

Blackstone Valley Tech Student Council earns national recognition



Courtesy

The 2019-2020 Blackstone Valley Tech Student Council is recognized as a 2020 National Gold Council of Excellence by the National Student Council.

UPTON — The Blackstone Valley Tech Student Council is recognized as a 2020 National Gold Council of Excellence by the National Student Council for an exemplary record of leadership, service,

and activities that serve to improve their school and community. This national recognition marks the second consecutive year that the student council at BVT has earned this distinction.

To meet the requirements for this award, the student council had to meet a variety of criteria - crafting a written constitution, conducting regular meetings, and adopting a democratic election process. Additionally,

they demonstrated successful sponsorship and participation in leadership development and activities. A recipient of the gold level of excellence award, the BVT Student Council, has successfully displayed the

highest standards of leadership, and beyond. "It is an honor for our student council to receive this national recognition consecutively," said Superintendent-Director Dr. Michael F. Fitzpatrick. "It certainly

reflects the passion, dedication, and determination of our student council and their advisors, Danielle Cann, and Megan Potenti. They effectively guide council the members on

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Local school nurse working with Covid-19 patients

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

MILFORD — Although the new normal has changed across the world, one local school nurse is still using her skills and training to help those in need during the Covid-19 pandemic.

In addition to her full-time remote duties as the school nurse at Whitinsville Christian School, Christine McCabe, RN, is using her time away from campus to work in the ICU at Milford Regional Medical Center.

"With our school building closed, I've had more time available and the hospital has of course needed additional help," McCabe said. "I'm working on average one shift per week. It's been very busy in the ICU and most of our patients are COVID patients on ventilators."

McCabe joined the staff at Whitinsville Christian in the summer of 2018. She continues to work for the school and works at Milford Regional on a per diem basis to keep her skills honed.

"I am following and monitoring the data daily, especially how our state is impacted. I'm always thinking about how this disease is affecting our school, students, and WCS families now and as

we look to the future, focusing on health and safety," McCabe said. "I have regular meetings with WCS administration as we seek to plan days, weeks, and months in advance. Of course, I am also checking in with students, sometimes as a group and sometimes on an individual basis. I miss all of the students dearly."

McCabe added that the experience is a "mix of feelings."

"I miss seeing my students face to face on a daily basis. But I am glad to know I can help in other ways, using my knowledge to help make decisions," she added. "I can also go back to bedside nursing in the off-hours, to take care of critically ill patients."

The pandemic has changed so much, she added, including the way McCabe cares for students and the way she cares for patients and their families in the hospital.

"But it is helpful to know that this won't last forever, and we will begin to get things back to normal when it is safe to do so," she said. "My faith in God grounds me and gives me hope."

Efforts to stay physically distant from others are helping to keep the surge of

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Police departments warn of ongoing Covid-19 scams

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

REGION — As the Covid-19 pandemic continues to make a global impact, local police departments and state agencies are urging the public to beware of scams.

"During these difficult and unsure times, criminals seek to take advantage of citizens' concerns about COVID-19, also known as the coronavirus. Members of law enforcement have observed an increase in fraudulent activity seeking to exploit people's fears and we want everyone to be aware of the scams we are seeing most frequently," the Douglas Police Department released in a recent statement.

Coronavirus Scams are often unsolicited and reach their victims by telephone, text message,

or email, the department added. Telephone scammers often pretend to be a nonprofit organization seeking financial donations to assist those affected by the virus.

"While it is in human nature to help those less fortunate, citizens are discouraged from giving any personal or financial information such as credit cards or banking information over the phone," the statement reads.

Unsolicited emails with malicious attachments or links to fraudulent websites are designed to trick victims into revealing sensitive information or donating to fraudulent charities. Be wary of any such text messages or emails and delete them immediately, the statement reads.

The Federal Trade Commission has also issued a statement regarding these scams.

To avoid Coronavirus scams, residents are encouraged to not respond to texts, emails, or calls about checks from the government. Hang up on robocalls; scammers are using illegal robocalls to pitch everything from low-priced health insurance to work-from-home schemes, the department stated.

Ignore online offers for vaccinations; there are no products proven to treat or prevent COVID-19 at this time. Also, be wary of ads for test kits. The FDA recently announced approval for one home test kit, which requires a doctor's order, the FTC said.

"But most test kits being advertised have not been approved by the FDA, and aren't necessarily accurate," the statement concludes.

Coast Guard urges you to keep boating safety in mind



Courtesy

Douglas Fire Department Chief Kent Vinson receiving a plaque from the USCGAux Tri-State Flotilla's past Commander Raymond Richards along with the 2019 Commander Michael Nadeau at the fire station house.

BY ROBERT BREZENSKI
USCGAUX PUBLIC AFFAIRS

REGION — The weather is warming up and many are venturing to the outdoors to escape their weeks of Covid-19 isolation. The Coast Guard Auxiliary Tri-State Flotilla, Massachusetts is hoping that you keep safety even further on your mind if you venture out on the water, of course abiding by social distancing and pandemic protocols.

In the past weeks, we have noticed many solo kayakers on local ponds and lakes getting back

on the water enjoying the fresh air while testing their luck at fishing. Most newspapers have printed photos of people doing this as it appears to be a great activity and covid safe, but if you look closer it's the danger in something missing. Many are ignoring or not wise to the fact that as required by law, an approved life jacket must be worn at all times from Sept. 15 to May 15 in Massachusetts for anyone on board canoes or kayaks. You should also have the required whistle or sound producing device attached to that lifejacket. The water is

still cold, hyperthermia effects could keep you from getting back in the craft if capsized, and there are not as many people around to respond. Children under 12 years of age must wear one whenever above deck on any vessel that is underway, also for anyone on board a personal watercraft or being towed in any manner, anytime of the year. We all know of the local tragedies in the past month due to this missing item; everyone should make a habit of wearing a lifejacket on the water, in all vessels,

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Thomas J. Bartholomew honored in Financial Times



Thomas J. Bartholomew

WORCESTER — Bartholomew & Company, a leading provider of financial services in Worcester, Massachusetts, announced that its President & CEO, Thomas J. Bartholomew, AIF® has been named to Financial Times' list of the 400 Top Financial Advisors for 2020. The list is published on ft.com1.

According to Financial Times, a leading financial publication, the ranking reflects advisors with a minimum of 10 years' experience and \$300 million or more in assets under management (AUM)2. In addition, list makers are determined based upon compliance records, industry certifications, online accessibility, and AUM growth rate.

"I am pleased to have been named to this prestigious list—a recognition that, to us, speaks to our firm's commitment to providing trusted financial planning

and investment advice that addresses each individual's and organization's needs," said Mr. Bartholomew. "I am grateful for the trust our clients place in us, and we remain committed to providing the guidance and support they need to achieve their unique financial goals."

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*Not indicative of advisor's future performance. Your experience may vary.

Milford Regional announces new Chair of Radiology



MILFORD — Milford Regional is pleased to announce the appointment of Jeffrey Brooks, MD as Chair of Radiology. Dr. Brooks graduated with a degree in medicine from the University of Vermont College of Medicine, Burlington, Vermont in 2006. He completed a diagnostic radiology residency program at Boston University Medical Center, Boston, Massachusetts. Dr. Brooks continued his training with a breast imaging fel-

lowship program at Boston University Medical Center. He is board certified in radiology.

"We are extraordinarily pleased that Dr. Brooks is the new Chair of Radiology," says Leslie Selbovitz, MD, Milford Regional's Chief Medical Officer and Senior Vice-President for Medical Affairs. "In addition to his fellowship training in breast imaging, Dr. Brooks has been one of the key members of the interdisciplinary Pulmonary Nodule Board dedicated to the early diagnosis and cure of lung cancer, similar to his leadership activities with breast disease. He is a vital member of the Breast Tumor Board at Dana-Farber/Brigham and Women's Cancer Center at Milford Regional. He and his wife are avid Red Sox fans, and he always enjoys discussing his favorite team."

Undergrad research fellowship helps Douglas resident chart new scientific territory

SMITHFIELD, R.I. — The end of the academic year marked the beginning of an important summer-long project for five Bryant students studying biochemistry, environmental science, and chemistry. The students, including Michael Pepin of Douglas, each dedicated to advancing their field, took advantage of an invaluable opportunity to conduct research through the Summer Undergraduate Research Fellowship (SURF) program and work in the lab with Associate Professor of Science and Technology Christopher Reid, Ph.D.

SURF, organized jointly by RI NSF EPSCoR/RI C-AIM and RI-INBRE, offers paid research positions for undergrads to do real work on original research projects. Working under Professor Reid's guidance, this year's SURF students honed their lab skills, investigated new and emerging areas of science, and learned what the scientific process was all about.

"The work the students do is published in good quality academic journals," says Reid, who notes that the lab's studies have resulted in three patents thus far. "The lab work is fun, it's challenging, and it's different every single day."

A summer of discovery
Through their experimentation, the lab's student investigators have the chance to see their coursework play out in real life, while addressing important issues. "I'm learning so much in the lab," says Michael Pepin '20, who studied protein stability for potential antibiotic applications. "I'm able to take what I've learned in the classroom and truly understand it in action."

It also gives the students a better understanding of their field, and what it means to actually be a scientist. "I'm learning how labs actually run," says Abigail Enck '20, who explored how zooplankton, an important part of the ocean food chain, commu-

nicates. "A lot of the time, what we see of science and lab work is sort of romanticized, so SURF is helping me understand what it's actually like."

For Trent Massam '21, who alongside Professor Reid and Lecturer Gerald John, Ph.D., examined microplastic bacterial growth in the ocean, the summer research was an opportunity to learn firsthand from his mentors and gain real world experience.

"Being able to work so closely with your professors on actual projects like this is the kind of experience you don't get in the classroom," he says.

"It's a bit of an honor to be part of this group, really. We're all working on incredible things," he adds. "We're just starting out but we're working with experienced professors and our results have meaning."

Caroline Williams '22 analyzed the active form of a novel antibiotic this summer in order to understand how it affects bacterial cells. The work gave her a chance to make a difference while still a college student. "To know that you're actually adding something new to the research is kind of incredible and it inspires you to do more in the future," says Williams.

"Professor expects a lot from his students, but he gives you all of the tools and support you need to be successful," Enck says.

Collaboration and community
The students' summer research culminated with the annual SURF conference, which brought together more than 400 faculty, students, researchers, and administrators from schools across Rhode Island. The event gave the students an opportunity to present their work to each other and to experts in the field - and to learn even more about potential career paths.

Reid, who helped prepare the students to share their findings and coached them on their presentation skills, notes that the conference allows them to take a step back and see the many opportunities available in science.

"They get to see what all of the undergraduates are working on at schools across the state," he says. "They can make friends and connections with other like-minded students studying science."

"It's a great experience," says Pepin. "You get great feedback, not only on your presenting skills, but also on the work that you're doing. You get advice on where to go next with this particular project as well as other opportunities you can explore."

"It makes me really excited and happy to see and talk with all of these other students who are doing the same thing as me," agrees Massam. "I've talked to several other researchers on other projects who want to meet up and compare results."

Careers in science
Reid notes that the experience the students gain through SURF prepares them for a wide range of careers in a variety of fields, pointing to successful alumni in medicine, academia, and research positions.

"You learn so much from working in the lab," says Massam. "When I'll be applying for a job or grad school, I can say 'I've done this before, I've done procedures like PCR purification and DNA extraction.'"


"It's helping become more comfortable and confident with lab work in a research setting, which I know is going to propel me forward," adds Enck, who is planning to attend ophthalmology school.

In addition to the career and graduate workshops made available through the SURF program, Reid mentors students on finding post-grad opportunities, as well as the application process. "I get to know the students very well. It's one of my favorite parts of the year," he says.

The students appreciate that one-on-one guidance. "I thought that being part of the Reid lab would be not only a good way to gain lab experience but to help me learn what path I want to go down," says Williams, who is considering a career as a researcher. "Talking with him about all of the possibilities is amazing."

To Enck, the summer has opened a world of opportunities. "Professor Reid is one of the best mentors I've ever had," she says, "and being part of the SURF Lab is one of the best academic decision you can make."

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TRIBUNE STAFF DIRECTORY

PRESIDENT & PUBLISHER
FRANK G. CHILINSKI
(508) 909-4101
frank@stonebridgepress.news

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

OPERATIONS DIRECTOR
JIM DiNICOLA
(508) 764-4325


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

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

SPORTS EDITOR
NICK ETHIER
(508) 909-4133
nick@stonebridgepress.news

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The Blackstone Valley Tribune (USPS 024-873) is published weekly by Stonebridge Press, 25 Elm St., Southbridge, MA 01550. Periodicals postage paid at Southbridge, MA 01550. POSTMASTER: Send address changes to the Blackstone Valley Tribune, P. O. Box 90, Southbridge, MA 01550.



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How to handle the mental challenges of social distancing

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

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

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

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

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

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

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

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

Health Organization.

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

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

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

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

How to use protective masks and gloves the right way

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

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

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

Gloves

The CDC says that gloves should fit the users’ hands comfortably. Gloves can only prevent the spread of pathogens if hand hygiene is performed before and after wear, states the Association for Professionals in Infection Control and

Epidemiology.

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

Masks

Masks, sometimes referred to as respirators, also need to fit to be effective. Masks should be tight-fitting to the face. Clean hands and put on the mask, molding the mask over the bridge



of the nose and sealing it around the face. One strap should be high on the head, the other low around the base of the neck.

To remove the mask, tilt your head forward and pull the bottom strap over the back of

the head, followed by the top strap without touching the front of the mask, says APIC. Keep straps tight during the removal process. Don’t snap the straps or touch the front of the mask, as this can spread germs. (Directions provided are

for N95 respirators. Other mask designs should be removed according to manufacturer recommendations).

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

How religious organizations are confronting social distancing

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

Seemingly no aspect of life was unaffected by social distancing measures, including how people celebrate their faith. To prevent the spread of COVID-19, many religious organiza-

tions were forced to reconsider how they interact with their congregants. For example, in recognition of changes within the religious realm prompted by the COVID-19 outbreak, the United Synagogue of Conservative Judaism provided a free list of tools and resources (www.uscj.org/synagogue-resources) to help synagogues operate more effectively. Similarly, in accordance with an executive order from New York Governor Andrew Cuomo limiting social gatherings, the Roman Catholic Diocese of Albany canceled all public liturgies, but also announced measures to livestream Masses and even provided a schedule

of those masses through its website (www.rcda.org/livemass).

Livestream religious services allow people of faith to continue to celebrate their faith. Such services also provide access to non-members who might nonetheless be looking for guidance during a time that is unlike any many people alive today have ever experienced. The uplifting messages offered at religious services can help people confront and overcome feelings like depression and anxiety, which the American Psychological Association

notes researchers have linked to social distancing. Being part of a community, even if that community is operating exclusively online, can provide a lift to those struggling with the potentially isolating consequences of social distancing.

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

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State launches Pandemic Unemployment Assistance program

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

REGION — Massachusetts has recently become one of the first states in the nation to successfully implement the Pandemic Unemployment Assistance (PUA) program established by the federal CARES Act.

The program will provide benefits for individuals who do not qualify for traditional unemployment benefits, but have lost their jobs due to Covid-19.

According to a statement from the Department of Public Health and the Office of Governor Charlie Baker and Lt. Gov. Karyn Polito, the platform launched on April 20, 10 days ahead of the previously scheduled date. Since then, the PUA system has processed

well over 100,000 claims. Benefit checks which include an additional \$600 as part of another federal CARES Act benefit implemented by the administration are already being issued, the statement said.

In addition to providing an update on the state's successful implementation of the new Pandemic Unemployment Assistance program, the Baker-Polito Administration also announced new federal waiver requests to provide the state's MassHealth program with more flexibility to respond to Covid-19.

According to state officials, Massachusetts is filing two waiver requests with the Centers for Medicare & Medicaid Services (CMS) that will give the state and its Medicaid program, MassHealth, more flexibility to

respond to the Covid-19 public health emergency.

"If allowed, the waivers will build upon the two previously submitted waivers and enable MassHealth to deliver the most effective care to its members and support health care providers," the statement reads.

Through these waiver requests, the Commonwealth is seeking flexibility to address key areas of need, including expanding Medicare telehealth coverage to include services provided by phone and video and to increase access to health care for seniors and individuals with disabilities without readily accessible video technology. This expansion is consistent with telehealth coverage currently provided by MassHealth and commercial plans,

state officials said.

According to the statement, the waiver requests would also allow MassHealth to waive the requirement that certain applicants and members spend down to qualify for coverage in cases of financial hardship; extend retroactive coverage for individuals who qualify for MassHealth to allow individuals to be covered up to 90 days prior to submitting their application; provide flexibility for federal provider payment limits to enable MassHealth to provide critical stabilization funds to health care providers; and ease provider requirements that could result in unnecessary administrative burdens or barriers to care.

For more information, residents are asked to visit www.mass.gov/pua.

All about trails

BY BECKY KALAGHER

BAY STATE TRAIL RIDERS ASSOCIATION, INC.

REGION — Covid-19 has definitely shown us the value of open space and trails close to home. I hit a new record on April 25 when encountering 61 people while riding my horse on a seven-mile loop of the SNETT (Southern New England Trunkline Trail).

It has been an interesting time. I want to thank all of those who asked questions on what to do around horses. So, here is a little bit about trail etiquette and some of my observations.

Mountain bikers: my answer was if you are approaching from behind please holler out so we know you are there. Most times my horse, with her much better hearing, does a 180 to see who is coming up behind her. I will move over to the side of the trail to let you go by. If you are approaching us, I will ask that you please speak up and slow down. Why speak? to let the horse know you are a human.

If you see the horse start spinning around and acting up, then please stop. That means the horse is afraid and

the rider needs to get the horse under control which may include the rider dismounting to calm the horse before you can proceed.

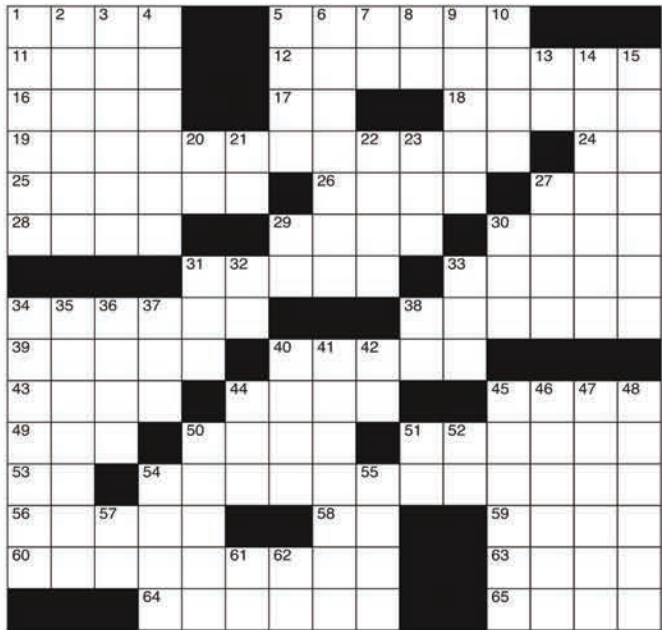
This is the universal trail courtesy sign. Usually if bikes come up behind me, space permitting, I will move over to let you pass because you are going faster than I am and I think it is only polite to let you pass.

On a single-track trail that will be a bit different. If biker is approaching, then they should stop to let horseback rider pass. If biker is coming from behind, when there is room for the horseback rider to pull to the side of the trail, they should do so to let the biker pass. The biker may have to get off the bike and walk past the horse. Just communicate with the horseback rider on how to proceed so everyone stays safe.

Hikers with dogs: I would say that so far at least 80 percent of the people that I am now encountering on the trail has said "this is the first time my dog has seen a horse." First of all, thank you all for having the dog on a leash. I have to admit, it has been pretty entertaining with some of the dogs.

Owner with beagle stated that this was the first time his dog had seen a horse. The beagle starts baying. My comment to the beagle was, "silly boy, this is a horse, not a rabbit." Next dog owner with an Aussie. That dog saw my horse and immediately went into herding mode. Crouched down, waiting and watching. I was actually impressed. Told the Aussie "this is a horse, not a sheep."

Another dog owner with a young dog. It saw the horse and was terrified. I immediately moved my horse over to the side of the trail and stopped. I asked the owner if he wanted me to get off my horse to see if that would help. The owner said no and picked the young dog up and walked by me while I stayed put. I kept talking to hopefully let the pup know that there was a human in the picture and it was OK.



CLUES ACROSS

1. Curved symmetrical structure

5. One's partner in marriage

11. Male admirer

12. Spend in a period of dormancy

16. Popular Easter meal

17. Doc

18. Bearing a heavy load

19. Gratitude

24. The Mount Rushmore State

25. Driving

26. Girl

27. British thermal unit

28. Makes a mistake

29. A defined length of time

30. Lions do it

31. Large quantities

33. Become less intense

34. Famed peninsula

38. Emerges
39. Rare Hawaiian geese

40. Dance style

43. Drove

44. Measures speed of an engine (abbr.)

45. Yankee hero Bucky

49. Midway between west and northwest

50. Monetary unit of Samoa

51. Makes clothing

53. Spielberg's alien

54. Agreeable to the taste

56. Injury treatment protocol

58. Cools your house

59. Imaginary line

60. New convert

63. Some do it to their windows

64. Wore away

65. Work units

CLUES DOWN

1. Remove body tissue

2. Harvester

3. Roadside living quarters

4. Excessive self-confidence

5. Lapp

6. Bicycled

7. Entrance to a passage

8. Western U.S. state

9. Grain towers

10. "Westworld" actress __ Rachel Wood

13. Commercial

14. One who left a will

15. Makes it through

20. Within (prefix)

21. Sea patrol (abbr.)

22. Cigarettes (slang)

23. A doctrine

27. Constrictor snakes

29. Atomic #73

30. Baseball stat

31. Female sibling

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

34. Belgian city

35. Go in again

36. In a different, more positive way

37. A place for sleeping

38. Blood type

40. Syrian news agency (abbr.)

41. A salt or ester of acetic acid

42. Millihenry

44. Populous Israeli city __ Aviv

45. Widen

46. Magical potion

47. Acknowledging

48. Private romantic rendezvous

50. Cavalry sword

51. Terabyte

52. Artificial intelligence

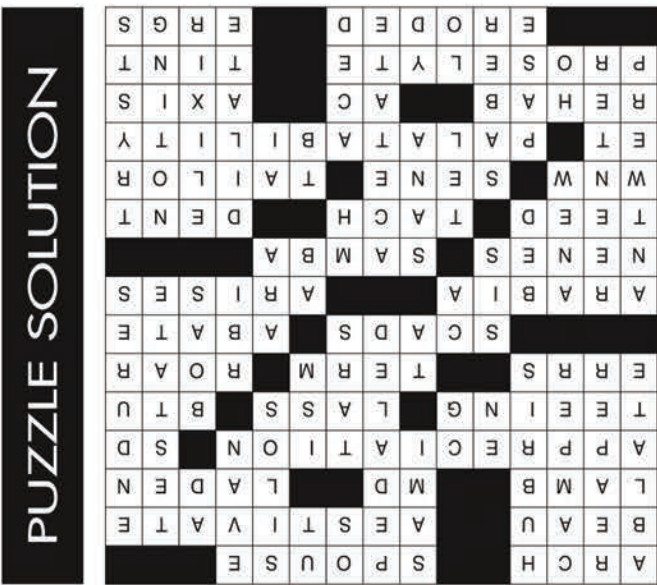
54. Bullfighting maneuver

55. Breezed through

57. Santa says it three times

61. __ and behold

62. 36 inches (abbr.)



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brought down a lot of branches and trees. To that end, I reached out to the Douglas State Forest Supervisor about doing something and he thought it was a good idea. Going to call it the Trail Warrior Project.

The best we can do now if you are out hiking on the trails is to just help by doing little things. Example would be to pick up branches off the trail and throw them into the woods. The SNETT has branches and debris on the sides that would be nice to clear to make way for mowing. This can be done singly or with a friend while maintaining social distance.

If you come across a big issue on State property, like a tree down across the trail, please report the issue and location to the Douglas State Forest at douglas.forest@mass.gov or 508-476-7872. The Douglas State Forest Supervisor also stated that if people are interested we could do something like adopt a trail or part of a trail. Please use the contact e-mail above to let him know if this is something you might want to do.

Also, I would like a picture of you doing the trail work and what you did and send it to bstra@charter.net. We want to recognize the Trail Warriors by posting your accomplishments on our Facebook page and our Web site.

Happy Trails!

School officials adjust to early closures

BY KEVIN FLANDERS
STAFF WRITER

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

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

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

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

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

learning opportunities.

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

“My thoughts are with our students and all Quaboag families, especially the Class of 2020,” said Quaboag Regional School District Superintendent Brett Kustigian. “This should be a special time for them, and we are brainstorming creative ways to celebrate graduation –

but nothing is concrete yet.”

Added Spencer-East Brookfield Regional School Committee Chairman Jason Monette, “If I could talk to the entire senior class, I would tell them thank you for hanging in there, thank you for your dedication and loyalty to this district, and best of luck in your future endeavors. As tough as it is, try not to dwell on what could have been, but rather look toward what could be.”

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

Over the next few weeks, an advisory group

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

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

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

Per the Governor’s

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

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

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

St. Mary Parish streams morning mass

UXBRIDGE — St. Mary Parish, Uxbridge, announces they are live streaming their morning Mass every day through their Facebook page. On Monday through Saturday, Mass is live streamed at 8 and at 9 a.m. on Sundays, celebrated by the Pastor, Fr. Nicholas Desimone or Priest in Residence, Fr. Dennis O’Brien. The Mass is then posted to St. Mary’s Facebook page (St. Mary’s Church, Uxbridge), the parish website (stmaryuxbridge.org) and the YouTube channel (St Mary Parish Uxbridge). Sunday Mass is also replayed on Charter’s local access channel 192 (Uxbridge Community Television). Please check the viewing schedule for times.

During this time of pandemic, St. Mary Parish staff remains active in reaching out and ministering to parishioners and the people of Uxbridge. The Lord’s work continues through prayer, service and community. St. Mary Parish is also holding drive-thru confessions on Saturdays from 4 – 5 p.m. Drive around the back between the school and the parish hall. Please have one person in the car and remain in the car to adhere to social distancing guidelines. St. Mary is located at 77 Mendon St. For more information please call the office at 508-278-2226 or you may view the parish Web site at: <https://stmaryuxbridge.org/>.

Douglas resident has hands blessed before first clinical rotation

MANCHESTER, New Hampshire — Saint Anselm College sophomore nursing student Hanna VanderBaan of Douglas, MA joined fellow student nurses in the Abbey Church for a blessing before beginning clinical placements. The Blessing of the Hands Ceremony held on Jan. 24 is a college tradition that symbolically and literally pays honor to the hands of nursing students.

VanderBaan, along with 96 other future nurses representing eight states received the blessing of hands, marking the beginning of their clinical rotations through Saint Anselm College’s nursing program.

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

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

SAFETY

continued from page A1

all year!

It’s also a great idea to attend a boating safety course offered by the Coast Guard Auxiliary or US Power Squadron. Many classes like the About Boating Safely one day course are usually available this time of year, but due to the pandemic have been rescheduled or canceled. You can find listings at the www.cgaux.org website that has a class finder by zip code; there is also a Vessel Safety Check program to insure that you have all the required equipment. You should keep up with the rules and regulations for your boating location; online knowledge is available but getting a certification recognized by states requiring one is the best. There could also be a boater’s insurance discount involved with taking courses and vessel exams. Were you aware that life-jacket specifications and labeling have changed in the last year?

These days we are all appreciative of the sacrifices and efforts given by all our local first responders; but back in June 2019 the Tri-State Flotilla recog-



Courtesy

Commodore Philip Kubat and officers of the Tri-State Flotilla USCGAux presenting a plaque to Chief Hickey and the Webster Fire & Rescue Department staff during the Lakeside Kids Event at Webster Lake’s Memorial Beach in June 2019.

MCCABE

continued from page A1

Covid-19 at manageable levels, McCabe added.

“Staying home, giving up some of our freedoms such as having social gatherings, going to restaurants, etc., are a selfless way to protect those in our community who are vulnerable—our grandparents, parents, those with underlying health concerns.”

Whitinsville Christian Head of School Lance Engbers

described McCabe as “selfless.”

“It is no surprise to me that Christine answers the call to leave the safety of her home to assist in the COVID-19 world of the ICU at Milford Regional Hospital. Christine has that selfless way as she walks with humble steps and yet with expertise confidently flowing from the essence of who she is,” Engbers said. “It is another example of Inspiring Minds and Igniting Hearts at Whitinsville Christian School.”

BVT

continued from page A1

their path to exceptional student leadership by empowering them to better serve their school and community through our robust and well-rounded student council program.”

“Year after year, our students continue to amaze me,” said Danielle Cann. “As an advisor, I am lucky to spend so much time with this incredible group of students. The board comes together with ideas, creates a plan, and works together to accomplish their goals. They excel at creating an atmosphere that unifies the school and focuses on all the highlights that make BVT so incredible. The student council has continued to work since our March 13th closure, which speaks volumes to how dedicated our students are to their school and its mission. I love advising this club.”

“Our students work very hard to create meaningful, exciting events for their classmates and community,” said Megan Potenti. “They put forth a lot of effort and continue to work hard during the current school closure to keep the community connected. I am incredibly proud of our students for achieving this accolade

for the second year in a row.”

“Earning the 2020 National Gold Council of Excellence Award was a group effort,” said Logan Keefe, Student Council President. “This award means the world to the BVT Student Council, and I am incredibly proud of the hard work of our Advisors, Executive Board, and the General Council throughout this tremendous school year.”

2019 – 2020 Student Council Executive Board Members

- Logan Keefe, President; a senior in Multimedia Communications from Milford
- Isabella Caccavelli, Co-Vice President; a junior in Health Services from Uxbridge
- George Alexandropoulos, Co-Vice President; a junior in Dental Assisting from Blackstone
- Skylar Morrissey, Secretary; a senior in Health Services from Millbury
- Victoria Lemieux, Fundraising Chair; a junior in Health Services from Blackstone
- Samantha Stephens, Community Service Chair; a sophomore in Culinary Arts from Mendon
- Paige Marquez, Communications Chair; a senior in Culinary Arts

from Bellingham

- Brandon Kee, Excellence Chair; a senior in Engineering & Robotics from Milford
- Kaitlyn Osborne, Excellence Chair; a junior in Dental Assisting from Blackstone
- Haley Moore, Fall Conference Chair; a junior in Multimedia Communications from Blackstone
- Carlie Brown, Advisor Elect; a senior in Health Services from Mendon
- Abigail Cook, Advisor Elect; a senior in Health Services from Blackstone

About Blackstone Valley Regional Vocational Technical High School (BVT) Blackstone Valley Regional Vocational Technical High School serves the towns of Bellingham, Blackstone, Douglas, Grafton, Hopedale, Mendon, Milford, Millbury, Millville, Northbridge, Sutton, Upton, and Uxbridge. Located in the heart of the Blackstone Valley, Blackstone Valley Tech creates a positive learning community that prepares students for personal and professional success in an internationally competitive society through a fusion of rigorous vocational, technical, and academic skills. The school’s Web site is www.valleytech.k12.ma.us.

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This section reaches 47,000 households in 7 Massachusetts newspapers.

Lush peonies add beauty and fragrance to early summer gardens



GARDEN
MOMENTS
• • • • •
MELINDA
MYERS

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

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

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

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

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

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

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

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

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

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

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

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



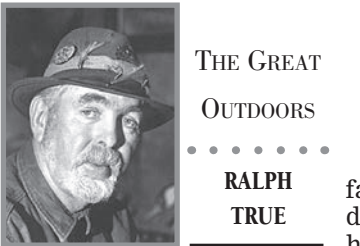
Photo Courtesy
Sarah Bernhardt peony, introduced in 1906, is one of the world’s most popular peonies.

often displays a nice reddish fall color.

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

Melinda Myers has written numerous books, including *Small Space Gardening*. She

hosts *The Great Courses* “How to Grow Anything” DVD series and the nationally-syndicated *Melinda’s Garden Moment* TV & radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and was commissioned by Longfield Gardens for her expertise to write this article. Her Web site is www.MelindaMyers.com.



THE GREAT
OUTDOORS
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RALPH
TRUE

h e l p e d b r i n g u p t h e w a t e r t e m p e r a t u r e s a b i t , b u t t h e n t h e w e a t h e r t u r n e d r a i n y a n d c o l d . I t h a s s e t b a c k m a n y s p e c i e s o f f i s h f r o m b e c o m i n g a c t i v e l y f e e d i n g i n f r e s h w a t e r p o n d s , a n d i t i s a l s o i m p a c t i n g t h e s t r i p e r , & s e a b a s s m i g r a t i o n . T h i s w r i t e r s p e n t a l m o s t f o u r h o u r s f i s h i n g W a l l u m L a k e t h i s p a s t S a t u r d a y h o p i n g t o c a t c h a f e w t r o u t , b u t i t n e v e r h a p p e n e d . O t h e r a n g l e r s a l s o h a d n o s u c c e s s , i n c l u d i n g o n e a n g l e r t h a t f i s h e d f r o m 6 a . m . t i l l n o o n , a n d n e v e r h a d a s i n g l e h i t . H e t r o l l e d d e e p a n d e v e r y w h e r e i n b e t w e e n . H e t r i e d l u r e s , f l y ’ s , e t c . ! N o f i s h .

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

Using down riggers or lead core line when trolling in a boat will get your lure or bait to the proper level where trout have been feeding in the thermocline. It will take a few minutes to find the trout, but you will eventually find the correct depth. Changing lures and trolling speed can also be a way to catch the sometimes finicky trout.

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

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

b i g f l o p a n d a f t e r a f e w y e a r s t h e p o n d s t h a t w e r e r e c l a i m e d w e r e r e s t o c k e d w i t h t h e f i s h s p e c i e s t h a t w e r e r e m o v e d .

Wallum Lake was one of the best trout ponds in the state for a few years, but at one point, acid rain became a big problem in many states. In cooperation with Rhode island, as the body of water lies in both states, liming of the lake was done to alleviate the problem. After a few years of liming the lake and efforts to introduce smelt into the body of water, they too were abandoned. Soon, Massachusetts & Rhode Island stopped stocking rainbow trout into Wallum, because they claimed that the PH was not suitable for rainbow trout.

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

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

Turkey hunting opened this past Monday under dismal conditions.

This writer’s column needed to be in by Sunday noon, so I do not have any reports from successful hunters! Send me some of your pictures for publication in this column. Send them



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

to oldsalt_65@msn.com. There are five different species of turkeys throughout the United States, with most states having an annual bag limits at two or three birds. Alabama has an annual bag limit of five birds, with a predicted population of half a million turkeys and an annual harvest of only 1,000 birds. Massachusetts has raised there harvest limit this year to two bearded birds in the spring, and one of either sex in the fall.

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

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EDITORIAL

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

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

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

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

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

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

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

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

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

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

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

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

Sylvanus Wood, a minute man had recalled something different, “he

Turn To **EDITORIAL** page **A15**

OPINION

Opinion and commentary from the Blackstone Valley and beyond

Planning a Summer Garden



TAKE
THE
HINT
KAREN
TRAINOR

Nothing jump starts “garden fever” like planning a bed of blooms! Whether you have visions of an elaborate formal flower garden or favor the simplicity of a side door cottage bed, plotting a flowering garden is a labor of love. Prepping for plants allows for an infusion of personality, fosters visual creativity and paves the way for a spectacular season of blooms unique to each planner! Read on for some easy tips and tricks to help you along.

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

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

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

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

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

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

Perhaps the best rule of thumb for plant-

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

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

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

*Plants that grow best in alkaline soil such as geraniums and hydrangea will thank you with better blooms if you water them with a mild mixture of baking soda and water occasionally.

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

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

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

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

Finding your joy wherever you are

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

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

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

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

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

What is it you are looking for? You must be discerning at what you let into your head and heart at times like these.



POSITIVELY
SPEAKING
GARY W.
MOORE

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

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

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

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

I’ve found great joy and happiness in this day from places I did not expect. Will you join me? ■

Gary W. Moore is a freelance columnist, speaker, and author of three books including the award-winning, critically acclaimed, “Playing with the Enemy.” Follow Gary on Twitter @GaryWMOore721 and at www.garywmoore.com.

How should Millennials respond to market decline?

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The coronavirus crisis has unsettled every age group, as we are all worried about our health and that of our families

and communities. And if you’re in the millennial generation, generally defined as anyone born between 1981 and 1996, you might also be concerned about your financial future, given the sharp decline in investment prices. How should you respond to what’s been happening?

Your view of the current situation will depend somewhat on your age. If you’re an older millennial, you had probably been investing for a few years when we went through the financial crisis in 2007-2008. And you then experienced 11 years of a record bull market, so you’ve seen both the extremes and the resilience of the investment world. But if you’re a younger millennial, you might not have really started investing until the past few years, if you’ve started at all, so you’ve only seen a steadily climbing market. Consequently, you may find the current situation particularly discouraging, but this is also a lesson in the reality of investing: Markets go down as well as up.

But no matter where you are within the millennial age cohort, you might help yourself by taking these steps: Enjoy the benefit of having time on your side. If you’re one of the younger millennials, you’ve got about four decades left until you’re close to retiring. Even if you’re in the older millennial group, you’ve probably got at least 25 years until you stop working. With so many years ahead, you have the opportunity to overcome the periodic drops in investment prices, and your investments have time to grow. And, of course, you’ll be able to add more money into those investments, too.

Invest systematically. The value of your investments will always fluctuate. You can’t control these price movements, but you may be able to take advantage of them through what’s known as systematic investing. By putting the same amount of money at regular intervals into the same investments, you’ll buy more shares when the share price is lower – in other words, you’ll be “buying low,” which is one of the first rules of investing – and you’ll buy fewer shares when the price rises. Over time, this strategy can help you reduce the impact of volatility on your portfolio, although it can’t ensure a profit or protect against loss. Plus, systematic investing can give you a sense of discipline, though you’ll need to consider the ability to keep investing when share prices are declining.

Focus on the future. You’re never really investing for today – you’re doing it to reach goals in the future, sometimes just a few years away, but usually much further out. That’s why it’s so important not to panic when you view those scary headlines announcing big drops in the financial markets, or even when you see negative results in your investment statements. By creating an investment strategy that’s appropriate for your risk tolerance and time horizon, and by focusing on your long-term goals, you can develop the discipline to avoid making hasty, ill-advised decisions during times of stress.

As a millennial, you’ve got a long road ahead of you as you navigate the financial markets. But by following the suggestions above, you may find that journey a little less stressful.

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

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OBITUARIES

Kenneth T. Yargeau, 49



SUTTON – Kenneth J. Yargeau, 49, passed away on April 21, 2020 at home. He was the husband of Jillian (Woodbury) Yargeau. Kenneth was the son of Carol (Havalotti) Yargeau and the late Francis Yargeau. He graduated from Uxbridge High School and earned an Medical Assistant certificate from Everest College.

Along with his wife Jillian and mother Carol, he is survived by a daughter Lyla Yargeau of Georgetown; a son Dana Yargeau of Sutton; a sister Kimberly Yargeau-Fisher and her husband Kelly of Sutton; a nephew Damon Yargeau of Sutton, many aunts, uncles, and cousins.

He was employed at GE Aviation. Ken enjoyed hiking, camping, watching his nephew play football, but

most importantly spending time with his family, especially his children and friends whom he cherished. Anyone that knew him instantly fell in love with his quick wit and ability to make you laugh. He was always the life of the party and always the first to lend a helping hand to whoever needed it. He will be missed by so many.

In lieu of flowers, please consider giving to Boston Children's Hospital, in memory of Kenneth Yargeau. Contributions can be made at bostonchildrens.org/givenow. Or mail checks, payable to Boston Children's Hospital, Boston Children's Hospital Trust, 401 Park Drive Suite 602, Boston, MA 02215-5301. Please include honoree's name in the memo line.

Due to Covid-19, a Celebration of Ken's Life will be held at a later date. Arrangements by Buma Funeral Homes, Whitinsville. www.bumafuneralhome.com

Kristin H. Mitchell, 85



WORCESTER - Kristin H. Mitchell, age 85, of Worcester, MA, wife of the late Neal B. Mitchell Jr., died Thursday April 23 at UMass Memorial Hospital in Worcester. Kristin was born in Concord, New Hampshire, the daughter of the late Lawrence W. Hall and Phyllis Allen Hall. She earned a Bachelor of Fine Arts in Illustration at the Rhode Island School of Design, graduating in 1957. It was during her time at RISD that she met her future husband, Neal B. Mitchell, Jr., and they were together until his passing in 2019.

Together they raised a family, built numerous businesses, and contributed to the communities in which they lived. Kristin had a strong passion for animals and founded Hidden Meadow Farm in Northbridge where she bred and raised quality Warmblood competition horses.

After Neal's passing in 2019 Kristin moved with her cat Peaches to the Notre Dame du Lac Assisted Living

facility in Worcester where she made friends, enjoyed visits from her friends and family, and reveled in the beautiful scenery outside her window while enjoying a good cup of coffee with Peaches on her lap.

Kristin leaves her children; Neal B. Mitchell, III and his wife Patricia of Grass Valley, CA, Jennifer Mitchell of Sturbridge, MA, Scott Mitchell and his wife Corinne of Framingham, MA, and five grandchildren: Jonathan Mitchell and his wife Kristen Rankin, Hannah and Christopher Doe, and Emma and William Mitchell.

Kristin Mitchell was known for her ability to see good in all people. Her faith in humanity, her unwavering support for the arts, and her interest in the well-being of those around her endeared her to many, she will be deeply missed.

Memorial contributions can be made to WGBH public radio, of which Kristin was a huge supporter: <https://www.wgbh.org/support/donate> Carr Funeral Home, 24 Hill St., Whitinsville is entrusted with arrangements. To leave a condolence, please visit www.carrfuneralhome.com

Rita Blaine, 94

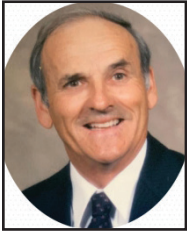
DOUGLAS- Rita (Royer) Blaine age 94 passed away Monday, April 20, 2020 at Care One, Millbury. She was the wife of the late Edward Blaine. He leaves two brothers, Joseph Harvey Royer of Uxbridge and Joseph Charles Royer of Millbury and a sister Marie Theresa Bingham of Uxbridge.

She was born in Northbridge daughter of the late Charles Royer and Maria (Lamontagne) Royer and lived in Millbury for the past 10 years prior to that living in Florida. She worked

for many years for the MA Division of Employment Security.

There are no calling hours and all services are private. Please omit flowers and donations may be made to a charity of donors Choice. The Shaw-Majercik Funeral Home, 48 School St., Webster has been entrusted with her arrangements. A guest book is available at www.shaw-majercik.com where you may post a condolence or light a candle

Roger R. Cousineau, 91



R. Cousineau, 91, of Nature View Dr., passed away peacefully at his home on Mon. April 20, 2020 beside his loving family. He is survived by his adoring wife of 67 years, Lorraine A. (Ducharme) Cousineau.

He is also survived by 4 children, Patricia Cousineau of St. Johnsbury, VT, Steven Cousineau and his wife Tara of Milton, MA, Karina Cousineau of Kingston, NY, and Su Cousineau of Jamaica Plain, MA, 2 beloved grandchildren, Sophie and Josie Cousineau, as well as several nieces and nephews. He was predeceased by 3 siblings, Norman Cousineau, Francis Cousineau, and Gabrielle Rondeau. Roger also had an endearing friendship of over 50 years with Gordon and Jackie Kollett, Lou and (now deceased) Edward Kogut.

Born in Woonsocket, RI on Aug. 21, 1928; Roger was the son of Emil and Loretta (Ouilette) Cousineau and was raised in Mendon, MA where he helped with the family farm. After completing Norfolk Agricultural School, Roger enlisted in the U.S Marine Corps during the WWII era, and proudly served for 3 years. Soon after returning from service, Roger and Lorraine met and were married in Pascoag, RI in 1952.

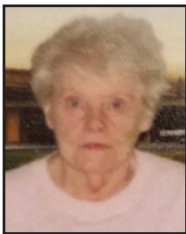
A man of inexhaustible energy and enthusiasm, Roger ran Windmill Farm, a family dairy farm in South Uxbridge for nearly 10 years and then settled

on Marywood Street in Uxbridge where he and Lorraine raised their family for 50 years. He became a national top salesman for Uforma / Shelby Business Forms for 40+ years where he won a record 17 'Salesman of the Year' Awards and behaved vacation rewards to the Bahamas, Venezuela and Las Vegas.

Roger enjoyed playing hockey, coaching little league baseball and supporting local athletics. He spent many summer vacations taking his family camping in New England, often with dear friends and extended family. Roger also sang with the Uxbridge Town Choir along with his wife and enjoyed playing guitar for friends and family on all occasions. A 20 year member of Thompson Raceway Golf Course, Roger's long standing foursome of Larry Tancrell, Joe Salatiello, and Gordon Kollett were all proud WWII veterans and played golf well into their 80's.

Roger was good-natured, fun loving, had a great sense of humor and appreciated a good conversation. He loved life and above all loved his wife Lorraine, his family and friends. He's remembered by his family as 'Sweet Rog' and as a caring and devoted husband, father, uncle and grandfather.

As to his families' wishes, services will be privately held at the convenience of the family. In lieu of flowers, donations in Roger's memory may be made to the Uxbridge Senior Center, 36 S. Main St., Uxbridge, MA 01569. To leave a condolence message for his family please visit: www.Jackmanfuneralhomes.com



Rena A. (Zuidema) Dunphe, 83, of Millville, passed away on Wednesday, April 15, 2020 at UMass Medical Center, Lake Avenue, Worcester.

Rena was born January 10, 1937 in Sutton, the daughter of the late Albert and Eleanor (Holmes) Zuidema. She was a graduate of Sutton High School and had been a resident of Sutton for more than 30 years.

Mrs. Dunphe was a textile machine operator for the Tragais Co. for more than 30 years retiring in 2001.

Rena enjoyed taking trips, reading and being involved with the New Hope

Baptist Church. She was also an avid Red Sox fan.

Mrs. Dunphe is survived by her children, Deborah L. Dunphe of Millville and Mark E. Dunphe and his wife, Juanita, of Littleton, New Hampshire, two brothers, Kenneth Zuidema of Northbridge and Bernard Zuidema of Barre, 3 grandchildren, Gage Dunphe, Jason Whitney and Nikki Dunphe and a great-grandchild, Allister Dunphe. She was predeceased by her brothers, Andrew Zuidema and Walter Zuidema.

Graveside services will be held at the convenience of the family.

In lieu of flowers, donations may be made to Children's Haven, P.O. Box 152, Douglas, MA 01516.

Raymond J. Marino



SOUTHBRIDGE- Raymond James Marino, 93, passed away peacefully on Thursday, April 23rd at Waterview Lodge in Ashland after a long illness. Ray leaves three sons, Anthony Marino and his wife Christal of Uxbridge, Christopher Marino of Thomaston, ME, and Paul Marino of Hinesburg, VT; his two granddaughters, Mia Marino and Molly Marino; his two brothers, Mario Marino of Crofton, MD and James "Joe" Marino of Southbridge; his two sisters, Anna Marino and Mary Marino, both of Southbridge; as well as many nieces and nephews. He was predeceased by his brothers Albert Marino and Alfred Marino and by his sister Lucy Giacobbi. "Peewee", as he was called by his friends, was born on May 12th, 1926 to Antionette Marino. He grew up in the old Flats section of Southbridge, MA, the fourth of eight children. He played football and graduated from Wells High School before enlisting in the US Navy as a Radioman. He proudly served his country in both World War II and the Korean War but, like many of his generation, didn't talk about it much. The few stories he would share usually were around the extended stint he had spent at the Navy base on the isolated Galapagos Islands and all the things he did to occupy himself there. After his service, he returned to Southbridge and graduated from the New England School of Accounting. Shortly after that he began working in the business office of Harrington Memorial

Hospital. He would spend the next 40 plus years of his career there, eventually becoming the Chief Financial Officer and VP of Fiscal Services. He was happy when working and he could be found in his office at Harrington at all hours of the night and on weekends. He was proud to have helped it survive and continue to serve the area as an independent hospital at a time when so many other small community hospitals did not. He finally retired from Harrington in 2001. When he wasn't working, he could be found playing tennis and racquetball with friends at the YMCA or running on the track at Southbridge High, something he continued to do into his late 70's. He most looked forward to spending weeks with his family in the summer down in Watch Hill, RI just relaxing on the beaches. He also spent some of his best times bringing his family to Celtics, Red Sox, and Bruins games in Boston. More locally, he greatly enjoyed just sitting in the stands at the Henry Street fields and watching his family play softball. An avid basketball fan, he especially loved rooting for the UConn women's basketball team later in life. And he was all smiles whenever his granddaughters Mia and Molly were around. Due to current circumstances, a memorial service will be held at a later date.

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





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LEGALS

**Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Probate and Family Court
225 Main Street
Worcester, MA 01608
(508) 831-2200
Docket No. WO20P1029EA
CITATION ON PETITION FOR
FORMAL ADJUDICATION
Estate of:
Thomas E Holmes, Sr.
Date of Death: 02/05/2020**

To all interested persons:
A Petition for **Formal Adjudication of Intestacy and Appointment of Personal Representative** has been filed by **Pamela J Blake-Holmes of Blackstone MA and Lynsey Coelho of Worcester MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that **Pamela J Blake-Holmes of Blackstone MA and Lynsey Coelho of Worcester MA** be appointed as Personal Represen-

tative(s) of said estate to serve on the bond in **an unsupervised** administration.

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

UNSUPERVISED ADMINISTRATION
UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC) A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate

are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.
Date: April 13, 2020

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

**Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Division
Docket No. WO20P1035EA
Estate of:
Janet Lee Cafferky
Date Of Death: July 22, 2019
INFORMAL PROBATE
PUBLICATION NOTICE**

To all persons interested in the above captioned estate, by Petition of Petitioner **Matthew M Cafferky of Fort Whitinsville MA**

Matthew M Cafferky of Fort Whitinsville MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

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

May 1, 2020

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WARRANTY

¹DETAILS OF OFFER: Offer expires 5/9/2020. Not valid with other offers or prior purchases. Buy one (1) window or patio door, get one (1) window or patio door 40% off, and 12 months \$0 down, 0 monthly payments, 0% interest when you purchase four (4) or more windows or patio doors between 5/1/2020 and 5/9/2020. 40% off windows and patio doors are less than or equal to lowest cost window or patio door in the order. Military discount applies to all active duty, veterans and retired military personnel. Military discount equals \$300 off your entire purchase and applies after all other discounts, no minimum purchase required. Subject to credit approval. Interest is billed during the promotional period, but all interest is waived if the purchase amount is paid before the expiration of the promotional period. Financing for GreenSky® consumer loan programs is provided by federally insured, federal and state chartered financial institutions without regard to age, race, color, religion, national origin, gender or familial status. Savings comparison based on purchase of a single unit at list price. Available at participating locations and offer applies throughout the service area. See your local Renewal by Andersen location for details. License number available upon request. Some Renewal by Andersen locations are independently owned and operated. "Renewal by Andersen" and all other marks where denoted are trademarks of Andersen Corporation. ©2020 Andersen Corporation. All rights reserved. ©2020 Lead Surge LLC. All rights reserved.

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OXFORD – 377 Main St! 9 Rm Center Hall Colonial! .59 Acre Corner Lot! Charm of Yesteryear! Eat-In Frpld Granite Kit w/Updated Cabinets, Frpld Din Rm w/Built-in China Cabinet & Butler Closet! Gracious Foyer! Spacious Frpld 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 Appliance 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**

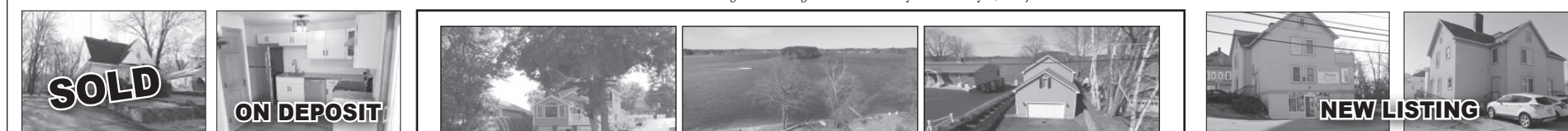


OXFORD – 10 Huguenot Rd! 8 Rm Colonial! 1.36 Acres! Country Setting! Country Kitchen w/Bay Window Overlooking Back Yard, Front to Back Living/Dining Rm w/French Doors to Deck! Office! Side Entry Breezeway! 3 Bdrms Plus a Study/Craft Rm on the 2nd Floor! 1 Car Detached Garage w/Workshop! Easy Access to 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 Frpld Liv Rm w/Cathedral Ceiling & French Doors to the New Deck with the Incredible Views! 3 Comfortable Bdrms w/Crown Mouldings, Spacious Master w/Walk-in Closet & Full Bath! Finished Lower Level w/Fam Rm Offers a Potential In-law! LP Gas Heat & C/Air for Comfortable Living! 3 Car Garage! Recent Driveway! Don't Delay! **\$449,900.00**

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



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

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



WEBSTER 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' A/C'd Colonial! Custom SS Appliance Granite Kit! Formal Din Rm w/Cherry Hrdwds! Lake Facing Liv Rm w/Cathedrals, Cherry Hrdwds! Slider to Waterfront Deck! Spacious 1st Flr Master Bdrm w/Full Bath, Cherry Hrdwds & Walk-in Closet! Frpld 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**



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



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



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DOUGLAS - 14 MOUNT DANIELS WAY



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/Hardwood Floors. "Spa Like" Bathroom! 3 baths total. New High Efficiency Boiler & Hot Water Tank! Central Air **\$409,000**

WEBSTER - 8 MAPLE ST



**SORRY,
SOLD!**

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

LAND

WEBSTER/OXFORD/DUDLEY/DOUGLAS

Dudley - Marshall Terrace 12,000 +/- Sq. Ft. Potential for a 2 family to be built! Town Water, Sewer. **\$70,000**
Douglas-Mount Daniels Lot #2 2.5 Acres of flat land that abuts Douglas State Forest **\$132,900**
Webster - Potential 6 Buildable Lots! Water/Sewer Access, Zoned Lake Residential **\$129,400.**
Webster - 85 Upper Gore! View of the Lake. 1+ acre, 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



**SORRY,
SOLD!**

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

WEBSTER LAND - COOPER RD



**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

NEW PRICE



WEBSTER - 28 BLACK POINT RD

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



SORRY, SOLD!

WEBSTER LAKE – 32 JACKSON RD

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! **New Price \$375,000**



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New Braintree - West Brookfield Rd - Over 215 acres. 2 story building has 3 bdrm, 2 ba apartment, 3 bay garages for large equipment & fully appliance commercial kitchen. All solar powered! Detached barn & greenhouse. Over a mile of road frontage! **\$875,000**

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

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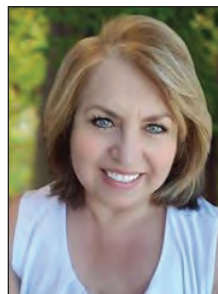
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Spring 2020

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Publication*

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

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

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

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

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

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

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

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

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

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

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

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

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

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7 Advantages of Hiring a Licensed Realtor to Sell Your Home

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

GIVE THE HOME BUYER A NUDGE

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

NEGOTIATE HEFTY REPAIR COSTS

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

REMEDY A BROKEN SALES CONTRACT

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



COORDINATE A CHANGED CLOSING DATE

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

DETERMINE FINANCIAL QUALIFICATIONS

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

SORT OUT A HOME INSPECTION LIST

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

unnecessary repair items.

GIVE YOU PEACE OF MIND

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

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

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

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

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

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

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

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

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

3 perennial gardening pointers

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

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

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

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

1. Make a plan.

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

2. Consider aesthetics.

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

3. Work with a professional.

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

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



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



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Brush It Off art studio offers take out paint kits, healthy food for the mind and soul!

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

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

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

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

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

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

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

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

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



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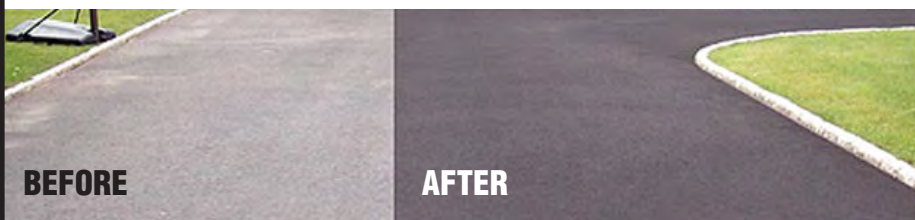
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Alternatives For Health Herbal Apothecary celebrating 10 years

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



The back-bone of Alternatives For Health is its Bulk Herb and Tea section. There are not many of these brick and mortar shops anymore. There are over 200 both culinary and medicinal herbs in this section, although Salli is quick to point out that culinary herbs are also medicinal. The Bulk Tea section has pre-blended teas, but any edible herb can be made into a tea. "It's fun to see customers experimenting and blending their own teas." In addition to that they carry Essential Oils, Flower Essences, Homeopathy, Vitamins and other herbal preparations. They offer Massage, Reiki, Polarity and other Energy Treatments. Classes on a wide range of topics are continually being offered. A variety of Readers also utilize the space. They send an monthly email newsletter which keeps people up on events. Their website www.alternatives-4health.com is also a useful way for people to check on products and events.

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

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

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

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

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

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

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

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

About Quaboag:

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

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

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Do you really know what's in the food you consume? Food producers are always cutting corners to cut costs. In the end, your health loses out. From nutritional drinks and healthy snacks, to natural sweeteners and low carb pastas, we can help you improve your diet!

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

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

Tens of thousands of people are diag-

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

their dogs become infected.

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

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

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

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

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

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

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

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

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

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

Allergies or COVID-19?

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

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

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

Allergy symptoms

- Itchy eyes
- Stuffy nose
- Sneezing

Doctors advise people who are exhibiting potential allergy symptoms to pay

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

Coronavirus symptoms

- Shortness of breath
- Fever
- Cough

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

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

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



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The benefits of eating local meat and produce

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land preservation and less impact on environment.

~HEALTH BENEFITS~

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How to exercise during the pandemic

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

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

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

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

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

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



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

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

Notre Dame Health Care

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

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

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

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

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

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

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



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

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

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