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Friday, July 17, 2020



BY KIMBERLY PALMUCCI TRIBUNE CORRESPONDEN

BLACKSTONE — One local Boy Scout with Troop 1 in Blackstone is using his Eagle Scout project as a way to give back to local adoptable animals.

According to a GoFundMe page set up for the project, local Boy Scout Noah Tellier is seeking help from the community to achieve his goal of refinishing the floors at the Blackstone Regional Animal Shelter, which serves five different communities in the Blackstone Valley including Millville, Douglas, Mendon, Uxbridge, and Blackstone.

"We went over the needs and wants of the Shelter and determined the biggest need to benefit the entire shelter," Noah released as part of the project description. "With cement floors throughout the seven rooms

Turn To **PROJECT** page A6



VALIANT VOLUNTEERS

A number of coaches and members of the Uxbridge High School Boosters Club turned out on the evening of June 29 to help hand out the school's annual athletic awards during a socially distanced ceremony. Photo courtesy of the school's Twitter feed.

House passes bill to coordinate EEE response

BY KIMBERLY PALMUCCI TRIBUNE CORRESPONDENT

BOSTON State Rep. Michael Soter (R-Bellingham), who represents the towns of Blackstone, Millville, Uxbridge, and recently Bellingham, joined with his House colleagues to support legislation designed to help coordinate an enhanced statewide response to the public health threat posed by Eastern Equine Encephalitis (EEE).

included protections for households and entire municipalities."

EEE is an arbovirus that is generally transmitted to humans through the bite an infected mosquito, according to reports. Although it is rare, EEE can cause severe neurological problems and in some instances can be fatal.

Last

preventative, management and eradication methods" whenever the **Commissioners of Public** Health determine that an elevated risk of arbovirus exists or may exist for the current or upcoming year, according to a press statement.

State officials recently confirmed that mosquitoes tested positive for EEE in Orange on July 1 and Wendell on July 5, which marks the earliest EEE has been detected in the state in the last 20 years. So far, no humans or animals have tested positive this year, but the Department of Public Health is advising residents to take precautions. notify local and regional boards and commissions, including boards of health, along with any property owner who has opted out of spraying, as well as agricultural entities such as beekeepers, cranberry growers, certified organic farms, and aquaculture facilities. The board must also provide a form on its website

that individuals can use to request notifications.

The bill requires the mosquito control board to post a report on its website within 30 days of any aerial spraying detailing the specific preventative, management, and eradication methods used, areas sprayed, number of applications,

and products used. The bill further stipulates that any actions taken by the board must be done in a way that protects public health while minimizing any adverse impact to the environment.

Furthermore, the bill requires the board to

Turn To EEE page A6

"After the battle with EEE last year and the current pandemic, it is crucial we continue to put the proper plans in place to mitigate the effects of public health issues," Soter said. "This bill addresses the concerns of the many groups and departments that focus on mitigating arbovirus in the Commonwealth. The legislation also

vear Massachusetts recorded 12 human cases of EEE, including six deaths. There were also nine cases involving domestic animals.

House Bill 4843, An Act to mitigate arbovirus in the Commonwealth, was engrossed by the House of Representatives on a vote of 158-0 earlier this month. The bill authorizes the State Reclamation and Mosquito Control Board to "engage in

Rep. Soter added that House Bill 4843 requires the mosquito control board to provide at least 48 hours advance notice prior to conducting aerial spraying. The board must

Local siblings celebrate graduations



Police warn of Social Security scams

BY KIMBERLY PALMUCCI TRIBUNE CORRESPONDENT

REGION — While many residents are still social distancing at home due to Covid-19, the phone has become a primary source of contact. And local police departments are encouraging members of the community to be aware that scammers are taking advantage of this fact.

"It is important to beware of scammers pretending to be from Social Security," the Millville Police Department recently released in a statement."Reports about fraudulent phone calls from people claiming to be from Social Security continue to increase, and recent reports have indicated unknown callers are using increasingly threatening language in these calls.'

According to the department, residents

should be aware of: any caller or sender who says there is a problem with a Social Security number or account; any call, text, or email asking a resident to pay a fine or debt with retail gift cards, wire transfers, pre-paid debit cards, internet currency, or by mailing cash; and any callers threatening a resident with arrest or other legal action.

"The Social Security Administration uses emails, text messages, and social media to provide information on programs and services. They will not, however, request personal or financial information through these methods,' the department said, adding that often times, scammers pretend they are from Social Security or another government agency.

Caller ID, texts, or documents sent by email may look official, but

they are not.

According to the Office of the Inspector General, Social Security will never: threaten a resident with benefit suspension, arrest, or other legal action unless they pay a fine or fee; promise a benefit increase or other assistance in exchange for payment; require payment by retail gift card, cash, wire transfer, internet currency, or prepaid debit card; demand secrecy from a resident in handling a Social Securityrelated problem; or send official letters or reports containing personally identifiable information via email.

If you receive a suspicious call from someone alleging to be from Social Security, Millville Police advises that you hang up and then report details of the call to the Office of the Inspector General at https://oig.ssa.gov/.

UXBRIDGE - Kevin Siefken graduates from Uxbridge High School as a member of the National Honor Society, Student Council Historian, and Vice President of the 2020 Uxbridge High School graduating class. He plans to pursue a Business degree at UMass Lowell in the Fall.

Rebecca Siefken, 2016 gradu-ate of Uxbridge High School, graduates Summa Cum Laude with a BS in Criminal Justice, a BA in Psychology, and a minor in Spanish as an Honors Scholar from Salem State University. Recipient of Salem State's Silver Key Award, Rebecca will complete her Master's in Criminology at Salem State University next year.

Class of 2020 – You Did It! **BY MICHELLE SIEFKEN**

This year flew by – the last in school With plans for fun to come. So much to do with "grads-times-two." How will it all get done?

Thesis, classes, jobs to do, Becky worked full force. College apps, sports, classes too. Kevin stayed the course.

The time has come to graduate, Even though our plans have changed. Lots was lost this senior year. Our goals were rearranged.

But much is learned if truth be told, Though virtual path we take. Life goes on with certain hope Of new "courses" they will make.

So, now it's time to celebrate! Our seniors have come through. With real hopes and dreams and wishes

Congrats - "Caps off" to you!



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UXBRIDGE HIGH SCHOOL HONOR ROLL

UXBRIDGE — Uxbridge High School has released its honor roll for the fourth quarter of the 2019-2020 school year.

Grade 8

High Honors: Yara Alomar, Rylie Beland, James Bernard, Savannah Brodeur, Noah Cahill, Syrianna Douangsavanh, Luke Esposito, Madelyn Germain, Olivia Gray, Olivia Holden, MaKaylah Holzman, Grace Linsley, Jessica Lutton, Jillian Lutton, Grace Mathieu, Brianna Moss, Marissa Osimo, Ella Pezzullo, Phetmany Phianesin, Olivia Stefanick, Joshua Thompson, Zoe Wojnowski

Honors: Bryce Andolina, Evan rsenault, Jillian Baker, Tyler Arsenault, Jillian Baker, Bergman, Aidan Blood, Kali Blv, Luke Boisvert, Benjamin Bourgeois, Kathryn Cahill, Braden Cammuso, Cameron Caso, Victoria Cieply, Caterina Corapi, Micah Deary, Caitlyn DeLuca, Emma Demers, Matthew DiLibero, Brynn Doherty, Madison Fairweather, Celsie Gicheru, Catherine Hughes, Samantha Jones, Hailey Kinyanjui, Kyle Knox, Sean Knox, Kahlea Lachapelle, Kellen Lachapelle, Nicholas Mellen, Samuel Noel, Jack Nummela, Sean O'Day, Shane Okenquist, Mikayla Ouellette, Avari Powers, Liam Rigney, Lukas Ritacco, Benjamin Roerden, Roy Payson, Lincoln Schiller, Phaedra Sjogren, Emma Walker

Honorable Mention: Landin Adams, Rosario Astorga, Lilliana Bernier, Thomas Costa, Dylan Bibeault, Dominick DiMarco. Tyler Fairweather. Braden Gautheir, Atavia Georges, Jalyn Gingras, Ezekiel Hamel, Brianna Hughes, Amber Kosiba, Cassidy Leach, Andres Lemovitz, Kamryn Leroy, Jackson Livingstone, Megan Manganelli, Sophia Mone, Sara Morton, Gage Nichols, Nathan Noyes, Frank Osimo, Cooper Phoenix, Ava Pitner, Madison Quinn, Mason Sanford, Iris Standifer, Christopher Szajna

Grade 9

High Honors: Maren Anderson, Lily Brayman, Kelsey Brooks, Victor Cardoso Collins, Julie Compston, Sophie Compston, Sean Costa, Jessie DeMalia, Carl Nathan Gallawan, Drew Gniadek, Evan Grube, Avery Guillette, Smantha Hinchcliffe, Eleanor Kimball, Alan Mages, Samuel Mason Isabella Nolan, Matthew O'Neill, Grace Orr, Morgan Ouellette, Alexandria Patterson, Kylie Paul, Julia Philbrook, Audrey Phillips, Olivia Phillips, Tyler Richardson, Abigail Sanches, Sadie Schultzberg, Meghan Smith, Troy Spencer, Sabrina Tibedo, Madison Tousignant, Megan Wingfield

Honors: Bruce Alberto, Joshua Cristina, Myah DeLang, Dylan Donahue, Logan Donnelly, Tyler Erickson, Jason Fontes, Tanner Erickson, Jason Fontes, Gauthier, Briana Hawes, Paige Irving, Ethan Linsley, Lex Lovell, Timothy Makynen, Maximus Martone, Trevor Masnyk, Patrick McDonnell, Casey Prior, Isabella Ristaino, Aidan Ross, Makayla Ross, Jack Tasick, Lindsay Vario, Braeden Watt, Megan Wingfield,

Honorable Mention: Dominick Alicea, Nathan Cole, Domenic D'Araujo, Sophie Ellenberger, Colleen Kenny, Luswin Mendez-Lopez, Cesar Morales, Gianna Noyes, Zachary Oliveira, Laela Pendleton, Kevin Ramos, Chris Reid, Theodore Rigney, Angelina Rodriguez, Aiden Russell, Braeden Watt, Coral Young

Grade 10

High Honors: Madison Arsenault, Peyton Bly, Madison Departie, Saige Frazier, Xavier Hicks, Zoe Jones, Madigan Lame, Litzi Loja, Maria Lowandy, Macarious Mansour, Maegan Morrissey, Cristian Oliveira, Jessie Paxton, Natasha Prachith, Cecilia Schleinitz, Ava Turner, Keku Wheelock, Alexandra Wojciechowski

Honors: Brian Babin, Grace Boisvert. Brooklyn Chludenski, Hunter Fabri, Jude Goncalves, Reagan Guillette, Maia Harris, Matthew Healey, Charlotte Johndrow, Chloe Kaeller, Lindsay Labossiere, Luke Little, Hannah Nordstrom, Gracie Nummela, Dylan Pono, Natasha Prachith, Madison Ramage,

Honorable Mention: Dylan Alexander, Sebastian Beaudette, Abigail Deary, Trevor Eason, Zachary Feeney, Maya Henry, Jeremie Hodgdon, Briana Joyce, Alison Langemo, Austin Lucey, Thomas McCarthy, Marcus Oliver, Jaymee Peloquin, Keomany Phianesin, Cameron Snay, Liam Sweeney, Samuel Walton

Grade 11

High Honors: Anastasia Achiaa, Allegrezza, Nicholas Haley Archambault, Samantha Arroyas, Aiden Ayers, Hailey Bergman, Kayla Brooks, Jeremy Bullock, Connor Chartier, Joseph Costa, Elise Croteau, Maline Demers, Ella DiMarco, Jonathan Fabian, Acadia Farrell, Drew Gauther, Lindsay Gay, Devon Gokey, Shaylin Gonya, Ramsha Gul, Jocelyn Hinchcliffe, Sallie Hogan, Anna Horne, Samantha Kauzens, Wiley Kimball, Loukia Koutroumanos, Allen Lamphere, Eilish Linnehan, Madison Manning, Jeremiah Morgan, Brenna Neill, Nathalie Nowicki, Jeremy

Okenquist, Rory Paul, Valasi Petre, Braden Pomeroy, Colleen Prior, Daniel Redgate, Stephen Sanches, Jack Streichert, Clarice Stumpf, Alyssa Sylvia, Brendan Thompson, Carlee Veinotte, Benjamin Wiersma, Benjamin Wojciechowski

Honors: Bella Borjeson-Troupe, Colin Caso, Sydney Costa, Kelsey Desroches, Ashley Dube, Aidan Grinnell, Cassandra LaBaire, Jackeline Lopez, Mikenna Manz, Gabrielle Mateer, Karlha Mendozza-Ruck, Jaeden Morales, Jack Morvan, Kiley Robertson, MarthaAnn Rolandelli, Thomas Schreiber, Emily Taylor, Cayden Walker

Honorable Mention: Thomas Andolina, Lilyanna Bain, Katherine DeSesa, Adam Goncalves, Joshua Grinnell, Karen Hernandez Ramirez, Sarah Johnston, Emily Landini, Margaux Lewis, Maeve Mahoney, Ella Moscatelli, Owen Pendleton, Jelyssa Pizarro, Kelly Rush, Matthew Shelley

Grade 12

High Honors: Madelaine Arroyas, Ainsley Ayers, Mackenzie Berlinguet, Amanda Brodeur, Abigail Burke, Kava Chokshi-Fox, Abby Cohen, Kristen Connors, Samantha Cristina, Grace Davidson, Erika Dube, Emily Frick, Kaylie Gonya, Jordan Gulino, Olivia Hicks, Alexandra Jones, Erin Jones, Hannah Jones, Alexa Kearnan, Alex Keeler, Carrie Kraich, Lucas Lawrence, Samuel LeFrancois, Kerollos Lowandy, Peyton Mages, Andrew McCarthy, Sean Morrissey, Alexandria Nowicki. Kiarra Paniss, Julia Parabicoli, Meagan Parker, Ryan Paxton, Camden Pomeroy, Bridget Redgate, Kathleen Redgate, Hannah Rousseau, Kali Sander, Madeleine Schleinitz, Melissa Silva, Hannah Smith, Caitlin Spencer, Maggie Streichert,

Honors: Jason Bonati, Joel Buabeng, Isabella Caccavelli, Hannah Callinan, Anthony Cifizzari, Matthew Colella, Violet Esposito, Andrew Goyette, Abigail Hanscom, Joshua Labrie, Benjamin Landry, Joseph Legg, Harrison Mansfield, Darjahne McClam, Jonathan Morgan, Olivia Picotte, Taylor Quinn, Thomas Sawyer, Ryan Semle, Carl Speight Jr., Braden Stewart, Zayden Temple, Nathaniel Thompson, Carolen Wilson, Seth Wojciechowski

Honorable Mention: Kevin Alves, Ryan Amell, Sery Auguste, Brigitte Billings, Maxine Cannalonga, Ryan Correa, John Hughes, Jessica Mansour, Casey Millette, Edrick Pereira, Connor Rielly



ACCURACY WATCH

The Blackstone Valley Tribune is committed to accuracy in all its news reports. Although numerous safeguards are in place to ensure accurate reporting, mistakes can occur. Confirmed fact errors will be corrected at the top right hand corner of page A3 in a timely manner.

If you find a mistake, email news@stonebridgepress.news or call (508) 909-4106 during normal business hours. During non-business hours, leave a message in the editor's voice mailbox. The editor will return your phone call.

Bryant University students named to Dean's List

SMITHFIELD, R.I. -- Bryant University is dedicated to the pursuit, recognition, and celebration of academic excellence. The University is pleased to recognize the students who have been named to the Deans' List for the spring 2020 semester.

"These outstanding achievements are particularly commendable as students have overcome significant challenges to demonstrate an unwavering commitment to excellence," says Provost and Chief Academic Officer Glenn Sulmasy, JD, LL.M. "I am impressed and proud of their resilience, dedication, and innovative spirit."

Congratulations on this outstanding achievement!

- Matthew Bedigian, class of 2020, from Northbridge
- Paul Berthelette, class of 2020, from Uxbridge
- Lindsey Guyton, class of 2023, from Uxbridge
- Sami Kafal, class of 2020, from Whitinsville
- Abigail Labrie, class of 2021, from Whitinsville
- Kate Labrie, class of 2023, from Whitinsville
- Caroline Meizen, class of 2021, from Douglas
- Karni Murray, class of 2022, from Uxbridge
- Connor Nolen, class of 2020, from Douglas
- Savannah Schreiber, class of 2022, from Uxbridge
- Brian Wildman, class of 2023, from Whitinsville
 - About Bryant University

For 157 years, Bryant University has been at the forefront of delivering an

Uxbridge Library announces virtual programs

UXBRIDGE — The Uxbridge Free Public Library is excited to offer the following virtual programs during the month of August.

Adult

Programs

Virtual College Essay Seminar -Monday, Aug. 3 at 7 p.m.

Hannah Sieber, owner of TriTutoring LLC, will go over SAT study tips and strategies for writing your college essays! Students and parents are both is a former high welcome Hannah school science teacher, now a software engineer, who has been tutoring for 10 years. For more about Hannah and the TriTutoring philosophy, check out www.tritutoring.com Email Lindsey to register and receive Zoom info at lcentrella@cwmars.org.

Microwave Large mug 1 egg $1\frac{1}{2}$ tablespoon milk

Salt

Ground black pepper imilar amount of bage ¹/₄ of a

Virtual Gentle Yoga – Thursdays and Saturdays at 10 a.m. Tune in to YouTube Live to start off your day with a yoga session with Marise Nazzaro! Search YouTube for the Uxbridge Free Public Library channel. The Thursday morning class is sponsored by the Friends of the Simon Fairfield Public Library and the Saturday morning class is sponsored by the Uxbridge Board of Library Trustees.

Virtual Mindfulness Meditation – Thursdays, Aug. 6 and 13 at 6 p.m. Tune in to Facebook Live for another virtual meditation session with Jenny Xie! This class is sponsored by the Friends of the Uxbridge Library.

Youth Programs

Virtual Story Time with Lindsey Iggy the Sheep – Mondays and Wednesdays 10:30a.m. and Join us on Facebook Live for songs, rhymes, stories, and more! Best for ages four and under.

Virtual Read Aloud with Lindsey and Iggy the Sheep - Thursdays at 7 p.m. Wind down with us on Facebook Live for some stories and a chapter or two of the book of the month! Best for all ages.

Virtual Kids Yoga Tuesdays, 11 Aug. and 25Get all your energy out before bedtime with Marise Nazzaro! Tune in to YouTube Live and learn new poses, enjoy stories while practicing, and most of all, have fun! Best for ages five and up. Brought to you by the Friends of the Millbury Public Library and Uxbridge Library Board of Trustees.

Virtual Ham and Cheese Quiche Mug Meals - Friday, Aug. 21 at 1 p.m.

Join us on Zoom and learn how to make a fabulous quiche in your favorite mug with Chef Julie! Check out the supplies and ingredients list below so you have everything you need:

bread)

2 teaspoons cream cheese

1/2 slice of prosciutto or ham

Fresh thyme leaves or chopped chives Dijon mustard

This program is best for ages 10 and up. Email Lindsev to register and receive Zoom info at lcentrella@cwmars.org . Brought to you by UniBank.

Virtual Playful Engineers with Jay Mankita - Wednesday, Aug. 12 at 1 p.m.

Join us for Jay's fun and engaging class on building Rube Goldenberg Machines and other cool chain reactions using your own toys and household materials! If you'd like to learn more about Rube Goldenberg Machines, check out Jay's video tutorials here: http://www.playfulengineers.com/tutorials/. For even more fun chain reactions, check out the videos here: https://www.playfulengineers.com/videos/. Best for all ages. Email Lindsey to register and receive Zoom info at lcentrella@cwmars.org. Brought to you by UniBank.

exceptional education that anticipates the future and prepares students to be innovative leaders of character in a changing world. Bryant delivers an innovative and uniquely integrated business and liberal arts education that inspires students to excel. With approximately 3,800 graduate and undergraduate students from 38 states and 49 countries, Bryant is recognized as a leader in international education and regularly receives top rankings from U.S. News and World Report, Bloomberg Businessweek, Forbes, and Barron's. Visit www.Bryant.edu.



Fairfield University congratulates Dean's List students

FAIRFIELD, Conn. — Olivia Burke and Chelsea Proehl received Deans List Honors for the Spring 2020 semester at Fairfield University.

In order to be placed on the Dean's List, students must have completed a minimum of 12 credit hours in a semester, have no outstanding or incomplete grades for that semester, and have attained a semester grade point average of 3.50 or better.







4• Friday, July 17, 2020

E-sports team taking shape at QCC

WORCESTER Quinsigamond Community College has begun a new esports team for the League of Legends, a highly competitive, fast paced, action-strategy online game. Coaching this year's inaugural team is Nate Mello, QCC learning manager for Interactive Media Design and part-time faculty member.

"QCC Athletics started looking into esports last year. Our goal was to offer a different kind of sport to engage our students who play online gaming on their own, to be part of a QCC team," said Athletic Director Lisa Gurnick. "The push to move this forward this year is due to COVID-19.'

Esports collegiate teams have exploded in recent years. According to the National Association of Collegiate Esports, which began in 2016 with only six colleges and universities, by 2019 that number had increased to 128. QCC is part of the NJCAA Region XXI conference, which currently has five colleges with esports

teams.

"Our egaming will be set up like baseball; e-game scrimmages will take place in the fall with season games and tournaments in spring 2021. The number of games will depend on how many of the colleges in our conference have an esports team in the fall and spring," Ms. Gurnick said. "We will hold as many scrimmages as we can this fall. The master game schedule for spring 2021 has not been made yet, because we are still waiting a little bit longer to see how many colleges will join with the rest of us."

League of Legends is a five vs. five game that pits players against each other with the objective of destroying the other team's base. A competitive collegiate match consists of the same premise, with each team having five students taking on the other team of five students. Currently, the students log in to play other colleges from their own computer

at home. When not in a global pandemic, the game is generally played in an arena where the teams sit across from one another other.

"I think one of the biggest things for the students is the comradery," said Coach Mello. "When playing a game like League of Legends, working together as a team of people who you know makes it much more compelling and fun. One of the students told me after our first week of practice that it was the most fun he has ever had playing League of Legends and he could not wait for our next practice."

QCC players have been meeting online Monday and Wednesday nights for practice. The team is set to play a couple of exhibition games this summer against Bunker Hill and Mass Bay Community Colleges, with scrimmages in the fall currently against Bunker Hill, Mass Bay, Northern Essex and Bristol community colleges.

"There is still time to be part of the team. We are completely remote right now due to COVID-19, so space is not an issue," Ms. Gurnick said. "Based on the initial support and interest from the students, staff and faculty, we see esports at QCC being quite successful. We have a lot of interest and currently have 14 students practicing with Coach Mello. We feel this is just the beginning of a strong student engagement opportunity for our students and the college."

Those interested in playing can email Ms. Gurnick, LGurnick@qcc.mass. edu. Students must be enrolled at least part-time in the Fall semester and full-time (12 credits or more) in the Spring semester. A valid (within a year) physical form and a GPA of 2.0 or higher are required in order to play.

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

13 16 18 40 42

CLUES ACROSS

- 1. Sound unit
- 4. Trim by cutting
- 8. Small buffalo
- 10. Ancient manuscript
- 11. Look angry or sullen
- 12. Glum
- 13. Northern Zambia peoples
- 15. Central
- 16. Collector of birds' eggs
- 17. Misbehavior
- 18. Top of the line
- 21. Political action committee 22. Have already done
- 23. Al Bundy's wife
- 24. Entertainment channel

25. Holiday (informal)

- 26. The common gibbon
- 27. Legendary actress
- 34. Seasoned sausages 35. Bluish greens
- 36. Ridiculed
- 37. Three-dimensional arrangement
- 38. Emerged
- 39. Type of protein
- 40. Denmark natives
- 41. Leak slowly through
- 42. Expression of sorrow or pity
- 43. Midway between south and southeast
- **CLUES DOWN**
 - 1. Artistic dancing
 - 2. Plenty
- 3. Act leisurely
- 4. Serve as a warning
- 5. Admired lovingly
- 6. Leftover oil from distillation
- process 7. Company officer
- 9. Egyptian unit of capacity
- 27. Where boats dock
- - 30. City along the Rhine

- 20. A shirt may have none
- 23. Public gatherings
- 24. Disallow
- 25. Overnight suitcases
- 28. Top of a pot
- 29. Type of drug
- 26. French river

State enters third phase of re-opening

BY KEVIN FLANDERS STAFF WRITER

REGION – Local businesses continue to reopen as part of the state's third phase, including fitness centers, health clubs, and movie theaters.

Gov. Charlie Baker launched the third phase of reopening on July 6, with specific guidance for each industry. The Governor thanks residents and business owners across the state for their efforts in mitigating the spread of COVID-19. After a careful review of statewide health metrics, Baker's team felt comfortable with progressing to the third phase.

"Thanks to the hard work everyone has put in so far, more places will be able to reopen with strict guidelines," Baker said. "Phase three contains some bigger players that will draw more people into indoor settings. This phase will last significantly longer than other phases so we can closely monitor the impacts.'

The third phase of reopening also allows the following organizations and businesses to return:

Outdoor performance venues

Museums, cultural venues, and historical sites Certain indoor recreational activities with low potential for contact

Professional sports teams, under the authority of league-wide rules

Although COVID-19 numbers have declined statewide, officials are urging residents not to become complacent. As more indoor facilities reopen, the chance of spreading the virus will increase if preventative measures aren't taken.

'It's important that we continue to follow the guidance and do all of the things that have allowed us to get to this point," said Lt. Gov. Karyn Polito. Everyone has a role to play, and everyone must

istered statewide.

Also included in the Governor's phase three announcement was a revised public gatherings order. Indoor gatherings are now limited to eight people per 1,000 square feet; gatherings should not exceed 25 people in a single enclosed indoor space.

Outdoor gatherings in enclosed spaces are limited to 25 percent of the facility's maximum permitted occupancy, with a maximum of 100 people in a single enclosed outdoor space. This includes community events, civic events, sporting events, concerts, and conventions. This order does not apply to outdoor, unenclosed gatherings if proper social distancing measures are possible.

Also addressed in the third phase of reopening, healthcare providers can now offer in-person group treatment programs and day programs. These include adult day health programs, day habilitation programs, substance abuse services, and outpatient services. Additionally, community-based day services for adults with intellectual and cognitive disabilities can also reopen.

Additionally, visitation guidelines have been updated for several sectors. These include the Departments of Developmental Services, Youth Services, Children and Families, Public Health, Mental Health, and the Mass. Rehabilitation Commission. Offsite visits, including overnight visits, will be allowed under specific guidelines.

MassHealth will also extend its current telehealth flexibility through at least the end of the year to ensure member access to critical healthcare services.

The state's reopening plan includes four total phases. The fourth phase won't likely be reached until there is a COVID-19 vaccine, officials said.

For a full list of state guidance and regulations, visit www.mass.gov/reopening.

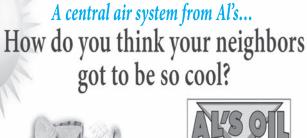
- 10. One transmits information 12. Middle layer of an embryo 14. Form of "to be" 15. Cairo Regional Airport 17. Partner to cheese 19. Sample
- 31. Animal disease
- 32. They go in martinis
- 33. A way to break away
- 34. Intermediate ecological stage 36. Baby term for father

do their part. You have all made it possible for more businesses to reopen."

Key public health data, including the number of new cases and hospitalizations, continue to be closely monitored. Since mid-April, the state's seven-day average for the positive COVID-19 test rate is down 94 percent, and the three-day average of hospitalized patients is down 79 percent.

Over a million COVID-19 tests have been admin-

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Karni Murray named to President's List at Bryant University

SMITHFIELD, R.I. — Brvant University is dedicated to the pursuit, recognition, and celebration of academic excellence. Karni Murray, class of 2022, from Uxbridge, has been named to the President's List for the spring 2020 semester.

"These outstanding achievements are particularly commendable as students have overcome significant challenges to demonstrate an unwavering commit-ment to excellence," says Provost and Chief Academic Officer <u>Glenn Sulmasy</u>, JD, LL.M. "I am impressed and proud of their resilience, dedication, and innovative spirit."

The President's List is an academic distinction reserved for Bryant's highest achievers who earn a GPA of 4.0 or better for at least 12 semester hours of work.

Congratulations to Karni on this outstanding achievement!

About Bryant University

For 157 years, <u>Bryant University</u> has been at the forefront of delivering an exceptional education that anticipates the future and prepares students to be innovative leaders of character in a changing world. Bryant delivers an innovative and uniquely integrated business and liberal arts education that inspires students to excel. With approximately 3,800 graduate and undergraduate students from 38 states and 49 countries, Bryant is recognized as a leader in international education and regularly receives top rankings from U.S. News and World Report, Bloomberg Businessweek, Forbes, and Barron's. Visit <u>www.Bryant.edu</u>.

Expert offers virtual class in 'tasty wild edibles'



Courtesy

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

BY GUS STEEVES CORRESPONDENT

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

Recently, the state branch of the National Organic Farming Association was in the latter group, offering a free Webinar on "tasty wild edibles" from Russ Cohen. A few years ago, Cohen brought a similar program to Southbridge in person, leading a walk at Westville.

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

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

Most of the time, he said, those exceptions "taste horrible," so tasting then spitting out a very small piece is usually enough to identify them. Some of the most dangerous do not, however. He cited poison (or water) hemlock, a carrot family plant whose roots are very toxic but not nasty-tasting. Also, mushrooms are "much more risky than plants." There are so many species, with many poisonous ones that look like safe ones, and many deadly ones that don't taste bad, that he strongly advised people not to gather wild mushrooms without a lot of experience. He also suggested people not eat plants found in certain places, such as along roads, industrial parcels and other "obvious sources of pollution" and popular trails. Many other places are safe - "use your common sense." Among the best sites, he added, are organic farms, but seek permission on any private property. "Think of your taste buds as a back-up identification tool," he said, adding modern foragers should not just tastetest, but "benefit from the accumulated knowledge" of millennia in numerous books, websites and experienced people. That said, Cohen dove into a long list of generally common plants that are safely edible, starting with invasives. Such plants are commonly described as "bad news" because they choke out native plants, but at least 20 are edible, some are medicinal, and some are both. 'Ecologists would be thrilled if we picked and ate as much of them as we can," Cohen observed. One of the most common, with huge stands of it all over the state, is Japanese knotweed. By the time it's large and obviously bamboo-like, it's too tough to eat, but when young, "it's really yummy," he said. "I harvest a lot of this in the early spring," when it's in what he dubbed the "wild asparagus stage." At that point, the plant's new shoots are about a foot tall, usually surrounded by the dead plants from last year. It's still good a little later, in the "wild rhubarb stage" at about two feet tall. At that point, he said, remove the "stringy" outer layer and the inner green part is 'tasty and juicy. In our region, he added, knotweed is in this stage now through early May, and "not worth eating" later.

"It's a very, very healthy plant to eat," Cohen added. "It's eating your medicine."

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

Other fairly small plants he mentioned included chickweed, chicory, stinging nettle, very young daisies, violets, sheep and lemon (aka wood) sorrel and purslane. Some plants do have chemicals that are dangerous in large quantities (the sorrels contain oxalic acid), but are "perfectly safe to eat in moderation with other things."

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

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

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

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

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

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

Several of those natives are trees. Oaks supplied Native Americans and countless animals with acorns for millennia, although the nuts need to be crushed and leached to flush out the bitter tannins. White oaks have the least tannins, while other species require more leaching (and more leaching also tends to eliminate the nutty flavor), he said. Cohen said his favorite wild food is shagbark hickory nuts, which taste like "a pecan sprayed with maple syrup." The best are found "out in the open, on roadsides or in the middle of a field, with many together." Such copses make it more likely you'll get a good supply and still leave some for wildlife. Black walnuts, by contrast, are harder to use; he described it as "a messy task" requiring a hammer, strong vise or rock to open the shell. But landowners are often "eager to get these messy, smelly nuts off their property," and may let you collect them by the bucketful, he said. Whichever nut you find, Cohen noted there's two approaches to storing them. If you want to eat it, let it dry and "season one or two months," and it will be easier to break open. But if you want to plant it, store it in a plastic bag in the fridge so it doesn't dry out until planting time. Among the non-nut native plants Cohen mentioned were various sumacs (those with the red clusters are safe; if it has white berries, its poison sumac, a wetland plant). Soaking the clusters in water and rubbing them, then filtering out the fibers, creates a "sumacade" drink in about 30 minutes. Cohen noted, however, that some people have "an ultra-high idiosyncratic sensitivity" to plants in this family and might be allergic, so it's one newcomers should test first. Later, when asked what wild plants he thought had the best flavor "for little to no effort," he cited three: the mint family, bayberry (leaves are strong and need "just a little bit of that to convey the effect"), and wild strawberry. Regarding the latter, he said, "What it lacks in size it makes up for in intensity of flavor," adding that's also true of many wild versions of cultivated plants. Regarding a question on fiddleheads, Cohen noted there's only one edible true fern species - the ostrich fern. At this time of year, many of them look the same and are uncurling, so many people confuse them and sample nasty-tasting species. "I'm playing the role of Johnny Appleseed for native edible species," he said. He plants them in his own nursery so he can distribute them across the region. "It's the way I feel I can give back," he added.

Callie Bucchino named to Becker College Dean's List

LEICESTER — Becker College is proud to announce that Callie Bucchino, of Uxbridge has been named to the Dean's List for the Spring 2020 semester. Bucchino is pursuing a Bachelor of Science degree in Forensic Science,

Criminalistics Concentration.

The Dean's List recognizes all full-time students (24 or more credit hours earned for the academic year; 12 minimum each semester - September through May) whose term grade point average is 3.50 or higher with no grade below a B- and no incomplete (I) or withdrawal/failing (WF) grades.

Founded in 1784, Becker College is an undergraduate and graduate, career-focused private college, providing a supportive and inclusive learning community that prepares graduates for their first to last careers. Nearly 1,700 students from the United States and around the world attend Becker College, which has campuses both in Worcester and Leicester, Massachusetts. With nationally recognized programs in nursing, game design and animal studies, Becker



Callie Bucchino

has been consistently ranked as a "Best College" for undergraduate education by The Princeton Review.

Worcester Academy announces Honor Roll And Headmaster's List

WORCESTER — Worcester Academy proudly announces its Honor Roll and Headmaster's List for Semester 2 of the 2019-2020 School Year. The honors represent the achievements that each of these Worcester Academy students has earned through academic excellence, challenge, and personal growth.

Among the students are:

- Larissa Dowd of Northbridge, 10, First Honors.
- Jeffrey Robinson of Whitinsville, 10, First Honors.
- Allison Athanas of Whitinsville, 11, First Honors.
- Lena Dresp of Northbridge, 10, Headmaster's List.
- Samuel Boltruczyk of Douglas, 12, Headmaster's List.
- Tyler Martin of Douglas, 12, Headmaster's List.
- Grace Robinson of Whitinsville, 12, Headmaster's List.
- About Worcester Academy

Worcester Academy is an exceptional co-educational independent school for day and boarding students in grades 6 through 12 and postgraduates. Through an innovative and thoughtfully designed curriculum, Worcester Academy instills in students a lifelong passion for learning and a foundation of core values that enable them to "Achieve the Honorable" as leaders and world citizens. The school takes pride in its diverse local and international community, and situates its curriculum within a global, multicultural context that helps students develop the independence, confidence, and world-readiness they need to succeed in college and beyond.



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

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

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

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



Hailey Age 12

Hi.

My name is Hailey and I am 12 years old. I am a sociable, funny, cool, kind, sweet, and outgoing person. I am someone who likes to stay on topic, listen to others, and am a good planner. I consider myself a brave person and a hard worker.

I have several family members who I am close with, including my aunt, grandmother, grandfather, and two cousins. I am particularly close with my aunt who I speak with about funny things, my emotions, and my hopes. Along with my many strengths, I also have many talents and interests. I like to ride horses, play hockey, video games, and board games, and go swimming.

I'm looking for a family that will love me and have fun with me! I would like

to do many activities with my family including horseback riding, arts and crafts, movie nights, and cooking/baking. I am also learning to play the piano. I also would be a big help to my family by doing chores, playing with any siblings, and making everyone laugh. I would also love a visiting resource. I hope to speak with you soon!

Sincerely,

Hailey

.Who Can Adopt?

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

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

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



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SENIORS XBRIDGE SENIOR CENTER

36 South Main St. (508) 278-8622

Lisa Bernard – Director

Gail Boutiette-Outreach Coordinator Donna Oncay - Transportation Coordinator

Omer Boucher - Van Driver Sally Selvidge-Activities Coordinator Edwina Porter - Chef

DIRECTOR NEWS FOR AUGUST 2020 NEWSLETTER Good news!

The Senior Center will tentatively be reopening with limited hours and by appointment only effective September 9, 2020. The public is welcome back in the center on Mondays, Wednesdays and Fridays only, from 10am-2pm, by appointment only, for assistance with applications, information and referral, and outreach. Whenever possible, we still encourage the public to call the center for information and assistance. We want to make everyone aware of what precautions we are taking to insure everyone's safety. We have installed plexiglass at the reception area, we also have hand sanitizer, masks and gloves available. Staff and visitors will adhere to the 6-foot social distancing guidelines. Regular wiping of all high touched surfaces will be maintained. Visitors will be required to sign in via our Senior Space equipment to adhere to contact tracing requirements. Masks will be required by all. We look forward to serving you again!

Even though we are in the heat of the summer, it is time to think about Fuel Assistance for the 2020-2021 year. If you were approved for Fuel Assistance last year, you should be receiving a pre-printed application form sometime in the month of August, directly from SMOC (South Middlesex Opportunity Council) for the upcoming heating season. To avoid delays in receiving your benefit, forms should be completed and returned as soon as possible. Please make an appointment after September 9th, with Gail Boutiette, our Outreach Worker, or myself, at the Senior Center to review your forms before mailing. Note: The process for first time applicants does not begin until November 1, 2020.

The Senior Center is in the process of updating our Silver Center News

PROJECT

continued from page A1

which make up the Animal Shelter, the biggest obstacle is ensuring they are non-permeable. As you may or may not know, cement is porous and must be coated to protect from moisture and germs. With the current coating giving a short-term solution, my research has led me to find a specialized concrete coating which would be more suitable, last significantly longer, and hold up better to all cleaning solutions.³

newsletter mailing list. If you would like the newsletter mailed directly to your home, or if you prefer, we can put you on our email list and save some trees. Please call us so we can ensure you will receive the newsletter each month.

Medical equipment is available! If you are in need of a walker, cane, rollator walker, shower seat, commode or wheelchair, please call us, we have a storage of equipment in our shed and we may be able to help you.

If you have not done so, please complete the U S Census. Census non-response follow up in person is scheduled to start on August 11th. Census takers will be out knocking on doors of addresses of those who didn't respond on their own. Uxbridge self-response rate is 73.4% which is higher than the State and Worcester county rate. The last day to respond has been extended to October 31st. If you need assistance completing the census, please call the senior center.

Thanks, and stay safe! Lisa

Virtual programs will be aired on our Local Cable Channel 192 Tuesday - Thursdays, 9:30 am & 5:30 pm and also, our Facebook page and YouTube channel.

Medical Transportation is now accepting appointments. Call 508-278-8622 to schedule your rides.

Monday, August 3rd - 1:00 pm - 2:00 pm - Outdoor Concert with Tim Brooks The Crooner At Large! This will be at the Uxbridge Housing Authority for residents only (Calumet & Centennial Court Apartments). Not open to the public. Bring your lawn chair, masks and remember to keep your social distance away from others. Rain date will be Monday, August 10th.

ZUMBA with Amy - New 8-week Session - August 6th, 13th, 20th & 27th -Thursdays at 2:00 pm. Members will receive an Email with the link. You can also message or call the senior center with your email address if you want to participate. Donations are graciously accepted.

Monday, August 24th - 10:00 am -Coffee Talk Zoom Meeting with Robin Putnam from the Office of Consumer Affairs & Business Regulations. The topic will be COVID Scams. Link will be posted on our Facebook page as we get closer to the date.

Hannaford's Gift Card Distribution for those not living in subsidized housing:

Reminder: Wednesday, July 29th - 11 am – 2 pm – distribution will be held at the McCloskey School parking lo Wednesday, August 26th - 11 am - 2 answer any of your Medicare related

pm – Hannaford gift card Distribution will be held at the Uxbridge Senior Center. NOTE LOCATION HAS BEEN CHANGED. If you are interested, please call the center for more information.

Hannaford grocery shopping every Tuesday. Pick up begins at 8:30 AM. Please sign up in advance by calling us at 508-278-8622 to reserve your seat on the van. Masks are required and seating is limited.

Every Tuesday – Virtual Chair exercises with Sally posted on the Uxbridge Senior Center Facebook page & YouTube.

Every Wednesday @ 10 am – Walking Club with Sally! Meet at the Blackstone River Greenway located on Adams Street. This is weather permitting and be sure to wear your mask and bring a water bottle. Walking times may change.

1st and 3rd Wednesdays @ 1:00 pm -Bank & Pharmacy Rides. Please call at least 24 hours in advance if you need a ride. Masks must be work as well.

2nd & 4th Wednesdays @ 1:00 pm Shopping trip to Foppema's Farm. There will only be 4 people allowed on the van per visit. Call ahead to sign up! Masks must be worn.

2nd and 4th Thursdays @ 12:30 -Shaws/Ocean State Shopping Rides. Please call at least 24 hours in advance if you need a ride. Masks must be work and limited to 4 people on the van.

Every Thursday - Virtual Crafts with Sally posted on the Uxbridge Senior Center Facebook page and YouTube.

Every Friday @ 1:00 pm - Live Facebook Pictionary with Sally! Come play along with Sally & Gail. Tune in to the Uxbridge Senior Center Facebook page.

Feel free to contact us at 508-278-8622 or visit us on our web page at Uxbridgema.gov/coa or like us on our FB page or by googling Uxbridge Senior Center and our new YouTube Channel or even dropping by.

Uxbridge-ma.gov/Council-Aging

https://www.Facebook.com/ **UxbridgeMASeniorCenter**

https://www.youtube.com/channel/ UCNh_RIq99rucmFH-UO7VFBw

https://www.uxbridgetv.org/schedule/192

NEWS FROM SHINE FOR AUGUST 2020

Hello!! We are providing remote

questions. You can reach us if: you are aging into Medicare at 65, you have lost your employment coverage for any reason and you are 65 or older, or simply have a general question about your current Medicare coverage.

Medicare and Social Security have announced new procedures for Medicare enrollment during the COVID emergency. This information is available on our website at www.shinema. org

If you live in Central Mass, call us directly at 508-422-9931. We are also available via multiple platforms such as FaceTime, Zoom and Skype conferencing to do one-on-one appointments if needed. Watch our website for Medicare 101 presentations via Zoom. Visit our website www.shinema.org and our new Facebook page: SHINE Central MA. Like and share our posts!!

Trained SHINE (Serving Health Information Needs of Everyone) counselors can help you! They offer, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your local senior center and ask for a SHINE consult. Remember you can contact us at the regional office: 508-422-9931. Once you get the SHINE answering machine, leave your name and number. A SHINE counselor will call you back.

CENTRAL MASS SHINE WEBSITE

You can visit us on the web at www. shinema.org. Our site has valuable general information and links to other agencies that can assist you with your insurance needs. We also have a link to our very informative cable TV program "Medicare and More."

ARE YOU AWARE OF THE NUMBER OF PEOPLE THAT ARE HELPED AT THE UXBRIDGE SENIOR CENTER? The following numbers represent the people served in JUNE 2020:

TELEPHONE CALLS	1331
LUNCH DELIVERY	810
OUTREACH CONTACT	67
INDIVIDUAL SHOPPING	3
MEDICAL RUNS	4
HANNAFORD	30
MASK DELIVERYS	20
VIRTUAL ACTIVITIES	3022
LUNCH VAN MILEAGE	129
MED VAN MILEAGE	128
VIRTUAL CHAIR YOGA	55
\$5 GIFT CARDS	45
\$20 GIFT CARD	125
FROZEN FOOD BOXES	125

The project description notes that Noah has received quotes from several installation companies and the flooring materials will be costly, which is why he is requesting community assistance in raising funds for the project.

"Any additional funds collected beyond the project goal will be donated to the Blackstone Regional Animal Shelter."

"We are incredibly excited for our upcoming new floors and the opportunity to work with Noah on his journey to Eagle Scout," the Blackstone Shelter released in a statement. "His passion for assisting animals in our community is heartwarming to say the least.'

Other local members of the animal rescue community are sharing their support for the project-Uxbridge-based Pawfect Life Rescue shared a statement about the project as well, adding that 'every little bit helps.'

Those interested in learning more or making a donation may visit: www. gofundme.com/blackstone-regional-animal-shelter-new-floors.

EEE

continued from page A1

allow property owners to opt out of aerial spraying and directs the Executive Office of Energy and Environmental Affairs to develop a process for the board to allow cities and towns to opt out of spraying, provided they have an alternative mosquito management plan in place that has been approved.

Previously, the Senate approved its own version of the EEE bill, Senate Bill 2757. The House and Senate will now work to reconcile the differences between the two bills to produce a compromise that can be sent to Governor Charlie Baker for his signature.

Residents interested in learning more about EEE and how to protect themselves are advised to visit www.mass. gov/mosquitoesandticks.

MILLBURY SENIOR CENTER

EXERCISE IN THE GARDEN

The center is closed at this time, but all are welcome to continue light exercise in the garden Monday and Fridays 9:30 – 10:15 A.M. Weather permitting & Social distancing is a must!

Millbury Senior Center "Grab & Go Meals" Lunch meals will be available to be picked up daily at the front door, 11:30 A.M. Menu is available on Town Website, www.townofmillbury.org Or our Millbury Senior Center Facebook page A 48 hour reservation is required For more information or reservations call us at 508-865-9154

The Senior Center is closed to the Public.

While the building is not open to the public the Food Pantry at the Millbury Senior Center is available from 9am to 1pm Monday thru Friday by calling 508-865-9247 for an appointment our food pantry is fully stocked at this time tell us what you need and you can pick it up or we will deliver it.

We are still here to answer any questions you may have and we are available for your transportation to Doctors appointments or if you need to go to the drug store for your prescriptions, we will take you there. If you don't have a mask, we will give you one.

Also if you are in need of a home delivered meal give us a call and we will set you up to get one delivered to you.

Sorry to say that all our June trips are canceled, we will be researching to see if they can be rescheduled in the future.

Keep safe and remember to wear a mask if you go out and to wash your hands frequently.





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



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FRANK G. CHILINSKI PRESIDENT & PUBLISHER

BRENDAN BERUBE EDITOR

OPINION

Opinion and commentary from the Blackstone Valley and beyond

A closer look at the Canal

Editorial

Common sense bas left the building

It seems like our country remains, and will remain, divided over how to stop the spread of Covid-19.

It distresses us that common sense seems to have left the building. When our cars break down, we bring them to a mechanic. When our phones or laptops go on the fritz, we bring them to a tech professional to fix them. When we need a new prescription for whatever ails us, or we break a bone, we call the doctor. When we are speeding down the highway and get pulled over for doing so, we are given a ticket to deter us from speeding again, and to keep ourselves and each other safe.

Why, then, when doctors and scientists whose experience and expertise are beyond question almost universally advise us that the best way to slow the spread of this virus is to wear a mask in public and avoid gathering in large groups, are so many so adamant in their refusal to listen? We all want our economy to function normally again. We all want our children to be able to attend school safely. We all want to be able to enjoy shopping at our favorite stores and dining at our favorite restaurants. So why this bullheaded refusal to do two very simple things that will help all of that happen safely? The answer is, regrettably, that like seemingly everything else in today's world, COVID-19 has been politicized.

Here's the thing, though — political affiliation has no effect on reality, and the reality we face at this crucial moment is that we are being stalked by a highly contagious virus. This enemy could not only prove fatal to certain segments of the population; it appears to leave even those who survive it with debilitating health issues that may follow them for the rest of their lives. And it doesn't give a damn what side of the political divide any of us stand on. Masks have always, and still do, helped to decrease the spread of viruses. Granted, certain styles are proven to work better than others, but that is a different discussion. There is ample research demonstrating that even the flimsiest of surgical masks can dramatically reduce the ability of entities like the COVID-19 virus to traverse the air between two people, and at this point, with flare-ups happening across the country, there is simply no excuse for those who are physically able to wear one not to do so. This brings us to our next point. The fact that you might have found an article published somewhere online purporting to prove that a face mask is unhealthy for the wearer does not make it legitimate. You can find all sorts of misinformation during a Google search that could fuel a point/counterpoint discussion on any topic under the sun. While the Internet was meant to open conversations and was dubbed the 'information superhighway,' it seems the opposite is happening. People rely on ever narrowing social circles, memes, and unverified social media posts to guide them in their behavior, and it has frankly become dangerous. Facebook and Twitter 'trolls' spread misinformation at an alarmingly high rate to create division and unrest, and unfortunately, it has worked. With so much misinformation out there, it's hard to determine what is and what isn't fact. Many argue that COVID-19 is "just the flu," while ignoring the fact that the flu does not cause such a flood of patients at hospitals that they have no space to treat anything else. According to the CDC, an infected individual, will spread the virus to at least five others. Our elderly population is the most vulnerable; however, that trend has seemed to spread to people of all ages becoming more and more infected with dire outcomes. If we value life, we must value it regardless of age. No matter what our political persuasion, we all want to win the war against this pandemic. So why the refusal among so many to unite as one team to fight it? One of the defining characteristics of this great country of ours is that each time we have been faced with adversity, we have joined together as one to fight it. If all it takes is wearing a mask and some social distancing to get rid of this virus and to open our schools and economy, then there is no room for this childish refusal to cooperate. We are, and must be, better than this.

A large bear was spotted in Douglas last week, and it was not a small one. The large bear was crossing through a resident's back yard during the morning hours. I was surprised to hear that the bear did not have any cubs with it. Black bear numbers have been increasing in the valley area over the last ten years or more.

Massachusetts hunters can purchase a bear permit for only \$5, and can be used to harvest a bear during any one of the three seasons. All Wildlife Management zones are open to bear hunting during the 2020 seasons. Be sure to read your Massachusetts hunting guide for all regulations and seasons.

Bobcat populations are also on the increase, but strict trapping regulations need to be followed. A first-time trapper must pass a trapping & hunter education program. All harvested fur bearing pelts need to be reported to Massachusetts Fish & Wildlife. The pelts need to be brought to any check stations to be registered. Again, if you plan on trapping this year, it is very important to read all of the rules and regulations prior to trapping.

Massachusetts The antlerless deer hunting permit system for 2020 requires the applicant to have applied for a permit by July 16 to be eligible for the antlerless deer permit lottery. The application is on your 2020 license. Starting Aug. 1 -Dec. 31, an applicant can go on line at MassFishHunt and try to win an antlerless deer permit, for the zone that they applied for. Surplus permits will go on sale at a date to be announced.

Striper fishing on the Canal continues to give some impressive strip up ers, but many need to be released. There have also been numerous people fighting at the famous fishing spot, which has turned off a lot of angers that once enjoyed the area for fishing, but now go somewhere else. Most anglers at the canal are there to fish and enjoy themselves, but the few that are causing the problems need to

be banned from the area,



before it is too late. Closing the canal to fishing would be a terrible loss to the responsible law-abiding anglers.

The canal is over 100 years old, and was considered an engineering marvel back in the day. Under private ownership back in 1914, it was redesigned and reconstructed under federal ownership in the1930's.

Congress directed the US Army Corps of Engineers on March 31, 1928 under authority of the Rivers & Harbors act of 1927 to operate and improve the foundering canal. It was purchased by the federal government for \$11,500,000 on July 22, 2018. The canal is rich in history. Now anglers enjoy some of the best striper fishing around. Fluke fishing remains fair around Block Island, but Bluefish and Dogfish need to be dealt with. Numerous large seabass are also being caught. Lots of big bluefish are raising havoc with bass fishing anglers, cutting their expensive eels in half, or

g even worse.

Freshwater bass fishing anglers are catching some impressive Smallmouth bass at Webster Lake. Bass anglers that do not mind doing a bit of work catching their own bait, can walk along the shallow water on small ponds and catch some crayfish by turning over small to medium rocks. They are fast so you also need to be ready when you slowly and gently lift the rocks. It can be a great family affair, and the bait is dynamite for smallmouth bass. Give it a try.

Wild Blueberries are

Protect yourself against financial scammers



It's unfortunate, but true: During this period of economic uncertainty, one of the busiest "industries" has been financial scamming. But it goes on even during normal times, too, so you'll want to know what to look for, and how to defend yourself.

For starters, just how widespread is financial fraud? Consider this: In 2019, more than 3.2 million fraud cases were reported to the Federal Trade Commission, with identity theft being the most common type of fraud, accounting for about one-fifth of the overall cases. And fraudulent new accounts (mortgages, student loans, car loans and credit cards) amounted to about \$3.4 billion in 2018, according to a study by Javelin Strategy & Research.

To help yourself from being victimized, consider the following suggestions. They are certainly not an exhaustive list, but they should prove useful.

Watch out for unsecure websites. Make sure a website is secure before entering any payment or personal information. Look for sites that start with HTTPS, rather than those with just HTTP, which are not secure and can be hacked. But even a site with HTTPS can still be used by scammers, so, if you don't recognize the name of the company or group that's requesting your information, do some research to make sure it's legitimate.

Review your credit reports. As mentioned above, the fraudulent opening of new accounts is a big source of financial scams. To be sure nobody has opened new accounts under your name, try to review your credit reports at least once a year. You can get them for free at AnnualCreditReport.com.

The at Annual Creuti Report. com.

now ready for picking. This writer found some high bush berries ready for the picking last week, and I have been eating them every day. They sure taste better than the cultivated ones, and they are free.

Take A Kid Fishing & Keep Them Rods Bending! This week's picture shows a young lady with a nice doormat fluke.

Love Lavender!

Lush lavender has found a home in many New England gardens, and with good reason. The fragrant flowers are not only a favorite to display, but the popular herb also boasts many medicinal and practical uses. Since the time of the

ancient Greeks, lavender

has been hailed as remedy for everything from insomnia to moth invasions. With a renewed interest in the virtues of herbs, this week's column will review how lovely lavender can be utilized in an array of duties all around the house.

Did you know lavender blossoms and leaves can be used instead of rosemary in many recipes? Try it to add a dash of color as well as flavor to your next gourmet dish.

Lavender lemonade is a summertime favorite. Here's a classic recipe using fresh lavender from the garden: Victorian Lavender Lemonade Ingredients: five cups water; one and one half cups sugar; 12 stems fresh lavender; two and one quarter cups lemon juice Directions: Boil two and one half cups of water with the sugar. Add the lavender stems and remove from heat. Place on the lid and let cool. When cool, add two and one half cups water and the lemon juice. Strain out the lavender. Serve the lavender lemonade with crushed ice and garnish with lavender blossoms and lemon wedges. Serves eight tall glasses over ice.

Drying tip: Dry lavender by harvesting it on a dry day and tying into bundles. Hang the bundle bouquets out of direct and allow to completely dry. * * * * * * Essence of Lavender: Lavender essential oil is a concentrated form of lavender that lends itself to many convenient uses. It takes about 175 pounds of fresh

convenient uses. It takes about 175 pounds of fresh lavender flowers to produce a single pound of lavender oil! A little goes a long way,

as one drop of lavender essential oil can be equal to one ounce of the fresh plant.

Did you know pure essential oil of lavender is proven more antiseptic than many commercial chemical disinfectants? Make up your own spray by adding 20 drops of pure essential oil of lavender to one cup of water. Pour into a spritz bottle and use around the house to kill germs on surfaces.

Lavender oil also comes in handy when you vacuum. Just place a few drops on the vac bag before vacuuming to cut down on dust microbes that trigger allergies.

For generations, minor burns have reportedly been soothed by applying lavender oil immediately after the injury occurs. If done in time, the lavender can prevent a blister from forming and ease the hurt with its pain killing properties.

Lavender's role in inducing calm is legendary. Here are two remedies to try: Mix a little lavender essential oil with a carrier oil and massage on the bottom of the feet to soothe away stress. Or place a drop or two of the oil on a cotton ball and tuck it inside a pillowcase to lull you off to sleep.

Turn To **TRAINOR** page A9

Follow up on fraud. If you've already been victimized by having new accounts opened in your name, contact one of the three major credit reporting agencies (Experian, Equifax or TransUnion) and place a 90-day fraud alert on your credit file. You might also want to file a complaint with the Federal Trade Commission, print it out and file it with your local law enforcement agency. And it's also a good idea to contact the fraud department of the financial companies where the thief has opened a fraudulent account in your name.

Be alert for suspicious links. "Phishers" have gotten quite good at sending out messages that look like they're from reputable businesses. But if you examine these messages carefullv. vou can usually determine if there's something off about them. For example, no legitimate business will tell you, via this type of message, that you have to "correct your account" by providing additional information. And if you do hit the link provided, and it takes you to a third-party site, you can be pretty sure it's bogus.

Resist "act now" offers. If you get an offer, via phone or online, urging you to "act immediately" on an investment opportunity, discontinue the communication. No reputable financial advisor will ever try to force you to take such swift action, and if an investment is legitimate, it will be available tomorrow, next week and next year.

Use your shredder. You probably have the option to "go paperless" with all your banks and financial services providers, but, if you still do receive paper documents, be sure to shred them when they're no longer needed.

You save and invest for years to help achieve your long-term goals. Don't let any of your efforts be undone by financial fraudsters.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Please contact Darren Parent, your local Edward Jones Advisor at 5 Albert St., Auburn, MA 01501 Tel: 508-832-5385 or Darren.parent@ edwardjones.com. Edward Jones, member SIPC.



Ephemera that was saved from the trash

Merriam Webster defines ephemera as "something of no lasting significance." Their second definition reads "paper items (such as posters, broadsides, and tickets) that were originally meant to be discarded after use but have since become collectibles."

Ephemera was not meant to be preserved. Posters were used to promote events like movies, plays, the circus, sport matches or to advertise products. The posters were typically ripped down after the event or another poster was plastered over them.

Tickets were typically ripped or punched. Most people threw them away as soon as the event ended.

Merriam Webster's definition for a broadside is "a sizable sheet of paper Broadsides printed on one side." documented events prior to the Revolutionary War, during the Civil War, and throughout other significant times in history. They were intended to inform the public and were not expected to last long after they were printed

There are also other types of ephemera not included in Merriam Webster's definition. Postcards were meant to communicate with family and friends and then be thrown away. Programs for a play or sporting event provided you information on the event and performers or players. Most were not saved. Locally, Whitney in Worcester



ANTIQUES, Collectibles & ESTATES

WAYNE TUISKULA

played a big part in producing greeting cards. Those made in Worcester and elsewhere were usually discarded after the holiday or event passed.

As with other antiques or collectibles, it is often the things that most people threw away that are the most collectible. Some ephemeral pieces can bring large sums at auction.

A 1959 ticket for a John F. Kennedy speech in Nashville, TN signed by JFK, Robert Kennedv and Jackie Kennedv sold for over \$8,000 last year. A "Mountain Road" lot-

tery ticket signed by George Washington brought \$12,500 this year. The tickets were sold to raise funds for a proposed road to a resort in Virginia. A ticket stub for Michael Jordan's first NBA basketball game from 1984 went for over \$36,000 at auction in 2018.

Real photo postcards are actual photographs with a postcard back and some can be quite valuable. A real photo postcard that read "WRIGHT AEROPLANE COLLEGE PARK MD OCT '09" pictured the Wright Brothers' airplane. It sold for \$10,000 in 2017. A 1964 Beatles postcard signed by all four reached over \$18,000. As you might expect, sports related postcards can be some of the most valuable. A 1915 Red Sox team real photo postcard that included Babe Ruth during his rookie year fetched

\$80,000.

A six-color broadside offering sale of Missouri lands in 40 acre or more lots by the Hannibal & St. Joseph's Railroad brought nearly \$20,000 in 2013. A broadside advertising a \$100,000 reward for Abraham Lincoln's assassins sold for \$80,000 in 2009. A rare July 1776 printed broadside of the Declaration of Independence sold at auction in 2016. The Massachusetts-Bay Colony's Authorized Edition was printed by Ezekiel Russell of Salem, Mass. It realized over \$500.000.

An 1892 Henri de Toulose-Lautrec poster, "AMBASSADEURS / ARISTIDE BRUANT," brought \$50,000 in 2016. An 1864 campaign poster for Abraham Lincoln and Andrew Johnson sold for \$250,000 last year. A 1932 movie poster for the Boris Karloff's "The Old Dark House," which was said to be one of two known to exist, went for \$950,000 in 2019. Bela Lugosi's IMDb profile shows his highest salary for a film was \$5,000. Lugosi would have had to make 190 films to pay for the poster.

We will soon be hosting an online auction in Warren, RI. We are planning an estate sale in Auburn later this summer. We also will be offering toys from a huge collection in multiple online auctions. The first auctions will feature diecast cars and later auctions will feature some of the finest antique toys that we have handled. Please keep checking www.centralmassauctions. com for details.



Contact us at: Wavne Tuiskula Auctioneer/Appraiser Central Mass Auctions for Antique Auctions, Estate Sales and Appraisal Services www.centralmassauctions.com (508-612-6111) info@centralmassauctions.com.

The decisions that change your life

The decisions that we make determine the trajectory of our lives.

Last week, this column spoke of the choices we make. I said that we are who we are, what we are, and where we are in life because of the decisions we've made ... and it's true. If you take a pad of paper and begin backtracking, step by step and decision by decision, your current situation, both good and bad, become clear. You are where you are because of the decisions and choices you made. That's true for all of us.

I received an email disputing my claim. The writer said, "I'm a victim of circumstances. I've lost everything and none of it was based upon my decisions. My life has always been in the hands of others.

My first question is. "Why is your life in the hands of others? Are they

sions for you? Probably not." And that question leads me to my next question, "What decision that you made placed you in their hands?"

Blaming others is easy. "It's not my fault!" To blame others is also a decision you make and an awfully bad one. It's a decision to not accept responsibility for your results.

Let's say that circumstances were such that they were completely out of your control. My next question would be, "What decisions are you making now to pull yourself out of this mess?" You can blame others and say it's not your fault, but you must accept responsibility to move forward. The decisions you make will pull you out of the situation.

I was diagnosed with cancer earlier this year. I don't know why. Maybe environmental ... maybe don't blame others or take a fatalist view. I decided to do the research and find the right team of doctors at the right medical facility to give me the best chances to live. I decided that I was going to fight and win. I decided that I'll die someday, but not today ... and not from this.

Many people accept their diagnosis, get their life in order, then go home to await the end. I chose differently. I decided not to die from cancer and that decision pushed me to make other decisions to find the right medical team and treatment. I am where I am now in my medical care because of decisions I've made.

The quality of our lives is determined by the decisions we make.

A friend on LinkedIn posted something this morning that I found interesting and an example of how decisions impact results.

"If you have a bar of iron. it's worth dolfive lars. If you make the into iron horseshoes, value the

increases to twelve dollars. That decision more than doubles the value of your investment.

Now, take the same bar of iron and turn it into simple sewing needles. The value becomes thirty-five hundred dollars.

But if you turn that same five-dollar bar of iron into springs for Swiss watches, the value becomes an astonishing three-hundred thousand dollars. The decision you make of what you do with your iron gives you a variety of values and outcomes." The decisions you make about how you live your life are the same. The quality and value of your life are determined



than our conditions, if we carefully learn to do certain things, we can accomplish our goals."

sions rather

What about your decisions? Who you associate with, what you read, the importance you put into receiving training and/or education ... it all impacts your life by the decisions you are able to make based upon the knowledge you have.

You are influenced greatly by the people you spend the most time with. Choose your friends wiselv.

You are who you are, where you are and what you are in your life based by what you allow into

in determines the decisions you make. Read good books and choose your entertainment wisely. Don't allow negativity into your mind. Chose what and who you allow into your head.

Finally, I'll share that I've never met a successful pessimist. The most successful people I have ever met are also the most optimistic. Successful people are those that believe in their success before it happens and they make the decisions to make it so.

Choose to be optimistic in all that you do.

What decisions will you make today?

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

Keep your landscape looking good with less effort

Keep your garden 1 o o k ing its best and reduce your workload by enlist-

ing prac-

tices that provide multiple benefits. Your garden will flourish and you'll have more time to enjoy its beauty.

Put your yard waste to work in your garden. You'll save time hauling plant debris to the recycling center and money spent buying bagged material. Use shredded leaves, evergreen needles, herbicide-free grass clippings or other pest- and weed-free organic material as mulch. Spread a one to two-inch layer of these materials over the soil around annual and perennial flowers and vegetables.

Use woodchips and shredded bark to mulch pathways, trees, and

GARDEN Moments MELINDA **MYERS**

shrubs. Consider joining forces with your neighbors, renting a chipper, and turning brush into

mulch for your landscape. Maintain a two- to three-inch layer of mulch around these plants. And keep the mulch away from tree trunks and the crowns of the plants.

Organic mulch helps conserve moisture, reduce weeds, and improve the soil as it breaks down. So, you get multiple benefits from this one task while burning a few calories and strengthening your muscles

Water plants thorough-ly and less frequently whenever you irrigate the garden. This encourages deep roots, making your plants more drought tolerant and pest resistant. Water early in the day to reduce water lost to evaporation. And consider using drip irrigation or soaker hoses to deliver water right to the plant roots where it is needed.

Check container gardens daily. Water thor-oughly until the excess water runs out the bottom. Or enlist the help of one of

TRAINOR

continued from page A8

NOTE: Use herbs and essential oils at your own risk and only under proper direction. Consult an herb guide for direction on usage.

Win Dinner for Two at the Publick House

Your tips can win you a great dinner for two at the historic Publick House Historic Inn in Sturbridge! Simply send in a hint to be entered into a random drawing. One winner per month will win a fabulous three course dinner for two at the renown restaurant, located on Route 131 across the town common

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

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

the many container irrigation systems. Consider using a slow release fertilizer when needed to keep plants thriving with less effort. These types of fertilizers provide a slow, steady release of nutrients for balanced growth with-out sacrificing flowers or burning drought stressed plants.

Don't forget your trees and shrubs. Proper watering will also improve their health. Water new plantings and moisture lovers whenever the top few inches of soil are dry. Even established trees and shrubs need a helping hand during extended periods of drought. Always water thoroughly to encourage deep, drought-resistant roots. Keep mowing your lawn as long as your grass is actively growing. Mow high since taller grass is better able to out com-

pete the weeds and forms deeper roots, making it more drought tolerant. Minimize the stress by removing no more than a third of the total grass height each time you mow.

Always use a sharp mower blade. Sharp Sharp blades cut more efficiently, saving you time whenever you mow. You'll consume 22 percent less fuel and the lawn will use up to 30% less water when using sharp blades. Plus, the clean cut will be less noticeable and the wound will close quickly, helping you grow a healthy, bet-ter-looking lawn.

Be sure to leave grass clippings on the lawn. They add nutrients, moisture, and organic matter to the soil. A season's worth of clippings is equal to one fertilizer application. So every time you

Melinda Myers

mow you are fertilizing the lawn and improving the soil.

Finish every garden chore with a bit of cleanup. Sweep clippings, plant debris and fertilizer off walks, drives and patios, so it won't wash into storm sewers. Keeping plant debris out of our waterways is good for us and the environment.

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



Manage weeds by using woodchips or shredded bark to mulch pathways and garden beds.

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¹DETAILS OF OFFER: Offer expires 8/1/2020. Not valid with other offers or prior purchases. Get \$330 off each window and \$725 off each patio/entry door and 25 months \$0 down, 0 monthly payments, 0% interest when you purchase four (4) or more windows or patio/entry doors between 7/5/2020 and 8/1/2020. Military discount applies to all active duty, veterans and retired military gersonnel. Military discount equals \$300 off your entire purchase and applies after all other discounts, no minimum purchase required. Subject to credit approxel, 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 military acomparison 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 locations are independently owned and operated. "Renewal by Andersen" and all other marks where denoted are trademarks of Andersen Corporation. @2020 Andersen Corporation. @2020 Lead Surge LLC. All rights reserved.

OBITUARIES

Robert G. Lachapelle, 86



WHITINSVILLE-Robert Lachapelle, 86, of Edgemere Ave. died at home on Tuesday, June 30, 2020, after a brief illness.

on January 22, 1934, a son of Joseph and G. Leoza Lachapelle, and was a lifelong resident.

Pauline.

Judith A. "Judy" Mills

and was a US Army

Veteran of the Korean

He is survived by a son, Robert J. Lachapelle and his

wife, Veronica, of RI, and daughter, Joan Austin and her husband, Eric, of NC; 4 grandchildren, Elizabeth Walker and her husband, Robert, Jessica Glennon and her husband, Jason, Alison Heney and her husband, Christopher and Robert Lachapelle; 7 great-grand-children, Kate, Finn, Duggan, Jason, Owen, Grace and Maeve; a brother Norman Lachapelle; 3 sisters, Florence Kilmurray, Jacqueline Blinkhorn, and Anne Woodward; his companion of 31 years, Pauline Malinowski; and many nieces and nephews. He was predeceased by Jeannette Glode, Rita Baines, Loretta Bikes, Alberta Rabitor, Leoza Kuhnel, Joseph, Charles, Henry "Donat", Francis, Clarence, Gerard, Richard, Phillipe Norman, and Phillipe. Bob was born in Whitinsville

(Contois) Bob was educated in the Northbridge Public School System

many years working as a construction

supervisor for Boston Development

Associates and Rand Industries. He

worked hard building commercial con-

struction projects throughout the coun-

try. He was a longtime member of St.

Patrick's Church. He loved his family.

He enjoyed his work, walking, morning

coffee with retirees, and evenings with

Bob always said, 'After I'm gone,

A private burial will be held at St.

Judy was a world traveler, along

with her best friend that she was recent-

ly predeceased by, Muriel Morin, they

enjoyed taking yearly cruises, visiting

interesting places like Greece, Rome,

Morocco, and the Caribbean. She also

took trips with Foxy Travel, and made

yearly visits to LasVegas. She loved

baseball, was an avid Red Sox fan,

enjoyed dining out. She was a longtime

be held on Fri. July 17 at 11 AM in

Good Shepherd Church, 121 Linwood

St., Linwood. Memorial calling hours

will be held prior to Mass from 9:30-

10:30 in Tancrell-Jackman Funeral

Home, 35 Snowling Rd., Uxbridge. In

lieu of flowers, donations in her mem-

ory may be made to: Good Shepherd

Church, P.O Box 517, Linwood, MA

01525. To leave a condolence mes-

sage for her family please visit: www.

Jackmanfuneralhomes.com

Her memorial funeral Mass will

member of Good Shepherd Church.

when you think of me, smile'. Please

Patrick's Cemetery. To leave a condo-

lence message for the family, please

visit www.jackmanfuneralhomes.com

mother as she advanced in years.

take a moment to do just that.



leaves his wife Laurie Lee and son Sam Sharawara of Tucson and brothers, sisters, nieces, cousins and many loyal friends who will always

Paul

remember him. He was loved and will be greatly missed.

Son of the late Mary and Walter Sharawara, Paul was born in Whitinsville, Massachusetts, on September 30, 1952. A sports enthusiast all his life, he played Little League baseball and countless sandlot baseball games in the schoolyard across from his home in Whitinsville with kids who became his lifelong friends. A wonderful athlete, he participated in Whitinsville community sports, and played baseball, basketball and football in high school. He was a 1970 graduate of Northbridge High School, and had planned on celebrating a 50th reunion and seeing friends and family in Massachusetts.

After attending the University of Tampa, Paul arrived in Tucson about 40 years ago, after a friend recommended Tucson and the probability of work in the hotel industry. Some time after being hired by Marriott, Paul met Laurie and in 1982 they married in Tucson, where their son Sam was born and raised. Paul put his love of sports into practice and passed it on to another generation by coaching youth soccer, Little League baseball and Pop Warner football. Laurie recalls that when Paul was the sole coach of Sam's kindergarten soccer team, more time may have been spent gathering children around the ball, than was spent passing or kicking the ball.

Keeping up with his own exercise routine, Paul was the catcher for his Fast Pitch team in Tucson for twenty years, until he and some of his teammates switched to a sport a little easier on the joints and got out their golf clubs. Paul was an avid golfer and never missed an opportunity to play with his close golfing buddies in Tucson, or with family and friends in Massachusetts. He was a lifelong Red Sox fan, and as a Buccaneer fan looked

Paul Sharawara

Sharawara

died peacefully in his

sleep on June 15, 2020

at home in Tucson,

Arizona. His passing

was unexpected. He

forward to seeing how Tom Brady and Gronk would do at Tampa Bay. It has been said that no one needed a Smart Phone when Paul was around to answer a question about history or geography. He enjoyed reading and often pulled out an encyclopedia volume if he had a question himself or to

read at his leisure. During his time with Marriott, Paul's interest in facility maintenance grew, and to further his knowledge he took courses in refrigeration, air conditioning and other electrical work.

Paul also worked for Hilton Hotels, and Broadway Proper, an independent living facility in Tucson. At the time of his passing, Paul was the Facilities Manager for Saint Ambrose Catholic School in Tucson, where he worked for the past fifteen years.

We wish to express our heartfelt thanks to the many friends and members of the Saint Ambrose community who have offered their assistance and reached out to express their sympathy and to let us know that Paul was loved and will be missed.

In addition to his wife Laurie and son Sam. Paul leaves his brothers John Sharawara (Carolyn Cooper) of Tucson and Peter Sharawara of Massachusetts; sisters Elizabeth Sharawara (John Dieckmann) and Mary Ellen Stansky (John) of Massachusetts; nieces Emily Sharawara (Paul Leonetti), Julie Sharawara(MattFitzsimons), Christina Dieckmann, Carolyn Dieckmann, Kathleen Dieckmann (George Flores), Anna Stansky Murphy (Kyle), Jenna Stansky and Elena Stansky; grand-nephews Taylor Leonetti and Cooper Fitzsimons; brother-in-law Bill Lee and sister-in-law Raeme Jaloweic, and cousins.

A Mass in celebration of Paul's life will be held at Saint Ambrose Parish on a date to be determined after COVID restrictions are lifted. In lieu of flowers, memorial contributions may be made to Casa Maria, 491 E. 26th Street, Tucson AZ 85713 (donations webpage

casamariatucson.org), or a charity of your choice. To leave a message of condolence for Paul's family, please search for "Paul Sharawara 1952-2020 Obituary Legacy.com".

Services provided by Adair Funeral Homes – Dodge Chapel

1050 North Dodge Boulevard Tucson, Arizona 85716

Input sought on Uxbridge Open Space & Recreation Plan

Dean's, President's Lists Students named for UA Spring Term

TUSCALOOSA, Ala. — A total of 16,470 students enrolled during the 2020 spring semester at The University of Alabama were named to the Dean's List with an academic record of 3.5 or above or the President's List with an academic record of 4.0 (all A's).

LINWOOD- Judith A. "Judy" (Matte) Mills, passed away at Milford Hospital on Fri. July 10, 2020 after a period of declining health.

She is survived by her brother, Robert H. Matte with whom

she lived, several cousins, and several good friends. Born in Whitinsville, MA on July 19, 1948 she was daughter of the late Alfred A. and Margaret "Peg" (Leblanc) Matte. She was raised in Linwood and attended Good Shepherd School, and graduated from Uxbridge High School class of 1966. Judy continued her education at St. Vincent's School of Nursing in Worcester becoming a Registered Nurse. She worked for Milford Hospital, Fogarty Hospital, did private duty nursing, and retired from the Chiropractic Health Center in Whitinsville where she worked for 25 years. She also took great care of her

UXBRIDGE — The town of Uxbridge is updating its Open Space & Recreation Plan.

The updated plan will be used to guide the Town's decisions regarding the use, management, and acquisition of open spaces, conservation areas, parks, and recreational resources over the next seven years. A state-approved updated plan is necessary to qualify for state funding for acquisition and protection of open space and recreational facilities. This survey is being conducted to understand the needs and concerns of Uxbridge residents regarding the Town's open space and recreation facilities. A draft OSRP was last completed in 2008 but was never fully approved. The Open Space Committee and the Central Massachusetts Regional Planning Commission to gather input and prepare the updated plan.

The Town is looking for your comments, suggestions, ideas and priorities for Uxbridge Open Space and Recreation resources. Responses for this survey will be anonymous and not attributed to individuals. Surveys must be completed by Aug. 15. A public forum will be held in early Fall to share the survey results and gather additional comments.

To take the survey, please visit https://www.surveymonkey.com/r/ UxbridgeOSRP.

The UA Dean's and President's lists recognize full-time undergraduate students. The lists do not apply to graduate students or to undergraduate students who take less than a full course load.

Hannah Clayborne of Douglas, named to UA Deans List Faith Adam of Uxbridge, named to UA Presidents List James Stark of Uxbridge, named to UA Presidents List

The University of Alabama, the state's oldest and largest public institution of higher education, is a student-centered research university that draws the best and brightest to an academic community committed to providing a premier undergraduate and graduate education. UA is dedicated to achieving excellence in scholarship, collaboration and intellectual engagement; providing public outreach and service to the state of Alabama and the nation; and nurturing a campus environment that fosters collegiality, respect and inclusivity.



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. WO20P1712EA **CITATION ON PETITION FOR** FORMAL ADJUDICATION Estate of: Nancy E Supple Date of Death: 05/17/2020

To all interested persons:

A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by Thomas J Wickstrom of Whitinsville MA requesting that the Court enter a formal Decree and Order for such other relief as requested in the Petition. The Petitioner requests that Thomas J Wickstrom of Whitinsville MA be appointed as Personal Representative(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 08/11/2020. 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: July 01, 2020

Stephanie K. Fattman, Register of Probate July 17, 2020

Commonwealth of Massachusetts The Trial Court Probate and Family Court Worcester Probate and Family Court 225 Main Street Worcester, MA 01608 (508) 831-2200 Docket No. WO20P1752EA **CITATION ON PETITION FOR** FORMAL ADJUDICATION Estate of: Raymond R Dunlap Date of Death: 12/25/2019

To all interested persons: A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by Catherine A Dunlap of Uxbridge MA Requesting that the Court enter a for-

mal Decree and Order for such other relief as requested in the Petition. The Petitioner requests that Catherine A Dunlap of Uxbridge MA

be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in an unsupervised administration.

IMPORTANT NOTICE You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on the return day of 08/11/2020. 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: July 02, 2020

Stephanie K. Fattman, **Register of Probate**

July 17, 2020



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WEBSTER LAKE - 112 Gore Rd! NORTH POND! Sucker Brook Cove! 8 Rm, 3 Bdrm, 1.5 Bath Ranch is Ready for You! Southwestern Exposure! Gorgeous Sunsets! Unique Waterfront! An Open Floor Plan! Lake Views from Nearly All Rooms! 2x6 Construction! Energy Efficient Blinds in Every Room! 4 Oil Tanks - Fill Up Once a Year! C/Air! Gas Fireplace! Whole House Fan! Meticulously Cared For! Large workshop! 3 Car Garage! Carport! 2 Sheds w/Electric! Back Yard is Perfect for Family Gatherings! Plenty of Off Street Parking! Summer is Here! \$539,900.00



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WEBSTER - 4 Jeffrey St! 5 Rm, 2 Bdrm Bath Ranch! ¼ Acre Lot! Liv Rm w/ Cathedrals & Bay Window! Eat-in Kit w Isl! Master w/Walk-in Closet & Full Bath! Hall Bath w/Laundry! Freshly Painted Int! Front & Rear Decks! Partially Fenced Yard! Oil Heat! Town Services! Garage! Lakeside Beach & Boat Ramp Near! \$249,900.00

OXFORD - 377 Main St! 9 Rm Center Hall Colonial! .59 Acre Corner Lot! Charm of Yesteryear! Eat-In rrpicu Grainte nit worpdated can inets, Frpled Din Rm w Built-in China Cabinet & Butler Closet! Gra-rious Fover! Spacious Froled Liv Rm! Breezeway to a Home Office or Sunroom! Bdrms wHrdwds & Ample Lot! Charm of Yesteryear! Eat-In Frplcd Granite Kit w/Updated Caban Unfinished Cathedral Ceiling Fam Rm or Craft Rm! Sit on the Front Closet Space! Full Tile Bath w/Linen Porch and Enjoy Morning Coffee or Evening Tea! Huge 2-Car Garage w/Loft-Storage Area! Mature Tree Studded Yard! \$339,000.00 Heat! C/Air! Garage! \$249,000.00

ON DEPOSIT

DUDLEY - 8 Tanvard Rd! 5 Rm 3 Bdrm Ranch! Some Sweat Equity Needed! 13,000' Lot! Eat-in Kit! Liv Rm w/Hrdwd Closet! Unfinished Lower Level! Ga

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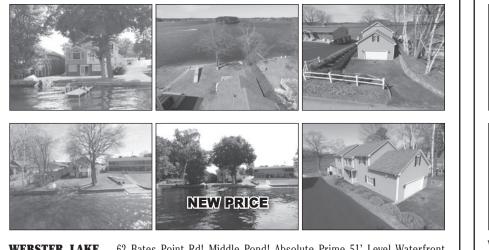
ON DEPOSIT



WEBSTER LAKE WATERFRONT - 3 Lakeview Rd! Middle Pond - Reid Smith Cove! Ideal Summer or Yr Round 6 Rm Ranch! Western Expo - Beautiful Sunsets! Near All the Excitement that "Indian Ranch" provides, Dining, Concerts & the Indian Princess! An Arched Bridge to Your Own Private Island, a Great Place to Enjoy the Lake from! Open Flr Plan! Being Sold Fully Furnished! Recent Kit w/Quartz Counters, Breakfast Bar, SS Appliances, Tile Flr & Recessed Lighting! Liv Rm w/Hrdwd Flr, 6x14 Lake Facing Picture Window & Stone Frolc! 3 Remodeled Bdrms w/Ceiling Fans & Hrdwd Flrs! Master w/Bath & Laundry Closet! Screen Porch w/Lake Views! Dock! Carport! Shed! Still Time for this Summer! \$579,900.00

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media room & spacious 1st floor guest BR Suite w/private bath. Incredible 2nd floor fireplaced lake-facing corner master suite w/ luxurious private bath, 3 more 2nd floor BRs & full bath! It Truly is a Great Opportunity to Own Something Special! Remember, Timing Is Everything! \$1,075,000.

WEBSTER LAKE - 32 JACKSON RD



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Worcester Academy And Headmaster's List

WORCESTER — Worcester Academy proudly announces its Honor Roll and Headmaster's List for Semester 2 of the 2019-2020 School Year. The honors represent the achievements that each of these Worcester Academy students has earned through academic excellence, challenge, and personal growth.

Among the students are:

Larissa Dowd of Northbridge, 10, First Honors. Jeffrey Robinson of Whitinsville, 10, First Honors.

Allison Athanas of Whitinsville, 11, First Honors.

Lena Dresp of Northbridge, 10, Headmaster's List.

Samuel Boltruczyk of Douglas, 12, Headmaster's List.

Tyler Martin of Douglas, 12, Headmaster's List.

Grace Robinson of Whitinsville, 12, Headmaster's List. About Worcester Academy

day and boarding students in grades 6 through 12 and postgraduates. Through an innovative and thoughtfully designed curriculum, Worcester Academy instills in students a lifelong passion for learning and a foundation of core values that enable them to "Achieve the Honorable" as leaders and world citizens. The school takes pride in its diverse local and international community, and situates its curriculum within a global, multicultural context that helps students develop the independence, confidence, and world-readiness they need to succeed in college and beyond.

Blackstone Valley announces Honor Roll Chamber hosting virtual trivia night

 $REGION-Give \ yourself \ a \ gift \ of \ fun, \ relaxation, \ and \ laughter. \ Join \ your \ friends$ and colleagues at the Blackstone Valley Chamber of Commerce Women's Success Network Virtual Live Trivia Night July 22 from 4:45 to 6:15 p.m. on Zoom.

The program is presented by Sporcle Live Trivia, and will have a game host who will manage the process and make it fun and interesting. Individual or team participation is encouraged. A scoring metric is used, and prizes will be awarded. The program is sponsored by Paramount Realty Group, North Grafton.

Please register by July 20 at www.blackstonevalley.org A confirmation e-mail will be sent after you register with a Zoom link, and specific instructions on how to join the game.

A \$10 donation is suggested and can be paid at the time of registration. For additional information go to Liz O'Neil at loneil@blackstone.org

We look forward to welcoming you. This evening will be a well deserved treat!

The mission of BVCC Women's Success Network is to unite women to achieve Worcester Academy is an exceptional co-educational independent school for their vision of success by creating a community of support and inspiration in their personal and professional lives.

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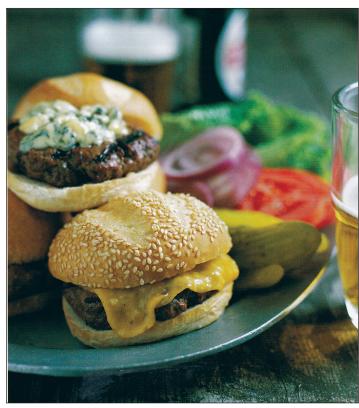


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Master burger cooking for grilling season



Juicy, mouthwatering, hamburgers are a warm weather staple that taste perfect right off the grill. Evervone can benefit from having a tried-and-true burger recipe in his or her repertoire when entertaining a backyard full of guests or enjoying a cozy weeknight meal with the family.

Many things constitute a great burger, including flavorful meat, the right ratio of fat content, a crispy roll or bun, and fresh, cold toppings and condiments. That's all guaranteed and more in this recipe for "The Great American Hamburger and Cheeseburger" from "Mastering the Grill: The Owner's Manual for Outdoor Cooking" (Chronicle Books), by Andrew Schloss & David Joachim.

THE GREAT AMERICAN HAMBURGER AND CHEESEBURGER

(6 servings)

2 pounds ground beef chuck, 85 percent lean 5 tablespoons ice-cold water 1 teaspoon ketchup 1/2 teaspoon ground black pepper Oil for coating grill grate 12 slices good-quality American, provolone, or cheddar cheese (optional) 6 hamburger buns, split

1. Heat the grill to 425 F for gas or achieve light ash for charcoal or light ash for wood.

2. Using your hands, mix the beef, water, ketchup, and pepper in a bowl until well blended; do not overmix. Using a light touch, form into 6 patties no more than 1 inch thick. Refrigerate the burgers until the grill is ready.

3. Brush the grill grate and coat it with oil. Put the burgers on the grill, cover and cook for 7 minutes, flipping after about 4 minutes, for medium-done (150 F, slightly pink). Add a minute per side for well-done (160 F).

4. If you are making cheeseburgers, put 2 slices of cheese on each burger 1 minute before the burgers are going to be done.

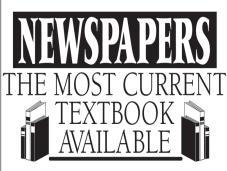
5. To toast the buns, put them cut-sides down directly over the fire for the last minute of cooking.

6. If serving the burgers directly from the grill, serve on the buns. If the burgers will sit, even for a few minutes, keep the buns and the burgers separate until just before eating.

The best garnishes for burgers are the classics: a slice of ripe beefsteak tomato, a mound of sautéed onions, a leaf of romaine lettuce, a dollop of coleslaw, or a few slices of dill pickles.



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