

Auburn News

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Auburn's Brighid Campbell to perform in Worcester State production

WORCESTER — Worcester State University's Visual and Performing Arts (VPA) Department will feature Auburn native and Worcester State Junior Brighid Campbell in an online production of "Dancing with Demons" from April 29 through May 7. The topical and uplifting presentation draws on material from Worcester State's archive of Covid-related materials to tell the tale of heroism, danger, and resurrection.

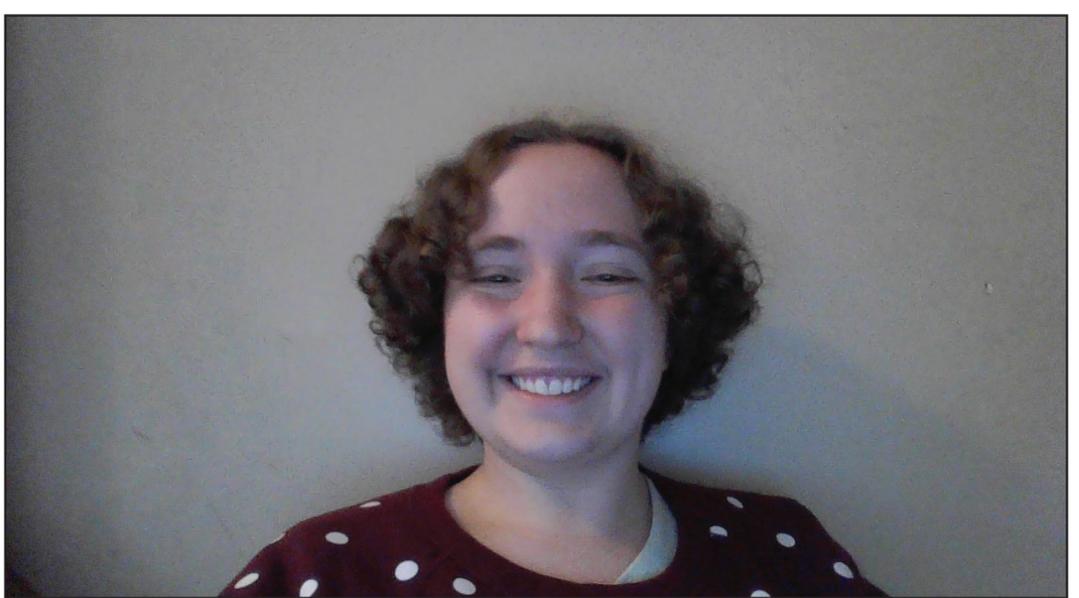
Campbell, a VPA Major at Worcester State, plays the roles of "Social Distancing Demon" and "Everyday Hero." She'll also deliver a monologue in the interdisciplinary production that incorporates theatre, visual art, and music. Campbell and her fellow performers will take viewers on a journey to the mythic, kaleidoscopic world of Covid demons to find an elixir that will heal the fractured world. "Dancing with Demons" is a CitySpeak production, an initiative that aims to provide others with a channel for expression through collaboration with Urban Studies at Worcester State.

"After reading the incredible interviews in the Worcester State COVID archive, I was struck with what a mythic time we are in," said VPA Chair Adam Zahler, Theatre Professor and Director of "Dancing with

Demons." "In the words collected by students and faculty of the Urban Studies Department, we can see the fears and losses we all have experienced, but also the grace, determination, and courage that make this a time of everyday heroes. We're moved and inspired to take our virtual audience on this trip that seeks to capture all that wonderful panoply of humanness, to honor the voices of those who contributed to the archive, and to inject some humor into the world, because right now, we all need to laugh."

Worcester State's VPA Department is scheduled to premier a presentation that features live and filmed scenes at 7:30 p.m. on Thursday, April 29. Nightly replays will run at 7:30 p.m. through Friday, May 7, with a 2 p.m. matinee stream available on Sunday, May 2. All presentations are available to the community via the department's "VPA at Worcester State" YouTube Channel. A link to the shows will be featured on the following Visual and Performing Arts website prior to showtimes: www.worcester.edu/Visual-and-Performing-Arts/.

While viewers will have the opportunity to watch the online production for free, optional donations to support the Theatre Program's Focus on the Arts Fund are welcome and appreciated to



Brighid Campbell

help offset the absence of a typical year's ticket admissions. The fund is critical for supporting conference attendance, guest artists, and other academic endeavors for students. In lieu of admissions, suggested donations include \$7 for students, \$10 for seniors, or \$15. Donations can be made via <http://alumni.worcester.edu/VPArts>.

The production comes on the heels of Worcester State's announcement of plans to offer a new Bachelor of Arts in Theatre, beginning in fall 2021. The degree program will immerse students in a 39-credit program of study that includes an extensive variety of the-

atre courses, performances, and other hands-on, real-world production experience.

As part of the new major's track, 25 of the 39 credits will come from required courses in Acting, Design, Technology, and Dramaturgy. Those studies will be in addition to required work on productions and a senior thesis project. The additional 15 credits will be in the form of "electives," course options that include Theatre for Young Audiences, Stage Combat, Directing and advanced courses in acting and design.

In a typical year, the Theatre Program offers

one student-directed production and two faculty-led productions. New features and creative adaptations for "Dancing with Demons" include the use of green screen technology to make visual effects.

About the Worcester State Visual and Performing Arts Department

The Worcester State Visual and Performing Arts Department offers interdisciplinary and specialized student-centered, artistic education that prepares students for professional lives in the arts. Its educational spaces encompass the Fuller Theater, practice rooms for music, and art stu-

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

Nichols College completes historic fundraising campaign

DUDLEY — Nichols College completed its bicentennial campaign, Securing a Legacy of Leadership, raising more than \$66 million to support capital projects, endowment, and brand-elevating curricular and co-curricular initiatives.

"The Bicentennial Campaign has left an indelible mark on the Nichols experience, from state-of-the-art facilities to critical scholarship aid to new programs that solidify the college's position as a leader in business and professional education," says Nichols College President Susan West Engelkemeyer, Ph.D. "It's a proud achievement for Nichols, to be shared by our donors and the students who benefit most from their generous investment."

The campaign was publicly launched in 2015 with a \$45 million goal, which was surpassed with \$46.1 million in 2017. It was then extended by an additional \$20 million and was recently completed with a total of \$66.1 million. It represented the largest campaign in the institution's 200-year history -- the initial goal of \$45 million was more than triple the college's previous campaign.

Under the leadership of President Engelkemeyer and Campaign Co-chairs John Davis, chair of the Nichols College Board of Trustees, and Gerald Fels, trustee emeritus, the campaign funded the Fels Student Center, a new academic building, and major renovations and upgrades to athletic facilities and the Lombard Dining Hall. The number of endowed scholarships rose from 21 to 83. The college added new academic specializations, experiential learning programs such as the Nichols Consulting Group and the Center for Intelligent Process Automation, and co-curricular initiatives such as the Institute for Women's Leadership and the Emerging Leaders Program.

"The Bicentennial Campaign has shown what we can achieve with visionary leadership, an engaged community, and a compelling case for support," says Co-chair John Davis.

"By preparing Nichols for the next stage in its evolution, it has funded a wealth of resources to prepare our students for theirs -- modern facilities, life-changing scholarships, distinctive learning experiences, and purposeful leadership development."

Co-chair Gerald Fels adds, "The campaign's impact on the future of Nichols cannot

Most Brimfield Antique Show promoters holding off until July

BY KEVIN FLANDERS
STAFF WRITER

BRIMFIELD — The Brimfield Antique Show is returning in a limited capacity next month, with most promoters opting to wait for July.

In March, the Select Board and health officials authorized all three antique shows to take place this year, with tight health restrictions

in place. These include masking, social distancing, and a limit on the number of shoppers allowed on each field.

For many field owners, there wasn't enough time to implement all of the regulations in time for the May 11-16 leg of the show. They plan to return to operations for the July and September shows.

"Everything got voted on so late, and we need time to prepare for all of the regulations. We are looking forward to July," said Darlene Burns, who co-owns the Crystal Brook show field.

Added Pam Moriarty, who owns Heart O' The Mart, "We looked at everything and assessed how we could put all of these regulations in

place. We decided [that opening in May] would not work for everyone involved. We felt that if we waited until July, there would be time to implement everything much better."

The owners of Brimfield Auction Acres, formerly known as J&J Promotions, decided to

Turn To **ANTIQUE** page **A4**

Drone aids local police in locating lost hikers

OXFORD — With help from the Leicester Police Department -- as well as a few eyes in the sky -- Oxford officers were able to locate a pair of lost hikers last month.

The incident occurred just after dark on March 25. The Oxford Police Department was contacted by two hikers who were lost in the Hodges Village and Lanes Quarry area of North Oxford.

Officers requested assistance from the Central Massachusetts Law Enforcement Council's drone unit. Members of the unit happened to be conducting a training exercise nearby and were immediately dispatched to the scene.

Officers from Leicester, Auburn, Uxbridge, Gardner, Boxborough, Southbridge, Charlton, and Harvard were in attendance for the drone



Courtesy

Local police units, including officers from Leicester, recently used a drone to locate lost hikers in Oxford.



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Turn To **DRONE** page **A4**

Mock Code Team at Bay Path: real-life training teaches communication and clinical skills

CHARLTON — The Bay Path Practical Nursing Academy announced the members of 2021 Mock Code Team (MCT): Monique Bull of Worcester, Khamphan Houatchanthara of Southbridge, Carolyn Jenkins of Cherry Valley, Stefanie Lauretano of Webster, Brianna Laforest of Webster, Julia Martinez of Spencer, Meghan Reidy of Auburn, and Tianna Welcome of Oxford.

Each practical nursing student knows every second counts in a code response to save patients' lives. Seconds make a difference in a patient's life. The mock code provides the practical nursing students with real-life training and teaches communication and clinical skills. The MCT acts quickly and efficiently with each member knowing exactly what their role is.

In 2017, the Bay Path Practical Nursing Academy MCT was

formed to improve resuscitation skills and comfort level for practical nursing students. The MCT will meet for a full day preparation, with members practicing as much as possible. On Mock Code Day, scheduled for May 11, the MCT will run the code scenarios multiple times.

According to Gretheline Bolandrina, MSN Ed, RN CRRN Academy Director, "this is not an easy feat in a rigorous practical nursing program." Mock codes are a learning opportunity to make sure that practical nursing students are clear about their role so that there is no hesitation to help, no errors.

"We are lucky to have the expertise of Professor Jennifer DeFilippo, MSN, RN; Professor Cheryl Cahill, MSN, RN; and MSN student from Framingham State University, Tara Johnson, BSN, RN," Bolandrina added.

Since 2017, Mock Code

Day at Bay Path Practical Nursing Academy has been a part of the Nurses Week Celebration. The formation of the MCT increased mock code opportunities and participation to twice an academic year. Participation in mock codes increases comfort level. An effective code team is one who acts safely, efficiently, and saves lives. The MCT aims to be proficient with skills and knowledge, effective with communication, and highly organized. Bay Path Practical Nursing Academy aims to increase the number of times Mock Code Days are held.

"Since a code, in real life is going to be chaotic because it is unplanned and no one can predict when it is going to happen," Bolandrina said, "our goal is to make it a point to have our graduates better prepared, fall into their roles and begin resuscitation."



Courtesy

The Bay Path Practical Nursing Academy announced the members of 2021 Mock Code Team (MCT): Monique Bull of Worcester, Khamphan Houatchanthara of Southbridge, Carolyn Jenkins of Cherry Valley, Stefanie Lauretano of Webster, Brianna Laforest of Webster, Julia Martinez of Spencer, Meghan Reidy of Auburn, and Tianna Welcome of Oxford.

Senators introduce bill targeting fossil fuel industry

BY JASON BLEAU
CORRESPONDENT

WASHINGTON, D.C. — Senators Ed Markey and Elizabeth Warren are joining efforts to pass legislation targeting fossil fuel industries, specifically their benefit from public funds and their lack of transparency of climate related risks.

Both senators introduced legislation on April 15 focusing on changing the expectations and regulations for fossil fuel industries. Markey joined Senators Bernie Sanders and Ilhan Omar in presenting the End Polluter Welfare Act, which Warren has also co-sponsored, that they say would close tax loopholes and end federal subsidies for oils, gas,

and coal industries targeting fossil fuel companies for their role in impacting global warming and pollution including greenhouse gas emissions.

According to a release from Markey's office announcing the proposed Act, American taxpayers provide \$15 billion in federal subsidies to the industry with an estimated \$115 million used for lobbying Congress during the 2020 election season. The Act is also co-sponsored by Senators Jeff Markley, Cory Booker, Chris Van Hollen, and Congresswoman Nanette Diaz Barragan.

"It is ridiculous that the federal government continues to hand out massive giveaways to antiquated fossil fuel industries that are not only financially risky but are also a driving force for climate chaos' devastating wildfires, hurricanes, droughts, floods, and extreme winter storms," said Merkley in a statement. "Those giveaways are even more egregious at a time when working families and small businesses across America — who pay their fair share in taxes — are fighting to get through this pandemic. Enough. It's time to put the health of the American people and our economy above the wish lists of powerful special interests, close these

loopholes, and put an end to taxpayer subsidies for fossil fuels."

The bill would also end federal support of international fossil fuel projects and has received the endorsement of 85 organizations.

Warren introduced a bill of her own on April 15 alongside Representative Sean Casten called the Climate Risk Disclosure Act of 2021. This bill would require public companies to disclose additional information about their exposure to climate-related risks through increased market transparency obligations. The bill has also received support from Markey, as well as 13 other senators and six other congressmen in addition to Casten. If approved in its current form, the bill would require disclosure of greenhouse gas emission data, fossil-fuel related assets, risk management strategies and more.

"It's time to wake up and fight back against giant corporations that want to pollute our environment and ask taxpayers to clean up the mess," said Warren. "I'm glad to reintroduce the Climate Risk Disclosure Act to give investors, and the American public, the power to hold corporations accountable for their role in the climate crisis."

Markey also released a statement on the legislation.

"We can protect our economic stability and protect the planet at the same time," he said. "The climate crisis is an immediate and ongoing threat to our economy, businesses, and communities and everyone needs to know the risks it poses. Our goal is 100 percent clean, renewable, zero-emissions energy sources, and disclosures in our financial system need to reflect the future of that energy system."

Both acts come on the heels of President Joe Biden's American Jobs Plan which includes several calls to action related to reducing greenhouse emissions and tax loopholes for fossil fuel companies.

QCC anticipates reopening of Early Childhood Education Lab School

WORCESTER — Quinsigamond Community College President Luis G. Pedraja, Ph.D. has announced the anticipated reopening of the Early Childhood Education Lab School during the Fall 2021 semester. The Lab School serves as a lab/training site for students in QCC's Early Childhood Education program.

At the onset of the COVID-19 pandemic, the Lab School closed when the College transitioned to remote instruction; however, QCC's Early Childhood Education students continued their education through remote instruction. During remote operations, President Pedraja and the QCC Board of Trustees supported a program review, which examined and renewed the College's commitment to the Lab School.

"This renewed commitment directly responds to the needs of the Early Childhood Education program, and is in accordance with QCC's strategic plan and equity initiative," President Pedraja said. "The Lab School will have a phased reopening that is in accordance with licensure, health, and safety protocols, as is consistent with the reopening plans of the College."

Last month QCC released its plans to resume in-person services for the Fall 2021 semester following all health and safety protocols, while continuing to maintain strong online course offerings and student support services.

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

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“We need to build that community”

LOCAL 4 LIFE SEEKS TO CONNECT PEOPLE TO FARMS AND BUSINESSES



Courtesy

Some of Walnut Lane Farm's cows graze one of their fields in Dudley.

BY GUS STEEVES
CORRESPONDENT

REGION – As Covid and other issues highlight the vulnerabilities and corporate consolidation of the large-scale food system, efforts are underfoot to promote independence of it on the local level.

Some have existed for years, such as the Central Mass Grown campaign. One is new, and more specifically focused on Dudley, Charlton and the immediate surrounding area.

Called “Local 4 Life,” it’s the brainchild of two fifth-grade science teachers, Erin Anderson and Wendy Kalwarczyk, who saw it as a natural outgrowth of teaching their student “the environmental impacts of keeping things local,” Anderson said.

They’ve been taking their students on field trips to local farms like Charlton’s Fay Mountain Farm, but were surprised to find many didn’t even know the place existed.

“Kids don’t make the connection that there are chickens on a farm and that’s what they’re eating,” she noted.

Of course, all too often, the birds they see running around are not becoming the meat or eggs on their plate. In our current food system, the vast majority of food is considered “commodities” and controlled by a handful of giant corporations. Most pork, beef and chicken is raised in massive, “controlled animal feeding operations,” fed on various things that often include plants they don’t normally eat and remnants of other animals, pumped full of hormones and antibiotics to promote fast growth, and crowded together with little actual access to the outdoors.

Similarly, huge-farm crops are mechanized – planted by formula by computer-controlled machinery in massive single-species fields where almost every other living thing has been destroyed by poison and other means. In both cases, it’s high tech, high cost, high waste production and highly fossil fuel

dependent, but very often with only a handful of people.

Local farms generally don’t do any of those things, typically because they can’t afford to. Whether they’re conventional or organic (officially or otherwise), they focus on getting people involved.

“We need to build that community, get more people interested in being on [local] farms,” said Whitney DeCiccio of Charlton’s Abundance Family Farm. “... Farmers are really busy at this time [of year], but always need help.”

Usually, she noted, local farms just have “two or three people standing behind them” doing most of the work. But her goal for years has been to encourage people to come together and help each other, to “bring it back to what it was in previous years.”

That means we need more farm stands, more CSAs, more people willing to help build things, plant and maintain crops, care for animals, and even simply help pull trucks out of the mud.

As Jim Hightower wrote in the March-April Hightower Lowdown’s “State of the Plate 2021” edition, “As we’ve seen again and again this past year, the essential ingredient in a resilient food system is the human spirit – the very element the corporatizers are most determined to eliminate. When Covid-19 slammed into the economy last spring ... the grit, ingenuity and community commitment of independent providers quickly kicked into gear” by filling the gaps the commodities could not at local pantries, schools, shelters and other places. In many places, he notes, local farms found their restaurant customers closing, but saw growth in CSA and farm stand customers.

“One farm stand is not the big solution, of course, but community just might be,” Hightower wrote. “Turns out, the can-do, mutual aid spirit is more productive than all financial metrics combined.”

That is Anderson’s whole point, too. She noted the pandemic “opened people’s eyes” by creating a commodity meat shortage in area supermarkets. The local farms, on the other hand, “were pretty much stocked” and saw growth in their business as a result.

“We definitely want to connect the community with

local farms and local businesses,” she said.

That starts young. She’s been teaching science for 20 years, and is a big believer in “hands-on learning.” It’s especially important when it comes to understanding food, how plants grow and the related interconnections of Nature.

“Each year, we plant a seed and watch it grow. It’s amazing how many kids don’t even know what’s going to happen,” Anderson said, noting her goal is to change that.

Going forward, Local 4 Life hopes to do so by hosting and participating in various kinds of events in the region. Their first was a Snow Moon hike in February at Walnut Lane Farm in Dudley. Anderson said they have a “Homegrown Tour” running this week; are part of a “Farmer Line-up Sidewalk Sale” May 23 at Webster’s Rose Room; are working with DeCiccio on workshops, possibly in May; and are planning for summer camps at various area farms to help kids five to 12 learn about plant and animal lifecycles, tools and other farm concerns.

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

Auburn News

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Board of Health discusses school concerns

BY JASON BLEAU
CORRESPONDENT

CHARLTON – The Charlton Board of Health discussed several topics relating to the continued impact of the COVID-19 pandemic on the Dudley Charlton Regional School District during a meeting in early April.

Several school-related issues were brought to the table late in the meeting including the fate of a pair of traditional year-ending events that were cancelled in 2020 when the pandemic was at its height, graduation and prom. Board of Health Chair Kathleen Walker recently sat in on a webinar with the Department of Elementary and Secondary Education where it was recommended that these events be discussed between school and health officials before being cancelled.

“DESE recommends that local schools should make their decisions in consultation with local boards of health. The Dudley Board of Health did reach out to ask if we should meet together to consult with the school system and that notice was passed on to the principals and the superintendent. They all wrote back that they were taking quite a bit of precautions to prevent any spreading of the virus,” Walker said.

Charlton Health Director Jim Philbrook, who also sat in on the Webinar with DESE, said he

was a bit put off by comments made by Anne Gilligan, Safe & Healthy Schools Coordinator for DESE, who said that such decisions would be shared among the Board of Health and school officials regarding prom.

“I think matters of public health should be decided by the local board and the school department should have some kind of say, because they definitely control the student body, but I think this is a board decision,” Philbrook said. “I’m not in favor of totally canceling. I don’t think we have to cancel proms, but I think they should be put off for where the students would not return to school after the prom because they would no longer be a risk to the school because they’d be graduated. That’s going to be between Dudley and Charlton Boards of Health, but I don’t think we should leave it solely to the school department to make a decision on public health matters.”

While Kathleen Walker admitted her grandchildren, who attend the district, have implied that prom will be taking place in an indoor and outdoor format to promote social distancing, she also stressed that this information was not provided to her by school officials.

Another discussion involving the district saw Philbrook report that school officials failed to disclose that around 54 students had been forced to quarantine after coming in close contact

with a potential COVID infected individual. Philbrook said he learned of this through social media rather than from the district itself. He proceeded to reach out to the school district and felt the matter was the result of a breakdown in communication.

“I know they’re very busy, but the nurses had the ability just to say we have a current case and we’re going to be quarantining many children just to give you the heads up. They’re not allowed to do that anymore since the new COVID coordinator was hired so they have to run it up the chain and when it gets to the end there seems to be a stop there,” Philbrook said. “I think that’s going to be corrected. I know they’re all working really hard. The school nurses do a great job as well as all the teachers. I think it’s just a communication issue with the new person being hired.”

The issue received responses from the other members of the Board of Health. Board Vice-Chair Jon Sandborn called the issue “a little surprising,” saying he hopes it is being remedied while the board’s third member Matthew Gagner commented that he hopes it was a misunderstanding that will be corrected.

The Charlton Board of Health closed the discussion confirming their intent to discuss the fate of school activities like prom and graduation with Dudley health officials before sending a recommendation to the school district.

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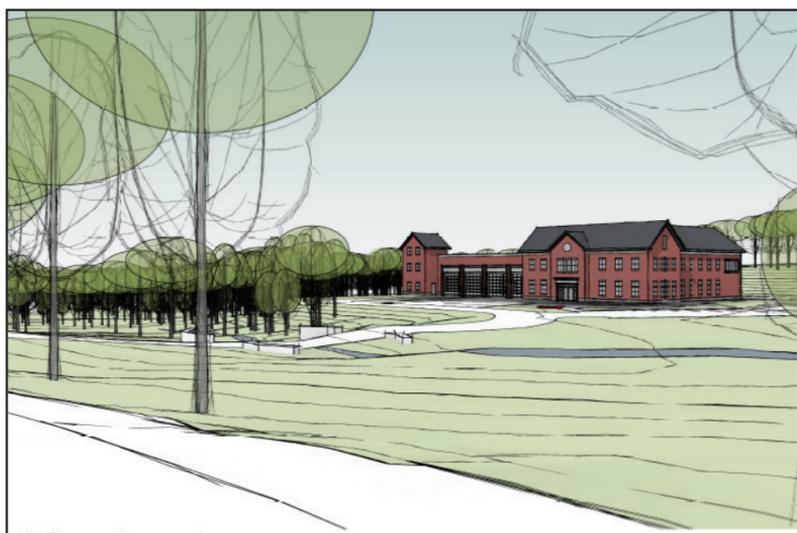
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Committee unveils details of proposed fire station



Courtesy Photos

A conceptual design of the proposed Charlton Fire Station from the view of Masonic Home Road.

BY JASON BLEAU
CORRESPONDENT

CHARLTON – The Charlton Board of Selectmen got their first look at the newly revised plan for a new fire station during a livestreamed meeting on April 13. Members of the Fire Station

Building Committee were present for the meeting showcasing floor plans and proposed exterior conceptual art for the fire station-only facility after voters previously denied building a public safety facility.

The new building, which will still be placed on the 19-acre Masonic Home Road parcel that was previously discussed for the public safety building. Will be a much smaller structure than the previous proposal. Where the public safety building was estimated at 40,800 square feet and would have included a police station, the new proposal would include a

21,700 square foot eight-bay fire station and an annex building. The size of the facility is also smaller than the fire station section of the previous proposal which was originally 27,500 square feet.

The Fire Station Building Committee continued a partnership with Tecton Architects to produce conceptual designs for the proposal with Captain Rob Barton speaking on behalf of the committee before selectmen. He said several designs, both bigger and smaller, were considered by the eight-bay and annex plan was considered the most economically friendly while also meeting the department's needs.

"The committee felt that there were some things that we needed to accomplish with this building design proposal, one of them being we needed to solve the problem at fire headquarters the other being we needed to solve the problem at station two which is on North Main Street. The other problem is we needed to reduce response times as much as we could and also the cost of the project being as low as possible," Captain Barton said.

He later explained that the committee is continuing to work on cutting the cost of the project wherever possible without compromising the long-term usefulness of the facility, adding "We have been told this many times by Tecton; we can come up with anything in the world to reduce cost but the most beneficial way to reduce cost is to keep shrinking square footage. A concern that we have is if we continue to shrink this building down anymore then we're actually going to start to run in to operational problems or the building is just going to end up being undersized – We think that where we're at now is a pretty good balance."

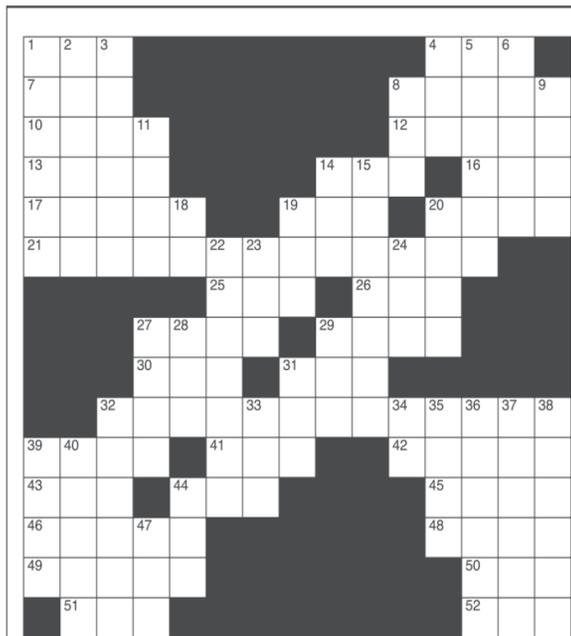
Voters decided against the original proposed \$25.6 million public safety facility at two different ballot votes in recent years with many calling the

project to expansive and recommending a focus on the fire station element alone. Some have also proposed exploring erecting a pre-engineered steel structure rather than building a facility from the ground up which Tecton and the committee feel would not provide the longevity they are looking for with the building. The fire station would replace numerous aging facilities currently housing the fire department and its equipment which together total only 10,670 square feet.

Charlton Fire Chief Ed Knopf also discussed the project and concurred with Captain Barton and Tecton that while the goal is to provide and economically friendly facility, the town also doesn't want to build something that will be obsolete in only a few years.

"Some of the things that we've got to remember is that with the police station it was obsolete before they ever moved into it and those are some of the things that we're trying to avoid here in that we're looking at growth down the road," Knopf said. "We've been looking at it hard and fast in ways that we can make reductions without making the building obsolete before we even walk into it."

The committee could not provide specific cost estimates during the April 13 meeting but assured that proposed numbers will be made available for voters to discuss for the May 2021 annual town meeting, the first of several steps to bring their project to a ballot vote in 2022.



CLUES ACROSS

- 1. Ocean surface indicator (abbr.)
- 4. American time
- 7. Satisfaction
- 8. Diving duck
- 10. Very small amount
- 12. Metrical units
- 13. An ignorant or foolish person
- 14. Sino-Soviet block (abbr.)
- 16. It may sting you
- 17. Turn outward
- 19. Perform on stage
- 20. "CSI" actor George
- 21. Localities
- 25. Make a choice
- 26. Indicates position
- 27. One of Thor's names
- 29. Indian musical rhythmic pattern
- 30. "The Raven" author
- 31. Take in solid food
- 32. Legendary QB
- 39. Sorrels
- 41. Organization of nations
- 42. Texas pharmaceutical company
- 43. Mathematical term
- 44. Expression of disappointment
- 45. Abba __, Israeli politician
- 46. Hide away
- 48. Salad restaurant
- 49. Daughters of Boreas (mythology)
- 50. Men's fashion accessory
- 51. Political action committee
- 52. Unhappy

CLUES DOWN

- 1. Make unhappy
- 2. Heard the confession of
- 3. Capital of Taiwan
- 4. Fiddler crab
- 5. Brazilian dances
- 6. Fit with device to assist breathing
- 8. Brother or sister
- 9. Pastries
- 11. "Lone Survivor" director Peter
- 14. Boat type (abbr.)
- 15. Apertures (biology)
- 18. Suffix
- 19. Creative endeavor
- 20. Icelandic poem
- 22. Spanish dances
- 23. Town in Central Italy
- 24. Cars need it
- 27. Mimics
- 28. Rocky peak
- 29. Cigarette (slang)
- 31. One point south of due east
- 32. Soap actress Braun
- 33. Large domesticated wild ox
- 34. Island nation
- 35. Appear
- 36. Addictive practices
- 37. Loss of control of one's body
- 38. Type of poster
- 39. Greek mountain
- 40. Funny person
- 44. One and only
- 47. Pouch



DRONE

continued from page A1

training exercise, and participated in the search for the lost hikers.

With the fortunate timing and the technological skill of the drone unit, it wasn't long before the hikers were recovered safely.

"The two hikers were immediately located after the call out, as they had been observed using a thermal camera in the area," read a statement released by the Oxford Police Department. "Ground units were deployed, and the hikers were guided to an exit gate where they were picked up by their parents. The hikers required no medical assistance and were in good health when located."

NICHOLS

continued from page A1

be overstated. The celebration of our bicentennial was a turning point, and the campaign allowed us to aspire to that next milestone – a third century of educating leaders."

The campaign inspired an unprecedented level of giving among alumni, friends, faculty, staff, parents and students, drawing more than 20 gifts over \$1 million, including four gifts of \$5 million, and more than \$8 million in deferred gift commitments to help secure the college's future, reports Bill Pieczynski, vice president of advancement at Nichols.

"Through their generous contributions, our donors have demonstrated their commitment to

ANTIQUES

continued from page A1

open for the May show. Most of the other promoters will wait for the July show, which runs from July 13-18.

"Nobody disagrees at all with the regulations. They are looking out for the safety of everyone at the show, but we just didn't feel there would be enough time to put everything in place for May," Moriarty added.

Prior to any decisions being made, most of the



An overhead view shows the proposed location of the new fire station and annex building.

our mission and endorsed our vision of Nichols as a college of choice for business and leadership education," he adds.

About Nichols College
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show promoters met to discuss the regulations and expectations. Town officials have also been in frequent contact with owners in recent months.

Looking ahead, many promoters remain in a wait-and-see mode in terms of the quality of shows in 2021. COVID-19 conditions, vaccine rates, travel restrictions from other countries, and state regulations will all impact the attendance and overall quality of the program this year.

For promoters, dealers, and shoppers alike, it will be a thrill to hit the showgrounds again this year, regardless of the size of the event.

"It's going to be an interesting process to see how everything develops. We are looking forward to it," Burns added.

The following show fields will not be opening in May: Herten's, Central Park, Stephen's Place, Quaker Acres, Heart O' the Mart, May's, Mahogany Ridge, New England Motel, Collins Apple Barn, Dealer's Choice, Midway, Brimfield Acres North, Shelton's, Sturtevant's, Crystal Brook, Francesco's Show, Green Acres, and Grand Trunk.

The majority of these show fields will resume operations in July and September. The final leg of the 2021 show will run from Sept. 7-12.

Auburn News

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ALMANAC

REAL ESTATE

AUBURN

\$297,900, 8 Inwood Rd, Kenneth Berg IRT 2014, and Berg, Leah, to Collins, Kelly M.

\$225,000, 27 Davis Rd, Roche, Mark J, and Roche, Margaret M, to Roche, Erin M.

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LEGALS

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain mortgage given by **Laurie M. Levitre** to Mortgage Electronic Registration Systems, Inc., as nominee for Weichert Financial Services dated August 24, 2007, recorded at the Worcester County (Worcester District) Registry of Deeds in Book 41705, Page 1, as affected by a Loan Modification Agreement dated July 31, 2015, recorded in Book 54484, Page 218; said mortgage was then assigned to Chase Home Finance LLC by virtue of an assignment dated July 7, 2009, and recorded in Book 44627, Page 341; and further assigned to

Federal National Mortgage Association by virtue of an assignment dated December 11, 2014, and recorded in Book 53858, Page 5; and further assigned to Wilmington Savings Fund Society, FSB, As Owner Trustee on Behalf of CSMC 2018-RPL1 Trust by virtue of an assignment dated April 24, 2018, and recorded in Book 58704, Page 331; of which mortgage the undersigned is the present holder for breach of conditions of said mortgage and for the purpose of foreclosing the same will be sold at PUBLIC AUCTION at 10:00 AM on **May 6, 2021**, on the mortgaged premises. This property has the address of 62 Federal Hill Road Unit # 62, Building #6 Village Green Condominium, Auburn, MA 01501. The entire mortgaged premises, all and singular, the premises as described in said mortgage:

Unit No. 62 in Building 6 (the "unit") in Village Green Condominium (the "condominium"), located on Federal Hill Road, Auburn, Massachusetts, and established by the grantors pursuant to Massachusetts General Laws, Chapter 183A, by Master Deed dated September 14, 1984 and recorded on September 20, 1984 with Worcester District Registry of Deeds in Book 8372, Page 6, (the "Master Deed"), which unit is shown on the floor plans filed simultaneously with said Master Deed and on the copy of the relevant portion of said floor plan recorded with Unit Deed at Worcester District Registry of Deeds, Book 8436, Page 261. The Unit is conveyed together with: 1. An undivided 2.865 percent interest in the common areas and facilities (the "Common Elements") of the Condominium; 2. An easement for the continuance of all encroachments by the Unit on any adjoining Units or Common Elements now existing or which may come into existence hereafter as a result of the settling or shifting of the buildings, or as a result of repair or restoration of the buildings or of the Unit after damage by fire or other casualty, or by reason of alteration or repair to the Common Elements, all as set forth in said Master Deed; and 3. An easement in common with the owners of the other Units to use any pipes, wires, ducts, flues, conduits, public utility lines and other Common Elements located in any of the other Units or elsewhere on the Condominium property, and serving, and serving the Unit, all as set forth in said Master Deed. The Unit is conveyed subject to: 1. Easements in favor of adjoining Units and in favor of the Common Elements for the continuance of all encroachments of such adjoining Units or Common Elements on the Unit, now existing or which may come into existence hereafter as a result of settling or shifting of the buildings, or as a result of repair or restoration of the building or of any adjoining Unit or of the Common Elements after damage by fire or other casualty, or after a taking in condemnation or eminent domain proceedings, or by reason of an alteration or repair to the Common Elements made as provided in the Master Deed. 2. Easements in favor of the other units to use the pipes, wires, ducts, flues, conduits, public utility lines and other Common Elements located in the Unit and serving such other Units. 3. The provisions of Chapter 183A, the Master Deed (including, without limitation, all matters set forth on Schedule A thereto), and floor plans of the Condominium recording simultaneously with and as part of the Master Deed, and the provisions of Village Green Condominium Trust

and the by-laws of the Condominium contained therein, recorded with the mast Deed, as the same may be amended from time to time by instruments duly recorded, which provisions together with any amendments thereto, shall constitute covenants running with the land, and shall bind any person having at any time any interest or estate in the Unit, his family, servants and visitors, as though such provisions were recited and stipulated at length herein. The Unit is intended to be used only for residential purposes as provided in paragraph 6 of the Master Deed and is subject to further restrictions on use as set forth in paragraph 6 and 7 of the Master Deed. Being the same premises as conveyed by deed and recorded with the Worcester District Registry of Deeds in Book 41704, Page 393.

Subject to and with the benefit of easements, reservation, restrictions, and taking of record, if any, insofar as the same are now in force and applicable. In the event of any typographical error set forth herein in the legal description of the premises, the description as set forth and contained in the mortgage shall control by reference. Together with all the improvements now or hereafter erected on the property and all easements, rights, appurtenances, rents, royalties, mineral, oil and gas rights and profits, water rights and stock and all fixtures now or hereafter a part of the property. All replacements and additions shall also be covered by this sale.

Terms of Sale: Said premises will be sold subject to any and all unpaid taxes and assessments, tax sales, tax titles and other municipal liens and water or sewer liens and State or County transfer fees, if any there are, and TEN THOUSAND DOLLARS (\$10,000.00) in cashier's or certified check will be required to be paid by the purchaser at the time and place of the sale as a deposit and the balance in cashier's or certified check will be due in thirty (30) days, at the offices of Doonan, Graves & Longoria, LLC ("DG&L"), time being of the essence. The Mortgagee reserves the right to postpone the sale to a later date by public proclamation at the time and date appointed for the sale and to further postpone at any adjourned sale-date by public proclamation at the time and date appointed for the adjourned sale date. The premises is to be sold subject to and with the benefit of all easements, restrictions, leases, tenancies, and rights of possession, building and zoning laws, encumbrances, condominium liens, if any and all other claim in the nature of liens, if any there be.

In the event that the successful bidder at the foreclosure sale shall default in purchasing the within described property according to the terms of this Notice of Sale and/or the terms of the Memorandum of Sale executed at the time of foreclosure, the Mortgagee reserves the right to sell the property by foreclosure deed to the second highest bidder, providing that said second highest bidder shall deposit with the Mortgagee's attorneys, the amount of the required deposit as set forth herein. If the second highest bidder declines to purchase the within described property, the Mortgagee reserves the right to purchase the within described property at the amount bid by the second highest bidder. The foreclosure deed and the consideration paid by the successful bidder shall be held in escrow by DG&L, (hereinafter called the "Escrow Agent") until the deed shall be released from escrow to the successful bidder at the same time as the consideration is released to the Mortgagee, whereupon all obligations of the Escrow Agent shall be deemed to have been properly fulfilled and the Escrow Agent shall be discharged. Other terms, if any, to be announced at the sale.

Dated: March 18, 2021 Wilmington Savings Fund Society, FSB, as owner Trustee on behalf of CSMC 2018-RPL1 Trust By its Attorney DOONAN, GRAVES & LONGORIA, LLC, 100 Cummings Center, Suite 303C, Beverly, MA 01915 (978) 921-2670 www.dgandl.com 55917 (LEVITRE) April 9, 2021 April 16, 2021

April 23, 2021

MORTGAGEE'S NOTICE OF SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain Mortgage given by Peter J. Boisvert and Cathy A. Boisvert to Washington Mutual Bank, FA, dated August 9, 2004 and recorded with the Worcester County (Worcester District) Registry of Deeds at Book 34398, Page 37, subsequently assigned to Wells Fargo Bank, NA by Washington Mutual Bank F/K/A Washington Mutual Bank, FA by assignment recorded in said Worcester County (Worcester District) Registry of Deeds at Book 40920, Page 236, subsequently assigned to U.S. Bank National Association, not in its individual capacity but solely as Trustee for RMAC Trust, Series 2016-CTT by Wells Fargo Bank, N.A. by assignment recorded in said Worcester County (Worcester District) Registry of Deeds at Book 57879, Page 253 for breach of the conditions of said Mortgage and for the purpose of foreclosing same will be sold at Public Auction at 11:00 AM on May 7, 2021 at 110 Rockland Road, Auburn, MA, all and singular the premises described in said Mortgage, to wit: All those certain parcels of land situate in Auburn, the County of Worcester and State of Massachusetts, being known and designated as follows:

On the Easterly line of Rockland Road, and being Lot No. 134 on a plan of lots of the Whitaker-Irish-Perry Realty Co., dated May, 1920 in Plan Book 42, Plan 110.
Northerly by Lot 3135 on said plan, 214 feet;
Easterly by land now or formerly of one Boyce, 93.7 feet;
Southerly by Lot No. 133 on said plan, 286 feet;
Westerly by the Easterly line of Rockland Road, 60 feet;
The aforesaid premises contain about 15,000 square feet of land.

Together with a right of way for all purposes of a highway over, along and upon said street, but subject to the reservation of the fee in said street in the Whitaker-Irish-Perry Realty Co.

Also another parcel of land 15 feet in width adjoining the Northerly

**Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Division
Docket No. WO21P1157EA**

**Estate of:
CHARLES E. VITINSKY
Date Of Death: January 15, 2020
NOTICE OF
INFORMAL PROBATE**

To all persons interested in the above-captioned estate, by Petition of Petitioner **LAUREN E. VINITSKY of MILLIS, MA 02054**

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

April 23, 2021 boundary line of the above parcel being bounded and described as follows:

Westerly by Rockland Road, 15 feet;
Northerly by land now or formerly of Rembeiszewski, 196 feet;
Easterly by land now or formerly of Boyce, 22.7 feet;
Southerly by the above parcel, 214 feet.

Being the same property as conveyed from Peter J. Boisvert to Peter J. Boisvert and Cathy A. Boisvert, husband and wife as tenants by the entirety, as described in Book 26434 Page 312, Recorded 04/24/2002, in WORCESTER County Records. Tax ID: Map 11 Parcel 103

The premises are to be sold subject to and with the benefit of all easements, restrictions, encroachments, building and zoning laws, liens, unpaid taxes, tax titles, water bills, municipal liens and assessments, rights of tenants and parties in possession, and attorney's fees and costs.

TERMS OF SALE:

A deposit of FIVE THOUSAND DOLLARS AND 00 CENTS (\$5,000.00) in the form of a certified check, bank treasurer's check or money order will be required to be delivered at or before the time the bid is offered. The successful bidder will be required to execute a Foreclosure Sale Agreement immediately after the close of the bidding. The balance of the purchase price shall be paid within thirty (30) days from the sale date in the form of a certified check, bank treasurer's check or other check satisfactory to Mortgagee's attorney. The Mortgagee reserves the right to bid at the sale, to reject any and all bids, to continue the sale and to amend the terms of the sale by written or oral announcement made before or during the foreclosure sale. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney. The description of the premises contained in said mortgage shall control in the event of an error in this publication. TIME WILL BE OF THE ESSENCE.

Other terms, if any, to be announced at the sale.

U.S. Bank National Association, not in its individual capacity but solely as trustee for the RMAC Trust, Series 2016-CTT

Present Holder of said Mortgage,
By Its Attorneys,
ORLANDS PC
PO Box 540540
Waltham, MA 02454
Phone: (781) 790-7800
16-015720

April 16, 2021
April 23, 2021
April 30, 2021

(SEAL)

**COMMONWEALTH
OF MASSACHUSETTS
LAND COURT
DEPARTMENT OF THE TRIAL
COURT
Docket No. 21 SM 000362
ORDER OF NOTICE**

TO:

**Charles R. McDonald, II
Belinda E. Sobosik**

and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. c. 50 § 3901 (*et seq*) **Deutsche Bank National Trust Company, f/k/a Bankers Trust Company of California, N.A., as Trustee for the Holders of the Vendee Mortgage Trust 1998-1**

claiming to have an interest in a Mortgage covering real property in Auburn, numbered 426 Leicester Street, given by **Charles R. McDonald and Cheryl A. McDonald to Secretary of Veterans Affairs**, dated September 18, 1997, and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 19177, Page 319, and now held by Plaintiff by assignment, has/have filed with this court a complaint for determination of Defendant's/Defendants' Servicemembers status.

If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at **Three Pemberton Square, Boston, MA 02108** on or before 5/17/2021 or you may lose the opportunity to challenge the foreclosure on the ground of noncompliance with the Act.

Witness, Gordon H. Piper, Chief Justice of this Court on 3/31/2021

Attest:
Deborah J. Patterson
Recorder
April 23, 2021

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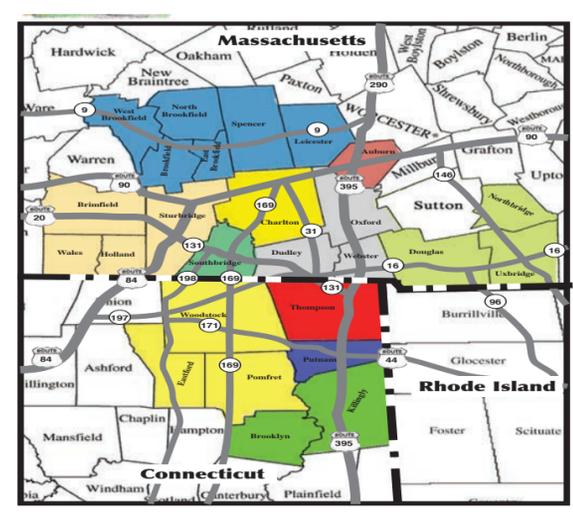
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OPINION/COMMENTARY



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STONEBRIDGE PRESS PRESIDENT AND PUBLISHER

BRENDAN BERUBE
EDITOR

A change must come

“Everyone thinks of changing the world, but no one thinks of changing himself,” Russian author Leo Tolstoy wrote in the late 19th century.

Racism continues to rear its ugly head. A black man was recently harassed for walking in the ‘wrong’ neighborhood. A neighborhood in which he lives. Wouldn’t it have been just as easy for the individual who questioned his presence there to simply smile, wave, and go about tending to their own business?

We recently listened to old radio interviews from the 1930’s and the 1940’s in which former slaves were discussing their lives. One man was talking about needing a pass to leave the property, and needing another pass when he left the store he was sent to in order to walk back home. One woman mentioned watching a female friend be whipped for a trivial ‘infraction,’ and recalled how she screamed. Another man talked about the day he found out he was free. His family was given one last meal, then sent out on their own. He noted that the family had nowhere to go, did not know how to read or write because they were not allowed to go to school, had no money, and job prospects were nil to zero given their skin color. To have actual audio of those enslaved is a stark realization that this didn’t happen all that long ago.

These are not enjoyable topics to bring up, but as we were taught in school, this is our history. It happened. We cannot be afraid to not discuss the truth about the society in which we came from for fear it might offend someone. The fact is, racism should make any reasonable thinking person upset. Knowledge is power, and the more you know, the more you understand, the more you can change the world around you, even if that orbit includes your own personal circle of friends and family.

One of those who quietly but effectively challenged America’s prejudiced attitudes was Jackie Robinson, and indeed, Jackie Robinson Day just passed on April 15. This is a day that has been commemorated since 2004. At Ebbets Field, on Opening Day in 1947, Robinson, donning the number 42, made his Major League debut, suiting up for the Brooklyn Dodgers, playing first base. He was the first black baseball player to play in the league, but not without much peril, including death threats. Robinson was harassed by fans and players on opposing teams as well as his own, in the middle of games and at his own home. His perseverance was astonishing.

On this day every year, umpires, coaches, managers and players for both teams wear the number 42. This day has been described as not only a significant day for baseball, but for the country. In 1963, Robinson was inducted into the Baseball Hall of Fame. In 1997, the number ‘42’ was retired across all major league teams.

As Albert Einstein once wrote, “The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking.”

Voice of The Shepherd

Shhh! Do you hear me?...Close your eyes, and you will hear me.

Shhh! Do you see me?...Look inside, and you will see me.

Shhh! Do you feel me?...Be still, and you will feel me.

I’m in your heart — just waiting to be found.
Turn off the TV. Turn off the radio. Turn off the useless talk.
I need to be heard. You need to hear me.

Then you will find love. Then you will find peace.
Then you will find true happiness & joy.

Fear not...for you have been called by name.
Listen to the story — made just for you.

Shhh! Stop and hear your story.

Shhh! Be still, and feel your story.

Arise! Then live your story.

Fear not, for I am with you always.
Listen to the Voice of the Shepherd.

S.J. SHEPHERD
AUBURN

Timely Garden Tips

After a long New England winter (and surprise April snowstorm), most backyard gardeners are itching to get their hands into some soil right about now! Whether you start seeds indoors, or prefer to wait to transplant commercial seedlings, this week’s column will give you a head start on making the gardening chores ahead go a little smoother. Read on for some tried and true garden tips:



TAKE THE HINT
KAREN TRAINOR

* * *
Seed Sense: Hard shelled seeds do not always germinate properly. But you can aid the germination process by making an x cut in the hard seed with a sharp knife. Or, to speed germination in without breaking the surface, try soaking hard shelled seeds overnight in water.
* * *

Corn Caper: Garden experts recommend this clever method to get a jump start on germinating corn: Place corn seeds in a wet paper towel, and fold over towel, covering the top and bottom of the seeds. Allow to pre-sprout. As a bonus, corn seed treated this way is less likely to rot in cold soil.
* * *

To Sprout or Not to Sprout: If you are using last year’s seeds, you can easily test the package by viability this way: Wrap a few of the seeds in a moist paper towel and then into a ziplock bag to keep the towel from drying out. Keep it at room temperature and within a week most of the seeds should sprout. If they don’t, toss out the old seed package.
* * *

Sowing Seeds: Many veteran gardeners mix fine seeds in sand or very loose potting soil to allow for even seed distribution. Just make your row and drizzle the seed evenly. And, when you are planting dark seeds, you can better see where you’re sprinkling them if you sprinkle some flour into the package and shake it up for even sowing.
* * *

Stamping Out Damping Off Disease: Damping off disease, which causes seedlings to die from fungi, is a gardener’s nightmare. Here are some tips to prevent the common plant plague: Since fungus thrives in moist conditions, a seedling bed provides the perfect source of growth. But you can up the odds of beating damping off disease by watering this way: Thoroughly saturate the soil and then do not water again until the soil is dry but before plants begin to wilt. This procedure keeps the soil dry for the longest time possible without killing the plants. Frequent sprinkling promotes fungal growth.
* * *

Let There Be Light: Did you know it isn’t always necessary to purchase costly plant light bulbs for inside seedlings? It is possible to achieve satisfactory results by utilizing your ordinary shop lights. Simply replace the bulbs with two four watt bulbs, one cool white and one warm white. Hang the lights about two feet above the seedlings.
* * *

Perfect Peat: The addition of peat moss is

necessary to keep window boxes and other container gardens properly watered. But, if you are not wetting down the peat moss before adding it to the soil, you may be doing your garden more harm than good. Peat moss must be moistened before it is used in potting mixes. When dry, the substance actually repels water! Here’s how to pretreat it: If you want to wet a full bag of peat moss, poke several holes in the bottom of the bag and open the top. Then pour water slowly into the top of the bag until it seeps out of the bottom holes. Push on the bag and knead it to ensure the peat is getting saturated. To test, scoop out a handful of peat moss and squeeze it. If you can squeeze water out, it is ready to use. If not, keep wetting until you can.
* * *

Test Number 2: Here’s an easy test to gauge if your garden soil is ready to plant. Simply scoop up a handful of dirt and squeeze it into a ball. If the ball crumbles when you release your fingers, the soil is all set for digging. If the ball sticks together, the soil is still to wet to work.
* * *

Flower bulbs are now plentiful at large garden centers. But, bulbs sold at such places are a bargain only if you know how to avoid poor quality bulbs. Here are some tips:
* Bulbs should feel solid and heavy. If they are light, they may be dried out.
* Avoid bulbs with discolored, dark or moldy spots.
* Make sure there are no holes or other signs of insect damage on bulbs.
* Pick over bulbs that have sprouted; it is better if they grow roots first.

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 renowned 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!

Please note the contest had been suspended due to COVID restrictions. It is expected to start up again in June. All entries have been collected and will be entered into an upcoming drawing.

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 email KDRR@aol.com. Hints are entered into a drawing for dinner for two at the historic Publick House Inn.

Business owners’ issues go beyond ‘mom and pop’ label



FINANCIAL FOCUS
DENNIS ANTONOPOULOS

If you own a small business, you typically don’t get a lot of recognition – so you may be pleased to learn that March 29 is National Mom and Pop Business Owners Day. You might not necessarily think of your business as a “Mom and Pop” operation, but it certainly contributes to the well-being of your family now, and possibly to that of future generations, too – if you make the right moves.

Depending on the nature of your business, you may have spent the past several months more concerned about today than tomorrow, given the serious economic repercussions of the COVID-19 pandemic, which is still placing stress on a great many business owners across the country.

If your business has been adversely affected by the pandemic, you might be eligible for a Paycheck Protection Program (PPP) loan. As you may know, recent legislation provided \$285 billion more for this program. To learn more, and to start the application process, visit the Small Business Administration Web site at www.sba.gov. You have until March 31 to apply for a PPP loan. Other relief also may be available.

But regardless of whether you apply for one of these loans, you can take other steps to help maximize the benefits you get from your business – and perhaps even extend its longevity.

Here are a few suggestions:
Establish a retirement plan. If you don’t already have a retirement plan, it’s never too late to set one up. As a business owner, you have several options, including an “owner-only” 401(k), a SIMPLE IRA and a SEP-IRA. All these plans are fairly easy to establish and can offer potential tax advantages, as well as providing you with a source of retirement income in the future. You may want to work with a financial professional to pick the right plan for your needs.

Coordinate your business assets with your investment portfolio. Like most business owners, you may have a great deal of your personal wealth tied up in your business. And, as the past year has certainly shown, this can be risky. Consequently, you’ll need to weigh this risk factor when deciding on investing in your retirement plan or in other investment accounts. This doesn’t mean you should try to avoid all risk only by pursuing the most conservative vehicles – which would be counterproductive to achieving enough growth to meet your retirement income goals – but you will need to pay close attention to your investment mix to ensure it provides you with an appropriate balance to what you’ve invested in your business.

Develop a transition strategy. How will you make the transition from business owner to the next phase of your life? Will you sell the business outright? Will you gradually transfer it to a family member? If so, what mechanism will you use? It’s a good idea to have these types of plans in place well before you need to enact them, so you may want to consult with your financial, legal and tax advisors soon.

A “Mom and Pop” business may sound quaint and carefree – but, as you know, running a business of any size can be an all-consuming endeavor and always involves significant financial concerns. Get the help you need to meet these challenges.

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

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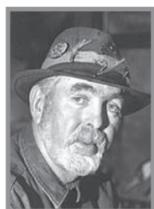


Be sure to buy your gear locally

Bad weather did not hamper the Whitinsville Fish & Game Club fishing derby & the Lousia Lake kids fishing derby last weekend! More than 25 anglers fished the Whitinsville fishing derby, and more than 150 kids attended the Lousia Derby. Massachusetts Fish & Game Department stocked Lousia Lake a few days before the derby to ensure everyone had a great time. Webster Lake was also stocked with trout again last week, with some impressive brown and rainbow trout. Stocking of trout by the Mass. Fish & Wildlife in lakes and streams will continue to Memorial Day.

Last week, a large rainbow trout was caught in the West River in Uxbridge by a local angler, and when it was cleaned, it had three rubber worms inside the stomach. Manufactures of these fishing products had been expected to start making biodegradable worm's years ago, but have done very little to address the problem. Hopefully, they will do the right thing and address the problem soon. It is not only a problem with freshwater fish, but saltwater fish are also being negatively impacted by these products. Fish cannot digest these products and they can eventually kill the fish that ingest them.

There are so many families that have taken up fishing during the pandemic that fishing equipment is in short supply, at least in the big stores like Cabela's and Bass Pro Shops. Some of the smaller bait and tackle shops do not have the same problem, and order from multiple wholesalers. Before you make the long drive to the big stores, check out the smaller shops. A



THE GREAT
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few I visited have their shelves well stocked with fishing gear. Fish finders and GPS units are also in high demand, and have left the shelves empty by the fishing and boating public.

Ammunition is extremely hard to get, and when you do find it, it is sometimes double or triple the price. Many shooting ranges are noticing a big drop in target shooting this year, and it is because of the price and unavailability of ammunition. Shotgun shells are also absent from the store shelves, and it may be wise to purchase a few boxes for your bird hunting this fall, if you can find them.

Tautog fishing is starting to heat up, with numerous reports of anglers catching their limits in Rhode Island and Massachusetts waters. Green crabs are the number one bait for catching Tautog. An old saying among diehard tautog fishing anglers is, "when the dandelions are out, it is time to fish for tautog." Although a three fish limit is in effect in the spring in both states, overfishing this great eating fish needs to be carefully managed, allowing them to spawn in the spring. Only a few years ago, commercial fishing was stopped in the spring, to allow the fish to lay their eggs. Commercial fishing anglers now have a longer fishing season in the fall, which makes sense. Tautog grow very slow compared to other bottom feeding fish.

Haddock and cod fish-

ing is providing some great fishing for anglers fishing on private boats and charter boats. Limits of 15 haddock and one cod per person are being caught daily. Stripers are starting to show in some areas of Rhode Island and it should explode with action in a week or two in the Providence River. Any person fishing for stripers in Mass & Rhode Island will be required to use circle hooks this year. Only one fish will be allowed daily, and the slot limit will be implemented again this year.

During the pandemic, many families adopted or purchased a dog, as many people were working from home, and it also gave the kids something to take up the void of socializing & talking with their classmates. Now that many families are returning to work and the kids are back to school, their pets are not receiving the love and attention that they once had. Many dogs and cats are going to be abandoned! Please if you can no longer care for your dog or cat, take them to an animal shelter or find them a good home. Do not abandon them on a street or local woodlot. They will more than likely get hit by a car or killed by wild animals. Many sportsmen are looking for a good hunting companion, and will gladly help you out if you have a hunting breed dog. Contacting your local sportsmen's club could have you sleeping better, if you know your pet is safe and enjoying a happy life!

Last week's second picture was misidentified. Gregory Sabatino was in the second picture holding his two trout. Sorry for the mix up! This guy really loved fishing and was extremely excited with his catch.



Courtesy

Eight-year-old Khloe Hetherington with her brook trout she caught at the Whitinsville Fish & Game Club fishing derby last week while fishing with her dad.



This week's second picture shows Nick Parker waiting to enter his trout into the Whitinsville Fish & Game Club fishing derby last week.

Wild Turkey hunting opens this coming Monday, April 26. The birds are becoming very vocal in the early morning & chances of harvest-

ing a Wild Turkey are very good this year. The mild winter weather and heavy acorn drop this past fall, had birds & deer coming through the win-

ter in good shape. Take a Kid Fishing & Keep Them Rods Bending!

Confessions of a "Barbecue Master Pitster" wannabe...

Last week, I mentioned that I love online cooking tutorials. There are so many great opportunities to learn, but my favorite is a little less refined than most. Barbecue Pit Boys or www.bbqpitboys.com are a cross between ZZ Top and the Grateful Dead. These "good ol' boys" live for their grills and have created and collected a mass of great recipes, all cooked in their outdoor barbecue pit. In fact, they've become so popular that chapters are popping up all over the world ... so I've started one and begun inviting a close group of friends to join. We are now officially the "Barbecue Pitsters."



POSITIVELY
SPEAKING
GARY W.
MOORE

love to cook for others.

So, the pantry is quickly filling with a plethora of spices and sauces. My back patio is beginning to look more like an official "Pit." I stand in front of my three grills and I'm an astronaut and my grills are my control panels. I stand outside in anticipation and feel like a "Master of the Barbecue Universe." I'm committed. I'm ready.

Forgive me ... but here's one more. "You know that mouth-watering sensation you get when you're grilling a steak on the BBQ? I wonder ... do vegans get that when they mow the lawn?"

I think my first dinner will be baby back ribs with my special sauce (my recipe), "Red Neck Beans" from the Pit Boys collection, corn roasted on the grill and Hasselback Potato's. And for dessert, my Moms Pineapple Upside Down Cake in an iron skillet, and yes, cooked on the grill. Nothing cooked indoors.

There's just something ... I don't know ... something Neanderthal that emerges from my DNA when I see meat. A barbecue grill seems to assert a man's masculinity. I get this irresistible urge to start a fire and go to work. Primitive? I guess. Channeling my inner macho man? Maybe. All I know is that I love everything involved. Just writing about it has my testosterone flowing.

A friend of mine suggested that slaughtering a cow for food is murder. He is a vegan of course and I respect his choice. I love animals and am very soft-hearted, but uncharacteristically responded, "If God didn't want us to eat cows, He wouldn't have made them out of beef!"

Thank you for reading the meanderings of my "inner-griller." That's right. I'm a shameless "Barbecue Master Pitster" wannabe." I'm firing up the grills and I'm ready for summer. If you're hungry, just step outside and follow your nose to my pit. I'll greet you with a cold drink and a charred chunk

of flesh.

My straw cowboy hat is firmly on my head. The charcoal is blazing, and I've got my "Barbecue Shoes" on.

Gary W. Moore is a freelance col-

umnist, speaker, and author of three books including the award-winning, critically acclaimed, "Playing with the Enemy." Follow Gary on Twitter @GaryW Moore721 and at www.garywmoore.com.

Friday's Child



Aaliyah
Age 6

Hi! My name is Aaliyah and I enjoy watching Sesame Street!

Aaliyah is an engaging young girl of Caucasian and Guyanese descent. Aaliyah loves music and dancing! She will often mimic dance moves she sees in different videos. Aaliyah also likes playing outside and watching Sesame Street. She particularly loves Elmo!

Aaliyah is diagnosed with Autism Spectrum Disorder and has global developmental delays. She is able to follow verbal and visual commands, and she can also problem-solve very well. Aaliyah's teachers report she does well during the school day and her ability to communicate through picture books has greatly increased.

Aaliyah is legally free for adoption, and because she requires a great deal of attention and care, a two-parent, childless couple would be her ideal placement. Her family should also be calm, highly structured, and familiar with Autism Spectrum Disorder. Interested families will need to commit to spending a significant amount of time getting to know Aaliyah in person before she is able to transition into their home. Therefore, her social worker is exploring families who reside in Massachusetts or within close driving distance to our state.

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 617-964-6273 or visit www.ma-reinc.org. The sooner you call, the sooner a waiting child will have a permanent place to call home.

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United Way holds hybrid award ceremony and Annual Meeting

SOUTHBRIDGE — On April 8th, board members of the United Way of South Central MA and a few invited guests met in person at the Southbridge Hotel and Conference Center with members agencies and donors to honor the 2020 Campaign and special award recipients. With 25 individuals attending in person and many more via Zoom, it was a special occasion after 13 months of restrictions.

Lisa Prince, Executive Director of Tri-Valley, Inc. was the keynote speaker.

She stated that “Tri-Valley staff and volunteers never stopped working this past year. Delivering meals to senior citizens and the disabled continued but had to be modified for safety. Meals on Wheels drivers could not have the direct contact that so many of the elderly need and rely on daily. They were able to give a wave from behind a door and check in by speaking to those receiving meals through doors and windows. This contact was the only many in our community had for months at a time.”

Jim Croteau, the 2020 Campaign Chair, gave an overview of the past year’s campaign. Mr. Croteau thanked all United Way volunteers for working so hard to make the 2020 Campaign as successful as it was.

“A pandemic can be good for some organizations for fundraising but for others, it’s a little more difficult. Considering we had companies and residents adversely affected by the pandemic, we have done an outstanding job. It is through the generosity of folks in our audience, whether here or on Zoom, that made this possible,” he said.

The 2020 Campaign reached 92% of its overall goal of \$535,000.

“Quite an accomplishment considering the circumstances,” Mr. Croteau continued. “With no in person campaign presentations, no special events, relying solely on print and digital materials to spread the word, we had a limited number of fund-raising options. Even so, as of this morning we are short of goal by only \$42,000.”

Two special awards were presented. Harrington Healthcare received the Service to Community award for outstanding service and commitment of providing healthcare and vaccinations During the Covid-19 Pandemic. Harrington Healthcare President Ed Moore and Vaccination Center Volunteer Coordinator Christine Lee accepted the award on behalf of the hospital. The 2020 Volunteer of the Year award was presented to outgoing United Way board Treasurer, Scott Dungey. Mr. Dungey is the Controller for Cornerstone Bank; has been a volunteer board member for



Pictured: Bill Keefe, Harrington Healthcare’s Ed Moore, Christine Lee and Jim Croteau.

Courtesy

10 years and has been a diligent treasurer during those years. Mr. Dungey ensured that the United Way maintained its financial records and reporting to the highest standards.

Other awards of recognition were presented to the following companies for either their level of employee participation, or for total money raised through their individual campaigns.

Good Neighbor Award - Over \$10,000 and under 70 percent participation

Hyde Tools, Inc. & Employees for their continued support of over \$15,000

Silver Award - 85 – 99 percent Employee Participation
Savers Bank & Employees – 95 percent with a \$17,000 campaign.

Gold Award Small Business - 25 or less employees 100 percent Employee Participation
St. Luke’s Health Care

Diamond Award - Employee & Corporate Gift Totaling \$30,000 or more
Incom, Inc. & Employees - \$34,000
Cornerstone Bank & Employees - \$53,000 combined total for the local United Ways

Karl Storz, Endovision & Endoscopy Divisions & Employees - Our largest corporate donation and campaign at almost \$61,000!

Fundación MAPFRE for a \$80,000 grant.

Special Appreciation Awards
Fels Foundation
Randy & Donna Becker/Herman Becker Family Charitable Foundation

Immediately following the awards ceremony, Board President Bill Keefe presided over the Annual Meeting. He stated “Last April the merger between the United Way of Southbridge, Sturbridge and Charlton and the United Way of Webster and Dudley was finalized and,

as you know, we are the United Way of South Central Massachusetts. To complete a merge during a world-wide pandemic is a challenge. Thankfully, the footwork of planning had been done prior to April and the transition was smooth for the office.”

UWSCM welcomed three new board members. Christopher Mallon, Vice President of Program Management at Cornerstone Bank/ Capstone Group, Rosemary Picard, President & CEO of Savers Bank and Alan Whitney, Vice President of Marketing at Cornerstone Bank. The new members of the executive board for the United Way of South Central Massachusetts are James Croteau, Board President; Kris Marier, 1st Vice President and 2021 Campaign Chair, Denise Gorski, 2nd Vice President, John Kokocinski, Treasurer and Mary O’Coin, Executive Director/ Board Secretary.

Central Mass. Agency on Aging, Sheriff’s office announce ElderCare program

WORCESTER — Dr. Moses Dixon, Executive Director & CEO of Central Massachusetts Agency on Aging and Worcester County Sheriff Lew Evangelidis are pleased to announce ElderCare 2021 - “Communities of Strength, A Celebration of Older Americans.” This year, ElderCare 2021 will be a virtual pre-recorded 90-minute broadcast featuring an impressive guest speaker line-up, educational & public safety presentations, messages of support for older adults as well as local resources.

“We are particularly excited about this year’s ElderCare event because it is launching during Older Americans month and the theme for this year is ‘Communities of Strength.’ This year’s theme is very important after a year of COVID-19 and the devastation it’s caused for older Americans. We look for events such as this to be a part of that community of strength for older adults in Central Massachusetts,” said Dr. Moses Dixon, Executive Director & CEO of Central

Massachusetts Agency on Aging.

ElderCare 2021 will premiere on May 3, 2021 on most local cable access stations across Worcester County as well as “CMAA SeniorConnection” on YouTube. Topics will include; Truths & Myths About COVID-19, Safeguarding Seniors, CBD Use for Older Adults, Mental Health for Seniors and Elder Law. A distinguished panel of guest speakers include; Dr. Erik Dickson, President & CEO of UMass Memorial Healthcare & Hospital, Worcester County Sheriff Lew Evangelidis, Executive Director & CEO of Central Massachusetts Agency on Aging, Dr. Moses Dixon, Elder Law Attorney Polly Tatum and experts on CBD, Mental Health and a COVID-19 Vaccination Panel.

“The Worcester County Sheriff’s Office is excited to be part of this tremendous virtual event for our seniors. In addition to important health, wellness and public safety information, the program promises to be highly informative and entertaining. We are proud to partner

with the Central Massachusetts Agency on Aging for ElderCare 2021, providing a wealth of important information for older adults from the comfort and safety of their home,” said Worcester County Sheriff Lew Evangelidis.

Contributing sponsors for ElderCare 2021 include, UMass

Memorial Health Care, University of Massachusetts Medical School, Reliant Medical Group, Unibank, Fallon Health, WTAG, District Attorney Joseph D. Early’s Office.

For more information please contact Amber Krasinski at akrasinski@seniorconnection.org or 774-239-5961.



Worcester Chamber Music Society offers free tickets for seniors

WORCESTER — Worcester Chamber Music Society (WCMS) is pleased to announce that generous support from the Local Cultural Councils in Auburn, Fitchburg, Gardner, Lunenburg, and Shrewsbury has allowed them to make available a limited number of free tickets to seniors in those towns for their upcoming “Horizons” concert. The performance premieres April 25 at 4 p.m., and includes a virtual reception with the musicians after the concert. The concert will be available to stream through June 30.

Streaming Premiere: Sunday, April 25 at 4 p.m. Virtual reception with the musicians to follow Recorded at Mechanics Hall On-Demand April 26-June 30

With guest Aaron Engebret, baritone

Samuel Barber Dover Beach Hilary Tann Llef Ludwlg van Beethoven Piano Trio, Op. 97 “Archduke”

The program includes Samuel Barber’s incomparable setting of Matthew Arnold’s poem Dover Beach, for which baritone Aaron Engebret joins the ensemble. Engebret is a much sought-after soloist and recording artist, whose performances of early music, contemporary premieres, and everything in between, have earned him critical acclaim. Also featured is Hilary Tann’s evocative Llef, for flute and cello, and the performance concludes with Beethoven’s Archduke piano trio, op. 97, in celebration of the composer’s 250th birthday.

The title of the concert – “Horizons” – came about

because each piece on the program reflects a change in time or place. Barber set Dover Beach to music in 1931, between the two World Wars. Composed in the foothills of the Adirondack Mountains where she lives, Hilary Tann’s piece evokes her childhood home in Wales from the distance of both age and place. Beethoven played the Archduke piano trio – his last and arguably his best – in his final performance, after which his deafness precluded further public appearances.

Tickets for this concert, either the free senior tickets (use discount code HORIZONS) or regular price, are available on the ensemble’s website, www.worcesterchambermusic.org, or by calling the office at (508) 926-8624.

Bay Path student completes University of Zurich’s Myocardial Infarction training



Stefanie Lauretano

CHARLTON — Bay Path Practical Nursing Academy student Stefanie Lauretano of Webster has successfully completed the Myocardial Infarction educational course offered by University of Zurich through Coursera.

The 25-hour course is a primer on Myocardial Infarction. Coursera described Cardiovascular diseases as – according to the (World Health Organization (WHO) – the number one cause of death globally. Myocardial infarction (heart attack) is the most prominent under the Cardiovascular diseases. In Switzerland alone, the risk to develop a coronary heart disease during life time is around 25 percent for men and 18 percent for women.

Most cardiovascular diseases can be prevented by addressing behavioral risk factors, the understanding of these risk factors, their mechanisms and impact on the cardiovascular system. In this context our course aims to approach the complex field of myocardial infarction in two respects: medical education and awareness of a broader audience. The course instructor was Thomas F. Lüscher MD, FRCP, FESC, FACC

Lauretano is set to graduate with the Bay Path Practical Nursing Academy Class of 2021. She is certified in Dementia Care, Mental Health First Aid, and BLS/HCP CPR. She also completed COVID-19 Contact Tracing from Johns Hopkins University. Lauretano is a member of the UNICEF Club and the 2021 Mock Code Team. Her educational background includes General Studies at Becker College (2018) and Health Services at Blackstone Valley Regional Vocational Technical High School (2005).

Coursera is an American massive open online course provider founded in 2012 by Stanford University computer science professors Andrew Ng and Daphne Koller. Coursera works with universities and other organizations to offer online courses, certifications, and degrees in a variety of subjects. https://www.coursera.org

Seed, sow and celebrate with Old Sturbridge Village's Earth Week



STURBRIDGE — Visitors can be assured that this upcoming April Vacation for students and families will be full of activities when they visit Old Sturbridge Village (OSV). The Village will be offering a wide variety of talks, walks, workshops, and activities related to nature, ecology, stewardship, and climate. Guests will have the opportunity to speak with costumed historians about the deep connections between the environment and early 19th-century life and begin the seasonal work of preparing and planting the fields and gardens of Old Sturbridge Village. The week will feature a different theme each day.

Friday, April 23: Trees From Chestnut to Hickory, many tree species played a vital role in the forest ecology and

regional economy of New England in the 1830s. Visit our Cooper shop, Woodland Walk, and sawmill to learn more about these iconic New England plants.

Saturday, April 24: Wild & Cultivated Herbs Guests can meet and speak with costumed historians about wild and cultivated herbs popular in the 19th century, and visit the households to see how these seasonal foods found their way into the rural New England diet.

Sunday, April 25: Stewardship: Native & Non-native Species Many nonnative species are challenging the populations of the native flora of New England. Iconic species such as the American Elm, Hemlock, and Maple all face threats

from invasive plants, fungi, and insects. Learn how you can help protect native plants through one of the many talks given on this day at the Village.

The Village will be open between the hours of 9:30 a.m. and 5 p.m. Tickets are \$28 for adults, \$14 for youth (age four to 17), \$14 for college students, and free for children ages 3 and under. All visitors and members will be required to purchase and/or reserve their tickets online to manage capacity by following current Massachusetts guidelines. Purchase or reserve your tickets and see our current policies at www.osv.org/plan-your-visit/. Please note that certain activities, like cannon demonstrations, are weather-dependent.

TLSD Conference keynote speaker discusses attaining equity in higher education

WORCESTER — Quinsigamond Community College was host to the 2021 Teaching, Learning, and Student Development (TLSD) Conference earlier this month. This year's conference was held virtually with over 1,000 attendees from all 15 Massachusetts Community Colleges in attendance. The main focus of the Conference was the disparities students of color face in the higher education system.

"This is a time where we have reached a crossroad in our nation and as educators we can lead the discussion on systemic racism and bridge the gap that divides our nation," said QCC President Luis G. Pedraja, Ph.D.

The event featured keynote speaker Danette Howard, Ph.D., Senior Vice President & Chief Policy Officer for the Lumina Foundation, and offered attendees 36 breakout sessions, access to teaching resources, as well as live questions and answers periods with speakers and presenters.

"COVID-19 has exposed inequities across our state, and it has been made clear that we in higher education must look in the mirror and be willing to change the way we do business," said Carlos E. Santiago, Massachusetts Commissioner of Higher Education.

Keynote Speaker Dr. Howard has spent the bulk of her career improving and increasing student access and success in postsecondary education. She oversees several of the Lumina Foundation's key strategies to increase Americans' attainment of high-quality postsecondary degrees and credentials, including strategic work in both state and federal policy and efforts to leverage states as the drivers of credential attainment. She also leads the Foundation's Equity First efforts to embed racial equity and justice in all

aspects of Lumina's strategic work and operations.

"Most of us are still reeling from 2020. It seems the ground is still shifting beneath our feet," Dr. Howard said, noting the nation was dealing with two pandemics – the COVID-19 pandemic and the country's reckoning of the sordid history of racism.

During her keynote, Dr. Howard addressed the disproportionate way in which the COVID-19 virus affected communities of color, devastating those already struggling to survive. When the pandemic struck and colleges and universities went to 100 percent virtual learning, inequities in these communities widened, as many students were without broadband access and depended upon smartphone connectivity for access to their courses. She suggested it might be time to consider broadband access, "in the same way we think of electricity and water."

Additionally, with today's students representing 42 percent people of color, 40 percent working full-time, 37 percent non-traditional students 25 years of age or older, and 40 percent attending community college, there is a need for an equity lens to be used in higher education that honors students' lived experiences.

"These students need to be identified and supported," Dr. Howard said.

When it comes to overall educational attainment (associate degree or higher), Massachusetts exceeded the national average (61.6 vs. 51.9 percent), yet it lags behind in short-term credentials, which are of particular benefit to under-privileged and under-served communities.

"What could community colleges be

doing to lean into the need to have short-term credentials?" she posed.

Another area Dr. Howard addressed as a way toward equity is assisting the thousands of adult learners who started college but never finished. In Massachusetts alone, 636,015 people have some college credit but no degree.

"How do we put a strategy and plan in place to target this population?" she asked.

In 2020, the Lumina Foundation recognized Massachusetts as one of five

states that have demonstrated a commitment to improve higher education attainment for students of color.

"The nation is watching Massachusetts with great interest to see what you do with equity," Dr. Howard said, adding, "Justice is achieved when the underlying policies, practices and root causes of inequitable outcomes are eliminated."

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

REALTOR® Association brings in food donations for Net of Compassion



Petco Love awards grant to Here Today Adopted Tomorrow Animal Sanctuary



BRIMFIELD — Here Today Adopted Tomorrow Animal Sanctuary (HTAT) announced today a \$3,500 grant investment from the newly named, Petco Love, to support their lifesaving work for animals in local communities.

Petco Love is a nonprofit leading change for pets nationally by harnessing the power of love to make communities and pet families closer, stronger, and healthier. Since their founding in 1999 as the Petco Foundation, they've empowered organizations with nearly \$300 million invested to date in adoption and other lifesaving efforts. And, they've helped find loving homes for more than 6.5 million pets in partnership with Petco and more than 4,000 organizations, like ours, nationwide.

"Today, Petco Love announces an

investment in Here Today Adopted Tomorrow and hundreds of other organizations as part of our commitment to create a future in which no pet is unnecessary euthanized," said Susanne Kogut, President of Petco Love. "Our local investments are only one component. This month, we will also launch the first of our national tools to empower all animal lovers to drive lifesaving change right alongside us."

"Petco Love's grant investment will help us provide pet owners in need with food, supplies, and access to basic veterinary care. The past year has made clear to us that our work doesn't begin or end at the shelter door," said Rachael Max, Executive Director and Board President of Here Today Adopted Tomorrow Animal Sanctuary. "As a community organization, we need to be there for animals and the people who care about them when they need extra support. This grant will help ensure that pets and loving families stay together."

Here Today Adopted Tomorrow Animal Sanctuary is a nonprofit organization dedicated to keeping pets with families, serving Brimfield and the surrounding community. Since 2011, HTAT has helped over 3,000 cats through adoption and spay/neuter services. HTAT also offers several community assistance programs, such as low-cost spay/neuter services, microchip clinics, free behavioral help, a Pet Food Pantry, and an emergency foster program.

For more information about Here Today Adopted Tomorrow, visit heretodayadoptedtomorrow.org.

WORCESTER — The REALTOR® Association of Central Massachusetts (RACM) held a food drive for the nonprofit Net of Compassion in Worcester. The drive, led by RACM's Community Action Committee, collected over a thousand non-perishable food items. The items included: bagged rice, canned beans, chicken broth, canned vegetables, cereals, juice, pasta, and soups.

The REALTOR® Association of Central Massachusetts is proud to support two housing-related charities each year. This year, the Community Action Committee is working with Abby's House in Worcester, and Net of Compassion in Worcester. For more information on future drives to support our 2021 Charities of Choice, visit our Facebook: www.facebook.com/RealtorAssociationofCentralMass/

Net of Compassion is a faith-based collaborative effort providing essential support services to people in need. Every week Net of Compassion brings a hot meal, clothing, recovery supports, and an encouraging word to hundreds of people struggling with addiction and homelessness. To learn more about the nonprofit, please visit their website at www.netofcompassion.org. You can also find their Amazon Wish list here: www.netofcompassion.org/wish-list.html.

Right now, Net of Compassion is in search of a propane source. A portable shower was recently donated to the organization, and they need the propane to produce hot water for the showers to be used by people in need. Please reach out to Net of Compassion if you can help.

The REALTOR® Association of Central Massachusetts has been proudly serving its members of the Greater Worcester and Central Massachusetts areas since 1923. The Association assists more than 1,800 real estate professionals, providing the services and resources necessary for a successful career as a REALTOR®. Association members are involved in residential and commercial real estate as brokers, salespeople, property managers, appraisers, counselors and others engaged in all aspects of the real estate industry.

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What is an antique's provenance?

For those of you who collect antiques or even watch antique related television shows, you've probably heard the term "provenance." Merriam Webster's definition is "the history of ownership of a valued object or work of art or literature."

It is always helpful to have some historical information that has passed down with your family heirlooms. Most of the information that we hear from family members is valid. Sometimes the stories have been embellished. Other times the facts may be true but there is no way to confirm it and sometimes the family history doesn't line up with the facts.

When I first started this business over 20 years ago, a woman contacted me and said that she had a rifle that family history said was used by a soldier in an African American regiment during the Civil War. The rifle was old enough to have been used then. An expert on antique weapons from New Hampshire accompanied me to view the rifle. He was familiar with the weapons used by Civil War regiments. The rifle was a model that wasn't one used by African American regiments.



ANTIQUES,
COLLECTIBLES
& ESTATES
.....
WAYNE TUISKULA

Another potential consignor from the Southwestern part of the country contacted us regarding an early desk that he had. He claimed that it belonged to Mother Goose, who is said to have written some of the world's most famous nursery rhymes. Mary Goose was buried in the Old Granary Burying Ground in Boston in 1690, according to the History Channel's Web site. Local legend said that she was the person who penned the famous Mother Goose nursery rhymes. The History Channel said that Mary Goose in Boston isn't

the person who wrote the nursery rhymes though. References to Mother Goose date back to the Roman Empire during the 8th century. "Mere l'oye" or "mere oye" (Mother Goose) was a term used in France during the mid-17th century to describe a woman who captivated children with delightful tales," according to the History Channel. There were two problems with the desk that the consignor wanted us to sell. There was no documentation showing that the desk belonged to Mary Goose and evidence shows that Mary Goose

wasn't Mother Goose. The desk would have to be sold for what it was, just an antique desk.

Here are some things that you may have that can increase the provenance and subsequent value of your items. We sometimes find hand-written notes along with objects in an estate describing who owned the piece and when it was acquired. An old sales receipt can determine provenance. Sometimes photos can be matched with the item. For example, we've had a photo from the late 1800s of a woman wearing a piece of jewelry that we were selling. A certificate of authenticity by a reputable company is always helpful, but even a signed letter by the person who received an item from a celebrity explaining when and how they received something is beneficial. When we sold a jacket that belonged to Admiral Byrd we had a letter saying that it had been de-accessioned back to the family from the Smithsonian Museum. It's hard to find any better provenance than that.

Our multi-estate online auction ending June 2 features Rock n' Roll memorabilia from a New York promoter who was James Brown's agent. Items include rings that belonged to Elvis Presley, a Janice Joplin bracelet, along with other pieces owned by Freddie



Courtesy

A bracelet worn by groundbreaking rock vocalist Janis Joplin.

Mercury, and James Brown. There will be letters of provenance accompanying these items. We are still accepting quality consignments for this auction. Our online auction of sports and non-sports cards all from one estate will be running soon. The third session of model trains, die-cast cars, and other toys is now running online. See our Web site for details on upcoming events: <https://centralmassauctions.com>.

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Planting tips for growing success

Increase your growing success by giving your transplants a good start with a few simple planting techniques. Preparing them for the transition outdoors and planting properly will help you grow your best garden yet.

Transplants started indoors from seed or purchased at a local garden center or greenhouse need time to prepare for their outdoor home. Gradually toughen them up with a procedure called

Photo

Courtesy — Gardener's Supply Company Set tomato stakes or towers in place at the time of planting and make sure they are strong and tall enough to support the mature plants.

hardening off. This process helps them adjust to the outdoor growing conditions, so plants will suffer less transplant shock and establish more quickly.



GARDEN
MOMENTS
.....
MELINDA
MYERS

Start by moving the plants outdoors to a sheltered shady location about one to two weeks before the recommended planting date. Stop fertilizing and water thoroughly when the planting mix is starting to dry. Move plants into an hour of direct sunlight the first day, increasing the time by an hour each day. Make this easier by placing trans-

plants in a wagon, old saucer sled or Gardener's Supply Garden Cart (gardeners.com). Keep frost protection handy or move plants indoors when frost is in the forecast.

Once the plants are hardened off, move them into the garden. Water the planting mix thoroughly the night before planting. If possible, plant in the morning or on a cloudy day to reduce moisture loss and stress on the plants.

Follow spacing recommendations

Turn To **GARDEN** page **A14**

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GARDEN

continued from page A15

on the plant tags to save money and time. You will need fewer plants to fill the space and allow each plant to reach its full potential.

Press on the sides of the pot to loosen the roots and carefully slide the plant out of the container. Do not pull the plant out by the stem or you may end up with all stem and no attached roots.

Gently loosen any encircling and tightly

bound roots. This encourages the roots to explore the surrounding soil and establish a strong root system. Use fingers to tease apart the roots or a sharp knife to slice through the surface roots in a few places.

Plant tomato transplants several inches deeper or set long leggy plants in a trench. This encourages roots to form along the buried stem. Remove the lowest leaves that will be covered by the soil and loosen the roots on the hardened-off transplant.

Dig a shallow trench two to three inches deep. Lay the leggy tomato in the trench and carefully bend the stem so the upper portion remains above ground. Cover the stem with soil and water.

Set stakes and towers in place at the time of planting to reduce the risk of damaging roots and stems when trying to secure tall plants. Make sure the support is strong and tall enough for the plants. Gardener's Supply Vertex tomato cages and supports are

flexible, lightweight and can be installed around established plants without damage.

Remove any flowers and fruit on the transplants at the time of planting so plants can direct energy into forming roots, resulting in more flowers and fruit over time. If you cannot bring yourself to do this, try removing flowers on every other plant or row at planting. Do the same to the remaining flowers the following week.

Water new transplants often enough to keep the

soil moist, but not soggy wet. Water thoroughly and gradually extend the amount of time between watering to encourage deep, more drought-tolerant roots. Adding a layer of shredded leaves, evergreen needles or other organic mulch will help conserve moisture, suppress weeds, and improve the soil as it decomposes.

Implementing these strategies will help increase your enjoyment and reduce maintenance throughout the growing season.

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 series and the Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Gardeners Supply for her expertise to write this article. Her Web site is www.MelindaMyers.com.

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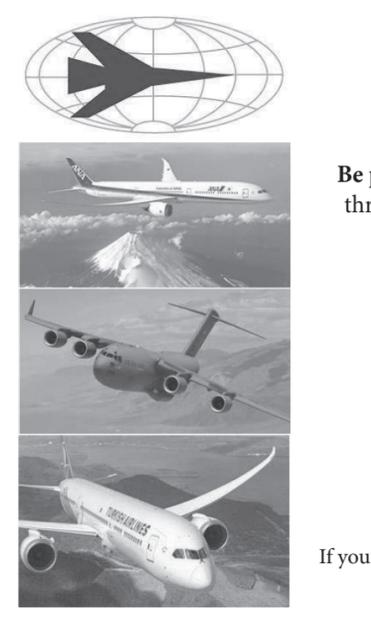
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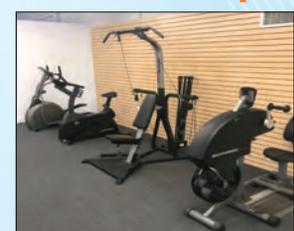
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bruising, is probably the most widely known. There are a multitude of remedies for everything including teething, nerve pain, stress, sleep, flu, allergies and sinuses as some examples. I would encourage the reader to look into homeopathy. These products are safe for children, pregnant women and nursing mothers.

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HEALTH

Spring 2021

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Publication

Alternatives for Health	9
Baystate Physical Therapy	4
Choice Physical Therapy	1
Crooked Creek Farm	10
Flexcon	7
Holden Hearing Aid Center, Dr. Matthew Moreno	2
Law Office of Michelle M. Murray	2
Life Care Center of Auburn	10
Notre Dame Health Care	2
Quaboag Rehabilitation and Skilled Care Center	1
Quaboag Rehabilitation and Skilled Care Center	9
Reliant Medical Group	9
Spencer Family Dental	2
Sturbridge Herbstfest	1
Whitinsville Retirement Home	3
Whitinsville Retirement Home	7
Your Health Matters	1

If being home alone and not being able to see family and friends this past year has been difficult, we have a really nice solution.



**Whitinsville
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Home**



Our residents have been able to function and maintain some normalcy because they have had each other to lean on.

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If you, a family member, or someone you know 62 or over could benefit from such an atmosphere call 508-234-6381 or go to Whitinsvilleretirement.org

Notre Dame Health Care Mission-Driven and Resident-Focused

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

Today, some 100+ years later, this property has become home to Notre Dame Health Care, a non-profit organization that takes a holistic approach to the ministry of healthcare delivery. Following the teachings of Saint Julie Billiart, who founded the Sisters of Notre Dame de Namur, the mission of Notre Dame Health Care reflects the gospel message in every aspect of its programs and services.

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

Every program at Notre Dame Health Care offers distinct features that engage residents, encourage socialization and promote a better quality of life. Social activities,



such as art and music therapy, along with social dining and field trips, help promote a sense of community for every resident. Notre Dame Health Care also offers daily Mass and the Rosary for its Catholic residents. We acknowledge the spiritual value in all faith traditions through the provision of pastoral care and ecumenical services for all.

The Sisters' influence and “special touches” are reflected in many unique features which are present throughout our facilities. Peaceful gardens and serene landscaping surround each building; lavish court-yards and green space invite residents to experience the outdoors in a safe, pleasant atmosphere; exquisite photog-

raphy and multi-medium artwork adorn the hallways. Differences in design abound in each of our facilities, giving each resident space its own distinctive character.

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

Not only does Notre Dame Health Care lead the industry in top-rated programs and services, the organization also has an incredible staff retention rate. Every employee exemplifies the organization's mission and works synergistically to continually raise the bar and operate at the highest possible level.

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

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The benefits of eating local meat and produce

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

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

~BETTER FLAVOR~

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

~HEALTH BENEFITS~

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Using nature to work with your body

These days, half of any drug commercial that you see tells you about side effects that you may not actually want. At Your Health Matters, we believe using nature to work with your body is a smarter approach than resorting to man made chemicals which force your body to work a certain way.

Most chronic diseases today are based upon runaway inflammation which overtime leads to almost every chronic disease. Visit us to learn how our top selling, clinically validated and re-researched multi herbal supplement can be like real health insurance in a bottle.

As far as what you put in your body... Are you aware that the skin care industry is unregulated? This means anything can be lurking in the products you apply to your skin. After all, what you put on your body ends up inside your body. Come get acquainted with our all-natural body care selection. Products with ingredients you'll be relieved to recognize.

Do you really know what's in the food you consume? Current research now shows that most chronic diseases stem from poor diet choices over time. Food producers are always cutting corners to cut costs. In the end, your health loses out. From nutritional drinks and healthy snacks, to natural sweeteners and low carb pastas, we can help you improve your diet!

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The incidence of falls among elderly people in our communities is common enough that we are all familiar with the potential consequences. Ask anyone and they will tell you that at some point in their lives they can remember an elderly relative or perhaps an elderly friend who suffered a fall and was injured as a result. The numbers are staggering; data collected in 2014 revealed there were 36 million reported falls in America that year. Of these, 8 million resulted in injury, and 32,000 resulted in deaths. The fact is that on average for every second that passes, an older person falls.

The primary concern driving the medical field to work on preventing falls in the elderly is to maintain the health and well-being of our senior community members. But the ramifications of fall prevention extend to our wallets as well. In 2015 in the U.S., 50 billion dollars in health care costs were spent on treatment for injuries resulting from falls in persons aged 65 and older. And as each year passes this age group becomes a larger demographic. In 1950, the number of person's age 65 and older represented 8.2% of the U.S. Population. This percentage grew to 20% in the year 2020. Now more than ever it is critical to maximize efforts to reduce the risk of falls for our seniors.

For those of you who question what can be done to help keep your parents and grandparents as low risk as possible, the answers are many. One good place to start is an assessment of the home. As a physical therapist, I have a checklist of items I like to ask my elderly patients and their family members. Are their railings on all staircases, whether it be a full flight of stairs or just a few steps into the house? Do they have grab bars to steady themselves when in the shower or for getting into the tub? Tile floors in kitchens and bathrooms can become quite slippery when wet. Throw rugs and clutter should be removed. Proper lighting should be available throughout the house, especially in the bedroom where trips to the bathroom occur during the night, and the bedroom light switch should be easily accessible, preferable so the light can be turned on before the senior gets out of bed.

In our clinics at Baystate Physical Therapy, we look to identify ways in which we can impact fall risk prevention through physical training. To do so effectively, it is important to have a good understanding

of the reasons why the elderly are at such a high risk for falls compared to the younger population. There are essentially three body structures that people rely on to maintain balance: the inner ear, the nerve endings in our joints, and our eyes. Each of these is responsible for providing our brains the information needed to

Fall Prevention for the Elderly



maintain balance, and each of these systems slowly degenerates with age.

The good news is that there are interventions which can help mitigate these degenerative processes. For example, as we age the declining effectiveness of our inner ear to transmit instantaneous information to our brains regarding our head's orientation to gravity results in a heightened dependence on our eyesight to give us that same information, which is so crucial to maintaining balance. In this circumstance, failing eyesight will deprive us of that all-important backup system, not to mention making it difficult to spot that object on the floor that then becomes a trip hazard. However, a visit to the eye doctor can result in being fitted with proper glasses, or to receive other interventions such as eye drops or cataract surgery. With such treatment and the addition of proper lighting installed in previously dimly lit areas of their home, vision becomes an asset instead of a liability with regard to fall risk.

Physical therapy can make a difference in training both the nervous and musculoskeletal systems to handle situations in the daily lives of seniors which might otherwise cause them to fall and incur injury.

The nerve endings in our joints, called proprioceptors, provide the brain with a continuous awareness of position of our trunk and limbs. This information allows us to maintain our body over our center of gravity when standing and walking on inclines, declines, and uneven surfaces. It also helps insure that if we begin to lose our balance, we will move one foot in the proper direction and distance to right ourselves before we fall. Research has shown that the effectiveness of these nerve endings and the number of proprioceptors

in our joints decline to some extent as we age, and this is especially true when a person adopts a sedentary lifestyle. Research also shows that with balance training and an increase in activity these proprioceptors will proliferate and more effectively transmit those messages to the brain, helping keep us upright and out of the hospital.

And we must not forget the importance of keeping muscles strong with good endurance, as there is a strong correlation between lower extremity weakness and likelihood of falls. The temptation of adopting a sedentary lifestyle in our later years can be high. One study found that only 22% of older adults regularly engage in physical activities. The problem of inactivity becomes even worse among elderly who have suffered a fall in the past, as 42 to 73% of those who have fallen once report a fear of falling again. The result is these individuals are likely to reduce their level of activity, as well as their participation in recreational group activities, and are apt to live a lower quality of life with regard to satisfaction and enjoyment. Physical therapy interventions in such cases include a focus of restoring strength and balance under the controlled conditions within our clinics, with the expectation that this will restore confidence in our patients to resume a more active lifestyle. The combination of the results of physical therapy and regular physical activity at home set up a formula for success in maintaining a low risk of falls and improving quality of life.

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How to reduce risk for Lyme disease



When the weather warms up and hours of daylight increase, few people can resist the allure of the great outdoors. Nature beckons each spring, and those answering that call must do so safely.

Lyme disease is a potential threat for people who live in certain regions. The Centers for Disease Control and Prevention reports that Lyme disease cases have been reported in nearly every state, though residents in certain states are more vulnerable than others. For example, CDC data indicates that incidence rates were highest in several states in New England, including Maine, New Hampshire and Rhode Island, while rates in Oklahoma, Missouri and Wyoming were especially low.

Lyme disease is spread by the bite of an infected tick. Playing, hiking, camping, or working in wooded or grassy places where instances of Lyme disease are high increases a person's risk of being bitten. But that doesn't mean those in areas like New England, the mid-Atlantic or the upper-midwest must avoid such activities. However, they should take steps to prevent tick bites when going out into the great outdoors.

- **Recognize where ticks live.** The CDC reports that blacklegged ticks cause Lyme disease and that such ticks live in moist and humid environments. In addition, the Lyme Disease Association notes that ticks are most likely to be in certain areas, including woods, areas where woods meet lawns and where lawns meet fields. Ticks also may be living in tall brush/grass, under leaves, under ground cover, near stone walls or wood piles, or in shady areas. Ticks also may be drawn to areas around bird feeders or outdoor areas designated for pets.

- **Wear insect repellent.** The CDC recommends wearing insect repellents registered with the Environmental Protection Agency. Repellents should contain DEET, picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol, or 2-undecanone. The EPA even has a tool on its website that can help people choose the right repellent products for them. That tool can be found at <https://www.epa.gov/insect-repellents/find-repellent-right-you>. The CDC advises people to treat clothing and gear, including socks and tents, with products containing 0.5 percent permethrin, which can remain protective even after several washings. Pre-treated clothing may be protective even longer.

- **Check for ticks every day.** Ticks can be found anywhere on the body, and the CDC recommends checking for ticks every day. Pay particular attention to underarms, in and around the ears, inside the belly button, the back of the knees, in and around all head and body hair, between the legs, and around the waist.

Ticks pose a threat when spending time in the great outdoors. Various preventive measures can help people reduce their risk for Lyme disease.

How to identify blacklegged ticks

Lyme disease poses a bigger threat to people living in certain areas than it does to others. For example, the Centers for Disease Control and Prevention reports that the highest incidence rates for Lyme disease occur in regions including New England, the mid-Atlantic and the upper midwest. However, no one, regardless of where they live, is immune to Lyme disease.

According to the CDC, blacklegged ticks are the specific type of tick that causes Lyme disease. Nature enthusiasts might be surprised to learn that blacklegged tick bites also can transmit other diseases and infections, including anaplasmosis, babesiosis and Powassan disease.

Various types of ticks pose a threat to human health, but blacklegged ticks may inspire the most fear due to their connection to Lyme disease. Learning to recognize blacklegged ticks can calm those fears and increase the likelihood that homeowners can prevent tick infestations before they get out of hand. According to the pest control experts at Terminix®, the following are some characteristics of blacklegged ticks.

- **Size:** Blacklegged ticks are tiny. Nymphs can be as small as the size of the head of a pin, while adults measure one-eighth of an inch. This size underscores the importance of conducting thorough examinations of your body and the bodies of your children after spending time in the yard. Inspect carefully, as ticks are so small that it's easy for them to go unrecognized.

- **Color:** Ticks are dark brown to black and have dark legs. It's easy to mistake ticks for freckles or moles. Look carefully if you notice any areas on you or your children's skin that seem to have a new freckle or mole.

- **Behavior:** Ticks need blood meals at each stage of life in order to grow. Though it's possible to find ticks anywhere on the body, the CDC notes that they tend to seek out certain areas. Such areas include under the arms, in and around the ears, inside the belly button, the backs of the knees, between the legs, and around the waist. Ticks also can be found in and around all head and body hair, so it's vital that people ask someone to inspect the hair on their heads and use a mirror to inspect private areas. Parents should carefully check their children's hair and even insist that kids wear hats when spending time in the woods or yards where ticks have been found.

Blacklegged ticks cause Lyme disease. Learning to recognize them is a crucial step to preventing Lyme disease.

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6
Years



Individuals looking for a way to incorporate exercise into their lives need look no further than their own feet. Walking offers numerous health benefits to people

of all ages, and it's particularly beneficial to fitness novices. Walking can facilitate a transition between inactivity and increased intensity for those who may

7 surprising health benefits of walking

have been away from exercise for some time.

According to Dr. Thomas Frieden, former director of the Centers for Disease Control and Prevention, walking is "the closest thing people have to a wonder drug." Any physical activity is a boon to personal health, and walking provides a host of benefits.

1. **Strengthens bones:** Walking can slow down the loss of bone mass due to osteoporosis. Arthritis.org notes that a study of postmenopausal women found that 30 minutes of walking each day reduced their risk of hip fractures by 40 percent.

2. **Boosts cardio endurance:** Regular walks can improve cardiovascular endurance, which can help people progress to more rigorous physical activity.

3. **Burns calories:** People can walk to burn calories and maintain or lose weight. The number of calories burned will depend on how briskly people walk, the distance they cover, their body weight, and the terrain on which they walk.

4. **Improves cardiovascular health:** The American Heart Association recommends adults get at least 150 minutes of

moderate-intensity activity each week. Walking can fit that bill. Walking five days a week can reduce risk for coronary heart disease by roughly 19 percent, according to a report in the *European Journal of Epidemiology*.

5. **Counteracts effects of weight-promoting genes:** Researchers at Harvard Medical School looked at 32 obesity-promoting genes in more than 12,000 people who walked briskly for about an hour a day. Walking reduced the effects of weight-promoting genes by 50 percent.

6. **Tame cravings:** People who have a sweet tooth can take notice that walking may steer people away from over-indulgence. A pair of studies from the University of Exeter found a 15-minute walk can curb cravings for chocolate and reduce the chocolate consumed in stressful situations. Walking also helped to reduce cravings for other sugary snacks.

7. **Reduces joint pain:** Walking improves blood flow and helps protect the joints. This can keep people from developing arthritis and other stiffness.

Walking has many health benefits that can support the entire body.

Top contributors to oral cancer



the mouth or throat. Other products are linked to cancer in the parts of the lips or mouth that touch the tobacco product.

Alcohol use

Drinking alcohol increases the risk of developing oral cavity and oropharyngeal cancers. The American Cancer Society says seven out of 10 people who have oral cancer are heavy drinkers.

Excessive sun exposure

Individuals who have had excessive exposure to the sun may develop cancer on the lips. Protecting the skin on the lips by using a sunscreen product for lips can reduce risk.

Skipping dental visits

Dentists perform routine cancer inspections during exams. Failure to visit the dentist regularly may prevent people from getting an early diagnosis and treatment for abnormalities in the mouth.

Human papilloma virus (HPV)

Verywell Health indicates HPV is the most commonly diagnosed sexually transmitted disease in the United States. The HPV-16 strain is linked to oral cancer, most commonly at the base of the tongue and in the tonsils.

Learning about the leading risk factors for oral cancer can help people take the necessary steps to change poor habits and behaviors.

Tobacco use

The Mayo Clinic says tobacco use of any kind, which includes cigarettes, cigars, pipes, chewing tobacco, and snuff, can contribute to oral cancers. Tobacco smoke can cause cancers anywhere in

What to know about irritable bowel syndrome



It's natural for people to keep issues regarding their personal health private. For example, some people may be hesitant to share information about illnesses they've battled with those outside their immediate families. While that reticence is understandable, it's vital that people be as forthcoming as possible with their physicians, no matter how uncomfortable situations or symptoms may be.

Irritable bowel syndrome, or IBS, is one condition that people may be hesitant to discuss with someone, including a physician. IBS can be marked by symptoms such as diarrhea, constipation and changes in bowel movements. The difficulty in describing such symptoms compels some people to resist discussing them with their physicians, at least initially. But IBS is nothing to be ashamed of. In fact, the International Foundation for Gastrointestinal Disorders notes that IBS

is the most common functional gastrointestinal (GI) disorder in the world, with worldwide prevalence rates in the range of 10 to 15 percent.

What is IBS?

The National Institute of Diabetes and Digestive and Kidney Diseases notes that IBS is a group of symptoms that occur together. Repeated pain in the abdomen and changes in bowel movements, such as diarrhea and/or constipation, may be present without any visible signs of damage or disease in the digestive tract.

What is a functional GI disorder?

IBS is a functional GI disorder, which means it is related to problems with how the brain and gut work together. The NIDDK notes that these problems can cause the gut to be more sensitive, changing how the muscles in the bowel contract and potentially leading to diarrhea, constipation or both.

What causes IBS?

The American Gastroenterological

Turn To **IBS** page 9

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IBS

continued from page 8

Association notes that the cause of IBS remains unknown, though it's suspected that various factors can cause it. One such factor is dysmotility, a condition characterized by poor regulation of the muscle contracts of the GI tract. Visceral hypersensitivity, which is a greater sensitivity of the nerves attached to the GI tract, is another potential cause of IBS.

Can IBS be treated?

The good news for people with IBS is

that various treatment plans have helped people with the condition feel better. The NIDDK notes that there might be some trial and error as doctors try to determine the best course of treatment for each patient. But dietary and lifestyle changes, medicines, probiotics, and mental health therapies are examples of IBS treatments that have helped people with the condition.

IBS symptoms can be uncomfortable to discuss with a physician. But people experiencing such symptoms should know that IBS is very common and doctors have a host of treatment options at their disposal to make it easier to live with IBS.



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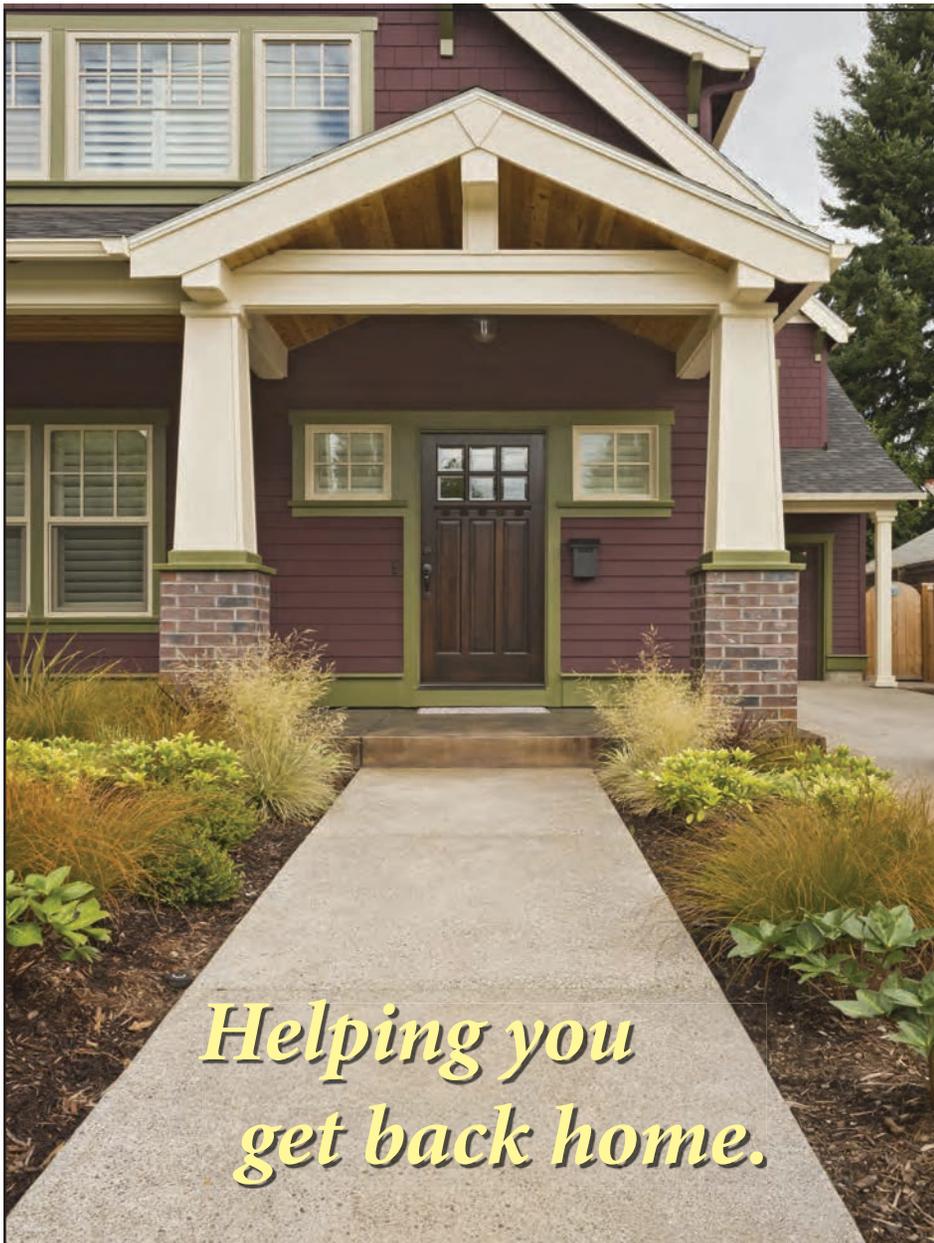
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Publication

A. Eagle Gutters.....6	Higgins Energy Alternatives.....2
American Discount Oil.....4	HomeTeam Inspection Service ..1
Bond Sand, Gravel & Asphalt.....9	Lisa Caron Real Estate5
Brunelle & Sons Landscaping2	Milford Federal Bank.....9
C&S Lumber Co.2	NALS Paint Center.....10
Central One	North Brookfield Savings Bank .1
Federal Credit Union.....10	Patrick Sweeney, Re/Max
Dave's Appliance, Inc.5	Professional Associates.....1
David's Heating and Air	Pepin Granite Services7
Conditioning6	Pepin Storage7
Dispose All.....3	Pepin Waste Services7
Docks & Lifts of New England....2	Ramco Window Services, Inc.4
Face to Face Mortgage1	Shrewsbury Marble & Granite,
Finishing Touch Hardwood Floor	Inc.....8
Company5	The Moving Crew/Fresh Start
Gary's Gutters.....9	Residential8
Hi-Tech Mobile Wash.....8	

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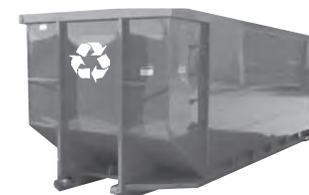


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Lisa Caron Named 2021 Ruby Level Top Producer in the Individual Category at RACM



Auburn, MA— Lisa Caron, with Lisa Caron Real Estate in Brookfield was awarded the 2021 Ruby Level Top Producer Award for Individual Production at the REALTOR® Association of Central Massachusetts Awards Ceremony on Thursday, April 7, 2021 via Zoom.

Top Producers of the Association were recognized for outstanding levels of production in real estate transactions based on dollar volume or units sold in the 2020 calendar year. Only 7% of RACM members were eligible for this award. The Top Producer Levels go as follows: Ruby Level, Emerald Level, and Diamond Level.

Caron, who joined the REALTOR® Association of Central Massachusetts in 2006, resides in Brookfield and can be reached at her office at 508-341-8299.

About Us

The REALTOR® Association of Central Massachusetts has been proudly serving its members of the Greater Worcester and Central Massachusetts areas since 1923. The Association assists over 1,800 real estate professionals, providing the services and resources necessary for a successful career as a REALTOR®. Association members are involved in residential and commercial real estate as brokers, salespeople, property man-

agers, appraisers, counselors and others engaged in all aspects of the real estate industry.

The term “REALTOR®” is a registered, collective membership mark that identifies members as professionals who subscribe to a strict Code of Ethics and Standards of Practice set forth by the National Association of REALTORS®.

For more information, contact Colleen Pappas, CEO of the Association, at 508.832-6600, or via e-mail at cpappas@realtorscentralma.org. ###end###

Save with the home heating tax credit

There is never a bad time to save money as a homeowner, but especially after the events of 2020, it is a better idea than ever to have some financial security in case things go wrong. Going green and lowering your heating bills is a great place to start. On December 28, 2020, new legislation was signed into law that created an Investment Tax Credit for homeowners who purchase a biomass fueled home heating or hot water system in 2021. This new tax credit opens a wealth of savings for homeowners looking for ways to save money on alternative heating for their homes!

How does this new tax credit work? Purchase a qualifying, high-efficiency biomass fueled home heating or hot water system and receive a 26% federal tax credit. For example, if you purchase a pellet stove for around \$4000 in 2021, you will realize a savings of over \$1000 once the credit is applied to your 2021 tax return!

What is a biomass fueled home heating system? Simply put, biomass is organic matter, such as plant material, that can be burned and used as an energy source or fuel. This means that home heating stoves such as wood or pellet burning stoves qualify as biomass-fueled and may be eligible for the federal tax credit. Higgins Energy Alternatives, located in Barre, Massachusetts, carries many brands of tax credit eligible stoves across a wide price range to suit every home and every budget.

How else can you save? The cost of fuel, operation, and maintenance on a wood or pellet stove can save you hundreds of dollars during the winter heating season alone. For example, two tons (4000 lbs.) of pellets at Higgins can cost an average of \$120 per month in the winter versus paying an average of \$220 per month on oil heat!

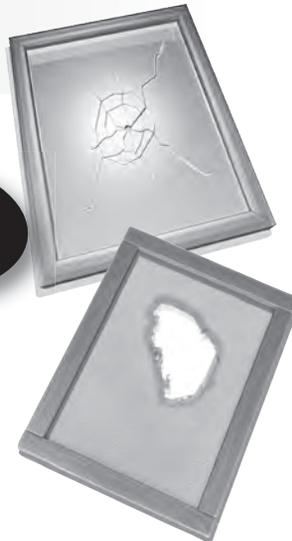
Are you ready to save money and heat your home with the best brands on the market? Higgins offers several top-name brands for pellet and wood stoves that meet the criteria for the tax credit to make your home cleaner, more efficient, and warmer. Their purchase and installation process is simple, efficient, and help with the tax credit paperwork is provided.

Start your summer with big savings, and have no worries knowing your home is ready for the next heating season! Give Higgins a call or text at 978-355-6343 or visit them online at HigginsEnergy.com to get started or learn more about the federal biomass tax credit.

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HomeTeam Inspection Service of Worcester County/Northern CT

With Over 1,000 Home Inspections Completed in 2020, HomeTeam of Worcester Owner Charlene Bonzey (AKA "Charley") Joins an Exclusive Club within the franchise world. Worcester, MA home inspection company owner, Charlene "Charley" Bonzey racked up her busiest year ever in the middle of a pandemic, a recession, and the tightest real estate market in decades. No easy feat.

Still, it is not entirely surprising. Bonzey has been growing her Worcester, Massachusetts location every year since she opened this family-owned operation. The mother of three grown sons, including one who is currently part of her inspection teams, Bonzey has kept her nose to the grindstone. By sticking to the HomeTeam playbook, she has managed to grow her business into a budding empire. This Worcester location has expanded to all of Worcester county, North and Western MA, and Northern Connecticut.

"Charley is batting 1,000, that's for sure," HomeTeam Franchise President Adam Long said. "She's smart, has incredible drive and is a true team player who really understands why sticking

with a proven business model pays big dividends."

The HomeTeam model is a team concept home inspection company where there is always 2 inspectors or more. The team concept provides a more thorough service for the client and provides a better time commitment for agents/clients. They typically complete an inspection in 1-1/2 hours and with so many teams available they can often accommodate an inspection within 48 hours if necessary. The inspection reports are provided the very same day in full color with 100's of photos. HomeTeam has also come up with tools by providing their own HomeTeam APP to accommodate agents to make their jobs easier. "We all know how tough the market it is today for buyers and agents - we at HomeTeam hope to help alleviate some of the pressures of this tough real estate market with tools we have put in place," says Bonzey.

What accounts for her success? The booming market or marketing strategies? A little of both. The housing market is very tight. Typically, there are anywhere from 30 to 50 buyers for every single home on the market. That means a lot of buyers will inadvisably consider skipping the inspection to sweeten their offer, so HomeTeam Worcester had to look at new opportunities to keep the business growing and is determined to protect buyers from purchasing homes with big issues.

Charley is often asked how she has overcome the pandemic with such success. Bonzey states, "Before COVID-19

hit, I had been going to real estate offices to give presentations, meet new agents and attend networking groups. That was my strategy, but it had to change because of the pandemic. Offices were not open, agents all working remote meaning access to new agents and clients was getting difficult. I was not going to let the marketing drop off, so I had to learn how to adapt. I started to host networking events once a week via Zoom, available to any real estate agent who wanted to take a class and learn more about homes, how home inspections work and what we are looking for."

The brokers in our area are so excited about the online webinars because it gives them the opportunity to help their newer agents become better home sellers. The zoom class is one hour a week, covering everything from Home Inspection 101 to foundations and leaks. Bonzey also ask the agents - particularly new agents - that if they come across something in a home they don't understand or concerned about, to take a picture and send it to her or someone on her team and they will assist them in troubleshooting the area of concern and provide tips on how to explain it to their client.

In addition to all the new marketing, Charley's sister, Tricia Bonzey joined the organization in spring 2020 with a force to be reckoned with. Trish manages the day-to-day operations and had brought back some old school proven marketing techniques into the mix. "Tricia Bonzey

Turn To **HOMETEAM** page 8

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How Community Bank's Make a Difference

North Brookfield Savings Bank is a mutual savings bank with full-service branches in North Brookfield, East Brookfield, West Brookfield, Ware, Belchertown, Palmer, and Three Rivers. As a true local community bank, we have been a part of the fabric of our communities since 1854. We are proud of our mutual savings bank status in addition to the wide variety of outstanding deposit and loan products we offer to individuals and businesses. We know that solid, trusting relationships are essential in banking. That's why you can always rely on our convenient branches to have friendly, experienced bankers who are ready to help you.

In today's world it's no secret that there are many solutions for your personal & business banking needs. Does it matter what you choose? What is the difference between a Digital Bank and a National bank versus a smaller, community focused financial institution? How are we different? At NBSB, We care about our customers. It's about more than just keeping their money safe. It is about providing them with the knowledge, tools and guidance to accomplish their goals, big or small. It's that personalized touch that makes a community bank a great choice.

Do you care about keeping your business local? Your bank giving back to the

communities they're located in? Hiring employees that are community driven? How about great products that are specifically tailored for both businesses and individuals? If you answered yes to any of these questions, a community bank is a great fit for you!

Although North Brookfield Savings Bank is a community bank, don't be disillusioned to think we are too small for your needs. NBSB has helped make dreams come true, from buying large commercial investment properties to opening a high-five savings account for your new baby.

We have worked hard to come up with "out-of-the-box" ideas to help our customers through this challenging time and keep employees and customers safe and healthy. We have offered everything from curbside banking, to offering FREE lessons on how to use our App, to our specialized appointment service, we will make sure we are there for you. No matter what stage of life, finance or adventure you may be in, we have a solution for you.

Deposit Products: At North Brookfield Savings Bank, we offer a variety of deposit products to fit all of your financial needs. Whether you are opening a checking account, working to build your savings, or looking to make more out of your

money with a CD, we have a solution that will work for you.

Consumer Loans: North Brookfield Savings Bank has a team of experienced Consumer Lenders who are ready to help you to get the solutions you need. We offer discounts when you sign up for automatic payments or you can make payments right through our online or mobile banking. We work hard to make a quick and simple process for our customers. We welcome you to contact a team member, visit a branch or you can easily and quickly apply online.

Mortgage Loans: The NBSB Mortgage Center has a strong team of residential lending professionals who are ready to help you to get the financing to purchase or refinance your home. We'll be with you every step of the way. We offer a variety of Mortgage and Equity Products with one sure to fit your needs. Whether you're a first time home buyer, looking to refinance your home, or to use your home's equity to complete a renovation, North Brookfield Savings Bank Lenders are here to help you find the product that's the best match for you. We welcome you to contact a Residential Lender or you can quickly and easily apply online when it best fits your schedule. Find the lender for your home purchase or refinance

Business Loans: The Business Center at North Brookfield Savings Bank has experienced Commercial Loan Officers who will work closely with you to provide sound advice along with the personalized service that your business deserves. We offer many business products. Aside from just financing, look to North Brookfield Savings Bank for all your business needs. Our FREE Business Checking Account, includes Mobile Deposit Features, Bill Pay, Mobile Banking, FREE Business Debit Card with 24 hour monitoring and much more. In addition, by partnering with Commonwealth Consulting Group, North Brookfield Savings Bank is able to provide a source for all your payment needs. Whether you need to take debit card payments off-site or need an ATM at your location for a one-time event, we are here to help you and your business grow. Contact a Commercial Loan Officer to get started.

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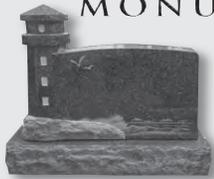
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HOMETEAM

continued from page 6

has been a major part of our success this year by going back to old school marketing methods. A handwritten note and/or a quick phone call goes a long way!" says Charley Bonzey.

Charley is often asked, "What has been your greatest source of satisfaction in this career?"

Bonzey responds with, "Here in Massachusetts, there are only about six women in this industry right now, and four of them work with us here at HomeTeam. We get a lot of kudos for that,

and that's gratifying, but it's not just a woman-power thing. We are different in the marketplace. All our inspectors, both men and women have a way of explaining things that is not alarming but educating. We love to educate our clients on how the home functions and how to maintain so bigger issues don't arise. We pride ourselves on the educational aspect of every home inspection".

The google and online reviews speak for themselves. Check out HomeTeam Inspection Service Worcester (and not just Worcester - all over MA and CT) - There is pride in what has been built thus far and looking forward to a successful 2021!

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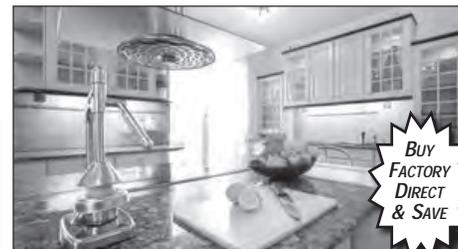
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