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Friday, July 24, 2020

Federated Church to resume on-site services

STURBRIDGE — The Federated Church of Sturbridge & Fiskdale has announced that it will resume in-person worship services on Sunday, Aug. 2. According to Pastor Gretchen Switzer, the Church will be abiding by Governor Baker's capacity restriction of 40 percent of the usual attendance.

In a notification to Church Members on Monday, July 20, Pastor Switzer and the Church's reopening team released their plans to cautiously return to the sanctuary for Sunday services. Members are being urged to stay home if they do not feel well, are in a highrisk category, are caring for someone who has been sick, or do not yet feel safe being in a public space. In the meantime, the Church will continue to broadcast the weekly services on Facebook Live for the benefit of those who do not wish to attend in person.

Those who do wish to attend will be required to wear masks, and masks will be available for those who do not have one. Attendees are asked to enter the Church through the Maple Street entrance where they will be guided by an usher to a marked pew with social distancing space already sectioned off. Families and couples may sit together,



but everyone else will be seated at a safe distance.

Until advised by their professional affiliations that it is safe to do so, the Church will suspend Communion and singing. All hymnals and bibles have been removed from the pews. Members are encouraged to bring their own bible from home. The Church has also purchased a disinfectant sanitizing fogger that will be used before and after every service. Additional safety measures will also be in place.

"In these uncertain times, we know that it may be uncomfortable for a time as we get reacclimated to operating under these new restrictions,' said Rev. Switzer, "but we are implementing them so everyone may be protected, and we cannot reopen without them in place. We thank everyone in advance for their cooperation in following these guidelines so our community may join together in prayer once again."

Members of the reopening team are Reverend Gretchen Switzer, Deb Knight, Rebecca Wellwood, Lisa Perry, Carolyn Walker, Bob Cordell, and Barbara Cordell. For additional information, please contact the Church office at (508) 347-3915.

New York man arrested on weapons charges

STURBRIDGE - A New York man is facing several weapons charges stemming from an incident earlier this month.

Just before 9 a.m. on July 10, Mass. State Police Troopers Robert Fagundes and Nicolas Latino observed a white Honda Accord driving erratically on I-84 East and failing to stay within lanes.

After stopping the vehicle, the troopers learned that driver Miquel Henriquez, 38, of

Please Read **HENRIQUEZ**, page **A5**

Elise Hanks-Witaszek named to Middle Atlantic Conference Academic Honor Roll

was named to the Middle Atlantic Conference's (MAC) Winter/Spring Academic Honor Roll.

Hanks-Witaszek, a gradute of Tantasqua Regional High School, is a member of the Lebanon Valley College women's tennis team(s), and received a Bachelor of Science in actuarial science at The Valley.

The academic honor roll is comprised of student-athletes who compete in a varsity-level sport and registered a term/semester GPA of 3.20 (on a 4.00 scale) or higher during their season of competition.

A total of 3,851 MAC student-athletes who competed in baseball, men's and women's basketball, men's and

ANNVILLE, Pa. — Elise Hanks-Witaszek of Brimfield women's golf, men's and women's ice hockey, men's and women's lacrosse, softball, men's and women's tennis, men's and women's indoor track & field, men's and women's outdoor track & field, men's volleyball, and wrestling received honor-roll recognition. The number of Flying Dutchmen to earn this distinction drastically

increased from 183 in 2018-19 to 220 in 2019-20. Impressively, 42 LVC student-athletes earned 4.00 GPAs during their semester of championship competition, including baseball's Tony Bennage, men's golf's Justin Shuler, men's lacrosse's Nick Coyne, Alex Kiviniemi, Mason Klaus, Spencer Sattazahn, and. Brandon Vance, men's tennis' Blake Martin and Nicholas Simon, softball's Anna Marie Hockman and Alison Noga, women's lacrosse's Bailey Dills, Brittany Hathaway, and Livia Jackson, women's tennis' Zoe Birch and Leah Wingert, men's basketball's Justin Baker and Jaylen Reichner, men's ice hockey's Justin Hall, Cole Hepler, Jared Karas, and Tyler Perhac, men's track & field's Noah Baxter, Caleb Cekella, Tanner Haynes, and Garrett Santis, women's basketball's Morgan Bamberger, Daelyn Stabler, and Jaime Younkin, women's track & field's Becky Ford, Marah Hoffman, Keri Jones, Jessica Katzenberger, Kate Mowrey, and Julia Resele, women's swimming's Courtney Betsock, Nicole Flohr, Allie Jones, Haley Lepley, Sofia Pascuzzo, D'Anna Sydow, and Kaitlyn Welch.

For the third consecutive season, women's tennis had the highest percentage of student-athletes earn the honor with eight of the team's 11 players recognized. Women's swimming once again led all LVC teams with 29 honorees for the second straight season, while men's track & field (21) narrowly edged men's ice hockey (20) to lead the male squads.

For more Flying Dutchmen athletics news, visit www.godutchmen.com.

About Lebanon Valley College

Lebanon Valley College offers bachelor's degrees in the arts and humanities, business and communications, education, health professions, social sciences and psychology, and science, technology, engineering, and math. Advanced health professions degrees include master of athletic training, master of clinical mental health counseling, master of science in exercise science (three tracks), master of speech-language pathology, and a doctor of physical therapy.

Online and graduate programs include an MBA with six concentrations and a general option offered on-campus or partially or fully online, a Master of

Trinity Catholic Academy announces eighth grade Sports Awards

SOUTHBRIDGE The usual Sport assembly was not possible Catholic Director:

Gasperini

athletes!

this year, but that does not mean that the following athletes should not be recognized. As part of the 'social distanced' Graduation that was held at Notre Dame Church in early June, the following students were also recognized for their sports accomplishments at Trinity Academy. The following celebrations list was provided by TCA Athletic Raymond Gonyea, whose work is so very much appreciated throughout the year along with all the coaches at Trinity Catholic Academy! Let us congratulate these young

Golf Team: Sean



Abigale McGarry Varsity Cheerleading: Avelyn O'Brien,

Earned membership in the 2019-2020 Route 395 Tournament Championship Squad

Varsity Boys Basketball: David Adorno, 2019-2020 Route 395 League All-Star

-2019-2020 Team Unsung Player Award

Brody Carlson Zachary Cournoyer Sean Gasperini

Zachary Hebert - 2019-2020 Route 395 League All Star - 2019-2020 Team MVP

Varsity Girls Basketball: Kirsten Congdon Teresita Del Valle

2019-2020 Route 395

League All Star

- 2019-2020 team MVP Eva Jerez

Payton MacDonald -2019-2020 team Unsung Player Award

Laci Pollone - 2019-2020 Route 395 League All Star 2019-202 Team

Sportsmanship Award Aronson Sportsmanship Award: Laci Pollone

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accurate reporting, mistakes can occur.

Brookfields, Sturbridge Rotary partner to assist area schools

WORCESTER — Bay State Savings Bank is proud to announce Pamela Gastori has been appointed Portfolio Manager and Reporting Officer. In this role, Mrs. Gastori will manage and monitor many of the Bank's lending programs including all Commercial Loan Reports, Loan Loss Reserve, SBA PPP, Lines of Credit, and Reduced Credit Administration Portfolio.

Mrs. Gastori joined Bay State Savings Bank in 2017 as a Credit Analyst. Prior to joining the Bank, she studied at the University of Lugano in Switzerland where she received her Master of Science degree in Economics with a major in Management. She has also studied at the Turku School of Economics in Finland and Lund



(Left) Pamela Gastori

University in Sweden.

"Pam has proven herself to be a very valuable asset to the Bay State Savings Bank team," said Maria Heskes-Allard, Senior Vice President, Senior Lender. "She has a close attention to detail and strong work ethic, helping us provide our customers with the personalized service they deserve."

Mrs. Gastori currently volunteers at the Worcester Animal Rescue League, as well as with the Mustard Seed, Habitat for Humanity, and Women's Initiative of Central Massachusetts. She currently resides in Worcester with her husband, Carl.

Local students named to UMass Amherst

timely manner.

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AMHERST — Below is a list of local students who were named to the dean's list at the University of Massachusetts Amherst for the spring 2020 semes-

In order to qualify, an undergraduate student must receive a 3.5 gradepoint average or better on a fourpoint scale.

BRIMFIELD Emma Cameron Boland Mikayla Nicole

Colabello Rose Abigail Corriveau Kathryn Marie

Doyle Nicholas Samuel Henderson Logan Sean

McCarthy Benjamin Richard McCoy Allison McGlinchy

Hunter

Ramsland Maura Caitlyn Riel Noah Jonathan Scott

Benjamin Raymond Shaw Catherine Teresa Simonds

FISKDALE Cassandra Cherie Arpin Jessica

Dean's List **Bodish** Allyson Julia **Brauns**

> Rebecca Rose Cooper Colin Thomas Eliason

> Andrew Michael Jensen Riley Elizabeth Jones

Sharlette Avril Laporte Sarah Elizabeth Williams

HOLLAND Darren Μ Laprade

Gene Munnis **STURBRIDGE** Charlie

Dylan Robert

Bouhanna

Cave

Thomas Roger Goodwin Isabella Lily Kent Roman Gabriel Krochmalnyckyj

Jeffrey Jared Langevin Joseph Daniel Matte

Mazeika Emily Sarah Peck Connor Michael

Thomas Richard

Rich Kendra Jane Salviuolo Arnesh Sengupta

David Eric Silveira Fey Thurber

Harrington rehab practice expands pain management services

SOUTHBRIDGE — The Physical Medicine & Rehabilitation (PM&R) practice of Harrington Physician Services (HPS) has expanded the interventional pain management services offered in its Southbridge office, adding additional treatment space, naming a new medical director and welcoming an additional physician to the staff who is Board Certified in Pain Management.

Interventional pain management services are available at the PM&R practice located in the Harrington Physician Services Medical Arts Building at 100 South Street in Southbridge. In addition to the practice's main office in Suite 108, the practice now offers additional space on the building's fourth floor for pain management services in addition to PM&R and EMG procedures.

A variety of interventional treatments for the management of chronic pain are offered, including treatments for back, neck and pelvic pain, chronic headaches, neuropathy and cancer-related pain. Treatments include epidural steroid injections, facet blocks, nerve blocks, trigger point and joint injections, spinal cord stimulation and electrodiagnostic studies including Nerve Conduction Studies (NCS) and Electromyography

This month Sean Stevenson, DO

POMFRET, Conn.—Emma Aldenberg

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Emma earned a grade point average of

at least 4.00 and received no grade lower

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was named Medical Director of Pain Management within Harrington's PM&R practice. Dr. Stevenson is board certified in Physical Medicine and Rehabilitation and has been providing pain management care to HPS PM&R patients since 2018. Dr. Stevenson completed his residency at Mercy Medical Center in Rockville Center, New York, where he served as Chief Resident. He received his medical degree from the University of New England College of Osteopathic Medicine and B.S. in Exercise Science from UMASS Amherst.

"I'm very excited to take on the role of medical director for Pain Management, and thrilled to grow and expand our pain management program," Dr. Stevenson said. "Pain Management services are an important part of the rehabilitation process. We're dedicated to working closely with physical therapy, occupational therapy, and behavioral health providers to help people to reduce pain, increase mobility and ultimately, improve their quality of life.'

Joseph Condon, MD joined Dr. Stevenson in the PM&R practice in May and provides interventional pain procedures for PM&R patients. Dr. Condon is board certified in both Physical Medicine and Rehabilitation as well as Pain Management, and has been practicing

Emma Aldenberg named to Honors List at Pomfret School

Connecticut, our mission is to culti-

for more than 25 years. He received his medical degree from New York Medical College in Valhalla and completed his residency at the New York Presbyterian Hospital Cornell Medical Center.

Patients interested in scheduling an appointment for interventional pain management services at the HPS Physical Medicine & Rehabilitation practice should call 508-765-2125. A physician referral is required.

About Harrington HealthCare System Harrington HealthCare System is a comprehensive regional healthcare system serving more than 25 communities across south central Massachusetts and northeastern 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. www.harringtonhospital.org

vate a healthy interdependence of mind, of Sturbridge from the Class of 2020 was body, and spirit in our students. We named to the Spring 2020 Head of School offer 8 academic disciplines, more than Scholar Honors list at Pomfret School.

> MONTPELIER, Vt. — Emily Manzi of Fiskdale has been named to the Spring 2020 President's List at Community College of Vermont. This honor recognizes full-time students with a 4.0 grade point average.

CCV is Vermont's second-largest college, serving over 10,000 students each

and numerous opportunities to participate in community outreach and service programs. Community College of Vermont announces Spring 2020 President's List

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Visiting with 'strange natives'

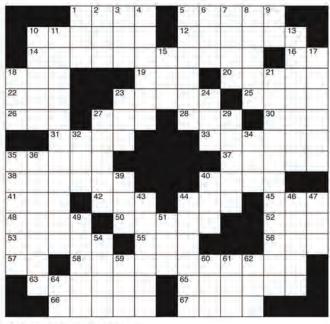
Local plants have colorful stories

REGION — Look at several common juices and you'll often see Aronia berry listed there somewhere.

But do you know what it actually is?

It's the native chokeberry, a common New England species that got a rather unfortunate name because it's fairly bitter by itself.

"Chokeberry is apparently 'inedible,' but Aronia is a 'superfood," said Norcross naturalist Dan Jaffe Wilder, who noted it has "seven times more antioxidants" than blueberry. It also features the bright red fall colors of Euonymous (burning bush)



CLUES ACROSS

- 1. One-time world power
- 5. Central Florida city 10. Winged nut
- 12. Elevate spiritually
- 14. Creative
- 16. It cools your home
- 18. Woman (French) 19. "60 Minutes" network
- 20. Old World lizard 22. Swiss river
- 23. Ethnic group of Cambodians
- 25. Abba __, Israeli politician
- 26. Tire measurement
- 27. Affirmative
- 28. Thrust horse power (abbr.)
- 30. One point north of due east
- 31. A type of "pet"
- 33. Tech giant
- 35. European nation

- 40. Origin
- (abbr.)
- 42. Pouch
- 44. Peter's last name
- 48. Palestinian territory Strip
- 50. A type of syrup
- 52. Bravo! Bravo! Bravo!
- 55. Run batted in
- 56. Frozen water
- 58. Philly specialty

37. Fencing swords

- 2. Actors' organization
- 3. Conscientious investment
- 6. Index
- 7. Portuguese wine
- 10. Lithuanian given name

- 17. Hosts film festival
- 23, S. Thai isthmus
- 24. The 17th letter of the Greek

- 38. Acquired
- 41. Cashless payment interface
- 45. Inclined

- 53. Weather Underground activist

- 63. Cuts the wool off
- 65. Rules
- 67. Tattled

CLUES DOWN

- approach (abbr.)
- 5. Beginning
- 8. A feudal superior
- 13. Able to be domesticated
- 15. Defensive nuclear weapon
- 18. Shows you how to get there

- 27. Woods

- 57. Sodium
- 66. Icelandic literary works

- 1. "Pulp Fiction" actress Thurman 29. Make yourself attractive
- 4. Ranch (Spanish)
- 9. Military brach (abbr.)
- A way to become different

- 21. Arranged alphabetically
- alphabet

- 32. Concealed 34. Large primate
- 35. A favorite saying of a sect or political group
- 36. Tropical fruits 39. Obstruct
- 40. Car mechanics group 43. Stroke gently
- 44. They're in your toolbox 46. Throngs
- 47. One and only
- 49. In a way, bent 51. "Downton Abbey" broadcaster

D

- 54. Herring-like fish
- 59. A major division of geological time
- 60. Vast body of water 61. Cannister
- 62. Encourage
- 64. The man

E

9

E S 3 q A d H C d 8 0 W W E A 1 N 1 9 A M A A d n Я M A



Dan Jaffe Wilder at a Norcross event last fall.

without being invasive. He was speaking recently to participants of the ongoing series of online talks for the Mass Association of Conservation Commissioners.

Aronia was just the first of his long list of examples of "strange and noteworthy natives," plants who fit into his "nine strange themes." Among them were "strange flavors," "survival strategies," 'powerful poisons" and "ridiculous sex." Most of them are very common; some are probably literally outside your window right now.

Take one of the region's most common trees, the white pine, which comprises about 50 percent of all pine trees. It's thin needles may not look like much, but they're "chock full of vitamin C."

"If our forebears got this on their long trips where scurvy was a problem," they'd have stayed healthy, but scientists didn't know until fairly recently, Wilder said.

According to the Virtual Museum of Canada website, they might have avoided those ills if they'd heeded the Natives. "First Nations considered both the resin and needles to have medicinal value. The resin, which has some antiseptic properties, was smeared on wounds as a healing ointment and was boiled up to make a tonic drink. The needles, rich in vitamin C, made a tea that helped prevent and treat scurvy.

Birch trees, particularly the "sweet" birches (yellow or black birch), have also provided beverages for a long time. Birch beer was common as a "safer alternative to your typical water" when people still used streams as open sewers. Because they boiled it and let it ferment a little, the resulting drink was Courtesy mildly alcoholic (1-3 percent, lower than most beers) and sterile, he noted.

Much smaller and at least as common are the various milkweed species, which are important for many insect species, most notably Monarch butterflies. But Wilder noted the common milkweed has an unusual connection to an Indonesian tree. the kapok. They aren't at all related, but both have copious seed fluff.

Before World War II, the US got a lot of the fluffy stuffing for mattresses, life preservers and similar

Please Read **PLANTS**, page **A5**

Nichols cancels fall athletics

BY JASON BLEAU VILLAGER CORRESPONDENT

DUDLEY - With the COVID-19 pandemic continuing to impact the United States into the late summer with no signs of slowing down for the fall, Nichols College has made decision the to postpone all fall sports programs in accordance with the Commonwealth o a s t Conference's own decision which was announced on

July 17. Nichols ment. College Director of Athletics Eric Gobiel said the aecision came after careful consideration among



college administrators and the Board of Directors of the conference who agreed that unknowns the posed by ongoing national health crisis have made for unsafe conditions for athletes in the upcoming school year.

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ment that I must announce that our fall athletic programs (men's and women's cross country, field hockey, football, men's golf, men's and women's soccer, men's and women's tennis,

and women's volleyball) must postpone intercollegiate competition for the 2020 season due to the COVID-19 pandemic. It is our hope to be able to resume these seasons during the spring semester of 2021 but first need improved public health conditions and NCAA approval, which has yet to be determined," Gobiel

said in his release. The CCC also released a statement saying that 'unprecedented challenges" associated with the pan-COVID-19 demic forced the board to make the tough decision for the benefit and health of all athletes involved. The goal of the

Commonwealth Coast Conference remained has unchanged: provide the safest possible environment for our students-athletes in all sports so that intercollegiate athletic competition may safely resume at the appropriate time,' statement read. Even

though

fall sports are put on hold, the athletic department at Nichols will continue working with the CCC to develop guidelines on how to safely provide athletes non-traditional practice seasons in the falls months when students return to campus. As of this report there has been no confirmation of any further impact to campus life or programs the upcoming fall semester as a result of the COVID-19 pan-

Gobiel further explained in his statement that the decision will impact the start of winter athletics, including basketball and hockey, which are not expected to begin until the next calendar year at this

demic.

"When we see improved public health conditions Please Read

> NICHOLS, page A5

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HENRIQUEZ

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Brooklyn, N.Y., did not possess a valid license. He was on probation for a criminal incident that occurred in May.

Prior to calling for the suspect's vehicle to be towed away, Trooper Fagundes conducted a brief search. He located a loaded 9 mm pistol with 19 rounds of ammunition. The serial number on the firearm was filed off and unable to be read, police said.

Henriquez was arrested and charged with unlicensed operation of a motor vehicle; unlawful carrying of a loaded firearm; receiving a firearm with a defaced serial number; improper storage of a firearm; possession of ammunition without an FID Card; and a marked lanes violation.

Henriquez was transported to the State Police-Sturbridge barracks; a bail commissioner set bail at \$1,040.

The suspect is expected to be arraigned next month at Dudley District Court.

PLANTS

continued from page A4

items from the kapok. But when Japan conquered the archipelago, we had to look closer to home, and the government urged children to collect milkweed fluff.

'How many naval officers were saved because of it?" Wilder asked. "... You rarely see just one [milkweed], and when you do, just wait a few moments, and you'll see a bunch popping up.'

(That's because milkweed has a long underground root system from which multiple plants seek the sun.)

Also common are things like daisies, which are just one of many short-lived perennial species. "An individual plant will only exist for a few years" but its seeds disperse widely nearby and an established cluster can last hundreds of years, he noted.

Some birds use a much less noticeable plant, the cinnamon fern, as a source of similar fluff, he noted. In early spring, it has white hairs they collect for nest

At the same time of year, a whole host of "ephemeral" species also come up, flower and go dormant quickly as larger plants shade them out. Wilder noted they're "something New England is reallv well known for," but are uncommon elsewhere on Earth except in Asia.

One of the early risers (although it's not an ephemeral) is skunk cabbage, a common wetland denizen. Its unique adaptation is the ability to produce heat, melting a small circle of snow around the young plant at a time when almost nothing else is growing. Wilder said that warmth provides "a good home for flies," one of the few pollinators active at that

Quite a few of the native "oddities" are edible. While many people are familiar with the "Three Sisters" (corn, squash and beans), "In New England, we have something else – the Two Brothers.' Those are groundnuts (which are actually tubers, not nuts) and sunchoke (aka Jerusalem artichoke, a sunflower relative), both commonly eaten by Natives.

Wilder described the former (Apios americana) as making "the absolutely

best chip I've ever tasted" because of its potato-meets-roasted-chestnut fla-Regarding the latter, he said it can be very useful in blocking invasive Japanese knotweed from recolonizing land, but is itself "aggressive." As food, sunchoke tubers contain high levels of inulin, which helps control blood sugar. The plant scores 11 on the glycemic index (vs 80 for potato, for example), he said.

On the danger end of the spectrum, he noted several plants can be both toxic and safe depending what part of the plant you eat. Case in point were potato and tomato - both are from the nightshade family, and it's toxic to eat their greenery, but potato tubers and tomato fruit are quite nutritious.

For others, danger depends on quantity. As an example, Wilder pointed to the Actaea species, better known as baneberries. They're "not deadly, but not something you should be eating." He cited an experiment from 1903 in which one brave soul tried one berry, yielding "a slight burning of the stomach" and a "most nauseous, bitter [and] puckery" flavor. But she kept going, testing up to six berries over several days, stopping there. Six berries caused a burning stomach pain, parched mouth and hallucinations, among other things.

Natives found some such poisons had medicinal value, if used by someone who knew what they were doing. Wilder said ingesting monkshood will slow and stop the heart, but also can stop seizures. It's very hard to dose properly, but also makes a nice garden plant. He strongly recommended washing hands after touching it.

Possibly more practical are two plants Wilder sees as replacements for the common lawn, which he terms "an ecological disaster." Those are Pennsylvania sedge (a native grass) and wild strawberry. The former, which hosts 35 caterpillar species, can be started in shady areas (using plugs, not seed) and spread by replanting clumps taken from the starter area; it only needs mowing once a year in mid-tolate June. The latter "tolerates a lot more abuse than sedge," supports 87 species, and produces strawberries, he said.

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

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QCC works to ensure everyone is counted in 2020 Census

Community College is helping to make sure everyone in the Worcester community is counted in the United States Census. The College recently took part in a video outreach campaign to encourage people to participate in the census. The videos were designed to dispel any concerns or misconceptions people may have regarding the census. QCC students and alumni recorded the videos in Spanish, Portuguese, Russian, Ga., Vietnamese, English and Albanian to represent these communities within the City of Worcester.

"QCC used its voice and the voice of its students to engage the community in an effort that will benefit all of Worcester," said QCC's Associate Vice President for External Affairs, Viviana Abreu-Hernandez. "Federal and State funding is allocated based on the population identified in the census, so it is imperative everyone is counted.'

Recognizing the importance of having everyone in the City participate in the census, in late February Ms. Abreu-Hernandez and QCC's Director of Community Bridges Déborah L. González, met with Partnership Specialist Edward McGuire, of the Census New York Region Office, to discuss supporting the census efforts by encouraging QCC students and their families to fill out the census

"Mr. McGuire indicated that higher education institutions were 'trusted voices' in the community and that QCC's voice will positively contribute to the efforts making sure that each and every member of the Worcester community would be counted in the 2020 Census," Ms. Abreu-Hernandez said.

The College immediately jumped into action, filming a variety of videos

WORCESTER — Quinsigamond in different languages to be distributed throughout Worcester.

"One of our main goals was to help remove the concern of disseminating private information, as well as the importance of being counted in the census," Ms. González said.

In addition to sending internal emails to the QCC community and having the information on the census prominently displayed on QCC signage, the videos were shared with other organizations in Worcester that included:

American Business Latin Organization (LABO)

• The Latino Education Institute

- South East Asian Coalition
- African Community Education
- · Ascentria Care Alliance Worcester Public Schools
- Worcester Interfaith Alliance
- Worcester Public Library
- · Worcester Legal Aid Worcester Community
- Connections Coalition

· Literacy Volunteers of Greater Worcester Due to the coronavirus/COVID-19, the deadline to fill out the census

was moved to October 31 and on July 16 census takers will begin visiting homes that have not filled out the "The beauty of these videos is that our students truly represent the Worcester County communi-- diverse, multi-language, and

engaged," Ms. Abreu-Hernandez said.

"We hope these videos will enlighten

people in our diverse communities

and remove any fears they may have about filling out the census." To view the census videos, visit www.QCC.edu/census.

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

HANKS-WITASZEK

continued from page A1

STEM Education, an Integrative STEM Education Certificate, a Master in

Music Education, and a Modern Band Certificate. In 2018 and 2019, the College was listed as #1 in Pennsylvania (and #1 and #4 overall, respectively) for graduate job placement by the career guidance site Zippia.com, using federal data.

NICHOLS

continued from page A4

and relevant NCAA guidance, we hope to begin competition for these programs as early as January 1, 2021. As we move through the semester, Nichols will also continue to re-evaluate our postponed programs to determine if they can be resumed in the winter/spring of 2021. We cannot express the significance of our disappointment at this time but look forward to seeing all of our Bison programs back on the fields, courts and ice soon," said Gobiel.



Family Dining & Gift Guide

Check with your favorite local restaurants frequently to see if their opening status has changed. Some may be open for outside dining and others may be opening soon! Please continue to frequent your local restaurants by ordering take-out or purchasing gift cards.



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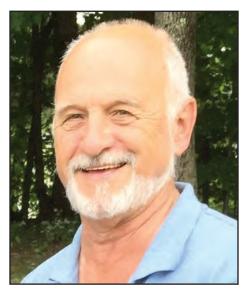
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OBITUARIES

Alan B. Jalbert, 73



WALES- Alan B. Jalbert, 73, of Main St., passed away peacefully with his family by his side on Friday, July 17th, after an illness.

He leaves his beloved wife of 33 years, Penny D. (Studer) Jalbert; his mother, Veronica M. "Virginia" (Dzura) Jalbert; his three sons, Bruce Jalbert of AZ, Nathan Jalbert of Thompson, CT, and Bernard Jalbert of N. Grosvenordale, CT; two stepsons, Robert Fuqua of Sturbridge and Michael Fuqua of NH; a daughter, Lynn Davis and her husband Emmett

of Simpsonville, SC; a stepdaughter, Melissa Caine of Westminster, MD; his brother, Kevin S. Jalbert and his companion Debby Tharp of Wales; five grandchildren, Emmett Davis IV, Gracy Davis, Alexis Caine, Bryce Fuqua and Beth Fuqua; and a nephew, Zachary Berry of Wales.

Alan was predeceased by his father, Bernard E. Jalbert.

He was born in Southbridge and graduated from Tantasqua High School. Alan was a US Navy veteran serving during the Vietnam War aboard the USS Forrestal. He and his wife Penny have owned and operated the Oak Haven Camp Ground in Wales for the past 34 years. Alan loved camping with his family in Wales as well as in Florida at Three Lakes RV Resort in Hudson, FL.

A graveside service for Alan will be held on Saturday, July 25th, at 12:00 pm, in Wales # 4 cemetery, Wales. Calling hours in the funeral home will be held on Saturday, July 25th, from 10:00 am - 11:30 am, prior to the grave-

Daniel T. Morrill Funeral Home, 130 Hamilton St., Southbridge is directing the arrangements.

In Lieu of flowers donations can be made to Overlook Hospice, 88 Masonic Home Road, Charlton, MA 01550.

www.morrillfuneralhome.com

Bay State Savings Bank promotes Marc Sanguinetti to VP of Retail **Lending and Loan Servicing**

WORCESTER — Bay State Savings Bank is pleased to announce Marc C. Sanguinetti has been promoted to Vice President of Retail Lending and Loan Servicing at its 28 Franklin location in Worcester.

In his new role, Sanguinetti will oversee residential and consumer loan origination in the Retail Lending Department. He will also oversee investor reporting, loan payment management, escrow payments of taxes and insurance, and collections and delinquency reporting in the residential Loan Servicing Department.

Mr. Sanguinetti bears more than 18 Courtesy (Right) Marc Sanguinetti



Tips for effective remote learning

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

STICK TO A **SCHEDULE**

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

When learning at home, students should strive to maintain as consistent a schedule as possible, including bedtimes, wake times, hours devoted to learning, and time to get outside or engage in downtime

CONNECT LIVE IF POSSIBLE

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

STICK TO TOOLS THAT WORK

Once students find apps or sys-



an educational tutoring resource. There are many factors outside of one's control during virtual instruction, but maintaining consistency with tools and schedules is one way

CHECK STUDENT ACCOUNTS **FREQUENTLY**

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

REACH OUT TO INSTRUCTORS

Allegheny College suggests students contact their teachers if they

are unsure of how to participate in remote learning environments. Ask questions about assignments, get clarification on key topics and be sure to tune into any remote chats or virtual "office hours."

GUIDANCE, IF NEEDED

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

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

years of banking experience. He joined Bay State Savings Bank in 2006 as a Loan Servicing Specialist. Since then, he was promoted to Assistant Vice President of Retail Lending in 2015 and then to Vice President of Retail Lending in 2018. He also received Bay State Savings Bank's Employee of the Year Award in 2012 and Employee of the Quarter Award in 2012, 2010, and 2009.

Mr. Sanguinetti holds a Bachelor's degree in English Language and Literature/Letters from Clark Clark University. Currently, he serves as Vice President of the Board of Directors for Literacy Volunteers of Greater Worcester. He resides in Worcester with his wife Catherine and two children, Mia and Evan.

Take-out tips when dining at home

Although takeout has long been a convenience enjoyed by people around the world, in recent months takeout became a key way for many restaurants to stay afloat when the novel coronavirus COVID-19 forced many to close their

facilities to customers. Restaurants have been allowed to remain open, though they have been forced to change their business models. In a matter of weeks, establishments that were not accustomed to offering takeout quickly reimagined their operations to offer curbside pickup or delivery options. In turn, many communities promoted movements to help keep restaurants afloat, with some encouraging residents to participate in Takeout Thursdays to patronize struggling bars, restaurants

Takeout has always provided a respite from cooking meals at home, but it seems especially welcomed during the COVID-19 outbreak. Now more than ever, individuals and families could use a break from cooking three meals per day. When opting for takeout, consider these tasty

Support small businesses. Independent restaurants could have a tougher time bouncing back from reduced sales and income than large restaurant chains. When seeking out food- and beverage-related businesses, lean heavily on mom-and-pop restaurants, many of which are pillars in their communities. These are the businesses whose owners may have children in your local schools or those who sponsor local sports leagues.

 Investigate food safety. Inquire about the safety measures restaurants are taking to ensure food safety. Most restaurants and delivery services are enacting even more safety measures than are required by law. Keep in mind, however, the Centers for Disease Control and Prevention has said, "There is no evidence to support transmission of COVID-19 associated with food." Simple handwashing after touching food packaging and your food or face may be sufficient.

 Learn new protocol. Ask the business what their requirements are for ordering food. Some restaurants will bring the order directly to your car through curbside pickup. Others may enable you to enter the establishment if you are wearing a mask. Delivery only might be the policy at another establishment. Follow all rules, as they have been implemented to keep you and the business employees

 Pay by credit card. When placing an order for takeout or curbside pickup, pay by credit card online or over the phone if that is an option. This limits how much you and restaurant employees have to handle cards or cash.

· Avoid direct handoffs. Ask the counter server or delivery person to put down your order and step away before you grab it. This is an extra step to combat

the spread of the virus. Even as stay-at-home restrictions are being relaxed, takeout figures to remain popular. Certain tips can keep everyone well fed and safe and help bars and restaurants stay afloat.

no aspect of life untouched, and education was no exception. The short-term effects of stay-at-home measures were felt immediately by millions of students across the globe. But there will be long-term effects, too, and one of the first such long-term dominoes to fall was the relaxation of SAT requirements for aspiring college students. As stay-at-home measures lasted longer than

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The outbreak of the novel coronavirus COVID-19 left many people initially anticipated, high school students learned that SAT and SAT subject tests were being canceled. The Princeton Review® noted in late May that the College Board added a new test date for September after the June tests were canceled. However, many schools have dropped the SAT and ACT requirement for fall 2021 admissions. The University of California, which includes nine different schools in its system, suspended the requirement for students applying for fall 2021 in early April, and many schools followed suit in the ensuing months. As prospective high school seniors prepare for their final year of high school and begin thinking about where they want to apply for college, they should work with their guidance counselors to determine just what is required of them during the admissions process.





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EDITORIAL

Music appreciation

Sometimes, we just need to take a break from the status quo, and talk about those little things in life that bring us joy — in this case, music. With the news ever changing, and so much uncertainty surrounding us, we can always rely on our stereo's volume buttons to lift us up. Research has proven that music is a mood booster and can shift our thoughts. We thought it would be fun to take a staff poll: What are vour three favorite bands, and why?

Our Editor pulled all three of his right out of the 1960's. "The Rolling Stones, because their reputation isn't just hype, they really are the greatest rock and roll band in the world and have been for decades: Creedence Clearwater Revival, or CCR to those in the know because "I think they're the best band America ever produced and John Fogerty is criminally underrated as a musician"; and The Band. "All five of them were such ridiculously talented musicians and their first two albums changed the direction of popular music in America away from psychedelia and toward a more homegrown hybrid sound between rock and country. Not many bands can claim to have been that influential.'

Another staff member realized being able to choose just three would make for a tough task. First and foremost, though, is The Doors. Lead singer Jim Morrison and his bandmates pushed the envelope -

sometimes to a jaw dropping degree during a time when pushing envelopes was extremely frowned upon. Morrison's dark poetry and lyrics mixed in with a pop sound for the time, has always been an intriguing hybrid to listen to. Ray Manzarek's keyboard sweetens the deal. When listening to old interviews, Giles said it is clear that Morrison was, in her father's words, "extremely intelligent, but not smart.

Next on the list is Janet Jackson. While this genre is far from that of The Doors, Janet is a triple threat. She can sing, dance and act. Her music offers something for every mood. You need to cheer up? There's a song for you. You feel down in the dumps? There's a song. Social injustice? There's a song. Jackson's dancing ability however may be her best talent. Her sharp moves and intricate style along with her enormous productions at her shows give her a top spot on this list.

Lastly, we have Led Zeppelin. The English rock band was formed in 1968 out of London. There's something about Robert Plant's voice that pulls us in and makes us want to pay attention. He goes from story teller to rock God in a flash. The lyrics of their discography pretty much cover any advice you need in life. There isn't one Led Zeppelin song you can listen to, where you won't find your foot tapping the floor, or your hand hitting your steering wheel in rhythm.

One of our reporters came back with Tom Waits as her first pick. "He's a wordsmith and broke musical ground." Waits has been described as focusing on the underbelly of society, using his gravelly voice, inspired by Bob Dylan and the folk music scene.

Next on Larcom's list was Australia's Nick Cave. "He's a story teller and has evolved his sound with time.

Last on her list was PJ Harvey. 'She is unapologetic with her lyr-

ics," said Larcom.

Harvey, hailing from England, began her musical career in 1988. Harvey is considered punk blues, indie rock and alternative rock.

Sports Editor Josh Spaulding had Garth Brooks at the top of his list. "Name one song of his that is bad,"

he joked. Next was The Beatles, who "changed the world of music," said Spaulding.

Last on his list was Taylor Swift. "I know of nobody who has adjusted her career so successfully and continued to be loved by her fans.'

Views and commentary from Sturbridge, Brimfield, Holland and Wales

Great Grilling Tips

Summer is here and neighborhood back yards are filled with the aroma of foods barbequed to perfection! There's no doubt about it, outdoor cooking is one of the season's simple pleasures. From tossing a few hot dogs on the grill to cooking a full course supper,

everyone seems to have their own trademark tricks to great grilling. Before you don your outdoor apron, keep in mind these BBQ tricks of the trade!

Try putting lemon peels in your grill next time you are grilling some chicken. It adds a super smell and a flavor essence to poultry.

When using a dry rub, always allow the meat to cook for approximately half of the total time before applying any basting sauce.

Marinating to flavor and tenderize before grilling? Tender cuts of beef only need a one or two hours of marinating for optimum flavor. Soak tougher cuts overnight to tenderize completely.

Never marinate in a metal bowl or pan as the acids that work to tenderize a meat can react with metal. Opt instead for glass or plastic bowls or zipper bags.

Did you know proper marinating can cut down on grilling time? Overnight marinating can reduce cooking time by up to 35%!

After marinating, be sure to pat the meat dry with paper towels so the cut cooks evenly on the grill.

As a rule of thumb, when you grill with charcoal, it takes about 30 minutes for coals to reach a medium temperature and become ash covered.

Did you know steaks should be seasoned only after each side has browned to keep the cut tender? And for perfect steaks, turn when juices start bubbling on the uncooked side and grill second side of steak for less time than first.

Fat can be a good thing when it's on a juicy steak. When you trim off fat, leave a little bit of it on while the meat is cookingas it seals in the flavor and juices. Just slash fat on the edge of the meat in intervals to keep the meat from curling up.

Cooking for a crowd? To ensure even grilling, meats should be placed about three quarters of an inch apart on the grill rack.

When cooking steaks on the grill don't season the meat until each side has browned. This helps keep the cut tender.

Try this chef's tip for perfect steaks on the grill: Turn when juices start TAKE KAREN

THE HINT

TRAINOR

side and grill second side of steak for less time than first.

bubbling on uncooked

Did you know seasoning veggies with coarse salt before cooking on the grill will extract extra water from the vegetables, flavors? their

improving

Pork often comes out dry when you cook it on the grill. Keep it juicy by rubbing it with a little oil or marinating liquid to keep it moist.

For best results cook pork on direct heat to seal the juices. Then finish it with indirect heat to ensure the center is completely cooked. Just be sure to preheat the grill so it will seal in the juices quickly.

Grilled fish has fabulous flavor! If you're cooking it in an aluminum foil packet, first spray the foil with vegetable spray to prevent sticking.

Does your fish dry out and break up when you cook it on the grill? Brush it with lemon juice while cooking to keep it moist.

Is shish kabob on the menu? When cooking, be sure to leave a small space between the food threaded on the skewer to allow the heat penetrate the food evenly. to

Don't forget to soak wooden skewers in water for at least a half hour before placing on the grill. As an extra measure wrap a sheet of tinfoil on the ends to prevent scorching.

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

Character is revealed in the toughest of times

We are living through unprecedented uncharted times. A pandemic has seized our world, while social unrest and violence has swept into our major cities. Add to it all that it's an election year and everything

that is happening has become politicized. It appears that the nation has never been more divided. It has put us on the edge and I'm witnessing people I know speaking and acting in ways I would have otherwise never imagined. How we respond to what's happening in our world is as important as the events themselves.

Respond to circumstances rather than reacting.

There is a difference. A response is thoughtful while a reaction is often "knee jerk" in nature. A response is measured, while a reaction is often the first thing that comes to mind and is usually emotional. When we calmly respond, it often disarms and relaxes others to do the same. Reactions are what we see playing out on our streets and in social media.

Relax. Take a breath. The world is not coming to an end. The truth is that cable news, and reactions to it, are playing out on social media and encouraging us to believe otherwise. Don't believe it. As bad as you may believe things are today, tomorrow the sun will rise and a new day will begin. Yes, take a breath and relax. A new day is coming.

Like the streets, Facebook can be dangerous territory. You may not get



SPEAKING GARY W. MOORE

physically hit by a brick, but you can certainly suffer the loss of friendships and incite anger that dominates your life.

I rarely post anything on social $\bar{\mbox{media}}$ that is controversial. I use Facebook and other apps

to keep up with friends and family, post my columns and news about my books. I'm a very casual social media

I've been following the Covid-19 issues with intense interest. The great mask debate rages on. For every medical professional that says masks are not helpful, there seems to be twenty-five that say they work. I ran across a picture that showed how the virus is spread and how masks can help. The best data I can find say that masks can reduce the spread of the virus by up to 65%. Nothings perfect. Certainly not a mask, but a 65 percent reduction is significant. We teach our kids to cough and sneeze into their arms. It's also not perfect but better than coughing into the open. If true, isn't a mask better than nothing?

So, I posted the graphic and commented, "I think this makes sense." I didn't expect the firestorm that quickly followed. The first comment from a friend began, "You of all people should know better ..." (an example of a reaction rather than a response). Then came the numerous comments about "constitutional rights" and the idea that the pandem-

Turn To **MOORE** page **A9**

Create strategies to help achieve your financial goals



FINANCIAL Focus

JEFF BURDICK

To achieve these various goals, you may have to follow different investment strategies - and you

Like most peo-

ple, you proba-

bly have many

financial goals:

retirement, long

vacations, college

for your children

dren, the ability

to leave some-

thing behind for

the next genera-

tion, and so on.

comfortable

grandchil-

might have to make some tradeoffs along the way.

this multi-goal/ To pursue multi-strategy approach, try to follow a clear course of action, including these steps:

 \bullet Define your goals – and invest appropriately. You will need to identify each goal and ask some questions: How much time will you have to achieve this goal? How much return will you need from your investments and how much risk are you willing to take? With a longer-term goal, such as retirement, you may be able to invest more heavily in growth-oriented vehicles with higher expected returns. Keep in mind, though, that the value of these investments will fluctuate, and they carry more risk than more conservative investments. However, your long-term horizon allows time to recover from short-term dips. But for a shorter-term goal, such as an upcoming vacation, your investments don't have the same time to bounce back from large drops in value, so you might follow a more conservative strategy by investing in instruments that preserve principal, even though growth may be minimal.

 Know what you've invested for each goal . Once you know what type of strategy you should follow to achieve each of your goals, you'll need to enact that strategy. How? By matching specific investment accounts with the appropriate goals. You should know why you own all your investments. Ask yourself these questions: What goal will this investment help me achieve? How much do I have allocated toward a specific goal? If I have an IRA, a 401(k) and another account devoted to achieving the same goal, are they all working together effectively? The connections between your different investment accounts and your goals should be consistently clear to you.

Understand trade-offs. Your various investment goals may be distinct, but they don't exist in isolation. In fact, your strategy for achieving one goal may affect your ability to work toward another. For example, would significant investments in your child's education change your funding for retirement? If you decide to buy a vacation home when you retire, will that alter the legacy you'll be able to leave to your family? Given limited financial resources, you may have to prioritize some goals and make some trade-offs in your investment moves.

· Track your progress. Each of your strategies is designed to achieve a particular goal, so you need to monitor the performance of the investments within that strategy to help ensure you're making progress. If it seems that you're lagging, you may need to explore ways to get back on track.

· To manage these tasks successfully, you may want to work with a financial professional - someone who can look at your situation objectively, help you identify and quantify your goals, and suggest strategies designed to help you achieve them.

Trying to achieve multiple financial goals can seem like a daunting task, but by saving and investing consistently through your working years, following a clear strategy, being willing to prioritize and accept trade-offs and getting the help you need, you can help yourself move forward.

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 Edward Jones, Member SIPC

Great fishing a few hours away



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

Lake Ontario fishing for brown trout and King Salmon is providing some excellent fishing for anglers that do not mind traveling a few miles. A call to Charter boat Capt. Jimmy of "Ace Charters" was excited to share some good news about the fantastic fishing that is available on the lake. This week's picture shows a real impressive brown trout caught aboard his charter boat, along with King Salmon shown in the second picture. If you have never fished Lake Ontario for browns and salmon you need to go! It is as close to Alaska fishing as you can get, and it cost a lot less. It will be a great family trip or with just a few friends. To book a charter call 1-413-346-7675 or go to his Web site at acecharters36@ gmail.com for more information.

Because of Covid-19, tight regulations have also been implemented on charter boat Captains this year. Ace Charters has everything on board to keep you safe ,and he and his crew are ready to help you catch a fish of a life time. Trolling with downriggers will get your lures down to the fish, which is around 100 to 150 feet at this time of year. Many recent trips have had anglers limiting out on browns, lake trout and Salmon. Late July and all of August provides some great salmon fishing on the lake. Give them a call at 1-413-



346-7675 or go to their Web site at Acecharters.com!

Salmon fishing on the Salmon River in Pulaski, N.Y. will start to heat up in another few weeks when the waters start to cool, and the migration of salmon start their return to spawn. It can be a lot of fun, but the ultimate satisfaction of catching a big King Salmon is on the



lake, away from the crowds.

Block Island has been giving up some impressive stripers with numerous fish in the 40-to-50-pound range. Unfortunately, all of them need to be released immediately because of the slot limit size this year. No gaffs are allowed on any striper, and need to be netted before the hook can be removed, which

is sometimes hard to do. Keeping hands and fingers away from the gills and gill plate will help to ensure their survival after they are released. Fluke fishing and seabass fishing has been up and down, but for the most part reports have been good again for this time of year. Plenty of bluefish around in both Mass. and Rhode Island. The limit on bluefish was reduced from 10 fish to three fish this year, in both Massachusetts and Rhode Island.

The charter boat C-Devil out of Galilee RI. reported a 450-pound Thresher Shark being caught last week. Some small bluefin have been reported offshore last week also.

My brother Ken and his son Mark had a great day of fishing on Webster Lake catching numerous smallmouth bass, a 19-inch rainbow trout and a 15-inch calico bass. All of the fish were caught on large fly's trolled in deep water using copper line to get the fly's down to the fish. Fishing with copper wire needs a bit of practice before you master the art of catching fish without getting hooked up on the bottom. Using a fish finder, and constantly monitoring the depth of the water is the key. They had to fish for more than two hours before finding the fish in a deep hole.

The 100-degree temperatures this past weekend sure let us know that summer dog days are here. Water temperatures are very warm which has sent most fish into deeper holes especially in fresh water. Jerry Gareri also reported on a great week of bass fishing in Maine, but even there the fish are deep.

Take A Kid Fishing & Keep Them Rods Bending!

Tips to help your landscape beat the heat

Summer arrived and for many so has the heat. High temperatures and dry conditions often lead to watering bans. This is not only hard on gardeners but also our gardens and lawns. Fortunately, there are ways to

help plants thrive despite stressful growing conditions.

Adjust landscape care based on the weather conditions, each plant's tolerance level and your gardening goals. Enlist these low maintenance, eco-friendly strategies to help keep your landscape looking its best throughout the summer months.

Water plants thoroughly to promote deep drought- and pest-resistant roots. wait until the top iew inches of soil are crumbly and moist or footprints remain in the lawn

before watering again. Avoid light, frequent watering that encourages shallow roots. Shallow roots are less able to tolerate drought and more susceptible to

disease and insect problems. Water early in the day when possible to minimize water lost to evaporation. Avoid late evening watering that leaves foliage wet going into the night. This can increase the risk of disease.

Spread a two- to three-inch layer

GARDEN MOMENTS MELINDA **MYERS**

of shredded leaves, evergreen needles, shredded bark mulch over the soil in garden beds and around trees and shrubs. Mulchingwill conserve moisture, keep roots cool and moist, and suppress weeds. As the organic

mulch decomposes, it adds nutrients and organic matter to the soil. All these benefits stem from one maintenance task.

Mow lawns high and often, removing no more than one third the total height of the grass. Taller grass produces deeper roots, making the lawn more drought tolerant and more resistant to insects, disease, and other environmental stresses.

Leave the grass clippings on the lawn. They add nitrogen, organic matter, and moisture to the soil. One season of clippings is equal to one fertilizer application. Every time you mow you are improving the soil and fertilizing the lawn.

Sharpen your mower blades to save time by boosting efficiency. And speaking of savings, your mower will consume 22 percent less fuel and your lawn will use up to 30% less water when your mower blades are sharp.

Use a low nitrogen, slow release fertilizer if your lawn and garden plants need a nutrient boost. These types of fertilizers release small amounts of nutrients over an extended period of time. The low level of nitrogen reduces the risk of damaging your already heat-stressed

Remove weeds from garden beds and borders as soon as they appear. These "plants out of place" steal water and nutrients from your desirable garden plants. Plus, they can harbor insects and diseases that are harmful to your garden plants. Removing them before they flower and set seed means you will have hundreds of less weeds to pull next

Provide stressed plants with a bit of shade from the hot afternoon sun. Containers can be moved to a more suitable spot during heat waves. Add a bit of temporary shade to garden plants that are struggling to survive in the blazing hot sun. A strategically placed chair, lattice or umbrella may be all that is needed. As temperatures drop, you can move plants back in place and remove the temporary shade.

Use the shade to your advantage as well. Garden in the shady spots whenever possible or use a pop-up canopy to provide shade when needed. Always drink plenty of water, use sunscreen, and work during the cooler morning and evening hours.

Then take some time to enjoy your handiwork. Look at the progress that has been made as you sit back, relax, and enjoy your favorite beverage.



Mulching garden beds and around trees and shrubs conserves moisture, keeps roots cool and moist, and suppresses weeds

Melinda Myers is the author of more than 20 gardening books, including Small Space Gardening. She hosts The Great Courses "How to Grow Anything" DVD seriesand the nationally-syndicated Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and her web site is www.MelindaMyers. com.

MOORE

continued from page A8

ic is actually a "plan-demic" and a government conspiracy.

A friend of mine who is a Doctor of 35 years posted a comment about the effectiveness of masks and a young nurse offensively offered him her nursing books, as if he was totally uninformed and she had all the answers. It devolved quickly into a raging mess.

I chose to respond rather than react. Trust me, I could have easily let my emotions rage but instead, I just deleted the post and went on with my day.

Yes, I was bothered and hurt by a few of the comments. But more than anything I watched in wonderment as rational and smart people so openly and purposefully began attacking others who disagreed. My response was to delete the posting and stop giving space for others to react in anger and immaturity. Once the post was gone, everything on my page normalized and I assume everyone else went on with their day.

I'm not smarter or better than anyone else, I just choose to respond rather than react. I choose to be positive and not add fuel to the fire of negativity. Some do the same thing, while the majority do not. To react or respond is a choice we make, just as being positive or negative, or pessimistic or optimistic. These choices determine our success and quality of our lives. And yes, these choices determine our happiness.

Last week, I said I'd never met a successful pessimist. I'll add to it this week by saying I've also never met a happy pessimist.

Want to avoid losing friends? Choose to respond rather than react. Want to be happy? Choose to become an optimist.

Gary W. Moore is a freelance columnist, speaker, and author of three books including the award-winning, critically acclaimed, "Playing with the Enemy." Follow Gary on Twitter @GaryWMoore721 and at www.garywmoore.com.







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DUDLEY - 8 Tanyard Rd! 5 Rm 3 Bdrm Ranch! Some Sweat Equity Needed! 13,000' Lot! Eat-in Kit! Liv Rm w/Hrdwd Flrs & Picture Window! Mudroom/ Sunroom! Bdrms w/Hrdwds & Ample Closet Space! Full Tile Bath w/Linen Closet! Unfinished Lower Level! Gas Heat! C/Air! Garage! **\$249,000.00**



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June Cazeault * Laurie Sullivan * Matthew Ross * Lori Johnson-Chausse * William Gilmore II * Brian Bohenko

DUDLEY - 25 MARSHALL TER.



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WEBSTER - 36 PARK AVENUE



Well cared for Colonial on Park Avenue! Hardwoods! Formal dining room, eat in kitchen, 3 bedrooms! Hollywood Bath. 1-1/2 baths total. deck! Garage! Freshly Painted! \$264,900.

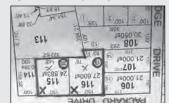
DUDLEY - 5 FAIRVIEW AVE



3 bedroom 1-1/2 bath ranch. 16,000 ft lot. Plumbing for lower level bath. Garage. Needs little updating. Recent Buderus Furnace.

assisted sale \$248,500.

DUDLEY - LAND ON PACKARD DRIVE



Privacy!! Off Ridge Drive - 2 abutting Lots offered as a package. Each, has there own Deed description. Lot# 19 Contains 27,699 SF of land area, Lot# 20, Contains 24,883 SF of land area. Total 52,582 SF. / 1.2 acre. \$50,000.

LAND WEBSTER/OXFORD/DUDLEY/DOUGLAS

Dudley - Marshall Terrace 12,000 +/- Sq, Ft. Potential for a 2 family to be built! Town Water, Sewer. **SORRY SOLD \$70,000**

Webster - 85 Upper Gore w/View of the Lake. 1+ acre! Much work done! Artesian well, Septic Design,& Conservation NEW PRICE **\$115,000**

Webster - Cooper Rd 2 Buildable Lots! Water/Sewer Access, Zoned Lake Residential! \$49,000. ON DEPOSIT Douglas-Mount Daniels Lot #2-2.5 Acres of flat land that abuts Douglas State Forest \$132,900 Oxford - 4 Leicester St. approx. 8.47 acres! River frontage! Possible to be subdivided.

On the shores of Lake Chargoggagoggmanchauggagoggchaubunagungamaugg

Webster - New Lake Listing!



WEBSTER LAKE - 100 LAKESIDE AVE

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How to manage low bandwidth during remote learning sessions

In the wake of the COVID-19 outbreak, many schools hastily transitioned from traditional in-person learning to remote learning. This transition posed new and unique challenges to educators as well as students and their parents.

One of the biggest challenges posed by remote learning was keeping students connected to their teachers and their classmates, not all of whom had readily available access to devices that could facilitate such connections. In recognition of that challenge, school systems worked to procure devices for students only to be confronted by another challenge: low bandwidth. According to Microsoft, bandwidth refers to the amount of data that can be transferred over an internet connection per second. Low bandwidth can compromise students' ability to stay connected to their virtual classrooms. In an effort to help students overcome that challenge, Microsoft offers the following tips on how educators, students and parents can manage low bandwidth during remote learning sessions.

· Reduce reliance on video during class sessions. Turning video cam-



eras off during live class sessions can help to overcome the challenges posed by low bandwidth, as live video is a key contributor to excessive use of bandwidth. If video must be used, encourage students to turn

off their cameras when they are not speaking.

· Use pre-recorded content. Prerecording content enables students to stream video over the internet, saving those with low bandwidth the

hassle of downloading large video files to their computers. Microsoft recommends educators who pre-record content for their students to stream to instruct those students to use class time to complete assignments. Educators can make themselves available via chat to answer questions students may have about their assignments.

· Avoid video-based assignments. It can be difficult for students with low bandwidth to send very large files, such as videos. Educators can help students avoid that issue by not requiring them to submit videos as part of their assignments.

• Encourage students to sync files to their devices. Each device is different and each manufacturer has its own instructions on how to sync files to devices. But Microsoft notes that syncing files to a device allows students to read them offline, which is ideal for students with limited internet connectivity.

Low bandwidth poses a challenge for remote learners. Thankfully, there are ways to overcome low bandwidth so students can keep learning.



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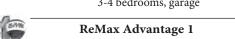
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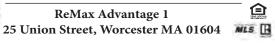


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How families can cook together as they confront COVID-19

Families are spending more time at home than ever before. Stay-at-home guidelines have led many parents to expand their culinary horizons, and time in the kitchen can be made more enjoyable by getting the whole family involved.

As stay-at-home measures continued throughout spring, boredom was a common complaint among people of all ages. Families sticking out social distancing together can confront that boredom by working together to prepare delicious, homecooked meals. The following are some simple ways to get the whole family involved when the time comes to get dinner on the table.

• Include young children. Younger children may not be able to cut, dice or chop, but that does not mean they can't participate in nightly cooking sessions. Kids can stir, pour and, perhaps most importantly, shake. The Extension Nutrition Education Program at Purdue University notes that helping to prepare food can help children feel like they're part of the family and even encourage them to make healthy choices. Each of those things can benefit children in the short- and long-term. Older kids can take on more responsibility when preparing meals, and teenagers



can even tackle entire meals on their own if they so prefer.

• Rotate the responsibility for choosing dishes. The family chef may be accustomed to choosing meals. But with stay-at-home measures in place and

restrictions only slowly lifting, sharing that responsibility can be a great way to make everyone more excited about mealtime. Parents can still choose the majority of meals, but let kids choose one or two meals per week. To prevent

kids from always opting for less healthy fare like macaroni and cheese or pizza, establish certain rules. For example, note that each meal must include at least one fruit or vegetable, relaxing these rules as you see fit. This is a great way to teach kids about nutrition while also showing them how less nutritious fare like pizza can be made healthier by replacing toppings like pepperoni with freshly cut vegetables.

reshly cut vegetables.

• Expand your operation. In-person baking sessions with grandparents and large Sunday dinners with extended family members may not be possible in the era of social distancing. However, such traditions need not be abandoned entirely. Utilize video conferencing apps like Zoom to prepare foods together, with each family member whipping up their own meal or dessert. Items can then safely be dropped off at each other's homes. Go the extra mile by keeping the video conference going as everyone sits down to indulge in a tasty meal.

Cooking together can be a great family-friendly pastime as adults and children look for ways to spend quality time together while stay-at-home measures remain in place or are gradually relayed

Laborer, Water Department:

Town of Spencer Water Department seeks applicants to fill the position of Laborer. This position will work with Water Operators in the daily maintenance of the water supply, treatment, and distribution systems. The ideal candidate will have a High School diploma from a vocational school, have strong math and science skills, and be willing to continue their education in the water industry including obtaining professional licensing as a Water Treatment and Water Distribution Operator. Experience with operating lawn care equipment and hand power tools beneficial. The candidate will be subject to emergency call-ins for water main breaks. This entry level position fits into the succession plan for the department. Pay for this position ranges from \$19.41/hr. to \$23.16/hr. and includes a generous benefits package including clothing allowance, continuing education, and license cost reimbursement.

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A complete job description is available on the Town Website at www.spencerma.gov. Salary range is \$60,000 to \$71,879 (prorated).

Submit application, cover letter, resume and standard Town application form, available at https://www.spencerma.gov/home/pages/employment-opportunities to Spencer Memorial Town Hall, Attn: Dr. Ralph Hicks,

157 Main St. Spencer, MA 01562 or via email to rhicks@spencerma.gov.
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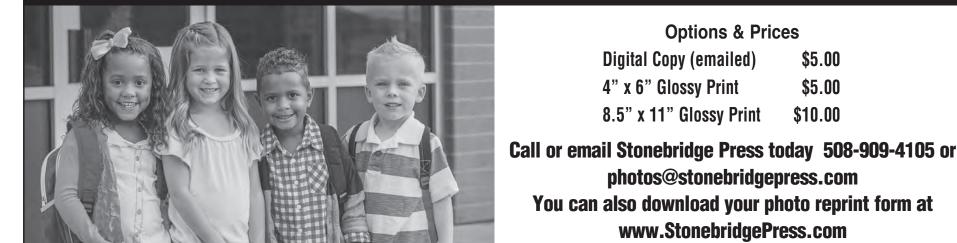
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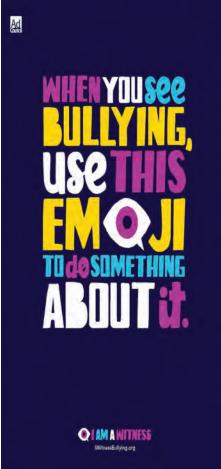
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The process to adopt a child from foster care requires training, interviews, and home visits to determine if adoption is right for you, and if so, to help connect you with a child or sibling group that your family will be a good match for.

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





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