

SPENCER New LEADER

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SEND YOUR NEWS AND PICS TO News@STONEBRIDGEPRESS.NEWS Friday, May 1, 2020



Volunteers and school officials join forces to provide meals for families in East Brookfield and Spencer.

Photo Courtesy

Community partners support school meal programs

BY KEVIN FLANDERS
STAFF WRITER

SPENCER – Partners throughout the community continue to join forces to assist families in the Spencer-East Brookfield Regional School District.

The district has seen overwhelming success with its Grab and Go Meals Program, which provides free meals to students in both towns. Each meal is prepared by the district's nutrition department and ServSafe providers to ensure that all FDA require-

ments are met.

By the end of last month, the program was distributing approximately 165 meals per day. This has provided much-needed relief for families struggling with unemployment.

"As the COVID-19 crisis has gotten worse and people have been furloughed or laid off, the demand has grown," said SEBRSD Superintendent Paul Haughey. "I am so proud of our School Business Administrator, Gary Suter, Director of Food Services

Brianne Pulver, and the entire kitchen staff for all of their hard work behind the scenes."

The staff has worked tirelessly to arrange daily ordering and deliveries of food, as well as the meal preparations made each day. Administrators and faculty from each school have also volunteered to help distribute meals from multiple sites. These locations include Richard Sugden Public Library, the Bixby Road housing complex, Mary Queen of

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School officials adjust to early closures

BY KEVIN FLANDERS
STAFF WRITER

REGION – Gov. Charlie Baker announced last week that schools statewide will remain closed through the end of the academic year.

As the state continued to see an increase in COVID-19 cases, school officials knew it was only a matter of time before Massachusetts joined several other states in extending closures. Additionally, all non-emergency childcare programs will be shuttered until June 29.

For superintendents throughout the region, the focus is now entirely on remote learning. Districts had already been utilizing several online learning platforms, which will now be critical for continued education.

"All of our educators will continue to work collaboratively with each other – as well as with educators across the state – to provide remote learning for your children," wrote Spencer-East Brookfield Regional School District Superintendent Paul Haughey in a letter to parents. "Remote learning has been a huge learning curve for all of us, and I am so proud of how our staff, students, and families have worked together to make it work in such a short amount of time."

The Department of Elementary and Secondary

Education (DESE) will issue updated guidelines for schools to support remote learning efforts. These include expanded STEM learning guidelines, and the DESE will also provide recommendations for summer learning opportunities.

School officials are also scrambling to offer remote celebratory activities for seniors. At a time when the Class of 2020 should have been celebrating its accomplishments and looking forward to graduation, seniors are instead coming to terms with the abrupt end of all activities. Spring sports, class trips, proms, graduations, and all extracurricular activities were wiped out with the Governor's latest announcement.

"My thoughts are with our students and all Quaboag families, especially the Class of 2020," said Quaboag Regional School District Superintendent Brett Kustigian. "This should be a special time for them, and we are brainstorming creative ways to celebrate graduation – but nothing is concrete yet."

Added Spencer-East Brookfield Regional School Committee Chairman Jason Monette, "If I could talk to the entire senior class, I would tell them thank you for hanging in there, thank you for your dedication and loyalty to this district, and best of luck in your future endeavors. As tough as it

Please Read **SCHOOLS**, page A2

East Brookfield anniversary celebration postponed

BY KEVIN FLANDERS
STAFF WRITER

EAST BROOKFIELD – With uncertainty looming over when large events can safely return, the town's 100th Anniversary Committee decided to postpone the year-long centennial celebration to 2021.

Committee members had already postponed a handful of events slated for this spring, including a historical re-enactment and the Roaring Twenties-themed dance. The initial hope was to reschedule these events later in the year, but officials didn't want to make residents uncomfortable about possibly returning too soon.

Many local seniors and their families have expressed concerns about large events this spring and summer, including craft fairs, Memorial Day parades, and Fourth of July festivities. In East Brookfield, 100th Anniversary Committee members were determined to put residents at ease.

"The committee felt that it was paramount to protect those who would be attending these events. We also knew that some people would choose not to attend even if we rescheduled in the fall due to continuing safety concerns and unknowns," said 100th Anniversary Committee member Heather Gablaski.

After dedicating several years to planning a packed schedule of celebratory events, officials don't want a single resident to miss out on the fun over COVID-19 fears.

"Our committee spent the past five years planning these events and want them to be a celebration of our town," Gablaski added. "Squeezing them all into the fall or canceling some did not seem like options that were in line with the level of work and planning we have done."

For residents and town officials alike, they will be long overdue for a celebration.

Please Read **CELEBRATION**, page A7

DRIVER EXTRICATED AFTER DUMP TRUCK CRASH



Photo Courtesy

A dump truck driver had to be extricated from his vehicle last week following an accident on North Spencer Road. The April 24 single-vehicle wreck occurred just south of Hasting Road. The driver was rescued by Spencer Fire members and transported to the hospital with non-life-threatening injuries. The road was closed for nearly three hours as crews worked to lift the truck. Members of the Spencer Police Department and the State Police Truck Team continue to investigate the wreck.

Knox Trail salutes remote learning achievements

SPENCER – Local schools have introduced several creative remote learning activities in recent weeks. Understanding that it's not always easy for students to focus and put in the work while away from school, Knox Trail Middle School officials want to recognize their top remote achievers.

"Beginning Monday, March 30, the Spencer-East Brookfield Regional School District transitioned to an online/remote learning format due to the pandemic," read a statement released by the school. "Since that time, the Knox Trail Middle School staff have been providing our students with

virtual learning opportunities at home."

Below are the KTMS virtual top achievers for the week of April 6-10. Write-ups provided by the school staff are also included.

Fifth grade: "Madison Lyons is an enthusiastic learner who exhibits a positive attitude

toward schoolwork. She continues to take responsibility for her learning, asks for clarification when needed, and diligently completes assignments in a timely manner. She encourages her "Zoom" classmates and is an active and engaged participant in all our discussions. She is always respectful to her

teachers."

Sixth grade: "Matthew McNicol is an exceptional student. His teachers all agree that he is remarkable, having continued to turn in quality work on time since we started remote learning. He

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Open Sky Community Services releases “Coping During COVID” video series

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 Web site.

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@openskycs.org.

About Open Sky Community Services

Open Sky Community Services is dba for Alternatives Unlimited, Inc and The Bridge of Central MA. Open Sky offers a wide range of services for adults, adolescents, and children with mental health challenges, developmental and intellectual disabilities, substance use disorders, brain injury, homelessness and other challenges throughout Central Massachusetts. Open Sky Community Services has over 1,300 dedicated employees and an annual budget of \$83M with more than 100 programs throughout the region. For more information, please visit www.openskycs.org.

Cornerstone Bank donates to local organizations impacted by Coronavirus

WORCESTER — During these unprecedented times, Cornerstone Bank is making donations to help local organizations with the impact of the coronavirus (COVID-19) pandemic. As a local, community bank, supporting the community is a top priority.

A \$15,000 donation was made to Harrington Healthcare System. This donation will be used to aid in the purchasing of personal protective equipment for front line staff. For more information about Harrington, ways you can help, and important information about COVID-19, please visit <https://www.harringtonhospital.org/>.

A \$5,000 donation was made to the Worcester Railers HC Small Business Stimulus Power Play. This donation will be used to purchase gift certificates to local businesses throughout Central Massachusetts. These gift certificates will then be given away to fans at Railers Hockey games during the 2020-2021 season. For more information, and to nominate a Central Massachusetts small business, visit <https://railershc.com/>.

A \$2,000 donation was made to St. John Paul II food pantry. This donation was matched by the Tri-Community Exchange Club and will provide extra funds at a time

when the food pantry is seeing an increase of people in need. For more information on the St. John Paul II food pantry, and ways that you can help, please visit <https://stj2parish.org/food-pantry>.

“It is during these times that local organizations need our help the most,” stated Cornerstone Bank President & Treasurer and Chairman of the Bank’s Charitable Donations Committee Todd M. Tallman. “I am proud to be a part of an organization that places importance on our community.”

About Cornerstone Bank

Cornerstone Bank is an independent, mutual savings bank serving the residents, businesses, and communities throughout Central Massachusetts from offices in Charlton, Holden, Leicester, Rutland, Southbridge, Spencer, Sturbridge, Warren, Webster, and Worcester along with a Loan Center in Westborough. Deposits are insured in full by a combination of the Federal Deposit Insurance Corporation and the Depositors Insurance Fund. The Bank is an Equal Opportunity Employer, Equal Housing Lender, and SBA Preferred Lender. For more information, visit online at cornerstonebank.com, on Facebook or call 800-939-9103.

SCHOOLS

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is, try not to dwell on what could have been, but rather look toward what could be.”

The DESE has launched a remote learning initiative focused on addressing access to tools, internet connectivity, and educator training. Moreover, the department is conducting a survey of school districts to identify barriers that inhibit effective remote learning, including challenges around access to technology.

Over the next few weeks, an advisory group of administrators, educators, parents, students, and business leaders will engage external partners to mobilize resources for schools, including philanthropic gifts and in-kind contributions. The DESE will also solicit input from national and local education vendors regarding the potential to create a statewide online education platform for districts to opt into and customize, officials said.

State leaders also want to prioritize remote STEM learning to ensure that students don’t fall behind in this critical area.

“The DESE has established online STEM education resources to provide continued support for remote learning opportunities,” read a statement released by the Baker Administration. “This includes virtual STEM learning opportunities for both students and teachers.”

Per the Governor’s order, emergency childcare programs approved by state officials will continue operating. Currently, there are 523 emergency childcare programs statewide serving families of essential workers.

Meanwhile, the Department of Early Education is reviewing its regulations to develop new approaches to incrementally restore childcare capacity for family and center-based programs.

Also, the Massachusetts Department of Higher Education is deferring scheduled repayments for its no-interest loan program for four months. These deferments will help approximately 12,000 students, officials said. All no-interest loan accounts currently in repayment will automatically be placed in deferment from April 2020 through July 2020.

KTMS

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checks in with his teachers to ask questions and to respond to their feedback. He has not missed one assignment. This student consistently displays responsibility and commitment.”

Seventh grade: “Ava Sobosik completed all her scheduled distance learning assignments, including writing a letter to local nurses thanking them for their dedication to the community. She also went above and beyond to complete classwork for classes she is not scheduled in. Her email communication with teachers has been excellent.”

Eighth grade: “Russell Warfield, given the circumstances and limited resources, was able to complete the Rube Goldberg project, creating two musical instruments using only what he had at home. He has a great imagination, and his bright ideas and creativity bring something special to our school. He has consistently been an active participant in online learning.”

The school will continue to recognize its top achievers in the weeks to come. In the absence of conventional grading systems statewide due to the shutdown, it’s important for school officials to provide recognition to students who are excelling.

Check out upcoming editions of the New Leader for weekly updates on top performing KTMS students.



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How to handle the mental challenges of social distancing

The concept of “social distancing” was no doubt a mystery to millions of people prior to 2020. But in the wake of the outbreak of COVID-19, a novel coronavirus that was first discovered in China in late 2019 but soon spread across the globe, social distancing became a household term.

Social distancing refers to actions deliberately designed to increase the physical space between people to avoid spreading illness. The American Psychological Association notes that social distancing typically requires that people

stay at least six feet apart from each other while also avoiding gathering spaces such as schools, churches, concert halls, and public transportation. In an effort to prevent community spread, many state and provincial governments mandated the closure of all businesses deemed “non-essential,” forcing many working professionals to work from home full-time and temporarily putting millions of additional workers out of work.

Social distancing measures are designed to serve the greater good, and these efforts can be

effective at stopping the spread of harmful viruses like COVID-19. But social distancing also can produce unwanted side effects. The APA notes that research has shown that people who are social distancing may be vulnerable to fear and anxiety; depression and boredom; anger; frustration or irritability; and stigmatization. However, the APA also notes that research has uncovered successful ways to cope with social distancing.

• Make time for fun activities. Psychologists recommend balancing time spent on news and

social media with other activities unrelated to social distancing or quarantine. Make a conscious effort each day to read a book, listen to music or even learn a new language.

• Get news from reliable sources. Inaccurate information about COVID-19 can spread fear, making it even more difficult for people to cope with social distancing. The APA recommends people get their information from news outlets that rely on trusted organizations like the Centers for Disease Control and Prevention and the World

Health Organization.

• Maintain virtual connections with others. Face-to-face interactions may not be possible, but the APA notes the value of phone calls, text messages, video chat, and social media. These channels of communication provide an opportunity to stay connected with loved ones and express emotions.

• Maintain a healthy lifestyle. The APA advises everyone to get enough sleep, eat well and exercise while social distancing. Do not cope with the issues that result from social distancing by using

alcohol or drugs, which may only exacerbate feelings of anxiety and depression. People also can consider their telehealth options so they can access psychotherapists to help them through.

Social distancing has proven challenging for millions of people across the globe. As difficult as social distancing can be, there are ways for people to cope and stay in touch with their loved ones. More information about social distancing is available at www.apa.org.

How to use protective masks and gloves the right way

Personal protective equipment is well-known and utilized often within the health care community and various other industries. It only is in recent months that personal protective equipment, or PPE, became something the general population learned more about as the COVID-19 outbreak took hold in the western hemisphere.

According to the Occupational Safety and Health Administration, PPE is equipment worn to minimize exposure to hazards that cause serious workplace injuries and illnesses. PPE can include gloves, safety glasses, masks, earplugs, hard hats, respirators, or coveralls. In the medical community, PPE generally extends to gowns/aprons, respirators, face

shields, and more.

Even though the Centers for Disease Control and Prevention were only advocating for the use of masks primarily for COVID-19 patients and the health care workers tending to them, many people began to use gloves and masks of their own accord to safeguard themselves against contraction of the virus. Gloves and masks are only effective if they are used in the proper manner. The following are some guidelines for proper PPE use.

Gloves

The CDC says that gloves should fit the users' hands comfortably. Gloves can only prevent the spread of pathogens if hand hygiene is performed before and after wear, states the Associ-

ation for Professionals in Infection Control and Epidemiology.

To remove gloves properly, pinch the outside of one glove at the wrist without touching bare skin. Peel the glove away from the body, pulling it inside out. Hold the glove just removed in the other gloved hand and dispose of it. For the remaining glove, slide your fingers inside the glove at the top of the wrist, being careful not to touch the outside of the glove. Again, turn the second glove inside out while pulling it away from the body. Dispose of the glove properly.

Masks

Masks, sometimes referred to as respirators, also need to fit to be effective. Masks should be tight-fitting to the face.



Clean hands and put on the mask, molding the mask over the bridge of the nose and sealing it around the face. One strap should be high on the head, the other low around the base of the neck.

To remove the mask, tilt your head forward

and pull the bottom strap over the back of the head, followed by the top strap without touching the front of the mask, says APIC. Keep straps tight during the removal process. Don't snap the straps or touch the front of the mask, as this can spread germs.

(Directions provided are for N95 respirators. Other mask designs should be removed according to manufacturer recommendations).

PPE has become a household term. Proper usage is necessary to stay safe if and when masks and gloves are utilized.

How religious organizations are confronting social distancing

The outbreak of the novel coronavirus COVID-19 changed life as people know it. In the wake of the outbreak, hundreds of millions of people across the globe were forced to change how they work, how they spend their free time and even how they eat their meals as social distancing measures were enacted in an effort to stop the spread of a virus that, by late-March 2020, had already claimed the lives of thousands of people.

Seemingly no aspect of life was unaffected by social distancing measures, including how people celebrate their faith. To prevent the spread of COVID-19, many religious organizations were forced to reconsider how they interact with their congregants. For example, in recognition of changes

within the religious realm prompted by the COVID-19 outbreak, the United Synagogue of Conservative Judaism provided a free list of tools and resources (www.uscj.org/synagogue-resources) to help synagogues operate more effectively. Similarly, in accordance with an executive order from New York Governor Andrew Cuomo limiting social gatherings, the Roman Catholic Diocese of Albany canceled all public liturgies, but also announced measures to livestream Masses and even provided a schedule of those masses through its website (www.rcda.org/livemass).

Livestream religious services allow people of faith to continue to celebrate their faith. Such services also provide access to non-members who might nonetheless be looking for guidance during

a time that is unlike any many people alive today have ever experienced. The uplifting messages offered at religious services can help people confront and overcome feelings like depression and anxiety, which the American Psychological Association notes researchers have linked to social distancing. Being part of a community, even if that community is operating exclusively online, can provide a lift to those struggling with the potentially isolating consequences of social distancing.

People interested in engaging in faith-based services and programs while social distancing are urged to contact a local religious organization to see how it is providing spiritual guidance during this unique time.



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Expert offers virtual class in ‘tasty wild edibles’



Photo Courtesy

Russ Cohen with a bucket of black walnuts. (Photo from his Web site, <http://users.rcn.com/eatwild/bio.htm>).

BY GUS STEEVES
CORRESPONDENT

REGION — With everyone social-distancing and in-person events in limbo, area groups are routinely trying to fill the gap with online events. Some of them are just for fun, but some aim to teach people key skills that may well be important in a hard economy.

Last Friday, the state branch of the National Organic Farming Association was in the latter group, offering a free Webinar on “tasty wild edibles” from Russ Cohen. A few years ago, Cohen brought a similar program to Southbridge

in person, leading a walk at Westville.

Taking people on “a little virtual foraging trip,” he said his goal was to help people “connect to the outdoors through their taste buds.” He’s foraged wild edibles for decades, written a couple books on the issue, and noted there are dozens of them growing in our area, with some coming ripe throughout most of the year.

“In the northeastern United States, the risk of getting very sick or dying [from eating wild plants] is very low with a few exceptions,” he said.

Most of the time, he said, those exceptions “taste horrible,” so tasting then spitting out a very small piece is usually enough to identify them. Some of the most dangerous do not, however. He cited poison (or water) hemlock, a carrot family plant whose roots are very toxic but not nasty-tasting. Also, mushrooms are “much more risky than plants.” There are so many species, with many poisonous ones that look like safe ones, and many deadly ones that don’t taste bad, that he strongly advised people not to gather wild mushrooms without a lot of experience.

He also suggested people not eat plants found in certain places, such as along roads, industrial parcels and other “obvious sources of pollution” and popular trails. Many other places are safe — “use your common sense.” Among the best sites, he added, are organic farms, but seek permission on any private property.

“Think of your taste buds as a backup identification tool,” he said, adding modern foragers should not just taste-test, but “benefit from the accumulated knowledge” of millennia in numerous books, websites and experienced people.

That said, Cohen dove into a long list of generally common plants that are safely edible, starting with invasives. Such plants are commonly described as “bad news” because they choke out native plants, but at least 20 are edible, some are medicinal, and some are both.

“Ecologists would be thrilled if we picked and ate as much of them as we can,” Cohen observed.

One of the most common, with huge stands of it all over the state, is Japanese knotweed. By the time it’s large and obviously bamboo-like, it’s too tough to eat, but when young, “it’s really yummy,” he said. “I harvest a lot of this in the early spring,” when it’s in what he dubbed the “wild asparagus stage.” At that point, the plant’s new shoots are about a foot tall, usually surrounded by the dead plants from last year. It’s still good a little later, in the “wild rhubarb stage” at about two feet tall. At that point, he said, remove the “stringy” outer layer and the inner green part is “tasty and juicy.”

In our region, he added, knotweed is in this stage now through early May, and “not worth eating” later.

Harder to see, but ubiquitous, is garlic mustard. That’s also most edible about now; Cohen said by the time it flows, it’s too bitter for most people.

“The whole plant is very pungent and has a strong flavor,” he said, noting the early, tender shoots “are nice and soft and supple.”

Dandelions are likewise bitter if collected too late. He said that’s the plant “most responsible for turning people off wild foods.” If picked before flowering, when the buds and leaves are new, it has a flavor he described as a mix of spinach, artichoke, Brussels sprouts and corn and only needs boiling for about 60 seconds.

“It’s a very, very healthy plant to eat,” Cohen added. “It’s eating your medicine.”

Later, he added, “the entire plant is perfectly edible. Just rinse it off in your rain barrel water and pop it in your mouth.”

Other fairly small plants he mentioned included chickweed, chicory, stinging nettle, very young daisies, violets, sheep and lemon (aka wood

sorrel and purslane. Some plants do have chemicals that are dangerous in large quantities (the sorrels contain oxalic acid), but are “perfectly safe to eat in moderation with other things.”

In other cases, some people might have allergic or other mildly unpleasant reactions to certain plants. One such are day lilies, which cause nausea in about 20 percent of people, but are edible by others. Cohen noted people should taste-test it and pick only the orange wild ones, whose buds, young leaves and tubers are tasty; other colors might be hybrids with inedible species.

Much larger is the autumn olive (sometimes called a silverberry because of the silvery spots on its red berries), a very invasive bush about 10 feet tall. Cohen said they were introduced in the 1950s by people thinking those berries would be attractive to birds. They soon found birds love the berries, but the bush “doesn’t support native insects or caterpillars” and crowds out plants that do. (One place that has hundreds of them is the former golf course on Morris Street, Southbridge.)

“They fruit so prolifically that the picking is easy,” he said. At peak ripeness, the berry clusters will fall off “with just a tickle.” Generally, the redder, plumper berries taste better, but they “vary considerably in flavor from bush to bush,” he said. The berries can be eaten right off the plant, baked into pies and other things, or turned into “fruit leather” (pureed and dehydrated overnight).

Cohen said the USDA studied it and found the berries are very high in vitamin C and have 18 times more lycopene than tomatoes.

“We have a lot of wonderful edible native plants,” he observed. Unlike the invasives, “they play key roles in the ecosystem, so use forbearance and restraint so you don’t upset the ecological balance.”

Collecting berries and nuts has the least impact, while stripping leaves and flowers is “a lot more traumatic” to the plants, he added.

Several of those natives are trees. Oaks supplied Native Americans and countless animals with acorns for millennia, although the nuts need to be crushed and leached to flush out the bitter tannins. White oaks have the least tannins, while other species require more leaching (and more leaching also tends to eliminate the nutty flavor), he said.

Cohen said his favorite wild food is shagbark hickory nuts, which taste like “a pecan sprayed with maple syrup.” The best are found “out in the open, on roadsides or in the middle of a field, with many together.” Such cobs make it more likely you’ll get a good supply and still leave some for wildlife.

Black walnuts, by contrast, are harder to use; he described it as “a messy task” requiring a hammer, strong vise or rock to open the shell. But landowners are often “eager to get these messy, smelly nuts off their property,” and may let you collect them by the bucketful, he said.

Whichever nut you find, Cohen noted there’s two approaches to storing them. If you want to eat it, let it dry and “season one or two months,” and it will be easier to break open. But if you want to plant it, store it in a plastic bag in the fridge so it doesn’t dry out until planting time.

Among the non-nut native plants Cohen mentioned were various sumacs (those with the red clusters are safe; if it has white berries, its poison sumac, a wetland plant). Soaking the clusters in water and rubbing them, then filtering out the fibers, creates a “sumacade” drink in about 30 minutes. Cohen noted, however, that some people have “an ultra-high idiosyncratic sensitivity” to plants in this family and might be allergic, so it’s one newcomers should test first.

Later, when asked what wild plants he thought had the best flavor “for little to no effort,” he cited three: the mint family, bayberry (leaves are strong and need “just a little bit of that to convey the effect”), and wild strawberry. Regarding the latter, he said, “What it lacks in size it makes up for in intensity of flavor,” adding that’s also true of many wild versions of cultivated plants.

Regarding a question on fiddleheads, Cohen noted there’s only one edible true fern species — the ostrich fern. At this time of year, many of them look the same and are uncurling, so many people confuse them and sample nasty-tasting species.

“I’m playing the role of Johnny Appleseed for native edible species,” he said. He plants them in his own nursery so he can distribute them across the region. “It’s the way I feel I can give back,” he added.

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

Spencer resident has hands blessed before first clinical rotation

MANCHESTER, New Hampshire — Saint Anselm College sophomore nursing student

Magdalen Paul of Spencer joined fellow student nurses in the Abbey Church for a blessing before beginning clinical placements. The Blessing of the Hands Ceremony held on Jan. 24 is a college tradition that symbolically and literally pays honor to the hands of nursing students.

Paul, along with 96 other future nurses representing 8 states received the blessing of hands, marking the beginning of

their clinical rotations through Saint Anselm College’s nursing program.

To be eligible for this honor, a student must be in good academic standing and have completed three semesters of a liberal arts nursing curriculum.

The nursing students were joined by faculty, family, and friends, listening to prayer and reflection. Father Mathias Durette, O.S.B., presided over the blessing.

PERSON of the WEEK

KIMBERLY DEROSIERS, JENN WYSOCKI, & PATRICK TATRO

Kimberly Derosiers of East Brookfield and Jenn Wysocki of Spencer are true COVID19 warriors who have made and donated over 2000 masks and ear savers in the last few weeks.

Patrick Tatro of Spencer, of the Spencer Big Y is being commended for great crowd control procedures promoting social distancing, and for operating a clean, safe grocery store.

Thank you for all you’re doing for our community to help keep us safe.

If you would like to nominate an upcoming Person of the Week, please email your suggestion and the reason you’re nominating him or her, or a group of people to June at jsima@stonebridgepress.news. Thank you.

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CLUES ACROSS

1. Curved symmetrical structure

5. One's partner in marriage

11. Male admirer

12. Spend in a period of dormancy

16. Popular Easter meal

17. Doc

18. Bearing a heavy load

19. Gratitude

24. The Mount Rushmore State

25. Driving

26. Girl

27. British thermal unit

28. Makes a mistake

29. A defined length of time

30. Lions do it

31. Large quantities

33. Become less intense

34. Famed peninsula

38. Emerges
39. Rare Hawaiian geese

40. Dance style

43. Drove

44. Measures speed of an engine (abbr.)

45. Yankee hero Bucky

49. Midway between west and northwest

50. Monetary unit of Samoa

51. Makes clothing

53. Spielberg's alien

54. Agreeable to the taste

56. Injury treatment protocol

58. Cools your house

59. Imaginary line

60. New convert

63. Some do it to their windows

64. Wore away

65. Work units

CLUES DOWN

1. Remove body tissue

2. Harvester

3. Roadside living quarters

4. Excessive self-confidence

5. Lapp

6. Bicycled

7. Entrance to a passage

8. Western U.S. state

9. Grain towers

10. "Westworld" actress ____ Rachel Wood

13. Commercial

14. One who left a will

15. Makes it through

20. Within (prefix)

21. Sea patrol (abbr.)

22. Cigarettes (slang)

23. A doctrine

27. Constrictor snakes

29. Atomic #73

30. Baseball stat

31. Female sibling

32. A soft gray metal (abbr.)
33. Southern constellation

34. Belgian city

35. Go in again

36. In a different, more positive way

37. A place for sleeping

38. Blood type

40. Syrian news agency (abbr.)

41. A salt or ester of acetic acid

42. Millihenry

44. Populous Israeli city ____ Aviv

45. Widen

46. Magical potion

47. Acknowledging

48. Private romantic rendezvous

50. Cavalry sword

51. Terabyte

52. Artificial intelligence

54. Bullfighting maneuver

55. Breezed through

57. Santa says it three times

61. ____ and behold

62. 36 inches (abbr.)

PUZZLE SOLUTION

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Athletes, coaches crushed by cancellation of spring sports season

BY KEVIN FLANDERS
STAFF WRITER

REGION – The season is over before it even began for high school spring sports athletes.

Across the state, students and coaches held out hope for a salvaged season, and Massachusetts Interscholastic Athletic Association officials had plans ready for a shortened schedule. But the clock ran out on those hopes last week, when Gov. Charlie Baker announced that schools would remain closed for the rest of the academic year.

The lost season is especially devastating for seniors who were determined to capture championships and personal milestones after investing three years of hard work. They will always have the memories of big games and team bonding experiences, but they will also endure the uncertainty over what could have been.

“It’s hard to imagine being a senior looking forward to your last season, and then having it all taken away. It’s a horrible situation for everyone,” said David Prouty High School Athletic Director Chuck Fahey. “Our coaches

and athletes were prepared to come back if school returned. We wanted to make sure we were ready.”

Athletes throughout the area remained in contact with their coaches in April, discussing home-based workouts and strengthening programs that would prepare them for a possible season. Now coaches are doing what they can to offer support and guidance moving forward. For athletes who were hoping to showcase their skills to college recruiters, the lost season isn’t merely a current problem but a potential future blow.

School leaders thank their coaches for serving as mentors and a critical support system during this time.

“Our coaches have been reaching out to kids and keeping them focused. Now that things are over, it’s been hard for the kids,” said Leicester High School Athletic Director David Stanick. “Our athletes were hoping for a shortened schedule. It’s a difficult situation for kids to deal with, but our coaches and teachers have done a great job of supporting them.”

Central Massachusetts student-ath-

letes began the nightmarish 2019-20 year with the inability to play outdoor night games this past fall due to EEE. Moreover, several winter sports teams saw their seasons ended in the middle of playoff runs due to the inception of COVID-19. Co-state champions had to be named in some sports.

And now spring athletes are paying the steepest price of all. In addition to athletics, seniors are also dealing with the loss of all extracurricular activities, proms, class events, and graduations. Instead of celebrating with friends this spring and looking forward to commencement, they have been restricted to remote learning at home.

School leaders throughout the region are thinking outside the box for creative ways to celebrate their accomplishments.

“Our seniors will be hit the hardest with the shutdown. My thoughts are with them, as they will miss out on so much,” said Spencer-East Brookfield

Regional School Committee Chairman Jason Monette. “Even in tough times like these, we must remain vigilant but also do our best to stay positive.”

For athletic directors, discussions have shifted to the fall season and potential changes that might need to be made to ensure the safety of athletes and fans. Depending on statewide conditions come September, recommendations might be made for social distancing measures in bleachers at stadiums and gymnasiums. Preparations also need to be made for handling potential midseason outbreaks within a specific team or school, officials said. Experts have warned about a possible second wave of the virus in the late fall or winter.

In addition to COVID-19 discussions, separate contingency plans also might need to be made if EEE flares up again this fall.

“There is a lot to talk about. We want to make sure we are all prepared,” Fahey said.

One good deed deserves another

WARE — Country Bank, headquartered in Ware, knows that working together to support the needs of its communities has never been more critical than it is now. The bank continues to look for ways to make a difference for those on the front lines as they battle COVID-19. President and CEO, Paul Scully recently read an article on efforts by the Southbridge Hotel & Conference Center to assist first responders and healthcare workers by offering \$15 per night stays at their facility. Scully reached out to Charles “Chip” Norton, and committed to donating up to \$10,000 to help cover the cost of rooms for first responders.

“In times like these, acts of kindness can make such a difference in people’s lives. We are thrilled that the bank’s donation can assist the hotel in its efforts to support first responders and public safety personnel in providing a safe place for them to stay,” stated Scully.

Chip Norton, Manager of Franklin Realty Advisors LLC, and part owner of the Southbridge Hotel and Conference Center, said: “On behalf of the Southbridge Hotel, we are enormously grateful to the people at Country Bank for their support in assisting with the critical housing needs of the public safety persons and

hospital staff in Southbridge. The leadership demonstrated by their President and CEO, Paul Scully, is remarkable. As one of our most important lenders, Country Bank has once again demonstrated a strong civic commitment and a true partnership with the business community, a partnership that goes above and beyond expectations.”

In response to COVID-19, Country Bank has been focusing much of its philanthropy on supporting first responders, healthcare workers, and food pantries. Since March, the bank has donated a total of \$250,000 to area hospitals, including \$50K each to UMass, Saint Vincent’s, and Harrington Hospital, along with \$50K to the First Responders Recovery Home and \$20,000 to several area food banks.

About Country Bank

Country Bank is a full-service mutual community bank serving central and western Massachusetts with 14 offices in Ware, Palmer, West Brookfield, Brimfield, Belchertown, Wilbraham, Ludlow, Leicester, Paxton, Charlton and Worcester. Country Bank is a member of FDIC, DIF and the SUM network. Country Bank can be reached at 800-322-8233 or online at countrybank.com.

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THE GREAT
OUTDOORS
.....
**RALPH
TRUE**

The fantastic day we had last Saturday helped bring up the water temperatures a bit, but then the weather turned rainy and cold. It has set back many species of fish from becoming actively feeding in fresh water ponds, and it is also impacting the striper, & seabass migration. This writer spent almost four hours fishing Wallum Lake this past Saturday hoping to catch a few trout, but it never happened. Other anglers also had no success, including one angler that fished from 6 a.m. till noon, and never had a single hit. He trolled deep and everywhere in between. He tried lures, fly's, etc.! No fish.

Unfortunately, Wallum Lake has not set up a thermocline (a depth of water that has a constant temperature and plenty of oxygen). Getting to know the body of water that you are fishing will help in finding the thermocline. Wallum Lake normally sets up a thermocline at about 15 to 20 feet of water. In the early morning trout tend to leave the thermocline to surface feed, at which time they can be observed fining the water as they feed on bugs and insects. This can be a very hard time to catch them if you do not fish with fly's.

Using down riggers or lead core line when trolling in a boat will get your lure or bait

to the proper level where trout have been feeding in the thermocline. It will take a few minutes to find the trout, but you will eventually find the correct depth. Changing lures and trolling speed can also be a way to catch the sometimes finicky trout.

Of course, if all else fails you can fish from shore or anchor the boat and try power bait!

A bit of history on Wallum Lake and what was expected or should have happened over the last 30 years or so. At one point, Wallum was on the list of reclaimed ponds and was poisoned by Massachusetts Fish & Wildlife, killing most species of fish. It was expected to hold some of the best trout fishing in the state along with numerous other bodies of water in the state. The program was a big flop and after a few years the ponds that were reclaimed were restocked with the fish species that were removed.

Wallum Lake was one of the best trout ponds in the state for a few years, but at one point, acid rain became a big problem in many states. In cooperation with Rhode island, as the body of water lies in both states, liming of the lake was done to alleviate the problem. After a few years of liming the lake and efforts to introduce smelt into the body of water, they too were abandoned. Soon, Massachusetts & Rhode Island stopped stocking rainbow trout into Wallum, because they

claimed that the PH was not suitable for rainbow trout.

A group of local sportsmen banded together to alleviate the PH problem, hoping to get rainbow trout back into the lake. This writer contacted Living Lakes, which was an organization that was funded by the huge utilities that were causing the problem with their emissions. Fortunately, Wallum Lake was chosen by the company to spread tons of lime into Wallum using a precision piece of machinery aboard a large boat. Numerous tractor trailers arrived at the Wallum boat ramp more than 30 years ago and the lake was limed. To make a long story short Wallum Lake was again stocked with rainbow trout, and have done exceptionally well over the years holding rainbow trout.

Soon after, under pressure from sportsmen to stocked shoal spawning alewives into the lake to provide a forage fish for trout was done, and to this day the alewives are still present at Wallum Lake. Around the same time, again under pressure from local sportsmen an agreement with both Mass. & Rhode island was reached to make Wallum Lake a trophy trout pond. Unfortunately, both states could not work together and the plan was scrapped. More on Wallum Lake in the coming weeks!

Turkey hunting opened this past Monday under dismal con-



Photo Courtesy

This columns picture shows 11 year old Nathan, son of Captain Mel True with his first tautog of the year.

ditions.

This writer's column needed to be in by Sunday noon, so I do not have any reports from successful hunters! Send me some of your pictures for publication in this column. Send them to oldsalt_65@msn.com. There are five different species of turkeys throughout the United States, with most states having an annual bag limits at two or three birds. Alabama has an annual bag limit of five birds, with a predicted population of half a million turkeys and an annual harvest of only 1,000 birds. Massachusetts has raised there harvest limit this year to two bearded birds in

the spring, and one of either sex in the fall.

Many turkey hunters are not observing many birds in their regular places this year. It may be because of the mild winter and a good supply of food this year. During bad winters, turkeys concentrated around farms and were constantly feeding at manure piles or whatever they could find to sustain them through the winter. One thing for sure — there are a lot of turkeys to be harvested this year, right here in Massachusetts!

Take A Kid Fishing & Keep Them Rods Bending!

Planning a Summer Garden

Nothing jump starts "garden fever" like planning a bed of blooms! Whether you have visions of an elaborate formal flower garden or favor the simplicity of a side door cottage bed, plotting a flowering garden is a labor of love. Prepping for plants allows for an infusion of per-

sonality, fosters visual creativity and paves the way for a spectacular season of blooms unique to each planner! Read on for some easy tips and tricks to help you along.

Blooming Bulbs Nothing adds color and beauty to a garden for less effort than bulbs. Even if you didn't have the foresight to plant spring bulbs last fall, you can still enjoy summer blooms. Ideally, you should wait until the danger of spring frosts has passed before planting bulbs. If you think the threat of frost is over, think again. Garden experts give May 30 as the first safe planting date of the season.

Some summer flowering bulbs that have a history of success include Dahlias, Gladiolus, Cannas, Caladiums, and Daylilies. Just keep in mind in our zone you may have to dig up the bulbs and store for the winter for springtime planting next year.

To test whether soil is ready to work, squeeze some in your hand, then poke at the clump. If the clump breaks up easily into small crumbs, the soil is dry enough to till.

Getting a head start on bulb planting by starting them indoors increases your odds of success. Use deep pots and replant them outside once the ground has thawed.

Planning where you want to create "splashes" of color in the garden also includes how dramatic a statement you want your plot to make. Plentiful clumps of flowers demand attention and this method of planting has long been



TAKE
THE
HINT
KAREN
TRAINOR

a favorite of gardeners.

Another popular planting pattern is to "drift" flower varieties, which has been compared to painting the garden with a brush of color. Drifts can encompass waves of complementing bulb varieties bordering each other, or each flower drift can stand on its own, perhaps creeping across an incline or making its way along a stone wall. To ensure successful drifts, use a generous sprinkling of densely planted bulbs. Or, simply toss or scatter bulbs and plant them where they land for a natural meadow effect.

Perhaps the best rule of thumb for planting bulbs is the most obvious. Plant bulbs where you want to see color. Attractive uses include planting bulbs to border a perennial garden, to fill in a rock garden and as a decorative accent circling a mailbox post or light pole.

Garden experts recommend planting bulbs in crumbly soil with proper drainage, although hardy bulbs often thrive in less than satisfactory soil. Soil that has not been turned over in a while will benefit from loosening it up with a shovel. Your hole should be dug a few inches below where the bulb should sit to allow for fertilizer. Bulbs should be planted pointed side up. Flat tubers should be planted sideways for best results. Avoid any air pockets in hole which can inhibit growth.

Here are more tips and shortcuts are geared toward cutting time and effort in the garden.

*Plants that grow best in alkaline soil

such as geraniums and hydrangea will thank you with better blooms if you water them with a mild mixture of baking soda and water occasionally.

*The first thing to check if your azalea leaves are looking yellow is the soil pH. Azaleas need a soil on the acid side. Alkalinity locks up iron needed for green color.

*Adding Epsom Salt to plants has been reported to enhance the color of blossoms and leaves, promote new flowers and fruit, improve the root system and improve the strength of stems. For roses: Sprinkle one teaspoon of Epsom Salts per foot of plant height and spread evenly around the base for better blossoms and deeper greening. Add 1/2 cup sprinkled around the base and then scratched in, for strong production of new flowering canes and healthy new basal cane growth.

*Did you know most fragrant flowers are lightly colored or white? If you want to add a scent to your garden, be generous with white or pastel blooms.

Win Dinner for Two at the Public House
Your tips can win you a great dinner for two at the historic Public 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 dinner for two (a \$60 value) at the renown restaurant, located on Route 131 across the town common in historic Sturbridge. Because I'm in the business of dispensing tips, not inventing them (although I can take credit for some), I'm counting on you readers out there to share your best helpful hints!

PERSON of the WEEK

SPENCER POLICE & FIREFIGHTERS

This week's honor goes to the Spencer Police and Firefighters. "They have been driving around for kids who can't have birthday parties during the quarantine, helping to make their day special and a birthday that they will never forget. This is going above and beyond to make their day brighter."

Thank you for all that you are doing to help keep our community safe and for bringing smiles to the children's faces.

— Submitted by Crystal Letendre, Spencer, MA

If you would like to nominate an upcoming Person of the Week, please email your suggestion and the reason you're nominating him or her, or a group of people to June at jsima@stonebridgepress.news. Thank you.

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Lush peonies add beauty and fragrance to early summer gardens



GARDEN MOMENTS

MELINDA MYERS

Set aside a sunny spot in your garden or landscape for a few easy-care, herbaceous peonies. These traditional favorites are treasured for their bountiful early summer flowers, vigorous, shrub-like habit and amazing longevity. Peonies blend nicely with other perennials and are a good addition to both formal and informal garden designs.

The peony's sumptuous flowers and captivating fragrance have been admired by generations of gardeners. While many other plants come and go, peonies have staying power. The variety 'Sarah Bernhardt' was introduced in 1906 and has been popular ever since. Its plush, pale pink flowers have silvery tips and open late in the peony season.

To maximize your enjoyment, extend the peony season by growing an assortment of early, mid and late-blooming varieties. Choose wisely and it's possible to have peonies in bloom for a month or more. If you live in an area with rel-

atively warm weather, plant more of the early and mid-season varieties so the plants have plenty of time to display their blossoms before the weather gets hot.

Add variety to your peony display by including plants with different flower styles. Options include single, anemone, semi-double, double and bomb types. Herbaceous peonies also come in many beautiful colors, including white, cream, coral, pink, rose and dark red.

Start the season off with a few of the earlier bloomers such as Coral Charm, Buckeye Belle, Festiva Maxima, Bowl of Beauty, Black Beauty, Purple Spider and Red Charm (longfield-gardens.com). Coral Charm's lightly fragrant flowers are a unique blend of coral and cream. This semi double peony is the recipient of the American Peony Society Gold Medal.

The large double ruby red flowers of Buckeye Belle are displayed on compact plants that are the perfect size for perennial gardens. Pairing this peony with the snowy-white flowers of Festiva Maxima is a striking combination.

Transition into mid-season with the heirloom variety Red Charm. Its long stems have few side buds, which makes it great for cutting. And the rose-like fragrance perfumes gardens

and bouquets. For a completely different look, consider the fragrant, double bomb flowers of Lady Liberty. Its frilly inner petals are cream and apricot, and form a tight ball resting on a double row of flamingo pink petals.

Anemone-style peonies have frilly centers surrounded by a single or double row of larger petals. The variety Sorbet features layers of candy pink and cream petals. It is deliciously fragrant, with sturdy stems that are excellent for cutting. Don't overlook other classic, mid-season bloomers like Duchess de Nemours, Celebrity and Red Supreme.

Close out the peony season with the large, raspberry-red blossoms of the classic French double peony Felix Crousse, and other time-tested favorites such as Lady Alexandria Duff and the beloved Sarah Bernhardt.

Peonies are known for their extravagant flowers, but the plants themselves are almost as impressive. Leaves emerge in spring with a tinge of red and reach a height of three feet within less than a month. By the time the flower buds appear, the plants are the size of a small shrub. After the flowers fade, the peony's lush, deep green leaves remain all season, providing a nice backdrop for nearby blooms. As temperatures cool in fall, the foliage



Photo Courtesy

Sarah Bernhardt peony, introduced in 1906, is one of the world's most popular peonies.

often displays a nice reddish fall color.

Bare root peonies may be planted in spring or fall. After planting, they will take some time to settle in. Young plants need 3 years or more to reach full size, but after that, they will flower every year for decades to come.

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 Longfield Gardens for her expertise to write this article. Her Web site is www.MelindaMyers.com.

Finding your joy wherever you are

As many of you know, I am in the midst of a health challenge. During the last few days, I have spent most of my time indoors and in bed. It's not like me, but we all have our moments of weakness. That's okay as long as we do not choose to remain there. It is our job and our job alone to decide to get up and get moving.

Saturday, I got a little help from Arlene, as she insisted, I get up and come outside for a walk in the sunlight. I resisted but after almost forty-five years, I have learned to resist is futile. So, I got up, got dressed and we headed out.

I immediately felt better. As we walked and talked, I spied a colorful kite flying out from the neighborhood adjoining our property. I was mesmerized by the simple beauty of the red, yellow and blue kite framed by a clear blue sky.

I imagined a young child at the end of the string. Wide eyes and a big smile playing across his/her face. I reminisced about the joy of flying a kite as a child. I looked forward to our Cub Scout Pack annual kite flying festival. All kites were built from scratch and they came in all different shapes sizes and colors. I hadn't thought about my kite flying days for years, but the joy filled memories flooded my heart ... and I wondered ... is it possible that the child at the end of the string was receiving as much joy from the flight of this kite as I was?

It reminds me of the many simple pleasures of life. They abound all around us, but we must be open to the experience. As I always say, what we look for we usually find. I was in need of finding a distraction to the combination of quarantine and chemotherapy and found it overhead at the hand of a child I've never met.

What is it you are looking for? You must be discerning at what you let into your head and heart at times like these. I hear the talking heads arguing on TV

and shut it off. I know there is pain and suffering for those needing to work but are prohibited. I know and grieve at the sickness and death at the hands of a virus we still do not completely understand. I don't think anyone wants or is welcoming our current situation, but what purpose is served by dwelling on the negative?

Look for the positive in every circumstance. Too many people look for the misery and pain in the world and it's easy to find. Instead, seek out and identify the beauty around you. Find your joy in the moment. Count your blessings and you'll be surprised at the abundance. They are there but you must open your eyes and seek them. Look for the good, the clean, the positive and the beauty in this day. Catch and recognize the kindness of others. Dismiss the negative as unnecessary and unhelpful mind pollution.

And be encouraged. Great things are happening. In most states the curve is flattening, while in others it will flatten soon. Americans have pulled together in cooperation, and in mass, have quarantined and cooperated. The results are good and getting better. I believe we are winning this attack to our lives and livelihood.

Be positive. Be optimistic. Make the best of this bad situation and look for the joy wherever you are. It's there to be found. It is our job to seek it out. It's easier not to ... but it is worth the effort.

I've found great joy and happiness in this day from places I did not expect.

Will you join me? ■

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.garyw-moore.com.



POSITIVELY SPEAKING

GARY W. MOORE

MEALS

continued from page A1

the Rosary Church, and East Brookfield Baptist Church.

"Rain, snow, or shine, more than 65 professionals have come out over the past four weeks to distribute meals," Haughey added. "Having handed out food myself on several occasions, I can tell you that this service has really helped us connect with the parents, families, students, and the communities we serve."

According to the district's director of food services, Brianne Pulver, officials served 1,116 meals from March 23 through April 6. Demand has increased in the weeks since, and district leaders and volunteers have been up to the challenge. During a five-day period toward the end of the month, the district provided 650 meals to families.

School officials have also relied heavily on contributions from local

businesses and organizations. AA Transportation regional manager Melody Miller has volunteered her time to assist the Grab and Go Meals Program, which comes as no surprise to residents. The AA Transportation staff is always active in volunteerism, leading an annual toy drive each December and several other programs throughout the year.

"AA Transportation has been with us since day one. This program would be extremely difficult to do without their vital set of transportation services and support," Haughey added. "I want to give a huge shout-out to AA Transportation for their partnership and support of this vital program."

Moreover, FLEXcon has provided arts and crafts hands-on learning kits for the district's younger students. In just three days last month, officials distributed more than 250 arts and crafts kits.

"As we closed out the third week, we had exceeded 650 total arts and crafts kits. The students, parents, and families continue to ask for them each time they come out to meet up with us," Haughey said.

Although the crisis has brought unprecedented hardships to the district's families, school officials have been encouraged by the community solidarity. With students home from school and parents struggling to get back to work, volunteers have significantly eased the burden over the last month-plus.

"None of this would be possible without everyone coming together, working together, and staying together throughout this international pandemic," Haughey said. "Everyone here in the SEBRSD knows how to step up and meet the needs of others in a time of crisis. I am so proud to work with so many outstanding people."

programs will also be rescheduled to 2021.

"We are certain that celebrating 101 years of East Brookfield will be just as fabulous as celebrating 100 years," Gablaski told the New Leader.

No dates have been set for the postponed events. The anniversary committee encourages residents to check out its Facebook page for updates as they come in. There are also several posts on the page featuring facts about the history of the town.

CELEBRATION

continued from page A1

bration when residents can all enjoy large events again without distancing restrictions. The 100th Anniversary Committee is planning to move all of its events from this year to 2021. These include a 7K run and walk; a strawberry festival at Podunk Chapel; a parade and family fun day; and a cemetery tour, among others. The Roaring Twenties dance and other previously postponed

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EDITOR

EDITORIAL

Where was the
“Shot Heard
‘Round the
World?” fired?

April 19, 1775 — a short 243 years ago, right around this time — marked the start of the Revolutionary War after the battles of Lexington and Concord. Normally, the event is commemorated with reenactments and various other celebrations; however, due to social distancing requirements, that did not happen this year.

The debate continues to heat up, however, as to whether or not ‘The Shot Heard Round’ the World’ took place in Concord, or in neighboring Lexington.

This time in our history, while brutal and necessary, brings with it much intrigue for many. The tenacity and bravery of those who fought for our independence is beyond admirable. The events that took place during the Revolutionary War, read like a novel in modern times and have been brought to life through books and films where we need to be reminded that this story is not fiction.

On that spring morning, more than 700 British soldiers who were given a secret tip on the whereabouts of colonial military supplies in Concord, marched towards town to confiscate the lot. The Patriots who had developed a top notch intelligence network, largely the work of George Washington’s Culper Ring, and the Sons of Liberty, had received notice weeks in advance and were able to move the supplies to safety.

Paul Revere and William Dawes had plans to ride ahead of the British troops to warn other Patriots. Knowing the task was risky, Revere secured the help of about 30 other men to make sure word reached Lexington and Concord if the two were captured. Revere told militia leaders to look at the steeple of the Old North Church each night for a signal. One lit lantern meant the Regulars would come by land through the Boston Neck. Two lanterns meant the British would come via the Charles river on row boats into Cambridge, ‘One if by land, two if by sea’.

The night before the famous battle, Dr. Joseph Warren sent Dawes to Lexington where he was joined with Revere to warn Sam Adams and John Hancock that the British were coming.

It was midnight in Lexington when Revere and Dawes were joined by a third rider, Dr. Samuel Prescott. Prescott had been courting a woman in Lexington and met Dawes and Revere by chance. Because he believed in the cause, Prescott joined the men. The three riders were stopped by a British patrol not long after. Dawes was able to escape by reversing his direction. Prescott jumped a stone wall and fled using a short cut only locals knew about. The doctor was the only rider to reach Concord. Revere who was now captured, was surrounded by six Regulars and was searched and interrogated.

“An officer clapped his pistol to my head, called me by name and told me he was going to ask me some questions, and if I did not give him true answers, he would blow my brains out,” Revere wrote in his diary.

The Regulars were spooked by the sound of gunfire in the distance, and let Revere go after asking him for an alternative route to town. Revere made his way back to Lexington where he regrouped with Hancock and Adams, who planned an escape to Woburn.

Throughout the night, the ‘Rebels’ gathered to intercept the British. When the red coats were seen marching onto the Lexington green, the local minutemen knew they were outnumbered. Out of the dawn a shot was fired, and no one knows to this day which side was responsible for it. After the scuttle on the green, eight minutemen and one British soldier were killed. There were accusations from both sides laying blame on one another.

William Sutherland, a British soldier, is on record saying, “I heard Major Pitcairn’s voice call out. ‘Soldiers, don’t fire, keep your ranks, form and surround them.’ Instantly some of the villains who got over the hedge fired at us which our men for the first time returned.”

Sylvanus Wood, a minute man had recalled something different, “he swung his sword, and said, ‘Lay down your arms, you damned rebels, or you are all dead men – fire!’ Some guns were fired by the British at us from the first platoon, but no person was killed or hurt, being probably charged only with gunpowder.

VIEWPOINT

OPINION AND COMMENTARY FROM SPENCER, LEICESTER AND THE BROOKFIELDS

LETTERS TO THE EDITOR

Things could be so much worse

To the Editor:

While watching the snow fall on my daffodills, and the white caps, on the lake across the street, I was thinking about the variety of things I might address today. Like most home owners, regular maintenance, repairs and improvements, are always available activities. Having been sequestered inside, for much of the last several weeks, most of my honey do’s are outside, and with today’s winds and chill factors and a relatively empty dance card, can wait for fairer weather.

As a Brookfield resident, we are enrolled at the local transfer station, which has always included take and leave tables of good used items, and a shelved trailer where our local library retires its books. Over the eight years that we have been here, we have enjoyed picking through the shelves, finding many great reads, and some not so great, all of which we have recycled back to the source. Because of the potential to transfer this virus on surfaces, all leave and take is suspended-leaving only trash and recycle drop off. Fortunately, my wife being a voracious reader, had the foresight to grab a large box full of books before the closing.

When she told me her plan, I through a few titles in myself, figuring a good novel or a few would pass the hours I would not be watching sports.

I had figured that “From Beirut to Jerusalem,” by Thomas Friedman, would be a spy novel, with Mossad saving the day.

What it was in fact, was a journalist from Minnesota imparting stories about his experiences being posted in Lebanon and Israel.

As I was reading his story, it brought back memories of one of my Army vet sons, comparing notes with one of my tenants, a former middle school math teacher in Baghdad. His comment was hating to go back to visit his

relatives there, as when you leave the house, you don’t know if you will be back. Friedman told of being told by his driver that he would be safer in a hotel, and that he would have his family stay at his apartment so refugees would not take it. As it happened, when they didn’t give it up, they blew up the building, killing the driver’s wife and two youngest daughters. He told of a socialite having a party near a contested area, asking her guests if they were hungry now, or wanted to wait for the nightly ceasefire. He told of a woman used to the constant shooting, but so terrified of car bombs,, that if traffic caused her to stop, laid on the horn none stop until moving again .

I am sure that most of yearn for the freedoms of yesteryear. That said, I am quite content with the actions and decisions or governor has, and continues to make. I watch the actions and decisions being made in D.C. and in various states, and try to sort out whether they are entering a minefield wearing ear-plugs, or knowing that one of the jelly beans in the gallon jar is poison, are still ready to grab a handful.

Being of an age and condition, where contracting this disease would likely not go well, the old expression «cheer up, things could get worse.” Watching many others consider my life, a risk they are willing to take, means I cheered up, and things did get worse.

If having a family made up almost exclusively, of essential personnel, limits even that interaction., at least I have the time to dwell on these thoughts, and fire off another letter to my granddaughter quarantined at an Air Force base in Texas. Never thought I would say so, but can’t wait for yardwork. Stay safe.

KEN KIMBALL
BROOKFIELD

Donations welcome for care of Pine Grove Cemetery

To the Editor:

The Pine Grove Cemetery has been accepting donations to help with the care of the cemetery. If any lot owner is not aware of the current financial need, please send your name and address in an email to pinegrovecemeteryspencerma@gmail.com. They will be sent a pamphlet with information and details on how to donate.

To date, we have received \$6,950 in subscriptions. Thank you to those who have sent in a donation for their family plot(s). This is a very good start but does not cover the difference between operating costs and income each year.

The Board of Selectmen have been consulted regarding taking over the cemetery. The PGC Board has been requested to and will provide the last five years of operating costs and income so the Board of Selectmen can present the need to the town at the October Town meeting. This is being worked on.

Our collective values

To the Editor:

I can only hope that Ms. Anne Starzyk has gotten the point. Our leaders have not listened to her pleas to re-open the economy. We have been under unprecedented restrictions unimaginable only a few months ago. The coronavirus outbreak was described by Dr. Fauci as a “runaway train.” I think the U.S.’s half-hearted attempt at plague management has turned it into a “slow moving train wreck.”

It is important to note that when Ms. Starzyk’s first plea to re-open the economy was written (and ignored), the U.S. had 308,800 COVID cases and 2,602 deaths. At the time of writing, we now have 959,000 cases and 54,172 deaths in the United States alone. How many will it be by the time this letter is read? How many will it be by the time Ms. Starzyk asks our leaders to let her and the private sector manage this plague?

As I’ve asked before without answer, how many bodies will it take to get through to the “Don’t Tread on Me” crowd? Will it take images of mass graves in state parks because there is simply no other viable solution? Will it take the grim reaper invading your circle of friends and family? How do those who espouse Christian values possibly reconcile their disregard for other people’s lives?

As we discuss re-opening the economy, it is important to understand how to measure our risk. The risk to the community and the risk of spreading COVID is a function of how many cases are in the community. If we look at the daily cases reported in the U.S. we’ll

find that when we first shut down it was about 2,000 per day and increased to about 30,000 per day in about two weeks. Our severe restrictions stopped the exponential growth, but we have approximately 15 times the pre-symptomatic but contagious active cases compared to when we shut down. The risk won’t be equivalent to shut-down day until we are back down to 2,000 cases per day. Worse yet, we now know that 2,000 cases per day is enough of a seed to fuel an out of control exponential growth, so if we beat it back to that level, it isn’t enough. We would need to bring it far below 2,000 per day and hold it there for two weeks.

We stopped the exponential growth runaway train, but we are at a stable and high level of infections. The U.S., despite only having 5 percent of the world’s population, represents 33 percent of all new infections, while we have conservatives screaming to re-open and states like Georgia are actually listening to the idiots.

The response to the COVID-19 plague in different jurisdictions around the world is a powerful statement of collective values. The United States is proving itself to be the world savages.

When China realized what they were dealing with, they shut their country down, saved lives, and eventually re-opened, and their economy is 97 percent operational. Italy freaked out over 10,000 cases and 1,000 dead, while we look at one million cases and 54,000 dead and say, “we are sick of saving

How should
Millennials
respond
to market
decline?



FINANCIAL
FOCUS

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BURDICK

The coronavirus crisis has unsettled every age group, as we are all worried about our health and that of our families and communities. And if you’re in the millennial generation, generally defined as anyone born between 1981 and 1996, you might also be concerned about your financial future, given the sharp decline in investment prices. How should you respond to what’s been happening? Your view of the current situation will depend somewhat on your age. If you’re an older millennial, you had probably been investing for a few years when we went through the financial crisis in 2007-2008. And you then experienced 11 years of a record bull market, so you’ve seen both the extremes and the resilience of the investment world. But if you’re a younger millennial, you might not have really started investing until the past few years, if you’ve started at all, so you’ve only seen a steadily climbing market. Consequently, you may find the current situation particularly discouraging, but this is also a lesson in the reality of investing: Markets go down as well as up. But no matter where you are within the millennial age cohort, you might help yourself by taking these steps: Enjoy the benefit of having time on your side. If you’re one of the younger millennials, you’ve got about four decades left until you’re close to retiring. Even if you’re in the older millennial group, you’ve probably got at least 25 years until you stop working. With so many years ahead, you have the opportunity to overcome the periodic drops in investment prices, and your investments have time to grow. And, of course, you’ll be able to add more money into those investments, too. Invest systematically. The value of your investments will always fluctuate. You can’t control these price movements, but you may be able to take advantage of them through what’s known as systematic investing. By putting the same amount of money at regular intervals into the same investments, you’ll buy more shares when the share price is lower – in other words, you’ll be “buying low,” which is one of the first rules of investing – and you’ll buy fewer shares when the price rises. Over time, this strategy can help you reduce the impact of volatility on your portfolio, although it can’t ensure a profit or protect against loss. Plus, systematic investing can give you a sense of discipline, though you’ll need to consider the ability to keep investing when share prices are declining. Focus on the future. You’re never really investing for today – you’re doing it to reach goals in the future, sometimes just a few years away, but usually much further out. That’s why it’s so important not to panic when you view those scary headlines announcing big drops in the financial markets, or even when you see negative results in your investment statements. By creating an investment strategy that’s appropriate for your risk tolerance and time horizon, and by focusing on your long-term goals, you can develop the discipline to avoid making hasty, ill-advised decisions during times of stress. As a millennial, you’ve got a long road ahead of you as you navigate the financial markets. But by following the suggestions above, you may find that journey a little less stressful.

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

An open letter to
Rep. Vernon Jones of Georgia

To the Editor:

I read this week of your remarkably brave decision to publicly break with the Democrat Party in the Georgia Legislature by announcing your endorsement of the re-election of President Trump. Due to their lockstep, herd mentality, which severely punishes the slightest deviation from the Party's diktats, it is almost unheard of these days for any Democrat anywhere to dare offer an honest, positive, and fair assessment of the President, or just a kind, respectful word.

But, here you are, a black-no less-Democrat office holder who sees the President as one who has done well by and for the black community in several respects: lowest unemployment rates in history; vastly increased aid for HBC (Historically Black Colleges); criminal justice reforms important to the minority sectors of the culture; and efforts to protect jobs held by blacks increasingly threatened by cheap, foreign labor often in the country illegally. Had he not been blocked at every step along the way by liberals from both parties, Mr. Trump's administration could have accomplished even more for the beleaguered black denizens of the American inner-cities and poor rural areas of the South.

You, being that most rare of liberal politicians, an apparently honest and fearless man of integrity, had to know your announcement would bring down the hounds of hell on your head by those genial avatars of tolerance and inclusion, your fellow Democrats. Even you, though, were taken aback by the vitriol, the hatred, and the contempt directed at you almost immediately by your party compatriots both black and white, from within and without your state. So, in your shocked dismay you resigned your position.

Thankfully, your manhood returned a few days later, and you told the rest of the Stalinists they could go to hell, you

were withdrawing your resignation and you would be there in the legislature for the two years remaining in your term. Amen, brother! Good for you, and stay strong as they will assuredly attempt to make your life as miserable as they can.

But, Mr. Representative, why are you surprised? These are liberals you are dealing with, the most vicious, power-lusting, unforgiving, corrupt, lying, cheating, hate-filled class of American citizens (of all races!) ever to appear in our history. If you serve their interests you're tolerated, at best, but if you don't? They hate your guts and want you out of the way, and will make an example out of you, no matter what it takes.

You rubbed salt in their wounds when you commented that the liberal establishment wants you and your fellow blacks to remain "on the plantation." I thought only right-wing crazies like myself used that term, but I am encouraged now to see that it is gaining currency among rational observers of the scene in other constituencies, like yourself. Because, it's true. For fifty years, now, adherents of the abominable "Great Society" of the LBJ's, the Kennedy's, the Clinton's, the Obama's, the Biden's, the Pelosi's, the Schumer's, and a legion of other "progressives" have clung to power thanks mainly to the monolithic voting support (95 percent) from the black community, in large part made totally dependent on the federal and state governments for their very existence thanks to a half-century of ruinous liberal social and economic policy.

By any measure—health, employment, education, family, crime, life expectancy, church involvement—any of it — Democrat welfare state policy has devastated the black family in every way possible. It's incredible to learn, but the black experience for the first hundred years after slavery ended demonstrated far stronger families, better men who

Turn To **MCRAE** page **A10**

This so-called President is beyond
irresponsible

To the Editor:

It has been weeks since President Trump was shamed by every corner of non-cult-following society over his insistence on hydroxychloroquine to treat coronavirus. Trump clearly wanted a magical miracle drug to just fix it all. Unfortunately, that wasn't supported by the facts. Bizarrely, his loyal base came out swinging in defending his repeated insistence that "The hydroxy" is the miracle we've all been waiting for. Of course, it was studied, it had no positive effect compared to the control group, and it caused heart problems including giving some of the test patients heart attacks.

In a move of irresponsible spite, President Trump abruptly fired Dr. Rick Bright who was the Director of the HHS Biomedical Advances Research Authority. He insisted that the government invest the billions of dollars allocated by congress into safe and scientifically vetted solutions and not other treatments that lack scientific merit. Dr. Bright says he resisted "misguided directives" to promote hydroxychloroquine as a treatment for COVID-19 as well as resisted efforts to fund companies with political connections for treatments that lack scientific merit. Trump said he'd never heard of the guy when asked. What endangers the American public going forward is how will Dr. Bright's replacement act the next time Trump seizes on a dangerous anecdote? How will the remaining administration react when they should tell Trump he's wrong about something? Is the entire NIH, CDC, and HHS about to become yes-men to protect their pensions?

Just when I thought I had heard it all, the President of the United States suggested that exposing the inside of a coronavirus patient's body with UV

light, injecting disinfectant, drinking bleach, or getting these things inside the body "some other way" could kill coronavirus in minutes or seconds. To his credit, he did say that "you're going to have to use medical doctors" for that sort of thing. The White House later said that Trump was being sarcastic and the president himself said he said those things just to see how the media reacted... I call BS. Trump is not a comedian, it wasn't intended to be funny, and he seemed to believe these things as he said it. In the aftermath of this press conference Trump said he would be scaling back press conferences because they are a waste of time.

Who would have thought that "Drinking the Kool-Aid" was only to refer to the Jonestown cult massacre and live only a life of metaphor? Given the strength and breadth of Trump's cult following statements such as this is especially dangerous.

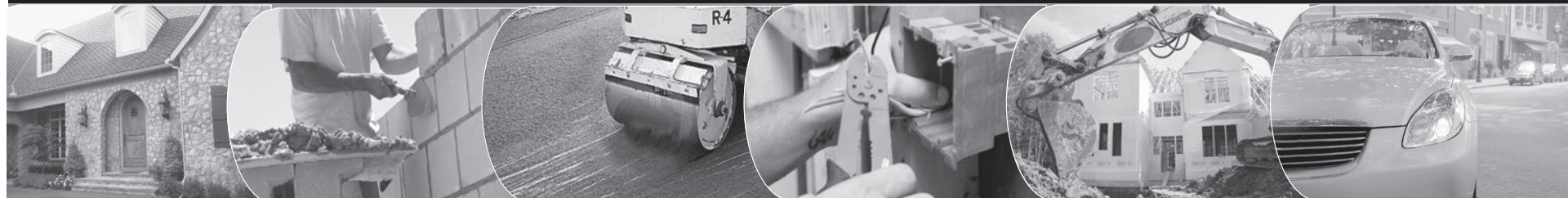
I wonder what the head of the CDC and CEOs of Clorox and Lysol thought when they had to issue a warning to disregard the President.

As irresponsible of his disinfectant injections, ingestions, whatever he wanted to do with UV light, or an aerosol lung cleaning is, this is not the most dangerous thing Trump has said or done. Even his zombies know not to listen to that stuff. What is more dangerous is him tweeting support for protests against (only) Democratic governors, egging on armed protests, and encouraging his supporters to undermine the government.

We, as a nation, put our heads in the sand for many weeks at the beginning of this. The outbreak is 10 times worse than it would have been if we reacted when it became clear what we are dealing with. What would one tenth the car-

Turn To **KASPI** page **A10**

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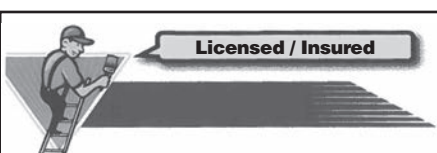
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HAR-YAROK
continued from page A8

lives, let’s get back to making money.” Countries like Malaysia shut their country down when they had 600 cases increasing at 100 per day and it was a real shutdown where you would get pulled over and asked your business if you were out of your house and super-markets allowed only 20 people inside at a time. Neighborhoods identified as hotspots literally had barbed wire put around them to prevent any movement in or out with the army bringing food. Malaysian infections are coming way down and they’ve only had 98 deaths and new cases are at 50 per day. New Zealand is on complete lockdown, where passengers aren’t even allowed in cars because the only reason to drive is to buy food, and each person gets 90 minutes outside of their house each day to exercise or walk dogs (no double dipping), and gathering of more than two people are broken up by the cops. New Zealand has 1,470 cases and has gotten

MCRAE
continued from page A9

cared for their children and their families, far less violent crime and social disruption, more love for true education, etc., than anything the “reforms” of the 1960’s bequeathed the nation. But, it’s horribly incorrect-politically--to say such things.

Here’s what one other--of the precious few--honest liberals had to say in 1969 about the situation:

“There is an unmistakable lesson in American history: a community that allows a large number of young men to grow up in broken families, dominated by women, never acquiring any stable relationships to male authority, never acquiring any set of rational expectations about the future--- that community asks for and gets chaos.»

Sen. Daniel Patrick Moynihan, D-NY

Mr. Jones, it’s policies, not people, that destroy things. Your party, and the people who run it have led the way in the decimation of not only your brothers and sisters, but those communities of poor whites and other “people of color” as well. All your party demands in exchange for the pittance they send the “underserved” each month is their vote---forever. And for those “chained” by progressives to the “big house” of the welfare state plan-

new cases down to 10 per day. New Zealand is talking about eradicating the disease, not controlling it.

I have read much about how conservatives and even the apolitical think that the shutdown is not based in fact and science but instead part of an elaborate attempt to take down Trump. How then, do you explain the global response? Why are the vast majority of civilized nations across the globe treating COVID-19 more seriously than us? Do you really believe Malaysia and New Zealand are sacrificing their economies to give credence to the American liberals’ attempt to tie high unemployment around Trump’s neck?

Why is it so bad here and so much better other places? Because we never took the shutdown seriously. We have dump trucks full of dirt and rocks driving around because road construction is “essential”. We have people visiting other people. We have restaurants serving takeout. We have 75 percent of our economy still operating somehow. Our “rule of law” people are taking the governor’s orders as misguided recommendations.

tation, things never get any better.

One of your contemporaries--also black--Michigan State Rep. Karen Whitsett, D-Detroit, is, like you, experiencing the same sort of fury directed at her by her state party leadership. Her crime? Thanking President Trump for mentioning Hydroxyquoloquine as a possible treatment for the Chicomvirus which she is convinced saved her life. Even a simple expression of sincere appreciation to the hated man is verboten and cannot be allowed to stand; she must be destroyed. An embarrassment to the Party!

To return to the “plantation” metaphor: Mr. Jones, what you and Whitsett and any other once-reliable black Democrat who strays the tiniest bit is experiencing is the same thing slaves recaptured after having run away into the swamps endured: a taste of the lash. Don’t grovel, Mr. Jones. Don’t accept their “mess of pottage.” Eschew their reprieve!

You are absolutely correct in seeing not necessarily Mr. Trump himself but, rather, his policies for all Americans, as the best hope for raising up the conditions and realistic aspirations of our countrymen and women wherever they might find themselves. Illigitimi non carborundum est, sir, and Godspeed!

JOHN MCRAE
EAST BROOKFIELD

KASPI
continued from page A9

look like China, India, and Russia – other large countries that have one tenth of the case count and death toll compared to America. Glorious America to the rescue to show the world up... What would worse look like? Belarus and Brazil are in out of control exponential growth, total cases growing by 12 percent every day. Is that what we want? As we look around the world, which countries do we want to be more like, Brazil and Belarus or Western Europe, Japan, and Oceania? Who knew that Brazil and Belarus knew so much about freedom and apple pie.

Unfortunately, though the horse is out of the barn, we did such a poor job at controlling the pandemic that it is possible the only solution may be herd immunity after wave after wave of reinfection. It is now everywhere and we are inching closer to armed mutiny because re-opening the bars and sporting events somehow preserves our freedom better than managing public health and those that don’t agree or use the apparatus of government to save us from a virus are ever closer to getting an injection with lead.

The concept that Trump was a good business man and for that reason he should be our president was never based in reality. Trump has a history of driving his businesses with the pedal to the metal until they crash. His hotel and casino businesses went bankrupt six times. The casinos are especially funny, how does that even happen? Then the airline, the football league, the beverages, steaks, his “University,” and the list goes on and on. He even lost his 14-year long TV show because NBC dumped him after calling Mexicans rapists. Now, the United States of America is his latest

they opposed establishing healthcare as a human right to the point of one presidential candidate having a “let them die” chant in one of his rallies. Back in 2010 they tried to sink Obamacare by falsely claiming that end-of-life options counseling would amount to death panels and that Obama was going to kill Nana which was absurd from day one. Fast forward to 2020 and they are now saying “she was on her last legs anyway” as we look down the barrel of infectious disease. They claim to value every human life as they say “a mortality rate of less than 2 percent is OK.” The mortality rate for people over 60 is actually 8 percent, over 70 years old 15 percent, and then it becomes nearly a death sentence over 80.

I think we know who the savages are and where the savage land is from which they hail. It is the conservatives and they come from the United States of America.

OMAR HAR-YAROK
EAST BROOKFIELD

venture that he pedaled to the metal only to crash. He was too concerned about the stock market in February to believe the experts about the coming pandemic and now the carnage is immeasurably higher.

Most of us got substantial coronavirus relief checks, I suppose to “fix it.” The checks were delayed because DJT wanted to sign them himself despite it being illegal for the president to sign Treasury checks because it would look too political (i.e., prevent him from what he wants to do). The workaround – he will sign the memo area. While some people are hurting and need the relief, this really looks like a ploy to buy votes. I don’t need the money, yet I’m getting it. I am actually financially better than ever – I am working from home getting my full salary, my kids are home and not in childcare saving me money, and I have nowhere to spend the money. So, why am I getting it instead of it being targeted towards the small businesses that are hurting so badly? It looks like a cheap ploy to buy votes by pushing out DJT-bucks to as many people as possible.

As easy as it to get angry at President Trump, it isn’t his fault. When somebody gives a monkey a gun we don’t blame the monkey. The blame rests on his voters, and it isn’t equal. The most reprehensible are the retired teachers who should have known better – they have the education and perspective to know how dangerous a narcissistic megalomaniac is and know how poorly DJT understood seemingly anything.

To Trump supporters: We have 55,335 COVID deaths and counting, what would you say to the 50,000 families of people who wouldn’t have died had we taken this seriously?

To the “open the economy” chorus: How many deaths are acceptable?

TANYA KASPI
SPENCER

LETTERS

Extra! Extra! Read All About It!

We think you’re important enough to tell all our readers to turn to the Opinion pages and read your Letters to the Editor.

But first, you have to write us!

Mail your letters to the Spencer New Leader, P.O. Box 90, Southbridge, MA 01550.

Or e-mail your letters to the editor at news@stonebridge.press.news.

You’ll need to provide your name and place

of residence, along with a phone number, so we can verify the letter is yours.

We don’t have a set limit, but if you keep it around 600 words or so, you’re going to have a better chance at seeing all your words in print.

If you want to write a bit longer about a particular issue, maybe a guest Your Turn column is your cup of tea. If you do that, try to keep it between 700-800 words.

Remember, libelous remarks and/or personal attacks are a no-no and could lead to your letter not being published.

So, what are you waiting for? Start writing!

LEGALS

**Commonwealth of Massachusetts
Probate and Family Court
Worcester Division
225 Main Street
Worcester, MA 01608
Docket No. 20WO20P0929EA
Estate of:
James R Wright
Date of Death: February 12, 2020
INFORMAL PROBATE
PUBLICATION NOTICE**

To all persons interested in the above captioned estate, by Petition of Petitioner **Barbara Dumais of Spencer MA** a Will has been admitted to informal probate. Petitioner **Barbara Dumais of Spencer MA** has been informally appointed as the Personal Representatives of the estate to serve without surety on the bond.

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

May 1, 2020

**Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Probate and Family**

**Court
225 Main Street
Worcester, MA 01608
(508) 831-2200
Docket No. WO20P1061EA
CITATION ON PETITION FOR
FORMAL ADJUDICATION
Estate of:
Jamie Majka
Also known as:
Jaime J Majka
Date of Death: 11/10/2019**

To all interested persons:
A Petition for **Formal Adjudication of Intestacy and Appointment of Personal Representative** has been filed by **Ian S Majka of West Brookfield MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition. The Petitioner Requests that: **Rachel J Lara of Brookfield MA** be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in an unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 06/09/2020.** This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an

inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.

Date: April 15 2020

Stephanie K. Fattman,
Register of Probate
May 1, 2020

**Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Probate and Family Court
225 Main Street
Worcester, MA 01608
(508) 831-2200
Docket No. WO20P1057EA
CITATION ON PETITION FOR
FORMAL ADJUDICATION
Estate of:
Muriel R Lane
Date of Death: 05/06/2017**

To all interested persons:
A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **Susan Caron of North Brookfield MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition. The Petitioner Requests that: **Susan Caron of North Brookfield MA** be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in an unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney

must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 06/09/2020.** This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

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WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.

Date: April 15 2020

Stephanie K. Fattman,
Register of Probate
May 1, 2020

Public Hearing

The Brookfield Zoning Board of Appeals will hold a public hearing at 6pm, Tuesday, May 5, 2020 in the Brookfield Town Hall Banquet Room.

The purpose of this hearing is a request by Kenneth and Meghan Robidoux for a special permit for building a supplemental apartment at 32 Town Farm Road located in the Rural Residential District, according to Brookfield Zoning By-laws, Section 5.B.2.

Stephen J. Comtois II
ZBA Chairman
May 1, 2020

POLICE LOGS

Spencer Police

WEDNESDAY, APRIL 15
12:45 a.m.: medical/general (Howe Village); 1:16-2:23 a.m.: buildings checked, secure; 2:52 a.m.: intelligence/criminal (West Main Street), info taken; 3:25 a.m.: DPW call (Route 49), light in breakdown lane; 5:36 a.m.: officer wanted (Main Street), lock out; 6:11 a.m.: animal complaint (Browning Pond Road), loose horse; 10:17 a.m.: animal complaint (Main Street), dead beaver; 10:31 a.m.: medical/general (Howe Village); 12:35 p.m.: 911 call (West Main Street), misdial; 12:54 p.m.: 911 call (West Main Street), misdial; 1:00 p.m.: officer wanted (Lincoln Street), restraining order info; 1:17 p.m.: officer wanted (Main Street), assisted; 2:25 p.m.: officer wanted (Cherry Street), welfare check; 2:58 p.m. LTC issued/2 (West Main Street), assisted; 3:26 p.m.: officer wanted (Valley Street), info taken; 4:14 p.m.: accident (West Main Street), report taken; 4:33 p.m.: abandoned 911 call (West Main Street), no contact; 4:43 p.m.: medical/general (West Main Street); 5:27 p.m.: parking violation (Grove Street), ticket issued; 5:48 p.m.: 911 call (Ledge Avenue), spoken to; 5:55 p.m.: parking violation (Bemis Street), ticket issued; 7:21 p.m.: lost/found (West Main Street), bank card found; 7:36-7:58 p.m.: buildings checked, secure; 8:03 p.m.: abandoned 911 call (Mai Street), spoken to; 8:18 p.m.: medical/general (Town House Court); 8:28 p.m.: medical/general (Lake Street); 8:39 p.m.: building checked, secure; 8:48 p.m.: medical/general (Main Street); 9:07 p.m.: building checked, secure; 9:13 p.m.: animal complaint (Route 49), injured raccoon; 9:22 p.m.: buildings checked, secure; 10:03 p.m.: disabled mv (Main Street), assisted; 11:05 p.m.: medical/general (Main Street).

THURSDAY, APRIL 16
2:50-3:12 a.m.: buildings checked, secure; 3:14 a.m.: lost/found (Mechanic Street), found drill set; 3:21 a.m.: buildings checked, secure; 4:22 p.m.: officer wanted (Temple Street), unwanted party; 10:02 a.m.: elderly matter (Lincoln Street), tenant issue; 10:45 a.m.: animal complaint (Lakeshore Drive), loose dog; 11:04 a.m.: LTC issued (West Main Street), assisted; 11:16 a.m.: disturbance (Pleasant Street), rep. of harassment; 11:24 a.m.: harassment prevention order service (West Avenue); 12:20 p.m.: larceny (Temple Street), debit card stolen/used; 1:46 p.m.: animal complaint (Hastings Road), missing cat; 3:30 p.m.: disturbance (Grove Street), spoken to; 4:56 p.m.: medical/general (Sunberg Drive); 5:31 p.m.: juvenile matter (Park Street), kids at park; 6:28 p.m.: residential fire (Greenville Street), services rendered; 7:32 p.m.: lost/found (Mai Street), debit card found; 8:10 p.m.: abandoned 911 call (Charlton Road), accidental; 8:31-11:59 p.m.: buildings checked, secure.

FRIDAY, APRIL 17
12:00-2:16 a.m.: buildings checked, secure; 8:02 a.m.: accident (Howe Village), report taken; 10:03 a.m.: officer wanted (Grove Street), welfare check; 10:17 a.m.: intelligence/criminal (West Main Street), info taken; 10:19 a.m.: elderly matter (Duggan Street), welfare check; 10:36 a.m.: abandoned 911 call (West Main Street), no contact; 10:45 a.m.: officer wanted (Howe Village), domestic issues; 10:49 a.m.: officer wanted (Main Street), tenant issues; 10:54 a.m.: medical/overdose (Maple Street); 11:24 a.m.: LTC issued (West Main Street), assisted; 11:33 a.m.: mv complaint (Main Street), erratic operation; 12:59 p.m.: parking complaint (South Spencer Road), mvs on grass; 1:27 p.m.: fire alarm (Lamoreaux Lane), services rendered; 1:28 p.m.: 911 call (Cherry Street), accidental; 2:06 p.m.: 911 call (Adams Street), misdial; 2:24 p.m.: medical/general (Wall Street); 3:07 a.m.: officer wanted (West Main Street),

spoken to; 3:20 p.m.: animal complaint (Borkum Road), bird flew into window; 3:49 p.m.: mv complaint (Main Street), erratic operation; 3:53 p.m.: medical/general (Cherry Street); 3:59 p.m.: officer wanted (West Main Street), spoken to; 4:00 p.m.: officer wanted (West Main Street), spoken to; 4:10 p.m.: elderly matter (Lincoln Street), spoken to; 4:37 p.m.: commercial alarm (Main Street), services rendered; 4:51 p.m.: elderly matter (Lincoln Street), tenant issue; 5:09 p.m.: disturbance (Chestnut Street), neighbor dispute; between 5:09-6:00 p.m.: entire incident, including time, redacted from police log; 7:10 p.m.: citizen complaint (Grove Street), unwanted party; 9:08 p.m.: suspicious mv (West Main Street), Shantel C. Blair, 32, 43 Belvidere Street, Springfield, op w/suspended license, possession Class E drug, speeding, arrest; 9:38 p.m.: medical/general (Cherry Street); 10:12 p.m.: fireworks complaint (Lincoln Street), gunshots heard; between 10:12-10:56 p.m.: entire incident, including time, redacted from police log; 10:56 p.m.: medical/general (Howe Village).

SATURDAY, APRIL 18
1:18-2:10 a.m.: buildings checked, secure; 3:55 a.m.: officer wanted (Bixby Road), branch in road; 5:45 a.m.: officer wanted (Greenville Street), branch in road; 6:00 a.m.: DPW call (Greenville Street), tree in road; 6:00 a.m.: officer wanted (Bixby Road), branch on wires; 6:46 a.m.: DPW call (Wire Village Road), limb in road; 8:22 a.m.: fire alarm (R. Jones Road), services rendered; 10:23 a.m.: officer wanted (Main Street), bad checks; 11:14 a.m.: officer wanted (West Main Street), info given; 11:22 a.m.: burglary (G.H. Wilson Road), items stolen/residence; 12:15 p.m.: officer wanted (South Street), party on closed trail; 12:34 p.m.: suspicious mv (Donnelly Cross Road), investigated; 12:38 p.m.: disabled mv (North Spencer Road), assisted; 12:48 p.m.: DPW call (Dale Street), low-hanging wire; 1:39 p.m.: officer wanted (West Main Street), Southbridge PD bolo; between 1:39-3:58 p.m.: two incidents, including times, completely redacted from police log; 5:24 p.m.: medical/general (Brown Street); 5:31 p.m.: officer wanted (West Main Street), Brookfield PD bolo; 5:56 p.m.: animal complaint (Browning Pond Road), chickens let loose in field; 6:03 p.m.: medical/general (Brown Street); 6:21 p.m.: fire alarm (Bixby Road), services rendered; 7:34 p.m.: animal complaint (Smithville Road), loose horse; 8:06 p.m.: officer wanted (Main Street), intoxicated male; 10:58 p.m.: abandoned 911 call (Wall Street), female refused info; 11:51 p.m.: abandoned 911 call (West Main Street), no contact; 11:51 p.m.: officer wanted (R. Jones Road), phone threats; 11:51 p.m.: buildings checked, secure.

SUNDAY, APRIL 19
12:01 a.m.: medical/general (Main Street); 1:28-1:40 a.m.: buildings checked, secure; 3:52 a.m.: medical/general (Sherwood Drive); 9:15 a.m.: elderly matter (Smithville Road), welfare check; 10:22 a.m.: officer wanted (West Main Street), Rutland PD bolo; 10:51 a.m.: officer wanted (West Main Street), welfare check; 11:35 a.m.: animal complaint (Bemis Street), sick skunk in yard; 12:31 p.m.: mv complaint (Route 49), erratic operation; 1:40 p.m.: 911 call (West Main Street), open line; 2:08 p.m.: officer wanted (West Main Street), concerned re: text; 2:51 p.m.: 911 call (West Main Street), open line; 3:40 p.m.: school alarm (Main Street), services rendered; 4:03 p.m.: parking violation (Summit Street), ticket issued; 4:04 p.m.: animal complaint (Hastings Road), dog deceased; 4:06 p.m.: disturbance (Grove Street), Nathaniel S. Valinski, 32, 88 Malvern Road, Worcester, disturbing the peace, arrest; 4:30 p.m.: mv complaint (Bemis Street), speeding; 4:40 p.m.: larceny (Paxton Road), theft/vandalism; 4:49 p.m.: medical/general (Brown Street); 6:04 p.m.: officer wanted

(Bixby Road), Harrington CT down; 6:17 p.m.: officer wanted (West Main Street), Rutland PD bolo; 6:17 p.m.: officer wanted (West Main Street), Sturbridge PD bolo; 6:25 p.m.: medical/general (Clark Road); 6:25 p.m.: mv lockout (Main Street), assisted; 7:02 p.m.: medical/general (Paxton Road); 7:10 p.m.: medical/general (Paxton Road); 7:16 p.m.: medical/general (Bay Path Road); 8:04 p.m.: animal complaint (Elm Street), bat in apt.; 8:28 p.m.: juvenile matter (Cherry Street), spoken to; 8:29 p.m.: mv lockout (Lloyd Dyer Drive), assisted; 10:08 p.m.: medical/general (Crestview Drive); 10:40-10:41 p.m.: buildings checked, secure; 10:54 p.m.: medical/general (Charlton Road), lift assist; 11:33-11:41 p.m.: building checked, secure; 11:42 p.m.: suspicious mv (Wire Village Road), investigated; 11:45-11:49 p.m.: buildings checked, secure.

MONDAY, APRIL 20
12:05-12:22 a.m.: buildings checked, secure; 12:51 a.m.: elderly matter (Lincoln Street), unwanted party; 1:09 p.m.: mv stop (Valley Street); 1:34 a.m.: medical/general (Bixby Road); 5:18 a.m.: medical/general (Brown Street); 7:58 a.m.: medical/general (Ash Street); 8:38 a.m.: medical/general (Northwest Road); 9:05 a.m.: animal complaint (West Main Street), dog found; 10:47 a.m.: officer wanted (Main Street), re: threatening letter; 12:54 p.m.: officer wanted (Sullivan Street), welfare check; 1:02 p.m.: officer want (Park Street), gates open/people in park; 1:54 p.m.: medical/general (Pine Acres); 2:08 p.m.: DPW call (North Street), branch in road; 2:20 p.m.: accident (Main Street), report taken; 3:06 p.m.: disturbance (Grove Street), parties fighting; 3:28 p.m.: medical/general (Howe Village); 3:54 p.m.: animal complaint (West Main Street), barking dog; 5:07 p.m.: building checked, secure; 5:58 p.m.: animal complaint (Bemis Street), injured skunk in yard; 6:14 p.m.: accident (North Spencer Road), report taken; 6:53 p.m.: suspicious persons (Pleasant Street), spoken to; 7:37 p.m.: animal complaint (Maple Street), raccoons in yard; 8:10-9:25 p.m.: buildings checked, secure; 9:30 p.m.: suspicious mv (Howe Road), investigated; 9:32 p.m.: animal complaint (Paxton Road), mv vs otter; 9:41 p.m.: building checked, secure; 9:41 p.m.: disabled mv (Meadow Road), assisted; 11:37 p.m.: 911 call (West Main Street), accidental.

TUESDAY, APRIL 21
1:07-1:15 a.m.: buildings checked, secure; 1:23 a.m.: suspicious mv (Bell Street), investigated; 1:45-1:53 a.m.: buildings checked, secure; 2:02 a.m.: parking violation (Bixby Road), ticket issued; 2:07-2:15 a.m.: buildings checked, secure; 2:19 a.m.: mv stop (Maple Street); 9:22 a.m.: DPW call (May Street), info taken; 9:27 a.m.: animal complaint (Old East Charlton Road), loose dog; 9:28 a.m.: 911 call (West Main Street), Harrington CT down; 10:01 a.m.: intelligence/criminal (West Main Street), info taken; 12:08 p.m.: officer wanted (South Street), welfare check; 12:40 p.m.: elderly matter (Lincoln Street), spoken to; 12:45 p.m.: officer wanted (West Main Street), spoken to; 12:54 p.m.: fire alarm (Main Street), services rendered; 12:59 p.m.: lost/found (Howe Road), keys found; 1:18 p.m.: disabled mv (G.H. Wilson Road), assisted; 1:31 p.m.: disturbance (Chestnut Street), noise complaint; 1:52 p.m.: 209A service (Cherry Street); 2:30 p.m.: medical/general (Westland Drive); 3:08 p.m.: medical/general (Mechanic Street); 4:13 p.m. LTC issued/2 (West Main Street), assisted; 4:42 p.m.: medical/general (Bay Path Road), 4:54 p.m.: accident (Wire Village Road), report taken; 7:57 p.m.: mv complaint (Wilson Street), speeding; 8:08 p.m.: building checked, secure; 8:32 p.m.: disturbance (Franklin Street), unwanted party; 9:42-9:54 p.m.: buildings checked, secure.

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Leicester Police

THURSDAY, APRIL 16
12:04 a.m.: parking complaint (Main Street), citation issued; 12:35 a.m.: erratic operation (Stafford Street), unable to locate; 1:54 a.m.: abandoned 911 call (Main Street), services rendered; 9:36 a.m.: accident (Main Street), report taken; 10:32 a.m.: welfare check (Main Street), spoken to; 4:55 p.m.: ambulance (no location specified on police log), transported; 6:08 p.m.: ambulance (Stafford Street), transported; 7:01 p.m.: welfare check (Stafford Street), report taken; 10:12 p.m.: suspicious mv (Pleasant Street), investigated.

FRIDAY, APRIL 17
8:30 a.m.: ambulance (Main Street), transported; 9:52 a.m.: welfare check (Main Street), services rendered; 10:16 a.m.: malicious mischief (Pine Street), report taken; 12:12 p.m.: ambulance (Towtad Street), transported; 2:43 p.m.: trespassing (Stafford Street), unable to locate; 3:18 p.m.: welfare check (Main Street), gone on arrival; 10:31 p.m.: disturbance (Main Street), peace restored.

SATURDAY, APRIL 18
5:57 a.m.: fire/boiler problem (Scott Lane), services rendered; 8:16 a.m.: debris in road (Charles Street), referred; 8:57 a.m.: ambulance (Huntoon Memorial Highway), transported; 12:54 p.m.: suspicious mv (Moosehill Road), unable to locate; 4:24 p.m.: assist other PD (Main Street), services rendered; 6:40 p.m.: assist citizen (Soojians Drive), services rendered.

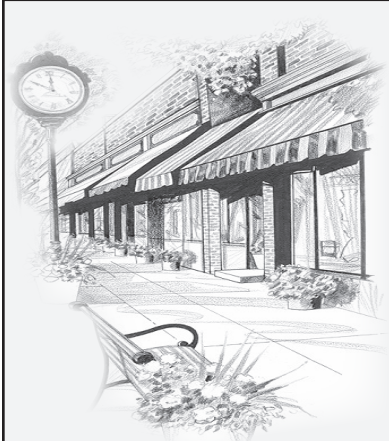
SUNDAY, APRIL 19
2:30 p.m.: ambulance (Soojians Drive), gone on arrival; 6:18 p.m.: shoplifting (Soojians Drive), investigated.

MONDAY, APRIL 20
3:31 a.m.: erratic operation (Main Street), services rendered; 9:45 a.m.: disturbance (Chapel Street), spoken to; 11:01 a.m.: assist citizen (South Main Street); 12:07 p.m.: assist citizen (Main Street), spoken to; 12:44 p.m.: suspicious person (Bunker Hill Road), spoken to; 1:07 p.m.: keep the peace (Chapel Street), peace restored; 3:13 p.m.: investigation (Soojians Drive), services rendered; 4:15 p.m.: vandalism (Main Street), report taken.

TUESDAY, APRIL 21
12:12 p.m.: assist citizen (River Street), spoken to; 1:10 p.m.: disabled mv (South Main Street), spoken to; 2:30 p.m.: ambulance (Huntoon Memorial Highway), 9:53 p.m.: threats (Virginia Drive), spoken to; 10:04 p.m.: suspicious activity (Boyd Street), spoken to.

WEDNESDAY, APRIL 22
4:21 a.m.: welfare check (Huntoon Memorial Highway), services rendered; 7:04 a.m.: ambulance (Pleasant Street), assisted; 9:07 p.m.: ambulance (Huntoon Memorial Highway), transported; 11:41 a.m.: ambulance (Wesley Drive), transported; 1:50 p.m.: debris in road (Pleasant Street), services rendered.

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OBITUARIES

Eleanor Roberts, 87

WEST BROOKFIELD- Eleanor (Ducey) Roberts, 87, passed away surrounded by family at her home on April 26, 2020. She is survived by her husband of 65 years, Roy Roberts; her daughters, Catherine Palo and her husband David, Linda Rosenberg, and Mary Ann Kalipolites and her husband Paul; her grandchildren Lucas Palo, Rebecca Rosenberg, and Zachary Rosenberg; and very dear friends.

Born in 1932, daughter of the late James J. and Catherine (Reilly) Ducey, Eleanor grew up and started her family in Ware, Massachusetts. For the past 60



years she has called West Brookfield her home. Eleanor was a graduate of Becker Junior College. She has been an active volunteer in town, most notably having served on the school committee.

Eleanor has always had a spirit for adventure that was satiated through world travel with Roy, a voracious appetite for reading and heading out to see where the road may take her with family and friends.

A private graveside service for Eleanor will be held in Brimfield Cemetery. There are no calling hours.

Varnum Funeral Home, Inc., 43 East Main Street in West Brookfield is assisting her family with arrangements.

An online guest book is available at varnumfuneralhome.com.

Patricia Anne Nickerson, 88

HARDWICK - Patricia Anne (Berkeley) Nickerson, 88, of Hardwick died on Sunday, April 5, 2020 at JGS Lifecare.

She leaves her children, Jeanne Aldrich and her husband Darwin of TN, Donald H. Nickerson, Jr. of NM, Linda Randall and her husband David of OH, Patrice Croak and her husband Lowell of MA, Doreen Sylla and her husband Bob of MA, Deanna LaFave and her husband Chris of NH, Steven Nickerson of CA, Jack Nickerson and his wife Lisa of AZ, and Melody of NJ, 16 Grandchildren, 14 Great-Grandchildren, two sisters, - Joyce and Betty, and also many nieces and nephews. Patricia was predeceased by her husband Donald and by 6 of her siblings, Gordon, Stuart, Russell, Pauline, Grace and Nancy Jo. She was born in Owego, NY, daughter of the late Paul and Charlotte (Beug) Berkeley.

Patricia was a Registered Nurse at Baystate Mary Lane Hospital before retiring.

She was a loving and devoted wife, mother, grandmother, great grandmother, aunt, and friend to all.

Patricia was a long-time member of the Warren Seventh Day Adventist Church. She loved the Lord and lived a life of service to others. She taught



Children's classes in the church, did community service delivering food boxes to those with need, vacation bible school and taking children to sing to the shut-in elderly and residents in local nursing homes.

She was a registered nurse graduating from New England Sanitarium and Hospital in Stoneham, MA. Her career consisted of positions in Intensive Care unit, Emergency Room, nursing supervisor and school nurse. Besides her regular employment she voluntarily cared for people in the community assisting them with personal and nursing care.

She and her husband, Donald Nickerson, raised their nine children. She grew a large vegetable garden and enjoyed canning and freezing food each year. She loved singing, playing the piano, praying for others, walking, and being with people. She grew up on a farm and had a lifelong love of animals and the outdoors.

Patricia's family would like to thank her JGS Lifecare C2 caregivers for their daily devotion, love and support.

A Private Graveside Service for Patricia is scheduled. In lieu of flowers, memorial donations may be made to Warren SDA Church School.

Charbonneau Funeral Home, 30 Pleasant St., in Ware is assisting her family with arrangements.

An online guest book is available at charbonneauh.com.

Ruth C. Lindblad, 92

SPENCER- Ruth C. (Brown) Lindblad age 92 passed away Monday, April 20, 2020 at Tatnuk Park, Worcester.

She was the wife of the late Roland Lindblad who died in 1989. She leaves a daughter Darlene Granger and her husband Robert of Spencer, a son Russell F. Lindblad and his wife Sandra, grandchildren; Scott Lindblad, Brandon Granger, Kristen McArtor and Syndi Lyn Luciano.

She was born in Charlton daughter of the late Elmer Brown and Marion (Anthony) Brown and living in Boynton

Beach, Florida and Denisport, Cape Cod. She worked at Worcester City Hospital where she was a registered nurse. She also had her Master's Degree in Nursing. Their are no calling hours, services are private and burial in. Please omit flowers and donations may be made to the Shriners Children's Hospital, 516 Carew St., Springfield, MA 01104. The Shaw-Majercik Funeral Home, 48 School St. Webster has been entrusted with her arrangements. A quest book is available at www.shaw-majercik.com where you may post a condolence or light a candle.

Cecelia H. Ikey Dufault

SPENCER/ HOLLY HILLS, FL- Cecelia "Cece" Ikey Dufault passed away November 16, 2019 at the hospital with her loving family by her side. She leaves her loving husband of 35 years, Paul "Whitie" Dufault; her daughter, Wanda and her husband Lloyd Dyer; her son, Robert Ikey, Jr. and his partner Violet Sanchez; three step-children, Patricia and her husband Scott Blakney, Susan and her husband William Hudson, and William and his wife Patricia Dufault, three grandchildren, John Germain, Samantha Ikey and Robert Ikey, eight step-grandchildren, Brandon, Tyler and Nicholas Hudson, Ryan, Hillary and

Casey Blakney and Brett and Christian Dufault; and two great-grandsons, Damien and Dominic Germain. She also leaves her brother, Robert Rivers of Spencer, and three sisters, Ida Lizak of Warren, Mary Jane Alexander, and Harriet and her husband Bob Moore both of Auburn. She was predeceased by her first husband Robert Ikey, Sr., a step-son Paul Dufault Jr., brothers Arthur "Peg" Roger, Richard, Henry, Donald and William Rivers, as well as sisters, Helen Benjamin, Betty Lou Oard, Beverly Gagliardi and Iona Lamothe, two cousins and several nieces and nephews. She was the daughter of the late Wilfred and Harriet (Viets) Rivers.

She attended David Prouty High School and worked for Raytheon Technologies before retiring. Cece was a creative lady and enjoyed decorating cakes. Making several wedding cakes for family and friends. She adored her family and spending time with them, especially her great-grandchildren. She will be missed by all who knew her.

A Memorial Service for Cecelia will be held at a later date.

Varnum Funeral Home, Inc., 43 East Main St., in West Brookfield is assisting her family with arrangements.

An online guest book is available at varnumfuneralhome.com

Roger W. Jette, Sr., 89

BROOKFIELD- Roger W. Jette, Sr., 89, of Brookfield, died Wednesday, April 22 in Jewish Health Care Center, Worcester, where he was well cared for by staff and the fourth floor nurses.

He was the husband of Irene A. (Balcom) Jette who died in 1998. He leaves his son Roger W. Jette, Jr. and his wife Deborah of Brookfield, his daughters Donna M. Jette Presley and her husband Steven of N.C. and Linda L. Weisner and her husband Jeffrey of Sebastian, FL., his brothers George "Jim" Jette, Jr. and his wife Jean of Charlton and Emile Jette and his wife Jeanette of Brookfield, two grandchildren; Wendy Boutin of Brookfield and Scott A. Jette, many nieces and nephews.

He is predeceased by his granddaugh-



ter Tammy Jette in 2014, his brothers Richard "Dicky" Jette, Ronald Jette, and Edward Jette, his sisters Lucille Demers, Mary Letendre and Joanne Jette.

Roger was a longtime carpenter for the Local Union 336 Carpenters Union in Worcester before retiring in 1993. Roger was an avid outdoors man who loved to fish and hunt and was a lifelong fan of the Miami Dolphins.

Born in Spencer, he was the son of George and Mary L. (Dragon) Jette, Sr. and later served his country with the U.S. Army during the Korean War. He was a member of St. Joseph's Church in Charlton.

Due to health restrictions, funeral services were held privately in the J.HENRI MORIN & SON FUNERAL HOME, 23 Maple Terr., Spencer with burial in Mary, Queen of the Rosary Cemetery. Please omit flowers, contributions may be made to Jewish Health Care Center Patient Activity Account, 629 Salisbury St., Worcester, 01609.

www.morinfuneralhomes.com

Raymond Goguen, 61

EAST BROOKFIELD- Raymond Goguen, 61, passed away Thursday, April 23, 2020 after a brief and unexpected illness. He leaves behind his wife Theresa; his son Corey; stepchildren Fran, Chris, Jen, Jess, and Patty; his grandchildren Alex, Abby, Riley, Brian, Fiona, Felicia, and Gail Marie; 2 sisters and a daughter. Ray will



be remembered for his love for animals, especially his dog Sadie. He was happiest cruising with his wife, Theresa. Ray was passionate about music, especially his Buffett and Springsteen stations. His generosity, love, and helpfulness will be greatly missed by his friends, family, and co-workers at Raytheon. A Celebration of Ray's Life will held at a later date. Burial will be in Worcester County Memorial Park in Paxton. Funeral arrangements are under the care of Pillsbury Funeral Home 3 West Brookfield Rd. Brookfield.

Elmore J. Goodro, 98

EAST BROOKFIELD- Elmore J. Goodro, 98, died Saturday, April 25 in St. Vincent Hospital in Worcester due to complications with the Covid-19 virus.

He was the husband of Doris E. (Valley) Goodro, who died in 2010. He leaves several nieces and nephews including his nephew and caretaker Francis Goodro and his wife Linda of Leicester. He is predeceased by his sons; Paul R. Goodro in 2010 and Roger G. Goodro in 2017, also his brothers Wilrose and Wallace Goodro.

Born in E. Brookfield, he was the son



of Elmer and Odilaska (Kowal) Goodro and later served his country with the U.S. Army during WWII.

Elmore worked in the maintenance dept. for Copus Engineering in Worcester before retiring in 1986.

Due to current health restrictions, no services are planned at this time. Burial in Evergreen Cemetery, E. Brookfield will be held at a later date. In lieu of flowers, contributions may be made to St. Jude's Children's Research Hospital, 262 Danny Thomas Pl., Memphis, TN 38105. J.HENRI MORIN & SON FUNERAL HOMES, 23 Maple Terr., Spencer is assisting the family with arrangements.

www.morinfuneralhomes.com

Wilfred G. Allaire, III, 71

Wilfred G. Allaire, III, 71, of Spencer, died Wednesday, April 22 at his home.

His husband of 10 years, Larry L. Saylor died in 2015. He will be forever remembered by his son Jonathan Allaire and his wife Irene, his daughter Heather Roberts and her husband Lawrence and two grandchildren; Madison and Riley Allaire all from Mount Airy, MD.

Wilfred was a longtime registered nurse and he retired in 2018 from Adcare Hospital, Worcester.

Born in Worcester, he was the son of Wilfred G. Allaire, II and Florence (Dube) Allaire. He is a graduate of Hahnemann Hospital School of Nursing, and also attended Anna Maria College in Paxton.



He was a member of Mary, Queen of the Rosary Parish and the Lashaway Senior Citizens Club at the East Brookfield Senior Center. He enjoyed music, theater, travelling, the beach, cars, and cooking. Most importantly he enjoyed spending time with his family.

At this time no funeral services are planned due to health restrictions. A Memorial Mass and burial will take place at a later date in Notre Dame Cemetery, Worcester.

In lieu of flowers, contributions may be made to: The American Lung Association, 1 Abbey Lane, Middleboro, MA 02346 or Catholic Charities, 25 W Chester St., Worcester, MA 01605.

J.HENRI MORIN & SON FUNERAL HOME, 23 Maple Terr., Spencer is assisting the family with arrangements.

www.morinfuneralhomes.com

Zachary T. Silva, 25

BROOKFIELD- Zachary T. Silva, 25, died suddenly on Saturday, April 18, 2020.

He leaves his parents Brian and Debra Silva of Brookfield; a brother Ethan Silva of Brookfield; his paternal grandparents Robert and Ruth Silva of Oxford; his maternal grandparents Earle and Phyllis Allen of West Brookfield; the love of his life Katie and her son Carter of Brimfield; many aunts; uncles and cousins.

He was a 2012 graduate of Tantasqua



Regional High School in Sturbridge. Zachary worked as a Solar Technician for Bright Planet Solar of Auburn and previously for Crane Construction for many years. He was very hardworking.

Zachary was a friend to everybody and he would give the shirt off his back. He enjoyed being outdoors, going fishing, hiking, riding dirt bikes, and had a passion for cars. He especially loved spending time with his family and friends. He will be missed by so many. Our hearts are broken.

Due to COVID-19 a Celebration of Zach's life will be held at a later date and time to be announced. Arrangements are under the care of Pillsbury Funeral Home 3 West Brookfield Rd. Brookfield.

Merideth Riddle

On Saturday, April 18th, 2020, Merideth Riddle passed away unexpectedly after being stricken at home. Merideth was born in Worcester on July 9th, 1981 and grew up in Brookfield. She graduated class of 1999 from Tantasqua Regional High School and went on to earn a Professional Certificate in Cosmetology from Springfield Technical Community College in 2000. She worked at several salons in the Sturbridge area during her career as a hair stylist. She married her late husband Kevin Riddle in 2005. They had one daughter, Piper, who was born in 2008.

Merideth was a creative person who enjoyed all things Halloween, no matter the time of year, and was talented at makeup effects and costume design.



She adored animals, especially her dogs Ava and Una. Above all else, she was a loving mother who enjoyed spending time with Piper. She loved to watch Piper compete at horse shows and was an enthusiastic, proud "dance mom" at Kara Anderson Dance Studio.

Merideth was preceded in death by her husband, Kevin. She is survived by her daughter Piper, her brother David Thompson, her mother Patricia Wadden-Thompson, her father Craig Thompson, her grandmother Lala Wadden, and many cousins, aunts, and uncles. She also leaves behind her loving friend Michael Cordella. A celebration of life for Merideth will be scheduled after social restrictions due to the coronavirus pandemic have been lifted. In lieu of flowers, donations can be made to the GoFundMe campaign for Piper's future (<https://gf.me/u/xyycaw>) or Second Chance Animal Shelter.



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



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



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



DUDLEY – 38 Pine St! 5 Rm Ranch! Original Owner! Quaint Eat-in Kit! Formal Din Rm! Spacious Liv Rm w/New Picture Window! Fam Rm w/Views to Private Back Yard! Mudrm! Huge Deck! Buderus Oil Heat! 2 Car Garage! New Septic! Vinyl Sided! Newer Windows! Solar Panels! **\$239,000.00**



DUDLEY – 231 Dresser Hill Rd! 8+ Rm Custom Built 3 Bdrm, 3 Bath Split Set On 2.63 Acres Professionally Landscaped w/Panoramic Views of Nichols College at a Distance! Stamped Concrete Walk Leads to the Transom Side Light Door Entry! Custom Granite Kitchen w/SS Appliances including Gas Range! Dining Area w/3 Walls of Windows for the Views! Formal Din Rm! Beautiful Frplc Liv Rm w/Cathedral Ceiling & French Doors to the New Deck with the Incredible Views! 3 Comfortable Bdrms w/Crown Mouldings, Spacious Master w/Walk-in Closet & Full Bath! Finished Lower Level w/Fam Rm Offers a Potential In-law! LP Gas Heat & C/Air for Comfortable Living! 3 Car Garage! Recent Driveway! Don't Delay! **\$449,900.00**



DUDLEY – 7 – 9 West Street! Brick 4 Family plus a 2 Family! Side by Side! All with 5 Rooms and 2 Bedrooms! Gas Heat! All Separate Utilities! 2 Car Detached Garage! The 4 Family with Beautiful Natural Woodwork! All Apartments are Empty and Work is Needed in Several Apartments! Excellent Potential! Will be a Good Investment for the Right One! **\$399,900.00**



WEBSTER – 9 Lake Parkway! Extremely Conveniently Located just off Exit 1 of 395! Loads of Potential! 6 Rm Cape! Applianced Kit! Din & Liv Rms w/Wall to Wall over Hrdwds! 3 Bdrms w/Hrdwds! 1st Flr Bdrm w/Commode Closet! Recent Furnace! Recent Roof! **\$169,900.00**



WOODSTOCK – 9 Fawn Ridge! Renovated 4 Rm Townhouse! New Granite Kit w/SS Appliances! Kit & Liv Rm w/Hrdwds! 2 Comfortable Bdrms w/New Wall to Wall! New Full Bath! Freshly Painted Throughout! Lower Level w/Laundry & Storage, Able to Finish Additional Living Space! 2 Parking Spaces! **\$129,900.00**



WEBSTER – 60 East Main St! Established Local Bakery & Delicatessen Specializing in Polish Foods being Sold with Building! Turn Key Business! Equipment to be Included with Sale! High Traffic Count! Ample Parking! Easy Access to Rear for Deliveries! Building also consists of a One and Two Bedroom Apartment! The Owner presently uses two rooms for his office and storage which could easily be added to the One bedroom Apartment! Building was Totally Renovated in 2010! **\$599,900.00**



DUDLEY – 132 Southbridge Rd! 5 Rm Bungalow! 2.21 Acres! Enjoy Nature and Kayak right from your Backyard! Eat-in Kit w/Pantry! Frplcd Liv Rm w/Hrdwds & Bay Window! Din Rm or Fam Rm w/Hrdwds & Ceiling Fan! Full Tile Bath w/Tub/Shower Combo! Master Bdrm w/Wall to Wall Carpet! Second Bdrm w/Wall to Wall & Ceiling Fan! Walk-up Attic w/Potential for Additional Living Space! 3 Season Porch w/Natural Woodwork! Recent Roof! Recent Oil Steam Heat! New Septic & being Well Installed! Plenty of Parking! **\$179,900.00**



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 Applianced Granite Kit! Formal Din Rm w/Cherry Hrdwds! Lake Facing Liv Rm w/Cathedrals, Cherry Hrdwds! Slider to Waterfront Deck! Spacious 1st Flr Master Bdrm w/Full Bath, Cherry Hrdwds & Walk-in Closet! Frplcd Lower Level Fam Rm! 1st & 2nd Flr Laundries! 2 Car Garage! **\$1,199,900.00**

WEBSTER – 14 Summit Street! Conveniently Located 8 Room, 4 Bedroom Cape! Featuring Newly Remodeled Stainless Steel Applianced Granite Eat-in Kitchen w/Custom Cabinetry & Luxury Vinyl Plank Flooring! Formal Dining w/Hardwoods! Spacious Living Rm w/Hardwoods! 2 1st Floor Bedrooms w/Hardwoods! Newly Remodeled Full Tile Bath! 2nd Floor w/2 Bedrooms w/Hardwoods, Plenty of Closet & Storage Space! Updated Second Full Bath! Recently Oil Heat, Cast Iron Baseboard! Detached Garage! Corner Lot! **\$279,900.00**



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DOUGLAS - 14 MOUNT DANIELS WAY



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WEBSTER - 8 MAPLE ST



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SOLD!**

2 Family - **1st Floor** 6 Rooms, 3 bedrooms. 1 Full Bath, open Kitchen. Fully Applianced. New Carpeting, Hardwood Floors. **2nd Floor** - Open Kitchen with Gorgeous Kitchen Cabinets - 6 Rooms, 3 Bed, 1 Full Bath Hardwood Floors. New carpeting. Each Apartment has 1,200+ sq ft plus. Oil Heat. Off street parking. Town Water & Sewer, 3rd Story Unfinished. **\$237,500.**

LAND

WEBSTER/OXFORD/DUDLEY/DOUGLAS
Dudley - Marshall Terrace 12,000 +/- Sq. Ft. Potential for a 2 family to be built! Town Water, Sewer. **\$70,000**
Douglas-Mount Daniels Lot #2 2.5 Acres of flat land that abuts Douglas State Forest **\$132,900**
Webster - Potential 6 Buildable Lots! Water/Sewer Access, Zoned Lake Residential **\$129,400.**
Webster - 85 Upper Gore! View of the Lake. 1+ acre, artisan well, Septic Design, Etc. **\$130,000**
Oxford - 4 Leicester St. approx. 8.47 acres! River frontage! Highly possible to be subdivided. **\$99,900**

WOODSTOCK, CT - 64 LYON HILL RD



**SORRY,
SOLD!**

Estate like long paved driveway! 3158 Sq Ft. Colonial! Geothermal built. Open floor plan, ash flooring throughout! Granite and s/s applianced kitchen! Large master bedroom, coffered ceiling, master bath, W/Jetted tub! Walk in closets. Two car garage. Radiused catwalk on upper level! A walk up attic. Walk out lower level! The third garage is accessed from the lower level. Generator hookup. One beautiful property! assisted sale **\$499,900.**

WEBSTER LAND - COOPER RD



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Potential from 10,000+ sq. ft. Lot. Need to be divided. Town Water/Sewer. Zoned Lake Res. **\$24,500. Each = Total \$49,000**

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NEW PRICE



WEBSTER - 28 BLACK POINT RD

2019 CUSTOM BUILT WEBSTER LAKE (WATERFRONT ACCESSIBLE) CONTEMPORARY CAPE! Sunrise (E) & Sunset (W) Exposure! 2,600+/- SF, 11 Rms, 3 BRS, Loft, & 2 Full Baths. Open Flr Plan, Cathedral Ceilings, Stone-faced Fireplace, Upscale Gourmet Kitchen w/Huge Island, Sunny Breakfast Nook w/Built Ins. Formal Dining, Office, Laundry Rm, Mudroom & Coat Closet, 2 Main Level BRs & Full Bath. 2nd Flr Private Master BR Suite w/Private Bath & Walk-in Closet! Central Air! Cavernous 1,500 SF+ Unfinished LL plumbed for a Bath, Oversized 2-3 Car Att'd Garage! Corner Lot, 12,599 SF (29 Acre), of Land plus BOAT DOCK. **\$684,000.**



SORRY, SOLD!

WEBSTER LAKE - 32 JACKSON RD

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frontage! **\$875,000**

Leicester - Main St - Mixed use property on Rt 9. Office space &
2nd flr apartment. 2280 sq ft. New boiler, updated electrical, oil tank &
windows on 1st floor. **\$299,900**

N. Brookfield - Stoddard Rd - Custom ranch on
over 5 acres. 2,390 sq ft, 3 bdrm, 2 ba. Gourmet
kitchen w/ prep island, breakfast bar & nook, walk
in pantry, gas stove, SS appliances, crown mold-
ing, 9' ceilings, hardwood flooring, stone fireplace
livingroom. Mastersuite w/ private bath & walk in
closets. 16x24 detached workshop **\$535,000**

Spencer - Crestview Dr - Don't rent, buy now,
quick occupancy available! Young townhome
at Crestview Gardens w/ 2 bdrms, 1 ba. Open
dining/kitchen area that has recently been updated.
Laundry on 2nd floor. Natural gas heat plus central
air! Low monthly condo fees include town water &
sewer! **\$155,000**

Spencer - Crestview Dr - One owner townhome
at Crestview Gardens w/ 2 bdrm, 1.5 ba. The large
livingroom has built in speakers & sliders leading
to a private patio. Quality kitchen that has custom
cabinets, granite countertops, SS appliances & a
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air! **\$180,000**

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Authors host virtual book signing fundraiser to help pets

EAST BROOKFIELD — With events across the state cancelled, co-authors Sheryl Blancato and her husband, Joe Blancato, Sr. faced an unforeseen dilemma — what to do with boxes of their new book, "Walking Off Leash," stacked in their garage. The Blancatos, who are donating 100 percent of the book's proceeds to Second Chance to help pets in need, were looking forward to meeting supporters and signing books at local events this spring like the West Brookfield Asparagus Festival. When the COVID-19 pandemic cancelled those plans, they made new plans to host a virtual book signing fundraiser.

"As the current situation evolved, we knew it could be a long time before we were able to sign books in person," said Sheryl, whose other job as Second Chance's CEO has been making sure pets in Massachusetts are taken care of during the crisis. "The book is filled with stories of the many hurdles I've faced, so it's almost fitting to host an 'unleashed' version of a book signing. There's always a way to accomplish your goals."

The book, subtitled "How Passion and Dedication Inspired an Animal Welfare Revolution" chronicles the

nonprofit's evolution from a small, foster-based shelter to the animal welfare organization that serves as a role model across the country by focusing on the causes of animal homelessness instead of simply dealing with the aftermath. Throughout the book, readers see how Sheryl, when faced with the word "no," can find a way to accomplish any goal in the name of animals.

Joe and Sheryl spend time each week signing copies of "Walking Off Leash" and mail them out.

"We are touched by the kind words that have accompanied some of the orders," said Joe who began writing the book almost 8 years ago and encouraged Sheryl to share her story.

Those interested in ordering their own personally signed copy of Walking Off Leash can find the fundraiser on the Second Chance homepage at secondchanceanimals.org or mail a check for \$22 (which includes postage and sales tax) to Second Chance, PO Box 136, East Brookfield, MA 01515 and be sure to write Walking Off Leash on the memo line and include any special inscription instructions. "Walking Off Leash" is also available in paperback and eBook on Amazon.

Local businesses, organizations support first responders

SPENCER — Officials thank several businesses and organizations that have assisted first responders with donations and fundraising in recent weeks.

The Klem's staff got the ball rolling last month, donating 40 N95 respirators to the police department. Meanwhile, Spencer-based Leveille Architectural Millwork produced and donated 20 face shields to the police department.

Also, Spencer-based Arsenault & Sons Landscaping is seeking to raise \$7,500 to

purchase three electrostatic sprayers. The devices will be used to disinfect vehicles and offices at the police station, fire station, and rescue squad building.



Photos Courtesy

The police department continues to receive donations of vital supplies from area businesses.

Webster First donates more than \$5,000 to local food pantries

WORCESTER — Webster First has been a proud community credit union since it first opened in 1928. It's been an essential part of the credit union's mission to show support for their communities by getting involved with local causes and organizations, and giving back through charitable donations.

During these uncertain times in which COVID-19 has affected the lives of the people in their communities, Webster First recognizes the importance of being there for them now more than ever. That's why Webster First has donated more than \$5,000 to food pantries across their field of membership, to help support the people in the communities that they serve.

Below is the full list of food pantries and food banks that received a monetary donation:

Auburn Youth & Family Services Food Pantry
Douglas Community Food Outreach

Program

Friends of the Spencer Seniors
Grace Ministries United Parish Food Pantry

Greater Boston Food Bank

Our Father's House

Our Neighbor's Table

Project Just Because

Rutland Food Pantry

Wachusett Food Pantry

Webster-Dudley Food Share

Winthrop Community Food Pantry

Winthrop Veteran's Food Bank/

Winthrop American Legion Post 146

Worcester County Food Bank

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Mother's Day Honors

Publish Date:
May 8, 2020
Deadline date:
Friday, May 1 @ 2 pm

We would like to honor all Mothers and Grandmothers in the May 8th issue. The deadline for honors is Friday, May 1 at 2 pm.

Cost is just \$20 per 2.4"x2" B&W block.
In the Spencer New Leader,
Auburn News or Sturbridge/Charlton Villager

SAMPLE: EXACT SIZE



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

*With love from
John, Mary, and
Jennifer*

Please email a photo and a special message or an In Loving Remembrance message if deceased to jsima@stonebridgepress.news; by Friday @ 2pm

If you've submitted your mom's photo in the past, we will still have her photo on file. No need to resend. Just let me know.

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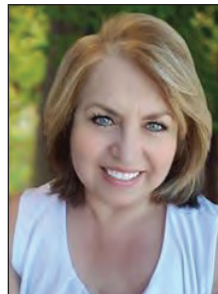
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Now is the time to switch to solar energy

As the weather gets warmer and the sun seems to shine brighter, if you've ever thought about switching to solar energy to power your home, now is the time and Higgins Energy Alternatives is the way to start cutting your energy costs and reducing your carbon footprint. It's clean, renewable, and profitable, which is why solar energy is the fastest growing energy source in the United States. We'll show you how owning a solar panel system provides you with a quick payback and many years of free electricity and real profits.

Solar is a great way to reduce your carbon footprint and protect the environment. Traditional sources of electricity, such as coal and oil, emit byproducts such as carbon dioxide, sulfur dioxide, nitrogen dioxide, particle dust, and even mercury, which can be dangerous and unfit for the environment. Buildings, including your home, emit 39% of all carbon emissions in the United States. A solar panel system may eliminate three to four tons of carbon per year from these emissions, which is the equivalent of planting 100 trees per year! Your solar panel system will ensure that you, and future generations, can breathe easier knowing that you've done your part to protect the environment.

While the initial investment into a solar panel system can be daunting to think about, it can save you tons in the future and you'll see a guaranteed return on your investment. The installation typically pays for itself in 7 to 10 years from the savings earned, and with solar systems producing power for 25-30 years on average, you'll see payback plus profit. Even better, a 7KW solar panel system could save you up to \$71,000 over the course of 25 years! Plus, with a 25-year solar panel



warranty, you can be sure that your investment into solar energy will come with a trustworthy promise that we will take care of you for the duration of your solar panel system's life and ensure you'll see a guaranteed return on your investment.

While capturing the power of the sun, Higgins makes it easy for you to enjoy the benefits of solar power. You can sit back and enjoy the luxury of energy independence and the financial return of profitability on your investment. The sun may provide the power, but Higgins provides the rest, including system design, interconnection, rebate paperwork, referral to financing source, system installation, Solar Renewable Energy Certificate (SREC) sales referral, and system activation. Plus, with a free site evaluation and free cost/benefit analysis, we provide you with all the important data necessary to make your decision based on both the cost and the pay-

back on a system purchase.


You can rely on Higgins Energy Alternatives to be your local, knowledgeable, professional solar installation team. We are here to answer your questions now, and we'll be here for your service needs after. Please contact Higgins Energy Alternatives at 978-355-6343 (call or text!) or email at info@higginsenergy.com to get started or make an appointment. Take control of your energy costs today and let us help you capture energy from the sun for years to come.

HOME

Spring 2020
*A Stonebridge Press
Publication*

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The right tool for the job is essential to working safely and efficiently. This is as true in the workplace as it is in the garden.

Novice gardeners may not know where to begin in regards to which tools they need. The following are eight items that can serve as a solid foundation for beginning gardeners.

1. Gloves: Your hands will be working hard, so it pays to protect them from calluses, blisters, splinters, insects, and dirt. Look for water-resistant gloves that are also breathable.

2. Hand pruners: Hand pruners are essential for cutting branches, cleaning

up shrubs, dead-heading flowers, and various other tasks. Choose ergonomic, no-slip handles that will make work easier. Rust-resistant, nonstick blades also are handy.

3. Wheelbarrow: A wheelbarrow can transport gear to garden beds or tote dirt, leaves, rocks, and other materials around the landscape. A good wheelbarrow is strong but light enough to maneuver when full.

4. Loppers: Long-handled loppers will fit the bill for thick branches. The long handles provide leverage to cut through branches an inch or more in diameter.

5. Hand trowel: A hand trowel is a handy tool that lets you dig holes or unearth weeds. While shopping for a trowel, consider getting a hand-held garden fork, which can aerate soil and cut through roots.

6. Hose/watering can: Keeping gardens hydrated is part of ensuring their health. That makes a hose and a water-

ing can two invaluable tools to have around. Invest in a lightweight, expandable hose if storage space is at a premium. An adjustable nozzle will enable you to customize the water flow as needed. A watering can is an easy way to tote water to hard-to-reach pots and containers.

7. Garden kneeler: Gardeners often bend and kneel while working in the soil. That puts pressure on the back and knees. A comfortable garden kneeler with memory foam or one made from shock-absorbing material can reduce aches and pains.

8. Garden hoe: Garden hoes till soil, remove weeds and perform many other tasks. A garden hoe can be used along with a full-sized shovel, trowel and garden rake.

This list is just the tip of the garden tool iceberg. Visit a garden center and speak with a professional about other tools that can be added to the mix.

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7 Advantages of Hiring a Licensed Realtor to Sell Your Home

It's unlikely that everything will go exactly as planned when you're selling your home. Whether you encounter home inspection issues, an unforeseen expenditure, a delay in closing, or some other unpredictable event, you aren't alone if you've hired a professional realtor. The unexpected happens quite frequently and an experienced realtor can help you solve problems related to the sale of your home.

GIVE THE HOME BUYER A NUDGE

Sometimes a buyer simply needs more information to nudge them toward purchasing your home. A real estate agent can provide the prospective buyer with positive information that they might not be familiar with. Neighborhood details, such as escalating home values, homeowner amenities, HOA covenants, low crime rates, and other valuable information might sway a buyer into purchasing your home.

NEGOTIATE HEFTY REPAIR COSTS

If your central air conditioning unit or furnace breaks down and needs replacing while your home is pending a sale, you are typically stuck with the bill. Your realtor can negotiate with the buyer's agent to subtract the cost of whatever needs replacing from the monetary proceeds that are due to you at the time of closing. In this scenario, you don't have to fork out big bucks prior to your home closing. The buyer has the money available to purchase a new water heater, furnace, or whatever has been agreed upon after they close on your home.

REMEDY A BROKEN SALES CONTRACT

When a buyer has signed a legal document to purchase your home, and then wants to break the agreement, what should you do? If both parties mutually agree, there isn't a problem. But, if you're not happy about the idea, your realtor needs to examine the buyer's real estate contract and circumstances. Next, your agent can check the real estate laws governing the state where your home is located. After gathering this information, your realtor will present to you the recourse for this unfortunate situation.



COORDINATE A CHANGED CLOSING DATE

Most closing dates for homes are coordinated and set between the home buyer, seller, real estate agents, lending institution, and title company. However, sometimes circumstances change and the closing date needs to be altered. Your real estate agent will find a date that's agreeable to all parties involved and take care of the legal changes to your real estate contract.

DETERMINE FINANCIAL QUALIFICATIONS

It's the usual protocol for a realtor to require an official letter from a potential buyer's bank or other lending institution before working with them to buy a new home. The document typically states that the buyer is financially able to purchase a home up to a certain price threshold and that the lender is willing to loan them the money. If a potential buyer cannot or will not obtain an approval letter from their lending institution, your realtor can inform them they cannot proceed to purchase your home without it.

SORT OUT A HOME INSPECTION LIST

After a buyer has signed a real estate contract to purchase your home, they typically will hire a professional home inspector to thoroughly examine your property for past, current, or potential problems. Sometimes the inspector discovers defective, unsafe, or broken items in your home that you were unaware

unnecessary repair items.

GIVE YOU PEACE OF MIND

Selling your home is an enormous undertaking -- especially without professional help. Give yourself peace of mind and fewer headaches by hiring a licensed, reputable realtor to help you navigate the house-selling process. Even though a real estate agent charges a sales commission, it can be well worth it to know you have a professional to arrange the house showings, advertising, legalities, and other selling-related items. When you have professional help, you'll have greater peace of mind.

As you just learned, a professional realtor can help you work through many different types of problems that can arise while your home is on the real estate market. Without a licensed, reputable realtor to assist you, selling your home alone is like venturing out into uncharted waters without a guide. As this article pointed out, there are many advantages to hiring a professional real estate agent to help you sell your next home.

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(MS) — An eco-friendly home offers many benefits. Besides reducing your carbon footprint and being better for the environment, you can save lots of money on your energy bills in the long run. Plus, many of the latest trends are simply beautiful. Here are some to consider for your next home or remodel:

Bamboo materials: Bamboo is a renewable resource that can be harvested gently, without disturbing the surrounding environment. It's also a great alternative to hardwood, since it can regenerate faster than trees. The timeless material is very popular for flooring and can also be used for bathroom and kitchen cabinets. When buying this material for your home, look for a high-quality, sustainable producer since cheaper versions can be less sturdy.

Passive house: Go beyond efficient appliances with an entire house that uses little-to-no energy. Derived from the German Passivhaus, passive house is a movement that refers to a design process that creates buildings that have a small ecological footprint and require little heating or cooling. Use the philosophy to guide decisions for your home — from adding solar panels on your roof to boosting your insulation.

Reclaimed pieces: One of the quickest and easiest ways to have a positive environmental impact is buying as little new as possible. The next time you need a piece of furniture, create something rustic by recycling or upcycling an old or vintage item with a new coat of paint or a fresh wood stain. If you're planning a demolition, try deconstruction instead — “un-build” the structure and find elements you can salvage or reclaim, like exposed brick and wood beams.

Water conservation: With more parts of the world experiencing drought, saving water is one of the top concerns for environmentalists. Wasting water is also expensive and leads to higher utility bills. Upgrading your home with water conservation features can go a long way, and most are designed to look sleek and minimalist. Opt for low-flow showerheads, toilets and sink fixtures.

Insulated concrete forms: Many homeowners now prefer to build with insulated concrete forms (ICFs) because the material offers better energy efficiency and performance than traditional wood. Homes built with Nudura ICFs also provide better fire protection and can help you save as much as 60 percent on heating and cooling costs. Your home is less likely to contain cold areas as the insulation is continuous around the entire house.

Find more information about the benefits of building with eco-friendly ICFS at nudura.com.

3 perennial gardening pointers

Gardening is an engaging hobby that can provide a host of benefits, some of which may surprise even the most devoted gardeners. For example, the Harvard Medical School notes that just 30 minutes of gardening activities burns 135 calories, making gardening a fun and simple way to incorporate more exercise into your daily routine. In addition, scientists have long proven that gardening releases the hormones serotonin and dopamine in the brain, each of which are associated with improved mood.

Perennial gardens can be especially attractive to seasoned gardeners and novices. Perennials are plants that come back year after year, and committing to a

perennial garden can ensure people stick with gardening for the long haul, reaping all of the rewards that come with making such a commitment.

Before planting a perennial garden, those new to gardening may want to consider these three tips.

1. Make a plan.

A perennial garden comes back year after year, which means any mistakes you make when planting are likely to haunt you year after year as well. Factors like space and location must be considered before planting. Many gardeners utilize garden planning applications like GrowVeg to make the process of planning a garden simpler and more organized. Such applications can be especially useful for novices.

2. Consider aesthetics.

Gardens can be awe-inspiring, especially when gardeners consider aesthetics prior to planting. The DIY Network advises gardeners to consider scale before choosing which perennials to plant. Tall plants and wide beds tend to look best outside large homes, while short plants in small beds tend to look better outside small homes.

3. Work with a professional.

Local garden centers can be excellent resources when planning perennial gardens. Representatives at such businesses can offer tips on native plants, which will be more likely to thrive year after year than non-natives. Such representatives also can help you choose the right plants based on the amount of sunlight the plants will likely get after being planted. Each of these factors can be easily overlooked by people without much gardening experience.

Perennial gardens can provide years of joy and inspiration, especially when gardeners give ample attention to certain details prior to planting.



Local garden centers can be excellent resources for gardeners planting perennial gardens for the first time.



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Brush It Off art studio is no different, they offer take out paint kits while it's not the food you eat it is healthy food for the mind and soul!

A new day! Take out is the way of this new day, although mostly for consumable food.

Painting is a 2-3 hour (more or less) escape from the moment. The escape begins when you start looking through the Brush It Off facebook post to view hundreds of

No bake ceramic figurines for the piece that is calling for you. If painting figureines is not your cup of tea, perhaps picking a canvas painting from Ms Morgan's Brush It Off Facebook album called "Gallery of our paintings" or the kids canvas painting album called "Gallery of our Kids Paintings" to find just the right painting you want to give your hand a try at.

Escape part 2 is picking up your kit(s) but the real magic begins as you unwrap your project at home and start to paint! At that point no longer are you thinking about anything else, you are in the moment of color!

The owner of Brush It Off, Denise Morgan is taking orders by Facebook Messenger where Ms Morgan will give you direction for calling in payment and when your kit(s) are ready for doorside or even curbside pick up.

Ms Morgan offers instruction on how to paint your piece(s) along with tricks to help slow the kids down on their paint project and also offers a follow up free 15 min. glitter and glaze to enhance the colors and protect the paint on your No bake ceramic piece(s). Just give a call to make a time you can bring your piece(s) back in at a later date.

What a fun Mothers Day, Birthday or just get your mind off in a new direction project! Gather around the computer, go to Facebook, type in "Brush It Off paint" look for the post with the "Heart Mom" flower painting followed by 35 pages of things to paint and escape for a bit of fun.

Brush It Off is located in an old Mill in Fiskdale MA on Rt. 20 called the Marketplace settled next to a lovely waterfall and walking paths to enjoy. While your picking up your kit(s) at Brush It Off the Mill has other businesses offering take out such as Altruists Brewery and a new Cafe you can order ahead to pick up some yummys from called the Stone and Sparrow offering healthy foods like salads, panini's, wraps, fruit smoothies, specialty coffee and more! Also is a store called the Thrifty Gypsy where you can get many gluten free snacks, pasta's, masks, CBD products and other necessities.



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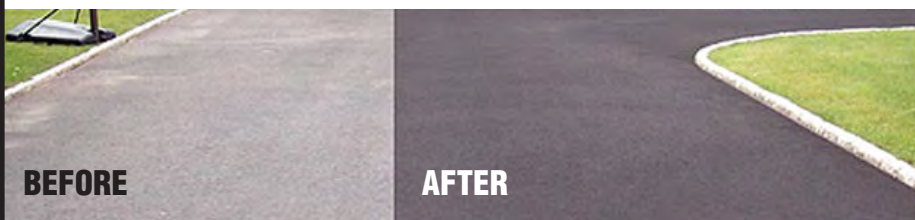
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Alternatives For Health Herbal Apothecary celebrating 10 years

On July 1st Alternatives For Health Herbal Apothecary will be celebrating 10 years at its current location, 426 Main St Sturbridge. Owner Salli Greene is hopeful that we will be really be able to celebrate by then. When they moved into this space in 2010, they slowly started building a strong customer base. "Now our customers are like an extended family," says Greene. They have a Customer Reward program which has helped them learn people's names.



The back-bone of Alternatives For Health is its Bulk Herb and Tea section. There are not many of these brick and mortar shops anymore. There are over 200 both culinary and medicinal herbs in this section, although Salli is quick to point out that culinary herbs are also medicinal. The Bulk Tea section has pre-blended teas, but any edible herb can be made into a tea. "It's fun to see customers experimenting and blending their own teas." In addition to that they carry Essential Oils, Flower Essences, Homeopathy, Vitamins and other herbal preparations. They offer Massage, Reiki, Polarity and other Energy Treatments. Classes on a wide range of topics are continually being offered. A variety of Readers also utilize the space. They send an monthly email newsletter which keeps people up on events. Their website www.alternatives4health.com is also a useful way for people to check on products and events.

They have been able to be open during Cov-19 for curbside pickup and mail orders. "We are thankful to our customers who have been using this service and have, interestingly, increased the customer base during this time."

Salli has been busy renovating the shop while customers were unable to come into the building. It is totally repainted and rearranged. They have taken over the upstairs, which had previously been an antique shop. The classroom space has moved upstairs. There is also an additional treatment room and separate space for our Readers. "I think our customers will like the changes. The therapists are very excited to have extra space."

Please keep an eye out for celebration announcements for the upcoming Anniversary!!

HEALTH

Spring 2020

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Quaboag Rehabilitation and Skilled Care Center Receives a Deficiency Free Survey by Department of Public Health

FEBRUARY 14, 2020 WEST BROOKFIELD, MA – Quaboag Rehabilitation and Skilled Care Center, an elder care setting located in West Brookfield, received a deficiency-free survey rating from the Commonwealth of Massachusetts Department of Public Health during the Center's 2019 annual survey conducted from February 12 through February 14, 2020.

"This is a wonderful accomplishment by Quaboag's dedicated staff and a recognition for their compassionate care and dedication to our residents and families," said Lynn Corfey Quaboag's Administrator.

The Commonwealth of Massachusetts Department of Public Health inspects skilled nursing facilities such as Quaboag annually to ensure compliance with a multitude of state and federal standards of care such as staffing, cleanliness of environment, nursing and rehabilitation services, activities and dining services, resident rights and administration. These rigorous surveys are unannounced and conducted by health care professionals such as registered nurses, licensed social workers and dietitians.

According to data by the Centers for Medicare and Medicaid Services (CMS) only about 10% of skilled nursing facilities in the nation receive a deficiency-free survey rating annually. This illustrates Quaboag's significant accomplishment and compliance with all regulations to ensure the highest level of resident well-being in a quality setting.

About Quaboag:

Quaboag Rehabilitation and Skilled Care Center offers a 147 bed Center for Short-term Rehabilitation, Traditional Long-term Care as well as a dedicated Memory Care Unit. Situated on the beautiful town common of West Brookfield, Quaboag offers a convenient location for towns in Worcester, Hampden, and Hampshire Counties.

Quaboag Rehabilitation and Skilled Care Center is a non-profit setting and a member of Ascentria Care Alliance. The Center is under the daily management of Sheehan Health Group.

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Keep the lawn trimmed to make it less hospitable to ticks that transmit Lyme disease.

Lyme disease is a potentially dangerous condition transmitted by the passing of bacteria from deer ticks to their unsuspecting hosts. The Centers for Disease Control and Prevention says Lyme disease is the most common vector-borne disease in the United States. Lyme disease also is a cause for concern in Canada, parts of Europe and Asia.

Tens of thousands of people are diag-

nosed with Lyme disease each year. But Lyme disease also affects animals, including popular house pets like dogs. Tufts University says that the Lyme bacterium can cause serious illness in some dogs. Lyme disease can be difficult to detect and cause serious and recurring health problems. That is why it is essential for pet parents make concerted efforts to reduce the risk that

their dogs become infected.

The American Veterinary Medical Association says the best way to protect pets against Lyme disease is to emphasize prevention.

- Speak with your veterinarian about a tick preventive product that is right for your dog. These can include repellent collars, topical treatments and ingestible medications.

- Vets may recommend vaccination against Lyme disease if you live in an area that is home to high tick populations. Recommendations also may be based on your pet's lifestyle and overall health, among other factors.

- Address conditions in the yard that are conducive to ticks. Mowing the lawn regularly is one way to make the backyard less attractive to ticks, as is removing leaf litter.

- Keep a clean home and landscape. Rodents and other wildlife can carry deer ticks. Securing trash cans, picking up food scraps, removing hiding spots

and potential dens, and other strategies can keep these carriers away.

- Conduct a daily tick check if your dog spends time outside. Pay attention to bumps on the skin and part the fur so you can see where the coat meets the skin. Don't forget to look in the ears.

- When possible, avoid areas where ticks may be found, such as tall grasses, wooded areas and marshes. Stick to trails when spending time in wooded areas.

Dogs with Lyme disease may exhibit various symptoms. These include loss of appetite, fever, joint swelling, decreased activity, and lameness. Visit the vet promptly if symptoms occur and do not abate, or are causing considerable distress for your pet.

Lyme disease is a concern for pets. Avoidance, preventive measures and outdoor maintenance can help reduce the likelihood that pets will contract Lyme disease.

Allergies or COVID-19?

As winter gave way to spring, nature did not give any signs in relation to what the people of the world were going through. As trees and flowers bloomed just like they do every spring, the people accustomed to witnessing the awe-inspiring transformation on display each spring were experiencing a transformation of their own.

Social distancing measures enacted during the COVID-19 outbreak in late-winter 2020 forced many people to stay home, only venturing outside to run routine errands like buying groceries or filling prescriptions. People were urged to stay home to help prevent the COVID-19 virus from spreading, and those recommendations included people exhibiting mild symptoms of illness.

As spring hit its stride and pollen counts climbed, many people wondered if certain symptoms they were experiencing were byproducts of seasonal allergies or the COVID-19 virus. The Centers for Disease Control and Prevention note that it's easy to mistake common allergy symptoms for COVID-19, and that's especially so given the level of concern many people have about the novel coronavirus that has already claimed thousands of victims across the globe. But it's important that people recognize the symptoms of allergies and COVID-19 are different. The following are some symptoms of allergies and some of COVID-19, courtesy of the CDC and the Mayo Clinic.

Allergy symptoms

- Itchy eyes
- Stuffy nose
- Sneezing

Doctors advise people who are exhibiting potential allergy symptoms to pay

attention to their body temperatures. People with allergies very rarely experience fever, so the absence of fever, even if other symptoms of allergies are present, might indicate that a person is suffering from allergies and not COVID-19. In addition, allergy symptoms tend to be mild and recur year after year around the same time, such as when plants bloom in spring and summer. So if symptoms that are currently present are the same ones a person confronts every year, then he or she is likely suffering from allergies and not COVID-19. People can err on the side of caution by discussing their symptoms and history with their physicians.

Coronavirus symptoms

- Shortness of breath
- Fever
- Cough

Some asthma sufferers experience shortness of breath as a result of allergies, so people with asthma should consider that before assuming they have COVID-19. Discussing shortness of breath with a physician can help asthma sufferers gain more clarity on their condition.

While symptoms of allergies and COVID-19 are different, the CDC notes that people suffering from the flu may experience the same symptoms experienced by people with the coronavirus. Symptoms such as fever, fatigue, body aches, and cough can affect both flu and COVID-19 sufferers, so people experiencing these symptoms should contact their physicians.

It's easy to mistake common allergy symptoms as indicative of the presence of the COVID-19 virus. But the symptoms of each condition are quite different. Learn more at www.cdc.gov.



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The benefits of eating local meat and produce

Do You Know Where Your Meat Comes From? Is it locally sourced? Do you purchase straight from a butcher? Do you shop at your local grocery store? Now more than ever, self-care is a number one priority. A big part of self-care includes being aware of what you ingest.

Grass fed beef and pasture raised pork are an all-natural source of daily proteins and omega-3 fatty acids. It is the highest quality local product in the area.

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Sustainably raised, local meats and produce are rich in flavors unlike factory farm varieties. In addition to stimulating the local economy and supporting local farmers, eating local has environmental benefits as well. Factory Farms tend to destroy the environment with pollution, water and soil contaminants, while small local farms aid in

land preservation and less impact on environment.

~HEALTH BENEFITS~

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How to exercise during the pandemic

Life changed overnight for millions of people across the globe in the wake of the COVID-19 outbreak, which shuttered businesses and forced many people to follow stay-at-home measures issued by their local governments. These measures not only affected the overall health of those infected with the virus, but also those who experienced no symptoms and even tested negative for COVID-19.

In recognition of the mental toll that social distancing and stay-at-home measures can take, the Centers for Disease Control and Prevention advised people to exercise regularly. But opportunities to exercise seemingly dried up when stay-at-home guidelines were issued and gyms were shuttered. People without exercise equipment at home suddenly found themselves wondering how they could stay fit and keep their bodies in the best possible condition to fight a virus that has claimed thousands of lives. Thankfully, there are ways to stay fit and keep immune systems strong without violating stay-at-home measures.

- Access online exercise programs. Many gyms that were forced to close to help stop the spread of the COVID-19 virus began offering exercise tutorials and classes via social media or websites such as YouTube. These videos can be invaluable resources, teaching people how to stay fit at home even if they don't have weights or other equipment on hand. In addition to gym-sponsored exercise tutorials, the internet is loaded with free exercise videos and advice that can help people without access to a gym get fit or maintain their fitness routines.

- Go back to the basics. Many people no doubt recall gym class from their school days. Such classes teach youngsters the basics of physical fitness without employing dumbbells or advanced exercise machines. Those same basic exercises that work for youngsters, including push-ups, sit-ups and lunges, can be effective for adults as well. If it's been awhile since you've done your most recent push-up, access an online tutorial so you can be certain your form is correct.

- Do some yard work. It might not feel as high-intensity as a spinning class or a Pilates session, but yard work can be a great workout. Dust off the push mower the next time the grass needs to be cut, and get to work on pulling weeds in garden beds. The added benefit to yard work is it provides a great opportunity to get some fresh air without violating social distancing guidelines.

- Go for a jog. Perhaps the simplest way to exercise during the pandemic is to go



for a daily jog. According to the Mayo Clinic, aerobic exercise repeatedly moves large muscles in the arms, legs and hips while engaging the immune system and helping it to ward off minor viral illnesses. That makes an early morning jog an especially valuable, not to mention easily accessible, way to exercise during the pandemic.

Exercise can help people maintain their immune systems in the wake of the COVID-19 outbreak, and there are many simple ways to fit in a little physical activity even while social distancing.

Notre Dame Health Care

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In 1900, the Sisters of Notre Dame de Namur viewed the undeveloped expanse of land that stretched from Plantation Street down to the shores of Lake Quinsigamond as an ideal setting for peaceful contemplation and retreat from the rigors of their teaching ministry. Since the Sisters purchased the property, its purpose has expanded significantly beyond its original intent.

Today, some 120 years later, this property has become home to Notre Dame Health Care, a non-profit organization that takes a holistic approach to the ministry of healthcare delivery. Following the teachings of Saint Julie Billiart, who founded the Sisters of Notre Dame de Namur, the mission of Notre Dame Health Care reflects the gospel message in every aspect of its programs and services.

The Sisters have driven innovation in health care, recognizing and addressing specific needs as the times have changed. Its first program, a skilled nursing facility for both the Sisters and the greater local community, delivers high quality care with dignity and respect. The success of this program prompted the addition of other, much-needed programs and services. Through the years, Notre Dame Health Care has enhanced its portfolio of services with assisted living apartments, memory care units, post-acute and short-term rehabilitation, hospice and palliative care for adults and children, and an educational “bridge” center.

Every program at Notre Dame Health Care offers distinct features that engage residents, encourage socialization and promote a better quality of life. Social activities, such as art and music therapy, along with social dining and field trips, help promote a sense of community for every resident. Notre Dame Health Care also offers daily Mass and the Rosary for its Catholic residents. We acknowledge the spiritual value in all faith traditions through the provision of pastoral care and ecumenical services for all.

The Sisters’ influence and “special touches” are reflected in many unique features which are present throughout our facilities. Peaceful gardens and serene landscaping surround each building; lavish court- yards and green space invite residents to experience the outdoors in a safe, pleasant atmosphere; exquisite photography and multi-medium artwork adorn the hallways. Differences in design abound in each of our facilities, giving each resident space its own distinctive character.

In addition to exceptional health care services, Notre Dame Health Care has created unique educational opportunities for staff and the local community. Emblematic of the Sisters’ ministry to educate for life, the Educational Bridge Center was originally founded as a way for employees to advance in their careers. Subsequently, the Bridge Center has become a lifeline for those seeking citizenship, adult basic education programs, or support in attaining a high school diploma or an advanced degree. Drawing upon their years of service in the classroom, retired Sisters tutor students as they embark on their personal academic journeys to a better quality of life.

Not only does Notre Dame Health Care lead the industry in top-rated programs and services, the organization also has an incredible staff retention rate. Every



employee exemplifies the organization’s mission and works synergistically to continually raise the bar and operate at the highest possible level.

Going forward, Notre Dame Health Care anticipates changes in the industry that will require innovation, creativity and wisdom to continue serving the spiritual, social, physical and psychological needs of the lay and religious communities through all stages of life. Guided and driven by our mission, our team is poised and ready to embrace the continually changing needs of our community!

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