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Friday, May 15, 2020

Pan-Mass Challenge goes virtual

BY KEVIN FLANDERS
STAFF WRITER

REGION – For the first time in four decades, Pan-Mass Challenge riders won't be hitting the streets this summer. But even though the annual bike-a-thon has been canceled in favor of a virtual celebration, its vital fundraising mission will roll on.

PMC officials announced last week that the August ride has been canceled due to the COVID-19 crisis. Kicking off each year in Sturbridge, the event has been held in all kinds of weather over the past 40 years. Riders are always willing to brave the elements for their cause, but PMC officials are committed to protecting all participants and their families.

Determined to still have a celebratory event this year while continuing fundraising for the Dana-Farber Cancer Institute, PMC leaders came up with an idea for a virtual celebration. Titled PMC 2020 Reimagined, the multi-day event will include several online activities for riders who have worked hard to raise funds.

"Coming together the first weekend of every August is a beloved tradition for thousands of PMC participants. While we're unable to move forward with our ride safely in the same way we have over the past 40 years, we cannot and will not let our community or Dana-Farber down," said Billy Starr, the PMC's founder and executive director. "Our mission to support Dana-Farber in the fight against cancer is more important than ever. And in reimagining what our event can be, we hope to inspire even more participation from those joining us at home."

The PMC raises more money for charity than any other single athletic fundraising event in the country. As Dana-Farber's largest single contributor – accounting for 57 percent of the Jimmy Fund's annual revenue – the PMC and its riders remain committed to raising critical funds for lifesaving cancer research, treatment, and patient care.

For longtime PMC riders, the process of securing donations was more challenging in 2020 than any previous year, with unemployment figures skyrocketing due to the coronavirus. With their reimagined celebration, PMC leaders want to recognize all participants for their tireless work in securing donations.

The PMC 2020 Reimagined will include...

Turn To **PAN-MASS**, page **A4**



Katelyn Seguin

Sturbridge resident featured in virtual art exhibit

WORCESTER — Worcester State University's Visual and Performing Arts Department has announced that Sturbridge resident Katelyn Seguin is among eight VPA seniors whose work is being featured in its Spring 2020 Student Thesis Art Exhibit. The exhibition, which is typically offered in VPA's Mary Cosgrove Dolphin Gallery at Worcester State University, has been made virtual this year.

As part of her project, Seguin created a collection that she titled, "This is Love." She said that throughout her four years at Worcester State, art classes helped her work on fine details within her pieces.

"The four years have meant a lot to me, especially being able to work on projects in a hands on way," Seguin said. "With the new chapter in my life, I plan on going in the marketing/advertising direction and my VPA classes have helped me think about the impact a certain piece will have on the audience."

The virtual Spring 2020 Student Thesis Art Exhibit featuring Seguin's collection and the artwork of seven additional students can be viewed on the Mary Cosgrove Dolphin website: www.worcester.edu/Mary-Cosgrove-Dolphin-Gallery/. The exhibit also features original music composition by Worcester State University music students.

"The VPA Turn To **SEGUIN** page **A15**



Local Scouts take part in Camp Quarantine virtual event

STURBRIDGE — What did you do last weekend? Members of Sturbridge Troop 163, Pack 161 and Troop 161 part of Heart of New England Council, Boy Scouts of America participated in Camp Quarantine 2020, a two-day virtual event that included camping, cooking, training, advancement and so much more!

The Boy Scouts of America, and their programs, are outdoor based programs. It relies on interaction between scouts to teach skills like knots, fire building, lashing etc. Scouts lead hikes, go on trips as a group, work with their patrol, den, crew or ship, relying on each other for help, guidance, and support. In times like these, it becomes challenging to do this and still feel like you are part of the group or a larger organization. Adaptations to the program, virtual troop meetings, email communications, these are all things that have increased over the last two months to keep the program running as smoothly as possible in these challenging times. So how do you incorporate more of the outdoors, and peer to peer interaction when social distancing and stay at home orders are in place? You "Do Your Best" to "Be Prepared" it's all about flexibility in the program. Heart of New England Council and Western

Turn To **SCOUTS** page **A14**

Harrington adopts new infection prevention measures

SOUTHBRIDGE — As the number of new coronavirus cases in Massachusetts begins to decline, Harrington HealthCare System (HHS) is encouraging patients to return for care at service locations across its system, with additional new infection prevention measures designed specifically to protect against the COVID-19 virus now in place.

"Patient safety is always our first priority, and it will continue to be as we return to a pre-pandemic level of services in our outpatient and ancillary service centers as well as all Harrington Physician Services offices over the next several weeks," said HHS President and CEO Ed Moore.

"We want our patients to know that we've put extra measures in place to protect them so that they feel safe in receiving the routine, preventive and ongoing care that they need," Moore said. "Temporary restrictions and suspension of some non-essential services was necessary at the start of the pandemic, but now that the spread of the virus is slowing and protocols have been developed that are effective in protecting patients, it's important that people resume normal healthcare activities, especially those with chronic conditions."

Moore says the healthcare system has implemented the latest COVID-19 cleaning and disinfecting protocols, meeting and even exceeding the guidelines published by the Centers for Disease Control and Prevention.

Turn To **PREVENTION** page **A13**

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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



ty 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.

How to avoid spreading illnesses at home

Family companionship invaluable. Spending time together with loved ones is an important component of daily life. However, when an illness affects one person of the household, that highly coveted closeness can put others at risk.

Infectious diseases are equal opportunity hitchhikers. Should a person be waylaid by influenza, strep throat, mononucleosis, or COVID-19, casual contact may be all it takes to pass the illness to someone else. The Centers for Disease Control and Prevention says that COVID-19 is primarily spread from person-to-person among people who are in close contact with one another (within about six feet). Respiratory droplets produced when an infected person coughs or sneezes can land in the mouths or noses of people nearby or possibly be inhaled through the lungs. Other viruses and bacteria spread from contact with contaminated surfaces or objects and then touching one's own mouth, nose or possibly the eyes.

Keeping household members safe when one person is ill can be challenging, but it is possible. These steps can help keep everyone in a household safe, particularly from virulent diseases.

- Wash your hands. This is the most effective way to prevent the spread of germs. As frequently as possible, wash your hands, but especially after touching frequently used items or before and after preparing and eating food.

- Disinfect surfaces. Target areas that are frequently touched by all members of the household. Such surfaces include doorknobs, stairway railings, bathroom and kitchen faucets, the refrigerator door, light switches, and cabinet knobs. Make sure to keep the disinfectant visibly wet on the surface for the "dwell time" recommended on the label instructions to fully kill the germs.

- Consider color coding. Use microfiber cloths, which don't harbor germs like porous sponges do, with different



colors for cleaning each room of the house to prevent the spread of germs from one area to another.

- Keep your distance. Sick individuals should stay away from others as much as possible. Now might be the time to use a guest bedroom for spouses who normally share a bed. Designate a separate bathroom for healthy individuals. Do not touch hands, hug or kiss others while you are ill. Kaiser Foundation Health Plans also suggests hygiene techniques like coughing or sneezing into a tissue or sleeve to trap the virus.

- Use personal bath towels. Do not share towels and linens with others while sick. Now is the time for a personal bath towel or bathrobe for showering and drying hands, offers Meridian Health.

It can be difficult to avoid spreading disease when one member of a house-

hold is sick. But with proper hygiene and diligence, illnesses can be contained.

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DUDLEY SENIORS

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Turn To **TRIPS** page **A5**

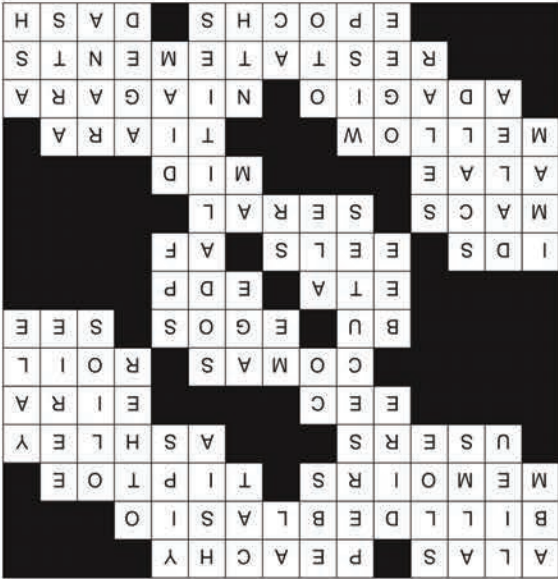
CLUES ACROSS

1. Expression of sorrow or pity
 5. Not bad
 11. NYC Mayor
 14. Essays
 15. Walk lightly
 18. Those who utilize
 19. Actress Judd
 21. One-time community of nations
 23. Norwegian river
 24. Unconscious states
 28. Make muddy
 29. Unit of volume
 30. Consciousnesses
 32. Envision
 33. When you aim to get there
 35. Electronic data processing
 36. Passports are some
 39. Snakelike fish
 41. Military flyers (abbr.)
 42. Popular computers
 44. Ecological stage
 46. Wings
 47. Used in combination
 49. Laid back
 52. Princess’s headgear
 56. Musical composition
 58. Famed Falls
 60. Reiterations
 62. Eras
 63. Track event

CLUES DOWN

1. Defensive nuclear weapon (abbr.)
 2. Instead
 3. Gifts for the poor
 4. A type of gin
 5. Torments
 6. One point south of due east
 7. Actor Pacino
 8. Feline
 9. Chinese dynasty
 10. Short cries for help
 12. Straits can sometimes be this
 13. Further
 16. Variety shows
 17. Supernatural
 20. A university in Connecticut
 22. Atomic #27
 25. Of I
 26. We all have one
 27. Religious guilds
 29. This can sting
 31. Sunscreen rating
 34. Brew
 36. Religious leader
 37. Indigo bush
 38. Burn with a hot liquid
 40. Jr.’s father
 43. Ray-finned fish genus
 45. Morning
 48. Straight line passing from side to side (abbr.)
 50. S-shaped line
 51. Small bunch of hay
 53. Ripened
 54. Crater on Mars
 55. Humanities
 57. Of the ears
 58. To the __ degree
 59. Wood
 61. Cools your home

PUZZLE SOLUTION



PAN-MASS

continued from page **A1**

many of the activities that riders, volunteers, donors, and spectators partake in during a traditional PMC weekend – complete with virtual adaptations that make it easy for remote participation.

Just a few of the activities slated for this year’s program include:

PMC 2020 Reimagined opening ceremonies, broadcasting live on WBZ-TV (Friday, July 31)

An official “starting line” to symbolize the commencement of the 2020 PMC (Aug. 1)

The PMC Pedal Partner tent, in partnership with Dana-Farber’s Jimmy Fund Clinic

Entertainment and celebration at Massachusetts Maritime Academy’s quad

A global Living Proof toast to honor those who are currently undergoing, or have undergone, cancer treatment

Dana-Farber officials commend PMC leaders for their commitment to fundraising, even when the ride is canceled and donations are difficult to come by.

“We are incredibly grateful for the PMC’s unwavering dedication to Dana-Farber. Their cre-

ative thinking in rallying their community around an event that provides essential funding for our institution and patients is a shining example of agility and commitment,” said Laurie Glimcher, the president of Dana-Farber. “Cancer doesn’t stop, even during these difficult days. PMC dollars are critical to support the world-class cancer care and additional resources we provide our patients and their families.”

The PMC’s annual ride, which offers participants 12 routes spanning 25 to 192 miles, has become a tradition for several local families. Not only do they enjoy their training routine, but also the process of collecting donations from friends and family. Even though many donors have lost their jobs, they still made it a priority to give back to Dana-Farber.

“The Reimagined PMC will bring together thousands of riders, volunteers, donors, and supporters from their hometowns around the globe to celebrate the spirit of PMC weekend while making an unparalleled impact on the fight against cancer,” read a statement released by PMC leaders.

The PMC 2020 Reimagined program will also include pre-taped content to augment its

real-time offerings.

For local PMC riders, the news of the cancellation was disappointing but expected. Members of Team De-Feet Cancer, which was established several years ago in West Brookfield by the late Steve Morris, continue to raise money in his honor.

“We are saddened, but resilient. We will miss seeing our PMC friends and family in August, but we know that now, more than ever, cancer patients need our help. Dana-Farber needs our help,” said Team De-Feet Cancer member Jessica Piwowarski. “We continue to raise money, and we continue to train and ride solo. We do have hopes of small team rides over the summer if restrictions ease. We look forward to the ways PMC will help us stay connected.”

In 2019, the PMC donated \$63 million to Dana-Farber, the largest financial gift ever received by the institute. For more information about the event, visit www.pmc.org.

The Dana-Farber Cancer Institute is one of the world’s leading centers for cancer research and treatment. The institute’s mission is to promote scientific inquiry, clinical care, education, community engagement, and advocacy.

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TRIPS

continued from page A4

Jimmy Buffett as well as songs by The Beach Boys, Paul Simon, Harry Belafonte, Bob Marley and many others. Included is Deluxe Motorcoach Transportation, Lunch and the Show.

On Tuesday August 18 to Friday August 21st, have your Passport ready for a Spectacular 4 Day/3 Night Motor Coach Roundtrip visit to Beautiful Montreal and Quebec Canada. For 849.00 pp Double or 1159.00 pp Single Occupancy. Included are 3 Nights Hotel Lodgings, 4 Meals, touring as described in your travel Brochure, Best of Times Travel Tour Director and all gratuities except Motorcoach Driver. gratuity are included. In Montreal take in a guided visit of Norte-Dame Basilica, the Botanical Gardens, the Biodome, enjoy time at Montreal Casino plus even more. In Quebec, visit the Basilica of Saint-Anne de Beupre, Montgomery Falls, guided Tour of the beautiful Citadelle featuring the Changing of the Guard, the Royal Regimemnt Museum plus some Free Time to enjoy Quebec on your own.

On Thursday August 20th, get ready for the 10th Anniversary Tour of The Texas Tenors. These 3 very Handsome, Classically Trained Men have performed over 1300 Concerts with Headliner Shows in Las Vegas, China, the United Kingdom and accumulated 3 EMMY AWARDS. The Texas Tenors will sing many of the Broadway Show Classics as well as many of your favorite Pop Songs. They were honored to be included among the Top 50 Acts in the World. This could be the Best Concert that you will see this year. We are traveling approximately 60 minutes to the Venus DeMilo in Swansea, Ma. For 99.00 included is Deluxe Motorcoach Transportation, Plated Lunch of either Chicken Parmesan or Baked Scrod, Venus DeMilo's Famous Minestrone Soup, Vegetables, Breads, Dessert, Coffee and Tea.

Join us on Wednesday, September 2nd on our day trip to Lake Winnepesaukee for a scenic cruise out of Weirs Beach taking in the remarkable scenery of the Western end of this magnificent lake. We will also visit the spectacular Castle in The Clouds a turn-of-the-century sixteen room mansion with its breathtaking mountaintop views overlooking Lake Winnepesaukee. Enjoy a delicious full course luncheon at Harts Turkey Farm in Meredith, NH. Famous and renowned for their turkey dinners you are sure to delight in this bountiful luncheon. All for just \$129.

We had 34 people travel to the Pennsylvania Dutch Country 3 Day/2Night Trip this past December and they had such a Great Time that many of them asked to go back again this September 23-25th. We will see the New Show "Queen Esther". One of the very most riveting Bible Stories of the Old Testament that comes to life in the Magnificent Sight and Sound Theater which incorporates Live Animals, Social Effects and Jaw Opening Stage Sets. Ask anyone who

has seen a Show at the Millenium Sight and Sound Theater and they will tell you this is a Must See. in your lifetime. Now let's add a 2nd Show called "Saturday Nigh Fever" at the Dutch Apple Dinner Theatre, a Backcountry Tour of the Dutch County Farmlands, enjoy your luck at the Sands Casino and more. Prices are 499.00 pp Double and 599.00 Single Occupancy and include 2 Nights Lodging, 4 Meals, Tickets to the 2 Shows,

Touring as Described and Tour Director Gratutites. Last years Trip sold out early so don't get left behind

Have you ever thought about visiting Nashville? Come along on a 4 Day/3 Night Trip December 4th -7th. Included are Roundtrip transportation to Logan Airport, Roundtrip Airfare to Nashville, 3 Nights of Premium Lodging, 7 Meals including a Sunday Brunch, An Exclusive Dinner Show featuring the Oak Ridge Boys, Ticket and Show at the Grand Ole Opry, plus a Tour of the Grand Ole Opry, Admission to Country Music Hall of Fame, a River Cruise aboard the General Jackson Showboat, Tickets for a Holiday Show at the Opry House, Admission to ICE at Gaylord Opryland, a visit to Historic Studio B and a Guided Tour Of Nashville. WOW!! Prices are 1949 pp Double and 2349 pp Single Occupancy which includes Tour Guides and Bus Drivers Gratuities as well.

Contact Sturbridge Recreation Department 508-347-2041, email recreation@sturbridge.gov for more information

For additional information on these Wonderful Trips, please contact Linda Fortier at 508 347 1452 or by email at bestoftimes2020@aol.com

LEICESTER SENIOR CENTER.

For trip information and reservations, please call Joan Wall at (508) 892-3967.

Thursday, May 14: Twin River Casino & Wright's Chicken Farm. \$10 slot cash and \$7 food credit at the Casino. Then we depart for Wright's Farm for a family style dinner. Cost is \$64. We leave at 9 a.m.

Wednesday, June 17: The Gloucester Lobster Cruise with lobster clam bake and chicken buffet. On the way home, we stop at Kimball's Farm for their famous ice cream. We leave at 9 a.m. Cost is \$109.

Thursday, July 16: The Lakes Region Summer Music Theatre's "The King and I" and Hart's Turkey Farm luncheon. We leave at 9 a.m. Cost is \$99.

Wednesday, Aug. 12: Casablanca By the Sea in Portland, Maine. Lunch at the Bull & Claw, then a cruise in Portland Harbor. Viewing war forts, seals, lighthouses. We leave at 8:30 a.m. The cost is \$99.

Sept. 1-3: Trip to Bar Harbor, Maine. Many sights to see. Cost is in the low \$400's. More information coming.

Wednesday, Oct. 14: New Hampshire Turkey Train. Scenic foliage train traveling around beautiful Lake Winnepesaukee. Hart's Turkey Farm brings a full turkey luncheon on board. Then more sightseeing and foliage

viewing. We leave at 9 a.m. Cost is \$89.

Thursday, Nov. 11: Newport Playhouse & Cabaret Restaurant presents "Ghost of a Chance," a buffet full with everything. The play, then back to your seats for the Cabaret. Two shoes for the price of one. We leave at 9 a.m. The cost is \$99.

Saturday, Dec. 12: The fabulous Reagle Players Christmas Spectacular and Dinner at the Chateau Restaurant. The entertainment is wonderful. The food is great! We leave at 10 a.m. The cost is \$119.

MARY QUEEN OF THE ROSARY PARISH

SPENCER — Mary Queen of the Rosary Parish, 60 Maple St., Spencer, is offering the following trips. For more information, call Bernard Dube at (508) 885-3098.

*USA: Wonders of Northern California Redwoods, Oregon & Washington: August 3-15, 2020

*Spain & Portugal: Sept. 9-23, 2020

*Galapagos Islands: Jan 4-13, 2021 *Galapagos with extension to Peru (Machu Picchu): Jan 4-19, 2021

*Botswana, Zimbabwe and Victoria Falls: May 5-16, 2021

*Alaska (land and cruise): early August, 2021

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SOUTHBRIDGE SENIOR CITIZENS ASSOCIATION

Contact Jim Julian at the Casaubon Senior Center Monday, Wednesday, or Friday 9-10 a.m. or call (774) 922-4049 or e-mail jimtrips@yahoo.com.

Trips are open to the public! Make checks payable to the Southbridge Senior Citizens Association, payment due at sign up:

SOUTHBRIDGE SENIOR CITIZENS TRIP SCHEDULE FOR 2020

May 19, 2020 – Tuesday – Foxwoods \$30 - 8 - AM bus.

This one is for the bingo players and all others that want to go. You will have a deluxe motor coach ride to the casino. You will have 5 hours at the casino to gamble and shop. The bus will leave Foxwoods at 2 PM.

You will receive \$10 for gaming and a buffet meal voucher.

September 15, 2020 – Tuesday – Mohegan Sun \$30 - 10 - AM bus.

You will have a deluxe motor coach ride to the casino. You will have 5 hours at the casino to gamble and shop. The bus will leave Mohegan Sun at 4 PM.

You will receive \$10 for gaming and a buffet meal voucher.

October 13th - 20th 2020 – ALL INCLUSIVE ARUBA Happily Full - I am taking names for standby on this trip. This is an all-inclusive trip – all flights, transfers, meals plus snacks, nightly entertainment, and alcohol included.

November 12, 2020 – Thursday – Foxwoods \$30 - 10 - AM bus.

You will have a deluxe motor coach ride to the casino. You will have 5 hours

at the casino to gamble and shop. The bus will leave Foxwoods at 4 PM.

You will receive \$10 for gaming and a buffet meal voucher.

PAYMENTS DUE AT SIGN UP

Trips are open to the public!

Make checks payable to the Southbridge Senior Citizens Association.

Contact Jim Julian at the Casaubon senior center Monday, Wednesday or Friday mornings from 9:00 to 10:00 AM or call 774 922 4049, or e-mail me jimtrips@yahoo.com

UNION SAINT-JEAN-BAPTISTE CHAPTER 12

Union Saint-Jean-Baptiste, Chapter #12, Southbridge, is sponsoring a variety of excursions for all to enjoy in 2019. We are a non-profit family oriented Franco-American fraternal society since 1900. As always, you do not have to be a member to participate in any of the scheduled events. All are welcome. Gift certificates purchased in any amount can be used by the recipient to any event at face value. For information or reservations contact Ted at (508) 764-7909.

UXBRIDGE SENIOR CENTER

All trips leave from the Whitinsville Walmart and the Stop & Shop at 32 Lyman St, Westboro. Make sure to include entree choice, phone # (esp. cell) and an emergency # when sending payment. "Like" us on FacebookThe Silver Club and The Uxbridge Senior Center. Please call Sue at (508) 476-5820 for more information.

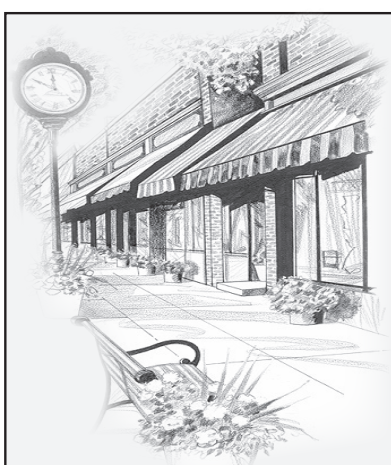
The Silver Club BUS TRIPS for 2020

Please call Sue at 508-476-5820 for more information.

The Uxbridge Senior Center is offering the following bus trips for 2020.

June 1 - Plymouth cruise on Pilgrim Belle with sightseeing tour and lunch at Hearth and Kettle - Fox Tours - \$91
June 26 - July 3 - Atlantic Canada w/Conway Tours - International Tattoo, ferry crossing, Hopewell Rocks, Halifax, Nova Scotia, Charlottetown, Prince Edward Island, St. John, New Brunswick - 3 seats left - \$1899.
Aug. 30 - 31 - Saratoga Racetrack w/Conway Tours - enjoy a race at Saratoga, a tour of the town, a tour of Haven Oaks Horse Farm, and drive up Prospect Mountain - \$329.
Sept. 16 -18 - The Hamptons w/Conway. Three day trip w/4 meals, guided tour of the "Rich and Famous," winery, ferry crossing, Old Westbury Estate & Gardens, Montauk Point Lighthouse, Sag harbor, etc. - \$579.
Oct. 6 - Green Mt. Railroad w/Fox Tours - \$101.
Nov. 19 - Newport Playhouse w/Fox Tours - \$101.
Dec. 7 & 8 - Equinox Resort and Hildene, VT w/Conway Tours. Two day trip with elegant dinner & piano entertainment, breakfast, tour of Hildene, chocolate tasting, etc. \$379.

Please call Sue at 508-476-5820 for more information or to be put on the emailing list.



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ADVERTISING WORKS!

Traveling with pets is more popular than ever



Today's pets are increasingly on the go. Individuals and families planning to travel are increasingly choosing to take their pets along with them.

A survey by the American Pet Products Association found people spent \$69.51 billion on pets in 2017. A large chunk of spending — around \$6 billion — was directed toward pet accommo-

dations and boarding. Statistics Canada says that Canadians spent more than \$8 billion on pet-related items in 2017, and about half of that spending was on veterinary and other pet services.

Pet owners have options regarding pet care when leaving home for business or pleasure. Pet owners can hire pet sitters, leave the pet with

a friend or family member, arrange for boarding, or bring their pets along with them.

Nowadays, millions of pet owners are taking their pets with them when they travel. To meet the demand, everything from hotels to Airbnb accommodations to airlines are enabling people to bring companion animals along. Some major airports offer pet-relief

areas and even Amtrak rail service recently started letting small pets on board.

Certain facilities charge fees to bring pets along. Such fees typically range between \$100 and \$200. Some pet-friendly places even offer special perks, such as staff that takes the pets for walks when the owners are away from their rooms. The Kimpton hotel chain

does not charge pet fees and also offers free pet beds, water bowls and treats, making it easy for customers to travel with their companion animals.

If pets are coming along for the ride, flight or stay, pet owners should brush up on these pet travel tips.

- Obtain a health certificate. Schedule a visit to the vet and have them

offer a health certificate listing immunizations and the state of the pet's health. Many airlines, hotels, pet care centers, and border crossing authorities will require such proof of pet wellness.

- Research local vets. Find a vet or animal hospital near the hotel or city where you will be staying. In the event of an emergency, you'll know where to go.
- Plan for pit stops. Give pets time to stretch their legs and take bathroom breaks. Try to take breaks every two to three hours.
- Vet the transportation service. Check the train or plane policy for bringing pets along. In addition, look into the history of transporting pets, keeping an eye out for any incidents of pets being lost or injured.
- Bring a crate or carrier along. Many pets feel safe and secure in crates, and hotels or airlines may require pets be contained when unattended. So be sure to bring a crate when traveling with a pet.
- Contact the tourism board. Ask a local tourism board about local pet-friendly accommodations and restaurants.

Traveling with pets allows the entire family to enjoy time away from home.

Tips to make your home more cat-friendly

Millions of people cannot imagine life at home without their cats. Cats make wonderful pets, bringing their own unique personality into a home and providing companionship to their owners.

As great as cats are, millions still enter animal shelters every year. According to the ASPCA, roughly half of the 6.5 million companion animals that enter United States animal shelters each year are cats. And while figures are thankfully on the decline, hundreds of thousands of those cats end up being euthanized. Local animal shelters are home to many cats that would make great pets, and prospective cat owners are urged to visit such shelters to find cats that would make welcome additions to their homes.

For those who find cats to take home, the following are a handful of ways to make a home as cat-friendly

as possible.

- Take stock of appliances that pose as safety risks. Certain appliances pose potentially significant threats to cats' safety. For example, International Cat Care notes that open washing machines or tumble dryers, particularly those with warm clothes inside, may be too tempting for cats to ignore. Unsuspecting homeowners may close the doors to washers and dryers, trapping cats inside, or even turn the appliances on without recognizing the cats are inside. Always keep doors to such appliances closed, and check to make sure cats are not inside before using these appliances. Paper shredders and work stations with lots of wires also pose a safety risk to cats, so make sure these appliances and areas are inaccessible.
- Watch how cats behave around cat flaps. Some cats respond positively to


cat flaps, while others do not. Cat flaps also may invite other cats into a home, which can upset your cat and make it vulnerable to attack. While some cats may want the freedom a cat flap allows, others may be on edge around the cat flap. Let cats' behavior dictate if you will keep the cat flap or not.

- Watch how cats drink water. International Cat Care notes that the presence of water near food may deter some cats from drinking enough fluids. That's because cats naturally hunt for food and water separately. Some cats may be fine if food and water are in the same bowl, but if you notice your cat is ignoring its water bowl, try placing it elsewhere in the home to ensure your cat gets enough fluids.
- Provide high but safe resting places. Cats want to rest and observe their surroundings from on high. Don't deter cats from resting in such places,



but make sure they're positioned in such a way that cats can safely get down when they want to.

Cats make wonderful pets, particularly when welcomed into cat-friendly homes.



SUMMER HELP

The Town of Sturbridge DPW is looking for summer grounds maintenance help. Applicants must be at least 18 years of age and possess a valid driver's license. The applicants also need to be familiar with safe operating practices for small equipment including lawn mowers, tractors, weed whackers and brush cutters. General duties include the upkeep of Town grounds including cemeteries, ball fields and recreational areas. Due to the Coronavirus, PPE may be required at times.

Applications are available on the Town of Sturbridge website <https://www.sturbridge.gov/your-government/pages/job-opportunities> and can be mailed to P.O. Box 182 Sturbridge, MA 01566 or emailed to DPW@Sturbridge.gov.

Applications will be accepted until position is filled.

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FRANK G. CHILINSKI
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BRENDAN BERUBE
EDITOR

EDITORIAL

The making of Mother's Day

Another Mother's Day has come and gone, and this year's was certainly different as far as celebrations go. Due to COVID-19 restrictions, traditional Mother's Day luncheons or brunches did not take place. Mothers living in long term care facilities replaced in person visits with zoom or telephone calls. From what we can see, most everyone has made the best of the situation.

We would like to recognize the fact that today, "mother" is increasingly becoming a word that could also apply to a father, aunts, uncles, grandparents and other family members who, for one reason or another, step in to that role as single parents or careivers. To those people, we wish you a happy Mother's Day as well. With that being said, motherhood should be celebrated. Our children bring out the best in us and sometimes the worst, however at the end of the day the bond between most mothers and children is one that is stronger than anything we can describe.

Interesting is the fact that the creator of the holiday, Anna Jarvis, in 1908 fought to remove the day from the calendar after it became overly commercialized. Mother's Day was officially placed on the calendar in 1914 by President Woodrow Wilson. Mothers were to wear white carnations given to them by their children and presented with other gifts.

The ancient Greeks, along with the Romans, held festivals to honor mother goddesses Cybele and Rhea. In more recent history the Christians called it 'Mothering Sunday.' Across the Atlantic Ocean, the holiday fell on the fourth Sunday during Lent and every mother was expected to return home to their 'mother church' to attend a Mother's Day service.

Ann Jarvis (the mother of Anna Jarvis), along with Julia Ward Howe, held special classes in West Virginia during the early 19th century to teach women how to care for their youngsters. In the year 1868, Jarvis put together a 'Mothers Friendship Day' where mothers would socialize with former Union and Confederate soldiers in helps to create reunification.

Howe penned a 'Mother's Day' Proclamation in 1870 in which she asked mothers across the country to help promote world peace. Three years later, Howe was pushing to have a 'Mother's Peace Day' celebrated on June 2 annually. In Michigan, Mary Towles Sasseen and Frank Hering worked together to organize the holiday into the 20th century.

In 1905, Anna Jarvis lost her mother Ann. The grieving daughter looked to honor the sacrifices her mother made for her by celebrating Mother's Day and hoped other children would do the same.

The first big celebration took place in 1908 in West Virginia, where a business owner named John Wanamaker held an event at a church to honor motherhood. That same day in Philadelphia thousands attended a sister store of Wanamakers to celebrate as well.

In 1970, Coretta Scott King, wife of Martin Luther King, Jr., used the holiday to bring awareness to underprivileged women and children. In Thailand, Mother's Day is celebrated in August on the birthday of the current queen. In Ethiopia each fall, a big feast along with music is held over the course of a few days to celebrate motherhood. A fun fact, is that more phone calls are made on Mother's Day than any other day of the year.



OPINION

VIEWS AND COMMENTARY FROM STURBRIDGE, BRIMFIELD, HOLLAND AND WALES

LETTERS TO THE EDITOR

A thank you to our Harrington community

To the Editor:
Despite the constant flow of news and information about the novel coronavirus and the worldwide pandemic it has spawned, it can still be challenging to describe the enormity and complexity of the situation before us. It requires that we all make personal decisions – sometimes at great sacrifice – to limit risk to the most vulnerable among us and avoid the collapse of our healthcare system.

In a career that spans over 40 years in healthcare, I have never experienced a time like this. Despite the fact that we are required to be physically distant from one another, I have never felt such a powerful spirit of unity and connectedness within our community.

As a community healthcare system, we have always had a special responsibility to our local residents. Because the healthcare environment is so challenging and ever-changing, we have had to make difficult decisions about where to focus our resources, sometimes reducing or closing services that we can no longer provide in a financially sustainable way. But we have always done so with an eye towards assuring our long-term ability to serve as a local and reliable critical healthcare provider.

It was this dedication that drove our strategic decision to be acquired by the UMass Memorial Health Care System; assuring that we could maintain our position as a health care partner and safety net for our community. Little did we know that a completely different challenge would be before us in a matter of weeks.

The Harrington HealthCare team has always based our decisions, both large and small, on how we can continue to make our community healthier and safer. Today, we are seeing that commitment return to us in spades. Our departments work seamlessly to ensure compassionate quality care. That is why we have received our 14th "Grade A" in LeapFrog Group's spring 2020 Hospital Report.

I couldn't be more proud of the way every single member of our team – from front line clinicians to support staff – has pulled together to plan for and face the coronavirus in our community. Everyone has contributed to assure that Harrington HealthCare facilities will

continue to be safe accessible resources. Across all floors and units of our hospital campuses, in offices and satellite locations, we have been a resource for safe testing and have created protocols to limit the spread of infection while caring for our community. This is the power of local healthcare.

We are heartened by the outpouring of support we have received from our community. We have long known that all of our employees are "Harrington Heroes;" and we are so glad to know that you see it too. Not only do we greatly appreciate donations of food supplies, homemade masks, and other personal protective equipment (thank you!), we are also so encouraged and motivated that in a time of global challenge you are thinking of us. This knowledge is particularly meaningful as we celebrate our staff in observance of Hospital Week this week. We also had the opportunity to honor our Nurses during National Nurses Week the previous week. A special thank you to MAPFRE Insurance Group who went above and beyond to make our nurses and staff feel extra special by delivering dedicated treats, signs and snacks. It is truly remarkable to see the outpouring of support from our community.

We urge the public not to delay seeking care out of fear that they may contract the COVID-19 virus at a healthcare facility. Extensive infection control measures have always been in place at HHS and additional measures aimed specifically at preventing the spread of COVID-19 have also been in place since early March.

Our goal right now is to assure everyone that they can safely access care for all emergency, urgent and chronic care needs, and to remind them that they should also continue to receive routine care through in-office visits and Telehealth appointments where possible.

We at Harrington are doing our part to help you, and we thank you for doing your part to help us. We will get through these trying times. When we do, we will never forget that it was by working together; healthcare and community, that we beat this pandemic.

By ED MOORE
PRESIDENT AND CEO
HARRINGTON HEALTHCARE SYSTEM

If there was ever a time for radical optimism, it is now

Be optimistic. Get excited. Great things are on the brink of occurring. Positive shifts in paradigms are happening. Be open and embrace the future. From the ashes of a pandemic, incredible and positive change can occur. Be open!

Our nation has always responded positively and with overwhelming optimism to any challenge. When looking back at the history of World War II, you see how lives changed overnight and factories building cars one day were turning out tanks and airplanes the next. From the tragedy of Pearl Harbor emerged the greatest and most powerful nation in history. Democracy spread like wildfire and the world has never been the same. I believe that something positive and similar will happen because of this pandemic.

Look at General Motors. One day, they were turning out cars, and 40 days later they are turning out respirators. Look at the multitudes of company's and everyday people sewing masks. Americans are always up to the challenge. Americans have a history of radical optimism that inspires nations and people around the globe.

I keep hearing people ask, "Will things ever get back to normal?" And my response is "maybe there's a new and improved normal coming. Many have commented that they like having their groceries delivered. I embrace the idea that other than emergencies, I can visit my Doctor on my phone or laptop and not have to go into the office. I think we have all become more deliberate at keeping in touch with relatives and loved ones that live in distant places via Facetime, Zoom and other group meeting programs. Yes, some are commenting that we are becoming germophobic, but shouldn't we all wash our hands more and practice social distancing when we have a cold or flu? Being aware of the various ways to protect ourselves and others is a healthy thing.

My friend Judith Salitore wrote to me and said, "Radical optimism is having a dedication ... a commitment to always trying to find the good in every situation and not remaining on the side of defeat, hate or negativism in your life or experience." She also sent this quote from the Athenian historian, Thucydides. "The bravest are surely those who have the clearest vision of what is before them. Glory and danger alike, and notwithstanding. Go out to meet it."

My point is simple. If there was ever a time for bravery, vision, and radical optimism, it is now. Many people look only at the negatives that come from change. Sure, I can sit and point at a few obvious negatives but what good comes of complaining? Let us instead focus on the positive and embrace the good that comes from hard or difficult times.

I believe this pandemic has uncovered many weaknesses and cracks in our nation's foundation. Now exposed, we can positively fix them.

I believe turning over the manufacturing of our pharmaceuticals to China was a national security risk that has been exposed. We should expect and demand it return within our nation and control, and I believe it will. We cannot allow our basic health and wellbeing be held hostage by a foreign government.

We've learned that some of our high-tech firms are sharing information in China that puts us all at risk. This is something we the people must demand comes to an end. In the name of business, we cannot allow our companies to sell the safety of our people off for financial gain.

I believe the World Health Organization has been exposed to be either inept or corrupt.

Make no mistake. We need a global health organization of some kind but

Turn To **MOORE** page **A15**

What can investors learn from cyclists?

May is National Bike Month. Of course, millions of Americans enjoy biking, so there's reason to celebrate. But even if you're not much of a rider, you can apply some of the guidelines and lessons of bicycling to other areas of your life – such as investing.

Consider taking some of these ideas for a spin:



FINANCIAL
FOCUS

JEFF
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Tune up your portfolio. When bicyclists tune up their bikes, they adjust their brakes, clean and lubricate the chain, tighten nuts and bolts, and check the tire pressure, among other tasks. Such a tune-up keeps their bikes running smoothly and reduces the chances for breakdowns. And by "tuning up" your investment portfolio, you can help it stay in line with

your goals and risk tolerance, while also preparing it for a "breakdown" in the financial markets, in the form of sharp downturns. To tune up your portfolio, look for ways to increase diversification, which can help reduce the effects of volatility, and watch for investments that may have chronically under-performed or are no longer suitable for your risk tolerance. You might be better off selling these and using the proceeds to invest in new opportunities.

Know when to shift gears. Bicyclists move into higher or lower gears in response to changing road conditions and elevations. As an investor, you, too, may need to "shift gears" or adjust your investment strategy when your personal financial environment changes. So, for example, in the years immediately preceding your retirement, you may want to move some – but certainly not all – of your investment dollars from growth-oriented vehicles to income-producing ones. That way, you can lock in some of the gains you may have achieved while lowering your portfolio's overall risk level. This is important, because once you reach retirement and you need to start withdrawing from your retirement accounts – which essentially means liquidating some of your investments – you don't want to worry too much about having to sell when prices are down. However, keep in mind that, even during retirement, you'll need some growth potential in your holdings to help yourself stay ahead of inflation.

Protect yourself. Smart bicyclists always wear their helmets – they know that an unexpected bump in the road could cause a dangerous spill. And on the journey toward financial security for yourself and your family, you can also expect that some hard knocks could come your way – which is why you need the proper protection. To safeguard your family in case anything should happen to you, you must have the appropriate amount of life insurance. And to help ensure your financial independence – and avoid becoming a potential burden to your grown children – you may want to consider some type of long-term care coverage, which can help cover many of the costs of a lengthy nursing home stay. You could choose a long-term care insurance policy or a "hybrid" policy, which combines long-term care protection with the death benefit of traditional life insurance. A financial advisor can recommend the option that's most suitable for your needs.

You may want to observe National Bike Month by taking a few rides yourself. But in any case, making these cycling-inspired moves can help you keep rolling along toward your financial goals.

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





THE GREAT
OUTDOORS
.....
RALPH
TRUE

A few days this past week sure felt as though winter was returning. Hopefully, this coming week's weather will be a lot better. Even with the cold wet and snowy & windy weather, many ground nesting birds successfully hatched their young. A couple pairs of Canadian geese managed to have their young at a local Rod & Gun club. One pair had five goslings and the other pair had four. Every day that goes by gives the young birds a better chance for survival. Snakes and turtles are there largest threat in the water, and fox, coyote, Fisher cat, hawks, and owls, and bobcats are predators that often take their toll on newly hatched goslings.

A picture of a great horned owl was observed by Don Danforth recently in his back yard, and this week's photo of the bird was captured by him a few weeks ago. This writer has a pair of Red Tail hawks flying over my property daily, and are fun to watch as they do different maneuvers in the sky directly overhead. One bird would fly extremely high and then cup his wings dropping real fast to its mate below. They sure are taking care of the squirrel population in my area. No problems at my bird feeders this year!

It will not be long before extremely large snapping turtles start to leave their watery environment to lay their eggs along many river banks, and local residents back yards. They can cause serious harm to anyone that comes to close, especially young children.



Someone losing a finger or two happens every year by these turtles, especially this year with a lot of people enjoying walks along trails and river banks.

A lot of people need to be reminded to leave all wildlife alone, if they encounter them on their daily walks. Young deer are often encountered by trail walkers at this time of year. They may seem alone, but the mother of the young deer is often not far off.

Some real impressive tautog were caught by local anglers like the one in last week's column of William Toner in Long Island Sound with his 10 pound tog. Sorry I forgot to identify the angler last week. I must be getting old. Nice fish!

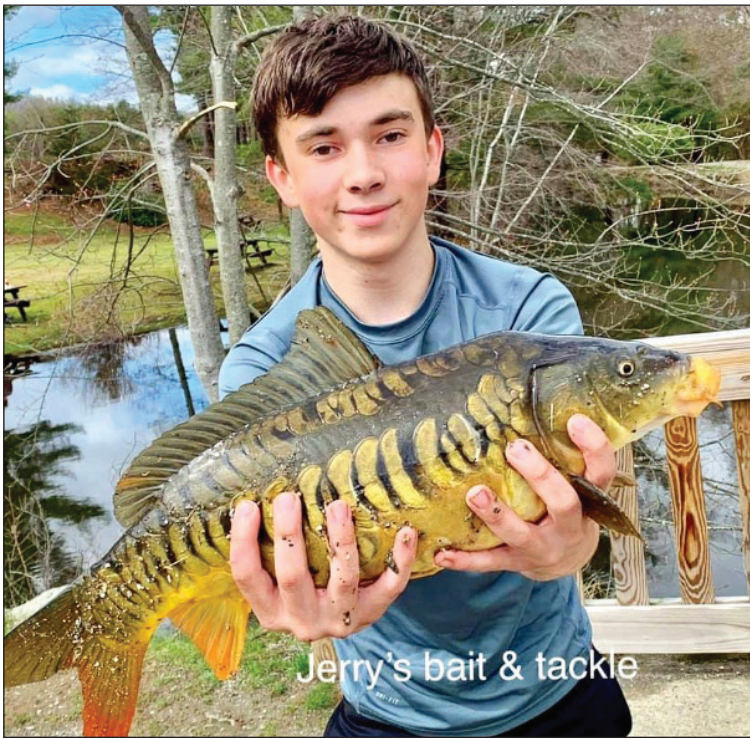
Wild turkey hunting is coming to an end on May 23, this year in Massachusetts. It was not the best of weather for turkey hunter's but many large toms were harvested. Numerous turkey hunters had already harvested there two bird's by last week, and reported encountering a lot of young

birds. It was a crazy season this year, with birds scattered all over the place, but if you could walk, finding a big tom to harvest was not hard.

The Massachusetts Waterfowl 2020-2021 regulations are out and can be found on the Massachusetts Fish & Wildlife Web site. Many waterfowl hunters were surprised by the new regulation allowing veterans a special two-day hunt on waterfowl. The new special veterans' waterfowl hunting days are Oct. 3 & Jan. 30, which are prior to the regular opening days for the season dates. I thought it was great. The early Canada goose season in Massachusetts starts on Sept. 8 this year.

This week's picture of Yair Tufeld with his six pound, 10 ounce brown trout from Ashland Reservoir was a real nice fish. Anglers continue to catch some real nice rainbow trout from numerous bods of water in the valley.

Take A Kid Fishing & Keep Them Rods Bending!



Get maximum yield from minimal garden space



GARDEN
MOMENTS
.....
MELINDA
MYERS

Growing on a deck or balcony is a great way to bring the garden to your backdoor. You can attract butterflies and hummingbirds into easy view and grow edibles within close reach when cooking. For some, it may be the only available space to garden.

Make the most of every square foot by growing vertically. You'll not only save space but also create privacy, make harvesting vegetables easier and create a garden that's at eye level as you enjoy your outdoor space.

Train pole beans, like the Seychelles, up a decorative trellis, teepee of bamboo stakes or other creative support. You'll be able to harvest these delicious five- to six-inch stringless beans without bending.

Pick and enjoy a healthy treat of Snak Hero edible podded peas right on the deck. If any of these tasty peas make it into the house, you can add them to a relish tray, stir fry or freeze a few to enjoy later.

Plant a few Green Light Cucumbers and enjoy the abundant harvest of forty 3- to 4-inch fruits. Put away the peeler, slice and enjoy these smooth seedless cucumbers.

Be sure to include a few tomatoes. Apple Yellow's fruit are shaped like a small apple, colorful and ornamental. You'll have plenty to enjoy as each plant can produce up to 1,000 tomatoes. These bright lemon-yellow tomatoes have a sweet citrusy flavor and firm exterior, making them perfect for stuffing.

Grow some flowers for added color and don't forget the herbs. You'll enjoy the evening fragrance of Perfume Deep purple nicotiana, the bold leaves and bright orange flowers of South Pacific Orange canna and the vibrant red flowers of Holi Scarlet zinnia. Mix in a few of your favorite herbs to add texture and color to the garden and flavor to your meals.

These All America Selections (AAS) win-

ning varieties (all-americanselections.org) are tested nationally for their flavor, beauty, and performance in home gardens. This non-profit trialing organization names only new, non-GMO varieties as winners.

Gardening on decks and balconies offer many advantages, but also a few challenges. Winds can be brutal, toppling over or launching tall, leafy plants into flight. Use a heavier pot to help anchor plants or tether the container to a post or railing mounted on the deck or balcony.

Drainage is critical to container gardening success but can be a problem when you inadvertently shower your neighbor below when watering your plants. Consider using a self-watering container and be careful not to overfill the water reservoir.

Another solution is to place containers on a saucer to capture excess water instead of allowing it to seep to the deck or

Photo Courtesy
Grow pole beans, like the Seychelles, up a trellis to get the most out of your available space and make harvesting easier.

balcony below. Elevate the pot in the saucer with a commercial or homemade device. You'll be able to monitor the water level to avoid overflows and keep the pot above the water to prevent root rot.

With proper plant selection and adjustments in your gardening style, get ready to enjoy a season full of tasty vegetables and gorgeous flowers.

Melinda Myers has written more than 20 gardening books, including Small Space Gardening. She hosts The Great Courses "How to Grow Anything" gardening DVD series and the nationally syndicated Melinda's Garden Moment TV & radio segments. Myers is a columnist and contributing editor for Birds &



Blooms magazine and Web site is www.melindamyers.com. AAS for her expertise to write this article. Myers'

Garden Folklore: Old Wive's Tales or Trusted Truisms?

Farmers have long relied on legendary advice to guide them through a successful harvest season. Steeped in tradition and oftentimes superstition, many of these "rules" of farming continue to serve the modern gardener well. From upping the odds of successful planting to ensuring a bountiful harvest, this week's column examines the validity of some common garden folklore.

Old Wives Tale: Planting rusty nails in the garden can be beneficial.

TRUE: But not for the reason you might think. While people assume rusty nails will replace lack of iron in soil, the jury is still out on that. As experts continue to debate the subject, a Wayne

State University finding reveals rusty nails had the ability to help "clean up" soil contaminates in city gardens. According to a published report from Environmental Pollution, Geologist Jeffrey L. Howard discovered soils in demolition areas of manufacturing that that were contaminated by lead and other heavy metals (from industry waste, paints, gasoline, etc.), benefited from the rusty nails (and cement) left behind. When the nails and cement broke down, the resulting iron oxide from the nails (and calcium carbonate from the cement) bound to the lead, preventing it from leaving the soil.

Old Wives Tale: It is good luck to find a black snake in



TAKE
THE
HINT
.....
KAREN
TRAINOR

the garden.

TRUE: Black snakes can serve as valuable predators of an array of garden pests – which can result in a successful harvest.

Old Wives Tale: A fire brings a lucky harvest.

FALSE: Old beliefs from Germanic, Slav and Celtic tribes include celebrating the summer solstice with huge

bonfires, which were thought to boost the energy of the sun therefore boosting productivity of plants.

Today, the tradition of harvest bonfires continue, but are typically symbolic to show gratitude for a bountiful harvest season.

Old Wives Tale: When a farmer plows up a turtle shell it indicates a bountiful harvest season.

TRUE: With box turtles depending on animal matter for 60% of its diet, the reptiles feast on such garden pests as slugs, grubs, snails, flies and more, thereby aiding in the success of crops.

Old Wives Tale: Planting a lone mum in the vegetable

garden helps veggies grow lush.

TRUE: In the sense that the chrysanthemum acts as an irrigation indicator. Because the flower wilts before other plants when water is needed, it'll act as a red flag to tell you to irrigate. Cucumbers can also act as flags because they are the first to droop during a dry spell.

Old Wives Tale: Squash and Melons should never be planted near flowering plants.

TRUE: Because squash and melons rely on bees for pollination, planting them near other flowering plants can result in competition for pollinators.

My puppy has worms; now what?

Bringing a new puppy home can be an exciting time that's full of challenges. Change also is part of welcoming a new puppy into the family.

Puppies rely on their owners to meet all of their needs, and it can take weeks for a pup to acclimate to a new home and adapt to a routine.

New puppy parents may be surprised to learn their puppy — particularly one rescued from a shelter — has parasitic worms. This is a common occurrence. According to a report published in the journal *Animals*, the prevalence of gastrointestinal parasites in shelter dogs is typically higher than in owned dogs. This is due to the combination of daily admissions of dogs from diverse backgrounds and the difficulty of preventing environmental contamination with infectious parasitic developmental stages. Shelters provide favorable conditions for the establishment and spread of GI parasitic infections.

Worms are transmitted in various ways, and many result from pups walking through the infected waste of other dogs. Some dogs ingest contaminated feces or develop infections after being in an environment where there is a buildup of waste and poor sanitation. The American Kennel Club says worms also can be passed from an infected mother to her unborn puppies in-utero or through nursing.

By and large, worms are not something that should be terri-



bly concerning. With the right treatment and preventative care, most parasitic worms, like roundworms, hookworms, heartworms, and whipworms, can be treated effectively. However, if left untreated, worms can compromise the health of a puppy, potentially contributing to anemia, low weight/poor growth, diarrhea, and inflammation.

Some symptoms of worms include:

- pot belly appearance
- vomiting
- coughing
- weight loss
- diarrhea
- abdominal pain
- visual confirmation of worms in stool

A veterinarian can walk new pet parents through deworming

their young dogs. Medications produce results in a matter of hours and will immobilize worms in the digestive tract before they're soon expelled. It may take a few treatments to get a handle on the problem. In addition, vets will likely want to examine stool samples on an ongoing basis to ensure all immature and fully formed worms are gone.

To prevent future outbreaks, clean up pet waste in the yard frequently and administer a monthly heartworm medication with a generalized deworming agent for other parasites.

Learn more about worms and new puppy care at www.akc.org.

How you can benefit from having a pet

Pets have been kept for centuries. Statistics from various sources indicate North Americans own millions of dogs, cats, birds, small mammals, and reptiles.

Pets' affable nature and loving looks are enough for many people to welcome them into their homes, but the benefits

of having a pet extends beyond their appearances and temperaments.

- Pets can help prevent loneliness. Loneliness affects people of all ages, but it is particularly problematic among seniors. Older adults who may be isolated can benefit from having a pet around. According to a study published

in *Aging & Mental Health*, older adults who owned pets were 36 percent less likely to say they were lonely compared to those who didn't have an animal companion.

- Pets can save lives. Pets can be trained to perform various tasks around the house and in the community. Rescue animals assist in finding people after natural disasters. Medical alert pets can help people with debilitating illnesses and assist physically impaired people with everyday tasks.
- Pets help lower allergy risks. Keeping pets around can reduce a child's likelihood of developing allergies by as much as 33 percent, according to a study by pediatrician James E. Gern that was published in the *Journal of Allergy and Clinical Immunology*. People exposed early on to animals tend to develop stronger immune systems overall.
- Pets provide socialization opportunities. A pet can be the common denominator to strike up new friendships and connect with others. Whether walking around the neighborhood or being part of a pet obedience class or interest group, pets can help their owners expand their social circles.
- Pets can help combat stress. Talking to or stroking a pet can make stress easier to handle. A study from researchers at the State University of New York at Buffalo found that, when conducting a stressful task, people experienced less stress when their pets were with them. Various other studies and data from the Centers for Disease Control and Prevention have found having a pet around can lower blood pressure, ease anxiety and may even help to lessen aches and pains. Pets provide unconditional love, which can be beneficial to someone facing depression or post traumatic stress disorder.



- Pets help teach responsibility. Taking care of a pet can help children and adults become more responsible. According to the American Pet Product Association's 2011-2012 National Pet Owners Survey, 58 percent of pet owners say their pets help teach their kids to be responsible through routine care, exercise and feeding of the animal.

Pets are more than mere companions. In fact, pets can offer numerous health and well-being benefits to people of all ages.

PLACE MOTORS IS PROUD TO SPONSOR

Friday's Child



Cyreah
Age 15

Hi! My name is Cyreah and you can call me CJ!

Cyreah, also known as CJ, is a handsome and healthy fourteen year old boy with beautiful big brown eyes and a warming smile. He is of African American descent. He loves sports and excels at both basketball and football. He is an avid Patriots fan as well as Celtics fan. CJ's all-time favorite Celtics player is Kyrie Irving!

Appearance is important to CJ and he likes to dress up and look

sharp. Outgoing and energetic, CJ has a fun sense of humor and enjoys playing jokes on his peers. He is known as a leader in school and is academically in target. He is social and respectful to his friends, his teachers and foster family. CJ is very bright and does well academically. Although not sure what he wants to be when he is older CJ does want to attend college after high school.

Legally freed for adoption, CJ will need a family who will not spare encouragement and praise. He would do well in most any family constellation that could provide him with loving support and with structure. He would do best as an only child or the youngest child in a home with much older children. CJ has an older and younger sister with whom he will need to maintain contact.

Who Can Adopt?

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

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

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



To sponsor Friday's Child call Mikaela at 508-909-4126 or email Mikaela@stonebridgeoress.news

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Hurry – limited time offer!

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- Our window helps make homes more comfortable because its strong seals help prevent drafts and leaks, and our Fibrex® composite window material is 2X stronger than vinyl
- For your safety and peace of mind, we've modified our window replacement and service operations to strictly follow all CDC guidelines

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Memorial Day Sales Event ENDS Sunday, May 31st

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YEARS¹

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and patio door¹**

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*DETAILS OF OFFER: Offer expires 6/6/2020. You must set your appointment by 5/31/2020 and purchase by 6/6/2020. Not valid with other offers or prior purchases. Get 20% off your entire purchase and 18 months \$0 down, 0 monthly payments, 0% interest when you purchase four (4) or more windows or patio doors between 5/10/2020 and 6/6/2020. Additional \$50 off each window or patio door, minimum purchase of four (4) or more windows or patio doors required, taken after initial discount(s), when you set your appointment by 5/31/2020 and purchase by 6/6/2020. Military discount applies to all active duty, veterans and retired military personnel. Military discount equals \$300 off your entire purchase and applies after all other discounts, no minimum purchase required. Subject to credit approval. Interest is billed during the promotional period, but all interest is waived if the purchase amount is paid before the expiration of the promotional period. Financing for GreenSky® consumer loan programs is provided by federally insured, federal and state chartered financial institutions without regard to age, race, color, religion, national origin, gender or familial status. Savings comparison based on purchase of a single unit at list price. Call for financing details. Available at participating locations and offer applies throughout the service area. See your local Renewal by Andersen location for details. License number available upon request. Some Renewal by Andersen locations are independently owned and operated. "Renewal by Andersen" and all other marks where denoted are trademarks of Andersen Corporation. ©2020 Andersen Corporation. All rights reserved. ©2020 Lead Surge LLC. All rights reserved. *2018 U.S. Homeowner Brand Study of Andersen and Renewal by Andersen brands versus competitive brands.



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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 Frplcd Liv Rm w/Cathedral Ceiling & French Doors to the New Deck with the Incredible Views! 3 Comfortable Bdrms w/Crown Moldings, 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**

WEBSTER LAKE – 23 Beacon Rd! Killdeer Island – Middle Pond – Southern Exposure – Full Day Sun! Level 90' Waterfront Lot w/11,011 Square Feet! Meticulously Maintained 5+ Rm, 2 Bdrm, 1.5 Bath Home w/Room to Expand! Soaring Cathedral Ceiling, Family Rm w/Stone Fireplace Opening to the Maple Cabinet Kit & 4 Season Sunroom w/Anderson Slider to the Expansive Deck! 2nd floor Lake Facing Master w/Master Bath, Huge Closets & Slider to It's Lake Facing Deck! C/Air! 2 Car Garage! Lake Living at its Best! Listed by Another – "SOLD" by Century21 Lake Realty! **\$645,000.00**

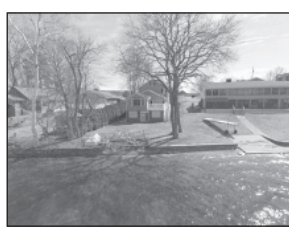
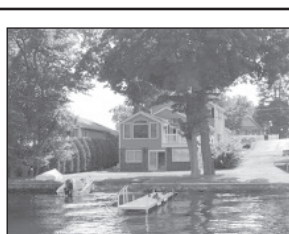


WEBSTER – 9 Lake Parkway! Extremely Conveniently Located just off Exit 1 of 395! Loads of Potential! 6 Rm Cape! Applianced Kit! Din & Liv Rms w/Wall to Wall over Hrdwds! 3 Bdrms w/Hrdwds! 1st Flr Bdrm w/Commode Closet! Recent Furnace! Recent Roof! **\$169,900.00**

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**



DUDLEY – 6 Lakeside Dr! 6 Rm Cape! Move-in Ready w/3-4 Bdrms in a Great Neighborhood! 1-2 Bdrms on 1st Flr (1 could be a Dining Rm). 2 Additional Bdrms Upstairs! 1st Floor w/Hardwoods! Interior Painted in Neutral Colors! Gas Heat on the 1st, Electric Heat on the 2nd! Detached Garage w/Newer Door being used as a Hobby Rm! Newer Roof! New Insulation Added! Home is Wired for a Generator! Newer White Vinyl Fenced in Level Backyard! Town Services! Take advantage of Dudley's School System and Low Taxes! Walk to the Town Beach or the Playground at the Elementary School! Won't last long! **\$249,900.00**



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 – 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**



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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We Want Your Listings!

Featured Listing!

DUDLEY - 25 MARSHALL TER.



Custom Hip Roof Ranch! 1,480+/- Sqft. . One Level Living! Spacious Open Floor Plan. Combination Kitchen/Dining w/Breakfast Bar, Cooktop Range & Built-in Oven, 3 Large Bedrooms w/Large Double Door BR Closets, Walk-in Linen Closet, 1st Floor Laundry Room, Hardwood Floors, Ceramic Tile Bath w/Separate Bath Tub & Shower. Forced Hot Water Heat by Oil w/High End Cast Iron Baseboard! Recently Shingled Roof, 8' X 10' Screened Porch - Overlooks Attractive, Level Landscaping - Provides an Abundance of Privacy. **\$274,900.**

DOUGLAS - 14 MOUNT DANIELS WAY



NEW TO MARKET ~ MOUNT DANIELS ESTATES!! 4 Bedroom Hip Roof Colonial 2+ Private Acres!! Beautiful Hardwood Floors + Lg Cabinet Packed Kitchen! 1st flr 1/2 Bath & Laundry. Grand Living Room. Stone Fireplace! French Doors Welcome you to a 3 Season 14x18 Sun Room. 16 x 18 Deck, Cape Cod Shower! 4 Bedrooms - Master w/Hardwd Floors, "Spa Like" Bathroom! 3 baths total. New High Efficiency Boiler & Hot Water Tank! Central Air **\$409,000**

WEBSTER - 5 SURREY LN



Gently Used 5 Bdrm Colonial, or 4 Bdrms & Game Room! This 24 x 28 3 Car Garage HAS HEAT! Open Concept Kitchen, Dining & Living Room, Full bath, Beautiful Granite Counters w/ Breakfast Bar, Second Floor - 5 Over-sized Bdrms! Bath & Laundry Rm! Walk up Attic. New Price **\$399,000.**

LAND
WEBSTER/OXFORD/DUDLEY/DOUGLAS

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



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. assisted sale **\$499,900.**

WEBSTER LAND - COOPER RD



2 BUILDABLE LOTS

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

On the shores of Lake Chargoggagoggmanchauggagoggchaubunagungamaugg

WEBSTER LAKE - 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. **\$674,000.**

WEBSTER LAKE - 32 JACKSON RD



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



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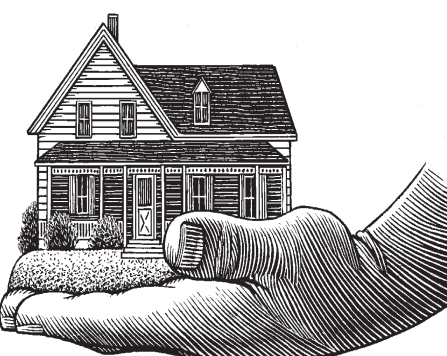


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Dudley: Contractors & Investors. 2-3 bedrooms, Garage, Cul-de-sac, Not eligible for VA, FHA, Financing

Showings by appointment.
Call Jo-Ann 508.943.7669 or 774.230.5044
11 Paglione Dr. - \$129,900



Dudley: House & Land Opportunity. 4.1 Acres, 2 bedroom expandable Bungalow, Updated electrical service, roof, window, 2-3 potential lot in a great location with water & sewer available.

71 Mason Rd - \$319,000

AVAILABLE FOR DEVELOPMENT
BUILDERS CALL FOR DETAILS

Dudley: 18 lot Subdivision for Single family homes. water & sewer available.

Dudley: 22 units subdivision for 55+ Community water & Sewers available/



East Brookfield: Waterfront, 2.5 BA, New septic, 136' on Lake Lashaway, Vacation all year long.
142 Gleason Ave - \$310,000

WANTED
Buyer wants a home in Dudley, Charlton, Southbridge, Thompson — Ranch or Cape \$250-\$310,000 Private Setting

PREVENTION

continued from page A1

lished by the Centers for Disease Control (CDC), across all of its facilities.

Those protocols include increased environmental services staffing, more frequent cleaning of high traffic areas such as elevators, registration areas and waiting rooms, and increased detailed cleaning of all exam rooms and inpatient rooms with hospital-grade, CDC-approved disinfectants.

Specialized disinfection technology including the use of UV light sterilizers, air scrubbers and disinfectant fogger devices is also in use, providing efficient and effective disinfection while posing no harm to the environment, staff, patients or the public.

Moore says that in addition to these additional disinfection measures; routine screening for COVID-19 symptoms is being performed at all outpatient care locations and Harrington Physician Services offices. Patients who have non-emergent symptoms that suggest possible infection with COVID-19 will be instructed to stay home and take advantage of Harrington's

new Telehealth service to receive care from home, when possible.

At both the Southbridge and Webster Emergency Departments of Harrington Hospital, additional protocols are in place to safely care for all patients, including those with suspected or confirmed COVID-19 infection.

We are finalizing implementation plans for curbside triage at the Southbridge Emergency Department, in an effort to avoid patient interaction in the waiting room. Negative air pressure rooms are in place throughout the hospital to remove airborne particles from COVID positive patient rooms via air ducts. In addition, staff will continue to adhere to heightened and stringent protocols for the use of personal protective equipment (PPE).

"Even as cases of coronavirus decline, we want our patients to know that our vigilance in protecting them from the virus at our facilities will not," Moore said. "Our goal is to assure our patients that they can safely return to receiving all the care they need from us moving forward. We certainly do not want our patients

to become more ill, or have a chronic condition exacerbated, as a result of delaying care for fear of contracting the virus. We have always been here to keep you safe and healthy, that has not, and will not, change no matter what comes our way."

Harrington HealthCare System is a comprehensive regional healthcare system serving more than 25 communities across south central Massachusetts and north-eastern Connecticut. The system includes Harrington Hospital in Southbridge, Harrington HealthCare at Webster and three additional major medical office buildings: Harrington HealthCare at Charlton, Harrington HealthCare at 169, also in Charlton, and Harrington HealthCare at Spencer; Harrington Physician Services, our primary care and multi-specialty physician group; UrgentCare Express at Harrington in Charlton and Oxford; The Cancer Center at Harrington in Southbridge, and the region's largest Behavioral Health programs for mental health and substance use.

LEGALS

SECTION 00100

ADVERTISEMENT FOR BIDS STAFFORD STREET CULVERT REPLACEMENT PROJECT

Town of Charlton, Massachusetts

Sealed bids for the Stafford Street Culvert Replacement Project, for the Town of Charlton, Massachusetts, will be received at the Selectmen's Office for the Charlton Board of Selectmen, 37 Main Street, Charlton, MA 01507 until **2:00 PM on Wednesday June 3, 2020** at which place and time said bids will be publicly opened and read aloud. The work includes construction replacement of an existing corrugated steel culvert with a new 96 inch corrugated aluminized steel culvert. The culvert pipe is being provided by the Town. The work shall include all incidental work including, but not necessarily limited to: traffic management and temporary signage, pavement cutting and excavation, temporary stream diversion, demolition of existing culvert, tree removal, new gravel roadway base and hot mix asphalt paving, etc. Each bid shall be accompanied by a bid security in the form of a certified, treasurer's check, bid bond or cash in the amount of 5 percent

of the value of the bid. All bidders must be MassDOT Prequalified for Bridge Construction and Highway Construction in Massachusetts.

A **pre-bid meeting** will be held at **10:00 AM on Wednesday, May 20, 2020** at the Selectmen's Office for the Charlton Board of Selectman, 37 Main Street, Charlton, MA 01507. All prospective bidders are encouraged to attend.

Drawings and other Contract Documents may be examined at the following:

Town of Charlton, Town Hall,
Selectmen's Office, 37 Main Street,
Charlton, MA

The Contract Documents may be obtained at Town of Charlton Town Hall, located at 37 Main Street, Charlton, MA 01507, from 8 a.m. to 3:30 p.m., Monday through Thursday upon payment of \$50.00 for each hard copy set, for the cost of copying. Electronic versions of the Contract Documents including Drawings will be available at no charge from the Town of Charlton Selectmen's Office. There will be no refunded payment for Bid Documents. Contract Documents and plans will be

mailed to prospective bidders upon request and receipt of prepayment of associated mailing costs. This amount is not refundable.

Both checks shall be made payable to Town of Charlton.

The successful bidder shall furnish a performance bond and a payment bond in an amount at least equal to one hundred percent (100%) of the contract price as stipulated in Section 00700.

The Owner reserves the right to waive any informalities or reject any or all bids. A bid which includes, for any item, a unit cost that is abnormally low or high may be rejected as unbalanced.

The right is also reserved to accept any bid deemed to be best for the interest of the Town of Charlton.

The contract completion time for the project shall be 145 calendar days from the effective date of the Notice of Award.

No bidder may withdraw his/her Bid for a period of thirty days, excluding Saturdays, Sundays and legal holidays following effective date of Notice to Proceed.

Complete instructions for filing Bids are

included in the Instruction to Bidders. Minimum Wage Rates as determined by the Massachusetts Executive Office of Labor and Workforce Development (EOLWD) under the provisions of the Massachusetts General Laws Chapter 149, Section 26 to 27D, as amended, apply to this project. It is the responsibility of the Bidder, before bid opening, to request if necessary, any additional information on Minimum Wage Rates for those trades people who may be employed for the proposed work under this contract.

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6154-0120

SCOUTS
continued from page A1

Massachusetts Council, Boy Scouts of America collaborated on Camp Quarantine 2020, a two-day event similar to a camporee but instead of camping in one location participants camped at home.

Starting Friday Scouts could set up tents or hammocks in their backyards, in their living rooms. Some set up forts or slept in their tree houses. Opening ceremonies began with introductions of the staff and what was to come. There was a campfire, of course there was a campfire. Scouts submitted skits, songs, stories, jokes and more! Scouts shared pictures of themselves sitting in front of their own campfires toasting

s'mores or making banana cones. Taps was played, and Scouts went to sleep, eagerly awaiting what Saturday had in store.

Saturday morning started with reveille a flag ceremony and summary of the day's events. From there Scouts could participate in a plethora of activities. The Cub Scouts could take a color or alphabet or listening hike, participate in an egg drop or do Cub Scout yoga, learn about water safety, how to cook, play with their food, or some cool yo-yo tricks. Scouts BSA could learn how to build a wilderness shelter, how to cook in, and care for, their dutch oven, and what programs the four high adventure bases offered. They could participate in merit badge classes, learn how to pack for backpacking trek, talk

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to Order of the Arrow members and learn more about the program. There were training and informational sessions for Adults along with sessions geared towards Venturers and Sea Scouts. All Scouts and Scouters had the opportunity to participate in virtual escape rooms, a scavenger hunt, trivia, a cooking competition, and so much more. There was also a virtual 10k, find 10 items beginning with the letter K. So many activities to participate in, it could have taken 2-3 weekends to get through it all.

Scouts said grace before meals, there was a closing flag ceremony, a Scouts Own service and a fireworks show to close out the event. Using #CampQuarantine2020 Scouts posted pictures of themselves participating in the events, activities and trainings.

"I have been smiling nonstop today, to see all the posts and all the Scouts having so much fun, it's a definite bright spot," commented Chrissy Chamberland a member of the Camp Quarantine 2020 program committee.

Camp Quarantine 2020 started small, with the goal of being something fun something to distract the Scouts from what was going on around them and to remind them the program is alive and well. To get them outside, in their own back yards, playing games, working on skills and advancement and having a fantabulous time doing it. What it grew

into was something more than any of the program team could have imagined.

Kevin Fuller, Camp Quarantine 2020 Program Chair, said "Meeting new people, working with old friends, Scouting really does bring people together even when they're miles apart during trying times."

He went on to add "What was pulled together in only a matter of two and a half weeks shows the devotion people have to the Scouting movement."

In the end, Camp Quarantine 2020 had more than 1,400 families registered with participants from 45 of 50 states and 13 countries. Between the three livestream shows there were over 10,000 views and over 1000 posts using #campquarantine2020.

Just before streaming the closing show, Andy Collins, one of the Camp Quarantine 2020 tech gurus, commented "It's been great to see so many families from across the country, and world, join together for our little virtual camporee."

This little virtual camporee turned out to be a big success. There are no plans for an encore event, program planners are hoping this is a once in a lifetime event, however, now that they have seen it can be done who knows what the future may bring.

For more information on how to join one of the Sturbridge units, contact Chrissy at ChrissyCSM163@gmail.com.

OBITUARIES

J. Normand Corriveau, 88

STURBRIDGE-J. Normand Corriveau, 88, passed away peacefully at Harrington Memorial Hospital died to complications from pneumonia, on Friday, April 17th, surrounded by his loved ones.



He was the loving husband of Florence (Provost) Corriveau for 69 years, and the loving father, grandfather, and great-grandfather to his family. He is survived by his sister Theresa Corriveau of Granby, Canada, his son David Corriveau and his wife Cecile of Holyoke, his daughters Jane Corriveau of Holland, Gail Hickland and her partner Stephen McKeon of Holland, his grandson Peter Drake and his wife Susy of Holland, his granddaughter Jessica Rockhill and her husband Phillip of Gansevoort, New York, his great grandchildren Dillon Drake and his partner Vanessa Julian of Worcester, Amber Drake and her fiancée Julian Costa of Worcester, Reid and Porter Rockhill of Gansevoort, NY. He was predeceased

by four sisters, Lillian Corriveau, Lorraine Dumas, Claire Parent, and Cecile Corriveau, and five brothers, George, Lucien, Paul, Raymond and Robert Corriveau.

Normand was born in Southbridge, the son of Hormidas and Anna (Lamoureux) Corriveau. He was a lifelong resident of this area. Normand was a former Police Officer for the Town of Southbridge in his earlier years,

but dedicated most of his career as a land developer and builder.

After retirement, he was well known and liked for his involvement in his daughter Jane's former businesses, the Charlton Flea Market and the Palmer Co-op. Normand enjoyed spending time with his family, and walking his beloved dog, Julie. Normand was a devoted member of St. Anne/St. Patrick's Parish. He will be missed by all.

Due to the Corona-19 virus pandemic, the memorial service will be held at a later date. Sansoucy Funeral Home, 40 Marcy Street, Southbridge, MA is assisting with the arrangements. www.sansoucyfuneral.com

Irene C. Green, 85

HOLLAND- Irene C. (Beliveau) Green, 85, passed away on Wednesday, April 29th, at the Heritage Hall West in Agawam, after a brief illness.



She was the devoted wife of Howard S. Green, her husband of 68 years who passed away in March of 2019. She leaves her daughter, Patricia Holmes and her husband Craig of Yarmouth Port, her three sons, Howard S. "Smitty" Green, Jr. and his fiancé Sandy Hamilton of Worcester, David Green and his wife Carol of Manchester, CT and Leonard Green and his wife Cathy of Spotsylvania, VA; her two sisters, Jeanne LaBelle of Holyoke and Catherine Chmiel and her husband Stan of Holyoke; 5 granddaughters, 7 great grandchildren and many nieces and nephews. She was predeceased by two sisters, Constance

McAndrews and Judith Loughrey. She was born in Holyoke the daughter of Edward V. and Marcelle A. (Frechette) Beliveau.

Irene loved hosting family cookouts, singing and feeding the hummingbirds. She enjoyed looking at photos of her family, especially her great grandchildren. Above all, Irene loved her family and was most happy spending time with them.

Irene's family would like to extend a heartfelt thank you to the dedicated staff at Heritage Hall West for all the loving care and support they gave during her time there.

Due to current health restrictions Irene's funeral service and burial in Holland Cemetery, Holland will be held at a later date.

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

TRAINOR

continued from page A9

**

Old Wives Tale: Four O'Clocks (flowers) kill Japanese Beetles.

TRUE: While Four O'Clocks bear beautiful blooms, they can be deadly to Japanese Beetles. The foliage is poisonous to the garden pests, therefore planting the flowers around the perimeter of plants that are at risk for the pests acts as a deterrent.

Note: Four O'Clocks are also poisonous to children and pets so be very careful where you plant them.

**

Old Wives Tale: Adding Epsom salts to the soil is good for a garden.

FALSE: While some gardeners swear an elixir of Epsom salts help their plants flourish, experts report most garden soils are not low in magnesium, so the salts are an unnecessary pollutant.

**

Old Wives Tale: Pepper plants should always be planted near rocks.

TRUE: Pepper plants thrive on heat, so it can be beneficial to place large rocks next to your green pepper plants to attract the sunlight.

**

Old Wives Tale: Toss cooking water into the garden for lush plants.

TRUE: Cooks from days of yore never wasted anything and the water that vegetables and pasta was cooked in was no exception. It makes sense that the vitamins and minerals in the water would be beneficial to growing plants.

Farm & Garden Superstitions
Farm and garden

superstitions of days gone by often carried over into everyday life. Even the day one spies the first spring flower is an omen, as the following rhyme attests:

Monday means good fortune,

Tuesday means greatest attempts will be successful,

Wednesday means marriage,

Thursday means warning of small profits,

Friday means wealth,

Saturday means misfortune,

Sunday means excellent luck for weeks."

More garden lore:

*Finding one pea in a pod is considered lucky.

*If one discovers two shoots from a single cabbage root, good luck will be bestowed.

*Looking for a little luck? Place sprigs of basil in the four corners of your house at the beginning of the planting season.

*Basil is a lucky herb. It is said to bring love and wealth to those who have Basil in the garden.

*Cursing while you plant parsley evidently ensures flourishing plants!

*It was claimed lettuce can reduce labor pains

*Both onions and chili pepper were hung up over doorways to ward off evil.

*A row of tomatoes ripening on the windowsill is said to have the power to ward off evil.

Win Dinner for Two at the Publick House

Your tips can win you a great dinner for two at the historic Publick House Historic Inn in Sturbridge! Simply send in a hint to be entered into a random drawing. One winner per month will win a fabulous three course dinner for two at the renown restaurant,

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

Do you have a helpful hint or handy tip that has worked for you?

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

SEQUIN

continued from page A1

Department and the Gallery are so proud to present our seniors' work and make our exhibit accessible to people during this unprecedented time," said VPA Art Professor and Mary Cosgrove Dolphin Gallery Director Catherine Wilcox-Titus. "We send heartfelt congratulations to Katelyn and all of the seniors."

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students for professional lives in the arts. Its educational spaces encompass the Fuller Theater, practice rooms for music, and art studios at the University's Sagamore Studios. VPA students gain in-depth knowledge of their preferred art form – art, music, or theatre – plus an understanding of what the arts have in common, and how they are performed and exhibited in the real world. Learn more at www.worcester.edu/VPA or connect with VPA on social media: Facebook/VPAatWorcesterState, Twitter and Instagram @WSUVPA. Follow our blog, The Artful Lancer, at WSUVPA.wordpress.com or subscribe to our YouTube channel, search WSU VPA.

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MOORE

continued from page A8

not one that is politicized and run with extreme bias and mismanagement.

Acknowledging these weaknesses, and others, is a positive, if we recognize them and act to make the positive and necessary changes. We are up to the challenge.

I'm confident in the human spirit and our ability to overcome the greatest obstacles. We will survive this pandemic, then thrive.

Be optimistic about our future. Why expect gloom and doom? Sure, we have a rough road ahead, but that road leads us to a bright future and greater times.

I'm a radical optimist. 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 @GaryWMOore721 and at www.garyw-moore.com.



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