. People are just trying to help where they can. It’s unbelievable the support that the general public has given and how well people are treating each other right now,” Gagner said. “If anyone wants to physically do something to help, they can reach out to the Board of Health to see exactly what we need. Right now, the board is in good shape.

We have funding, we have supplies, we just received a MEMA shipment with mask and other PEE items. While we were running low people stepped up and that was an important part to getting us where we are right now.” Among the donors recognized for contributing cleaning supplies or personal protection equipment to the Charlton Board of Health as of April 12 were Safety Source North East, Joslin Camp and Barton Center, Sue Butler, Karl Storz, the NEDT Inc. of Sutton, the Warren, MA Board of Health, the town of Brimfield, Flexcon, the Central Massachusetts Emergency Medical Corporation, Charlton Fire Chief Ed Knopf, Gentex, MEMA, the Southbridge Fire Department, the Charlton Sewing Center, and LFB USA Inc.

Health Foundation of Central Massachusetts provides \$371,000 in response to COVID-19 Crisis

WORCESTER — In response to the coronavirus public health crisis, The Health Foundation of Central Massachusetts has expedited \$371,000 in supplemental funding to 27 non-profits serving Central Massachusetts. The following non-profits were awarded funding: Abby’s House, Ascentria Care Alliance, Community Legal Aid, Easter Seals of Massachusetts, Fitchburg State University, Friendly House, GAAMHA, Inc., Health Care For All, Health Law Advocates, Jeremiah’s Inn, LUK, Inc., Massachusetts Association for Community Action, Massachusetts Budget & Policy Center, Massachusetts Housing & Shelter Alliance, Massachusetts Public Health Association,

Massachusetts Society for the Prevention of Cruelty to Children, Neighbor Massachusetts, Quaboag Valley Community Development Corporation, Quinsigamond Community College Foundation, RCAP Solutions, Riverside Community Care, Seven Hills Foundation, South Middlesex Opportunity Council, Worcester Regional Chamber of Commerce, Worcester Regional Food Hub, World Farmers, and YWCA of Central Massachusetts. “The Board of the Foundation devised a three-pronged strategy for helping area non-profits in response to coronavirus. The top priority to bolster current grantees’ projects and to address special circumstances has been accomplished

with this distribution of supplemental funding,” stated Jan Yost, President of the Foundation. The Foundation’s Activation Fund remains open, with Letters of Intent due April 30, 2020. Further allocations to address gaps and the long-term impact of coronavirus will be informed by government and private funding and determined in the months ahead, she explained. The Foundation was established in 1999 with the proceeds from the sale of Central Massachusetts Health Care, Inc., a physician-initiated, not-for-profit HMO. The Foundation currently has assets of approximately \$67 million and has awarded grants totaling over \$44 million.

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

WORCESTER — Open Sky Community Services has released a multi-part clinical video series entitled “Coping during COVID,” to offer evidence-based recommendations and tips to support the community through the COVID-19 pandemic. Open Sky clinical leaders Suzy Langevin, Director of Dual Diagnosis Services, Stefanie Gregware, Vice President of Clinical Services, Barent Walsh, Ph.D, Senior Clinical Consultant, Andrea Wolloff, Director of Evidence-Based Practices and Kerrin Westerlind, Assistant Director of Evidence Based Practices are amongst those offering evidence-based recommendations to assist others in this time of need. “Social distancing is essential from a public health standpoint but it’s wreaking havoc on us emotionally,” explains Dr. Oliver Joseph, psychiatrist and Chief Medical Officer at Open Sky. “It’s increasing isolation, anxiety, depression and other negative emotions.” The series is intended to offer guidance and assistance for those looking to manage such emotions. The videos will be available on the Open Sky YouTube

Channel as well as on the organization’s website. While many of Open Sky’s direct care staff cannot work from home and are continuing to show up for shifts in residential programs, supporting individuals living in their own homes, delivering medication and needed supplies, others are rising to the challenge presented by the pandemic using non-traditional remote ways to support individuals and families, such as Telehealth counseling services, Zoom meetings, and telephone outreach. The videos in the series were created by clinicians working remotely in an effort to provide a helpful resource both for individuals served by the organization and the larger community. More virtual and digital programming is upcoming from Open Sky Community Services as the organization adapts to the challenges of continuing to serve its communities through non-traditional means during this time. For more information about Open Sky Community Services, please contact Lorie Martiska, lorie.martiska@opensky.org.



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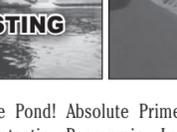
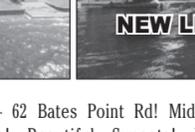


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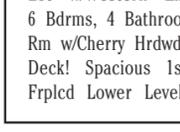
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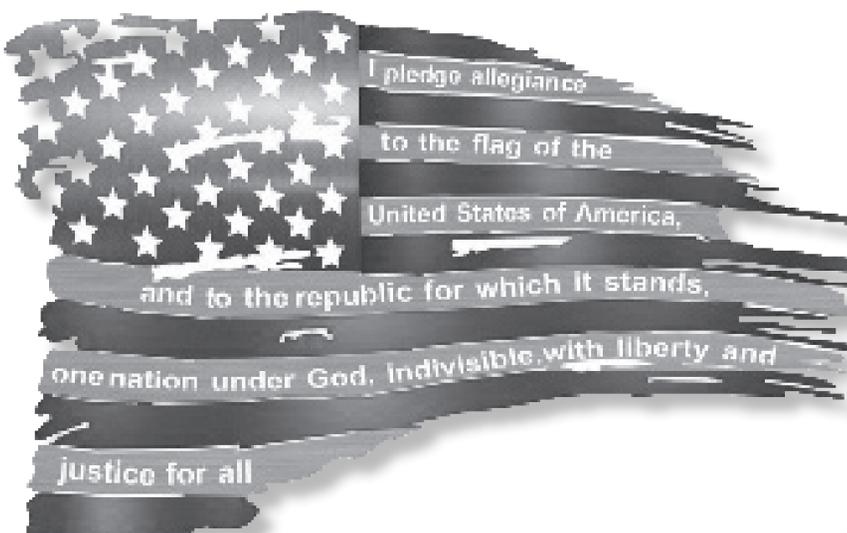
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How to make your favorite foods healthier

After the whirlwind of the holiday season, the season of resolutions takes over. Many people to resolve to live healthier, and they may not have to give up their favorite foods to do so.

Research from the National Institutes of Health suggests American adults between the ages of 18 and 49 gain an average of one to two pounds every year. Grazing and over-eating tends to increase when the weather cools down. A 2005 study published in the New England Journal of Medicine found that, in the fall, people tend to consume more calories, total fat and saturated fat. In the spring, people seem to prefer more carbohydrates. In addition, less powerful sunshine in winter coupled with people bundling up translates into less vitamin D being absorbed by the body. Some researchers believe there is a link between vitamin D deficiency and weight gain as well.

To ensure that certain foods do not sabotage healthy eating plans, people can employ some easy modifications and make healthier versions of the foods they like to eat.

- Choose crunchy foods. Those who are prone to snacking can reach for noisy foods. These include crunchy items like apples, carrots and pretzels. Scientists say that when people listen to what they are chewing — called the “crunch effect” — they eat less of that item.
- Tone down the cream. Delicious dishes like fettuccine Alfredo typically are made with lots of butter and cream. Replace cream sauces with a healthier base made of low-fat milk thickened with flour. Increase the flavor with favorite spices.
- Fry with care. Use healthy oils like olive or coconut sparingly. Many foods that are traditionally fried also can be lightly coated with cooking

spray and baked for a crunchy texture.

- Choose sodium-free seasonings. The USCA recommends limiting sodium to less than 1 teaspoon of salt per day. Try options like fresh herbs or lemon juice to add some sodium-free flavor.
- Increase fiber content. Fiber helps one feel fuller longer and can also be helpful for digestion and heart health. Choose the “brown” varieties of rice, pasta and breads.
- Replace meat with leaner forms of protein. Lean chicken, turkey and pork can replace red meats in many recipes. Some traditional meat dishes, such as burgers, also can be modified using vegetables or seafood. Lean meats dry out quickly, so keep foods moist by watching cooking times.
- Stock up on yogurt. Greek and other varieties of yogurt can replace sour cream and mayonnaise in many dishes. Resolving to eat healthier



With a few easy tweaks, meals can be made much more healthy.

can be easy by making some simple swaps when preparing your favorite foods.

Greet overnight guests with the freshly baked bread

The aroma of homemade bread baking in the oven is enough to compel many people to get in the kitchen and bake. That aroma is even more welcoming when hosting friends and family overnight, as there's nothing quite like waking up to the smell of freshly baked bread coming from the kitchen. Hosts who want to treat their guests to such aromatic mornings can try the following recipe for "Banana and Coconut Loaf" from Linda Collister's "Quick Breads" (Ryland, Peters & Small).

BANANA AND COCONUT LOAF MAKES 1 MEDIUM LOAF

3/4 cup unsweetened shredded coconut
7 tablespoons unsalted butter, softened
1/2 cup packed light brown

sugar
Grated peel of 1 unwaxed lime
2 extra-large eggs, beaten
3 medium bananas, very ripe (about 1 cup peeled)
3 tablespoons plain yogurt (not fat-free)
2 cups unbleached all-purpose flour
1 teaspoon baking powder
1/2 teaspoon baking soda
A good pinch of sea salt

1 8 x 4 x 2 1/2-inch loaf pan, greased and base-lined with parchment paper

Preheat the oven to 350 F. Put the coconut in an oven-proof dish and toast in the heated oven for about 3 minutes until a light gold color. Let cool until needed.

Put the butter into a large bowl, add the sugar and the grated lime peel. Beat well with a wooden spoon or elec-

tric mixer. Gradually beat in the eggs.

Using a fork, mash the bananas fairly roughly so they keep a bit of texture. Add to the bowl together with the coconut. Halve the lime and squeeze out the juice, then add 1 tablespoon of the juice to the bowl with the yogurt. Mix in gently.

Set a strainer over the bowl and sift the flour, baking powder, baking soda, and salt onto the mixture. Mix in well, then scrape the mixture into the prepared pan and smooth the surface.

Bake for about 1 hour until golden and a skewer inserted into the center of the loaf comes out clean. Carefully remove from the pan and let cool on a wire rack. Serve thickly sliced. Best eaten within 3 days. Can be frozen for up to 1 month.



Mother's Day Honors

Publish Date:
May 8, 2020
Deadline date:
Friday, May 1 @ 5 pm

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