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Friday, May 22, 2020



# Overlook remains COVID free

BY JASON BLEAU  
VILLAGER CORRESPONDENT

CHARLTON – As of May 17, the town of Charlton had recorded 50 positive COVID-19 cases among residents; however, in the two months since the pandemic forced the community to join the rest of the nation in establishing social distancing protocols, not one positive case has come from the residents of The Overlook.

The local retirement community serves more than 400 residents on Masonic Home Road. As of May 16, the CDC reported 342 nursing homes in Massachusetts with at least one positive COVID-19 case among patients or residents, but through diligence and careful preparation The Overlook has managed to remain off that list. Only two of the nearly 700 employees at The Overlook have been confirmed to have contracted the virus and according to Tameryn Campbell, the CEO of Masonic Health Systems

and The Overlook, absolutely no residents have tested positive for COVID-19. Campbell said they have taken the health of their residents very seriously and calls their track record during the pandemic “no small achievement.”

“I am incredibly proud of the Overlook team and their heroic efforts during these unusual and difficult times. Their tenacity, ingenuity, sheer grit, courage and true character have been undeniable in this crisis,” said Campbell. “I am deeply inspired by the way The Team has united and become closer, even in the midst of social distancing.”

After news of the COVID-19 pandemic sparked public concerns in early March, the Overlook shut down all but three access points to the Charlton campus and immediately implemented a screening process that included temperature checks for all employees before entering the building. In April, a checkpoint was set up in the main entryway

further limiting access to the building and enhancing COVID-19 screening protocols. Those who failed the screening process were and still are prohibited from entering the property for the recommended standard 14-day waiting period to monitor for symptoms of the virus. The Overlook was also ahead of the curve in requiring face masks weeks before state and national leaders recommended the use of personal protection equipment on a regular basis.

Even though the Overlook has been at the forefront of the response to avoid the spread of the virus it was not an easy process. Campbell said there were learning curves and plenty of frustration as it seemed no one, including state and national leaders, was prepared for a pandemic like what has transpired.

“In spite of being well-prepared and positioned for an emergency and accustomed

Please Read **OVERLOOK**, page **A4**

# Charlton CVS offering COVID-19 testing

CHARLTON — Representatives Paul K. Frost (R-Auburn), Peter J. Durant (R-Spencer) and Senator Anne M. Gobi (D-Spencer) announce starting Friday, May 15, the CVS Pharmacy at 142 Worcester Rd. in Charlton will have COVID-19 testing available for certain qualifying individuals who schedule an appointment online.

As part of the Commonwealth’s partnership with the health care community, CVS has begun to set up new testing locations throughout the state. The CVS Pharmacy Drive-thru in Charlton will offer self-swab tests to those meeting criteria established by the Centers for Disease Control and Prevention. Patients will be required to stay in their vehicles as they are directed to the pharmacy drive-thru window to receive a test kit and instructions. A member of the CVS Pharmacy team will be present to observe the self-swab process and ensure it is performed properly, before sending the test to an independent third-party laboratory for processing. Results are expected

to be available approximately three days after.

Frost commented, “I appreciate CVS for expanding their testing sites here in Massachusetts and especially in Charlton as one of two new drive-thru sites in Central Mass. Testing is critical to continue to monitor COVID-19 so the state can move forward.”

“I’d like to thank CVS for opening up the testing site at their Charlton location,” Durant added. “It’s yet another positive step as we start to get back to a normal life while at the same time being diligent in keeping vulnerable people safe.”

“Increased testing sites are a necessity,” stated Gobi. “I appreciate CVS stepping forward to offer this critical service to so many.”

To receive a test at the Charlton CVS, all patients must first register in advance online at [CVS.com](https://www.cvs.com). The MinuteClinic COVID-19 Testing webpage features a survey that will collect important information and facilitate the scheduling of an appointment.



# Board of Health examines safety measures for town meeting

BY JASON BLEAU  
VILLAGER CORRESPONDENT

CHARLTON – As Charlton’s rescheduled town meeting date approaches in only a few weeks, the Charlton Board of Health is working hard to determine exactly how the annual gathering of citizens for town business will be handled.

As of this report, the Commonwealth was slated to reopen on May 18 barring any further extension to Gov. Charlie Baker’s stay-at-home order. Charlton still plans to hold its annual spring town meeting on June 15, making it one of if not the first public gathering in Charlton since the COVID-19 pandemic forced social distancing practices to be the norm. During a Zoom meeting on May 12, the Charlton Board of Health discussed what that meeting may look like as social distancing is anticipated to remain in practice in the immediate future.

Health Director James Philbrook told Board of Health members he had been in touch with members of the Massachusetts Association of

Health Boards and specifically senior staff attorney Cheryl Sbarra, who provided a document meant to help guide municipalities in their decision making concerning town meetings. Philbrook confirmed that when residents do attend the meeting most of the new norms will still be in place to ensure public health is a priority.

“The social distancing will apply. The use of masks too. I know we’ve had discussions at our Monday meetings with the Town Administrator and Dave Singer who is the chairman of the Board of Selectmen and Matt Gagner (Chairman of the Board of Health) to see how we can do this safely and what the recommendations from the state Department of Public Health would be in regards to town meeting,” Philbrook said.

He explained that the documents received from attorney Sbarra are expected to be the recommendation statewide and that the goal is to ensure that every town is following the same guidelines and practices to ensure citizens

Please Read **BOH**, page **A4**

# Community Garden launching third season



STURBRIDGE — The Community Food Collaborative (CFC) is entering its third growing season at its garden located behind the Sturbridge Town Hall lower parking lot. The land is owned by the Federated Church of Sturbridge and its use is being generously donated to the CFC garden

committee. The committee members have been busy planning and implementing upgrades to the garden for 2020.

After doubling the size of the garden in 2019, the CFC was able to more than double the donation of fresh organic vegetables. The Saint John Paul II Food Pantry in

Southbridge gladly accepted 3,107 pounds of vegetables last year from the CFC to help feed the local food insecure citizens of both Southbridge and Sturbridge.

“It takes a lot of effort to grow and harvest that many vegetables and the vol-

Please Read **GARDEN**, page **A2**







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## Helping Kids Cope With COVID-19 Concerns

- Talk to kids about COVID-19 and social distancing, and ask them to express their feelings about it.
- Limit your child’s exposure to news and social media related to COVID-19.
- Connect with outside family members or households together through phone or video chats.
- Seek ways to keep kids active, engaged, learning and having fun at home each day.



## Bored? Blue? Anxious?

Try these tips and ideas to help yourself relax and enjoy your time at home:

1. Begin your day with a deep breathing, meditation or gentle stretch routine.
2. Connect socially by phone, text or video chat each day.
3. Focus on the positive by keeping a gratitude journal.
4. Talk about your feelings with others, and encourage them to do the same.
5. Practice self-care, whether physical, mental, spiritual or all three.
6. Keep your living space clean and organized, and try to maintain a daily routine.
7. Create a want-to-do list of things you haven’t had time to focus on in the past: book lists, classic movies, fitness, crafts, online classes, new recipes, a language learning app or anything that “sparks joy” for you.

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## Pets and the Pandemic

Shelter-in-place guidelines are treating many pets to more time at home with their favorite people. Here a few quick tips to help you both make the most of it:

- Make sure you have a two-week supply of pet food and any essential medications on hand.
- Try teaching your dog a new command or trick for fun, or as preparation for AKC Canine Good Citizen training.
- Play treat-hide-and-seek with your pup or create a canine obstacle course in your home or backyard.
- Stay active together with plenty of walks, keeping a safe social distance from passersby.
- Consider fostering or adopting a pet while you have extra time at home to help your new companion acclimate. Before adopting a pet, determine if you will have adequate time to care for him or her when you return to your regular post-pandemic schedule.

According to the CDC and other health organizations, there is no evidence that companion animals can spread COVID-19 to people. Humans should always wash their hands after touching any animal or pet food, and avoid kissing pets or sharing food, to prevent the spread of any illness. It is also advisable that people infected with COVID-19 limit close contact with their pets.

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# School District looks at life beyond COVID-19

**BY JASON BLEAU**  
VILLAGER CORRESPONDENT

DUDLEY/CHARLTON — While schools in Massachusetts will remain closed for the remainder of the school year due to the COVID-19 pandemic, school leaders are hard at work determining what comes next as Massachusetts prepares to reopen.

Dudley Charlton Regional School District Superintendent Steven Lamarche provided an update on the outlook for his district during a livestreamed meeting on May 13 where he confirmed he has been in talks with state officials as to how districts should proceed in preparation for the fall.

“We continue to participate in state agency video confer-

ence meetings and anticipate further guidance regarding many topics on the operations of our schools moving forward. While we accept local responsibility for many of the decisions needed to move forward, we continue to collaborate, learn, and develop cohesion from our surrounding districts,” Lamarche said.

As of this report, Gov. Charlie Baker’s stay-at-home orders were set to expire on Monday, May 18 with the possibility of extending the order still in play. Regardless, schools will remain closed for the remainder of the school year although the district is consulting state agencies about whether or not to allow employees or students into the school buildings on a limited basis once the order does expire. The district is also working on the local level to establish a set plan of action to implement once the state mandate is fully lifted.

“We continue to maintain open lines of communication with our local health agents

and will consult by providing any plans for future access to our schools which would be, for example, students retrieving personal items. We will always welcome their feedback. A reopening working group will be established shortly. We are still working on the composition of that. We don’t foresee our buildings opening up for any programing or any meaningful learning so it’s not urgent but it is something we need to put together and start thinking about what it looks like as we continue to prepare and plan for next year,” said Lamarche.

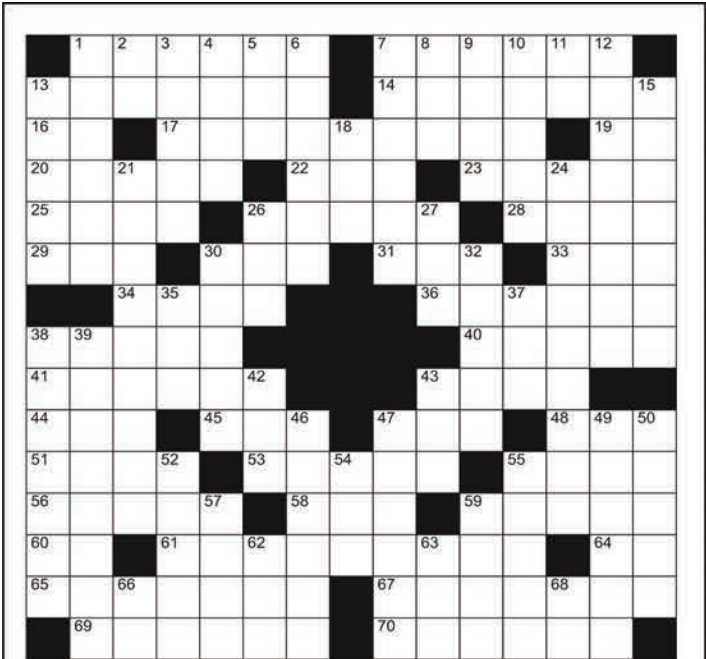
Local school officials are working with the state to determine what is required of them in terms of data submission and accountability measures for state testing. The district is also working on determining MEMA reimbursement for the COVID-19 shutdown.

Superintendent Lamarche took the time to credit the educators who have had to adjust to the new norms in a very

short time. As the school year rolls on, he said the teachers and staff deserve credit for all the hard work they have and continue to put in to providing an education for local students.

“As a district our collective efforts to provide meaningful remote learning opportunities has met and exceeded the demand but I know our educators are working to create and provide memorable opportunities for our students throughout the remainder of the school year. Much of the communication to families will continue through teachers and building principals. We look forward to these memorable opportunities and the remaining weeks of school for our students,” Lamarche said. “We continue to be in awe with our educators’ fortitude and incredible desire to do everything they can to reach every student.”

The last day of school for the Dudley Charlton Regional School District is set for June 18.



- CLUES ACROSS**
- 1. Seed part
  - 7. Productive
  - 13. Popular cocktail
  - 14. Sausages
  - 16. Western state
  - 17. Natural desires
  - 19. Defunct British automaker
  - 20. Early media tycoon
  - 22. Move from one place to another
  - 23. Letter of Semitic abjads
  - 25. Female birds
  - 26. Umbrella brand
  - 28. Delinquent
  - 29. Tax collector
  - 30. Cooking tool
  - 31. Female sibling
  - 33. Flat-topped hat
  - 34. Angolan currency
  - 36. Boardwalk candy
  - 38. European nation
  - 40. Leaflike part of palm
  - 41. Removed with solvent
  - 43. Uttered words
  - 44. Unfashionable person
  - 45. Disappointed
  - 47. Controversial device in soccer
  - 48. 007’s creator
  - 51. Pain
  - 53. UCLA mascot
  - 55. Razorbill
  - 56. Turkic people
  - 58. Mimic
  - 59. Crime involving fire
  - 60. And, Latin
  - 61. A saponaceous quality
  - 64. Dorm employee
  - 65. Estate lands
  - 67. States
  - 69. They slow you down
  - 70. Gets up

- CLUES DOWN**
- 1. One or the other
  - 2. Doc
  - 3. Songs have them
  - 4. Record of payment (abbr.)
  - 5. Speak endlessly
  - 6. American state
  - 7. Digressions
  - 8. Tell on
  - 9. Brews
  - 10. Belongs to the bottom layer
  - 11. American cigarette brand
  - 12. Legal voting age in US
  - 13. Dish
  - 15. Expelled air from the nose
  - 18. Body art
  - 21. Fierce, destructive act
  - 24. Bear bright yellow flowers
  - 26. Japanese delicacy
  - 27. Get off your feet
  - 30. Male organs in some invertebrates
  - 32. \_\_, so good
  - 35. Cleverness
  - 37. Protest yacht
  - 38. Anesthetized
  - 39. Mollified
  - 42. Touch lightly
  - 43. Diego, Francisco, Anselmo
  - 46. Some windows have them
  - 47. National capital
  - 49. Squirrels like them
  - 50. Grandmothers
  - 52. Painter’s tool
  - 54. News organization
  - 55. \_\_ and thesis: musical term
  - 57. Famed activist Parks
  - 59. \_\_ Spumante (Italian wine)
  - 62. A number or amount not specified
  - 63. Body part
  - 66. Of I
  - 68. Old English



CHARLTON — After consideration of the restrictions of the COVID-19 virus and safe distancing guidelines recommended by the Board of Health here in Charlton, the Memorial Day committee and officials of the Charlton American Legion Post 391 have decided to cancel the 2020 Memorial Day parade here in Charlton.

There will however, take place, the annual decoration of

the graves of veterans that are buried here at all of the four cemeteries in town. Post 391 members will assemble at the entrance of Westridge cemetery at 10 a.m. on Wednesday, May 20 in order to place an American flag at each grave of our fallen comrades.

Also, on Sunday, May 24 at 10 a.m., Post members will meet at the front of the Library entrance to proceed to the four cemeter-

ies, Westridge, Bay Path, Union and Northside and the Vietnam memorial bridge on Stafford Street to conduct memorial services to honor the dead.

We must never forget those who made the supreme sacrifice ensuring our freedom, at the same time

Remembering those men and women who are now serving in our armed forces around the world.

**BOH**  
*continued from page A1*

have their say at town meetings without risking a new spike in COVID-19 cases.

“They just want consistency throughout the commonwealth,” said Philbrook. “They want consistent enforcement from the local boards of health to make sure that meetings are safe and they practice the social distancing.”

Board of Health Chair Matt Gagner said the town does still indeed plan on holding a public town meeting, but that may

change pending further recommendations from the state.

“Basically, at this point we’re still trying to do a town meeting, but we’re going to look for guidance as of what the other towns are doing and what Cheryl Sbarra (recommends),” said Gagner.

In the draft document provided by The Massachusetts Association of Health Boards the role of the Board of Health includes assessing any threat of infectious diseases at public meetings. According to the document local boards of health may take reasonable steps to protect the uninfected members of town

meeting. The MAHB document also specifies that the Board of Health is to work closely with the Board of Selectmen and any other officials pertinent to decision making in the town to explore all options. The Board of Health’s ultimate authority is to be considered a “last resort.”

The MAHB’s recommendation further indicates that the authority to demand the use of masks and social distancing remain in the hands of the Board of Health and that such prerequisites be met by all attending the meeting in person.

**OVERLOOK**  
*continued from page A1*

to responding to and caring for those with contagious conditions, nothing was in place to adequately prepare us or respond to the magnitude of the COVID-19 virus, the likes of which The Overlook, the state, the country and the world haven’t experienced in over 100 years. The lack of a unified or cohesive approach at local, state and federal levels, augmented by a broken supply chain and lack of available PPE to defend against the virus, wreaked havoc on our organization exacerbating an already untenable situation and placing our Team Members and Residents in the line of immediate danger,” Campbell said.

“Bracing for COVID-19 is like holding back a tsunami with a

piece of driftwood. It’s not if but when it will strike. We have been determined not to let down our guard in wrestling this invisible and highly invasive virus. Still, the unrelenting stress, long work hours, and uncertainty on multiple levels have taken a palpable toll on the Team.”

Even with all that in mind, Campbell said she is proud to say the Overlook has persevered through the challenges to keep its resident population COVID-19 free. Efforts have even been made to accommodate residents on site to ensure there is no need for them to leave the property including increasing its micro-store and offering produce, dairy products, bread, pet food, snacks and other food items for purchase on site while utilizing a point of sale software system rather than accepting physical cash. To further accommodate

residents The Overlook even held a special Mother’s Day celebration where they gathered 350 photos with messages from family members, framed them and delivered them to the residents to make sure they felt some love from the outside world.

As Massachusetts prepares and rolls out plans to reopen Campbell said The Overlook will remain diligent and take whatever measures they deem necessary to continue to preserve the health and well being of their residents until the pandemic is officially over.

“Our top priority, first and foremost, is the safety and security of our residents and team members,” said Campbell. “We continue to focus on what lies immediately in front of us. while also trying to remain one step ahead.”

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# Quinsigamond Community College offers free courses for businesses

WORCESTER — Quinsigamond Community College’s Center for Workforce Development and Continuing Education recognizes the tumultuous workplace environment businesses now find themselves in, due to the COVID-19 pandemic. QCC has taken the unusual approach of offering free online learning opportunities and resources, designed to address the needs of companies and their workforce in this new and evolving landscape.

“This is a time in our history where we must all come together for the common good. Our economy and our livelihood depends on the success and viability of our companies and it is imperative that we assist them in this time of major economic disruption,” said QCC President Dr. Luis Pedraja. “COVID-19 has dealt a lethal blow to

many businesses and those businesses that don’t have the skills needed in the current and post pandemic world will likely not survive.”

As businesses begin to adapt to new ways of delivering goods and services, they must reinvent themselves and learn to adapt digital working practices into their current workplace practices. QCC is offering companies the tools to help make the transition.

“Supervisors and employees in every industry sector faced a steep learning curve as they worked together to move business services on-line over the past few weeks. Now, the ‘normal’ has shifted and it is time to focus on maximizing the quality and efficiency of these services,” said QCC’s Associate Vice President for Strategic Academic and Workforce Initiative, Kathy Rentsch.

The College is now offering 20 free courses to business owners and members of their workforce to serve as a valuable resource for industries in the region. All courses are offered online for a limited time and are self-paced.

“Courses that are offered are designed to appeal to all levels within an organization and range in focus from strategic planning courses, such as Managing the Virtual Workplace, to specific targeted skills courses, such as Microsoft Office 365 and Excel,” Kathleen Manning, Dean of Center for Workforce Development and Continuing Education.

“This modular on-line learning program provides each student the flexibility to design an individualized program to build knowledge, skills and abilities for success,” Ms. Rentsch added.

While no one knows what the future

will bring, those companies that pivot and adjust to the changing times will be in a much better position than those that maintain the status quo.

“The current COVID-19 crisis has challenged both employers and employees to very quickly adapt to where and how they work. QCC plays a vital role in providing education that reflects the just-in-time needs of both groups,” Ms. Manning said. “It is important that QCC serves as a resource to address any skill gaps this adaption created.”

To register for a course or learn more visit, QCC’s Center for Workforce Development and Continuing Education.

For more information about QCC, contact Josh Martin, Director of Institutional Communications at 508-854-7513 or [orjmartin@qcc.mass.edu](mailto:orjmartin@qcc.mass.edu)

## Thanks to \$450,000 transition grant, QCC can help students focus on future

WORCESTER — The Massachusetts Department of Elementary and Secondary Education has awarded Quinsigamond Community College’s Future Focus program an Adult Education Transition to Community College Grant. The \$450,000 grant is divided into three yearly allotments of \$150,000, and is the maximum amount awarded.

QCC’s Future Focus program is designed specifically for adult learners from adult basic education programs and creates a direct pathway to degree and certificate programs. Since 2010, Future Focus has significantly increased its student enrollment, and to date, over 300 nontraditional students have been through the program.

“Those in our community who are under-represented and under-served

have benefited greatly from our Future Focus program. Increasing the award amount will enable us to assist more people in their quest for a better future,” said QCC President Dr. Luis Pedraja.

Future Focus students are non-traditional students who have gone through the traditional U.S. education system, but did not complete their school requirements and instead earned their GED or HiSET high school equivalency. Future Focus students are also English as a Second Language (ESOL/ESL) participants, who already have their high school diploma, as well as students who graduated from high school years ago and went directly into the workforce. Participants receive comprehensive support in order to help them succeed as they transition into higher education. The program covers all tuition and

fees, books, school supplies (and bus passes if needed), in addition to career and academic advising.

“The program has a rotation of students, made up of first-semester students and second-semester students. The goal is to have 15 new students each semester, and students stay with the program for one year (two semesters),” said QCC Future Focus Coordinator, Gilmarie Vongphakdy, adding that there are 30 students participating for the Spring 2020 semester.

QCC Future Focus students come from all areas in the community, and includes CNAs, police officers, grocery clerks, PCAs, a phlebotomist, case-workers with Worcester youth, medical assistants, dental receptionists, factory workers, forklift drivers, bank tellers, parents, and many more.


“We have two students graduating this May and two more finishing up at the end of the Summer II semester,” Ms. Vongphakdy continued. “One student was accepted and will be attending Assumption College and the other student was accepted to Worcester State University and is waiting to hear back from some other schools. One of the other students who is graduating this summer has also been accepted to Boston University and is waiting to hear back from some other schools.”

To learn more about QCC’s Future Focus program, <https://www.qcc.edu/services/future-focus-program>

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

# VOTE

## Sat., June 13 8am-8pm



Do you want to avoid going to the polls in person?  
**Vote by Absentee Ballot**


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For more information, call your local town clerk’s office.

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Massachusetts Official Absentee Ballot Application

See reverse side for instructions

 William Francis Galvin  
Secretary of the Commonwealth

**Voter Information**

1

Name: \_\_\_\_\_

Legal Voting Residence: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Telephone Number: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

**Ballot Information**  
*(Independent voters may vote in a primary without registering with a party)*

2

Mail Ballot to: \_\_\_\_\_

Ballot Requested For:

☐ All elections this year

☐ All general elections (No primaries)

☐ A specific election: \_\_\_\_\_ Date of Election \_\_\_\_\_

Party (only if requesting primary ballot): \_\_\_\_\_

State Primaries: \_\_\_\_\_

Presidential Primary: \_\_\_\_\_

**Special Circumstances**  
*(If applicable)*

3

☐ This application is being made by a family member of the voter. Relationship to voter: \_\_\_\_\_

☐ Voter is a member of military on active duty or dependent family member of active duty personnel.

☐ Voter is a Massachusetts citizen residing overseas.

☐ Voter has been admitted to a healthcare facility after noon on the fifth day before the election and has designated the following person to hand-deliver the ballot: \_\_\_\_\_

☐ Voter required assistance in completing application due to physical disability. Assisting person’s name: \_\_\_\_\_ Assisting person’s address: \_\_\_\_\_

Signed (under penalty of perjury): \_\_\_\_\_ Date: \_\_\_\_\_

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## Eastern student Elizabeth Simonds inducted into Sociology Honor Society

WILLIMANTIC, Conn. — Eastern Connecticut State University’s Department of Sociology, Anthropology, Criminology and Social Work inducted 13 students into the Alpha Kappa Delta National Honor Society.

Among the inductees was senior Elizabeth Simonds of Uxbridge, who majors in Sociology and Early Childhood Education.

Founded in 1920, Alpha Kappa Delta has chapters worldwide with more than 130,000 members. Its purpose is to stimulate scholarship and promote the scientific study of society. To be inducted students must be at least a junior with an overall GPA of 3.3 and have completed four sociology courses.

Eastern’s Sociology Department provides students with practicum and internship courses with the opportunity to gain experience in multiple field placement settings. Sociology majors graduate ready for employment in community, business and organizational settings or for graduate level study in sociology, social work, law and other career fields.

## University of New Hampshire announces graduates

University of New Hampshire announces graduates

DURHAM, New Hampshire — The following students graduated from the University of New Hampshire in Durham Saturday, May 16 during a virtual celebration. Students who received the honor of summa cum laude graduated with a GPA of 3.85-4.0; students who received the honor of magna cum laude graduated with a GPA of 3.65-3.84; and students who received the honor of cum laude graduated with a GPA of 3.50-3.64. Students are only graduated after the Registrar’s Office has certified that all degree requirements have been successfully completed. A traditional, in-person commencement ceremony will be scheduled at a future date yet to be determined.

Juliette Fiske of Charlton graduated with a BA degree in Communication.


Aaron Kearnan of Uxbridge graduated Magna Cum Laude with a BSENE degree in Environmental Engineering.

The University of New Hampshire, founded in 1866, is a world-class public research university with the feel of a New England liberal arts college. A land, sea, and space-grant university, UNH is the state’s flagship public institution, enrolling 13,000 undergraduate and 2,500 graduate students.

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# Protect your skin when gardening

May is National Skin Cancer Awareness Month and a busy time for gardening and other outdoor activities. Gardening provides many benefits but like any outdoor activity it's important to protect yourself from the sun's damaging rays.

More than five million cases of skin cancer are diagnosed each year and most are associated with exposure to the ultraviolet rays from the sun. And even though it's the most common form of cancer in the U.S. it is also one of the most preventable. Help reduce this percentage and keep yourself and others safe with a bit of skin cancer prevention.

Use sunscreen year-round. It is easy to overlook during those extremely cold or hot months where we may be bundled up or spending minimal time outdoors. In fact, running errands and even time spent in the car results in sun exposure.

Apply a sunscreen with UVA/UVB protection and a minimum SPF of 30 over your entire body at least 30 minutes before going outdoors. This



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.....

**MELINDA MYERS**

includes cloudy days when we often forego this precaution. Reapply sunscreen every two hours or after swimming or excessive sweating. Pay close attention and make a generous application to lips, tips of ears, and the backs of your neck and hands.

Keep a bottle of sunscreen in your garden tool kit as a reminder to apply throughout the day. If it's easily accessible, you are more likely to apply it as needed.

Avoid gardening and outdoor activities when the sun is most intense. This is usually between 10 a.m. and 4 p.m. Find those shady spots in the landscape to weed or relax during that time. Avoiding the intense sunlight means cooler temperatures that make working in the garden more enjoyable.

Cover up for greater protection. Wear a broad brimmed hat to protect your ears, scalp, neck and face from the sun. Don clothing of tightly woven fabric that helps block harmful UV rays. And talk to your dermatologist about the benefits of investing in photoprotective clothing.

Be sure to include gloves when purchasing sun protective clothing. Look for knit gloves like Foxgloves (foxglovesinc.com) that provide 50+ UPF, Ultraviolet Protection Factor. These gloves are made of lightweight, breathable fabric and come in a variety of colors, including skin tone, making them easy to wear when working, driving or participating in any outdoor activity.

And don't forget about your eyes. Wear sunglasses and a broad brimmed hat to protect your eyes when gardening, relaxing or recreating outdoors.

Check your skin regularly for any suspicious moles, spots, growths and changes. And visit your dermatologist at least once a year. They can help you detect and manage problems early.

As you work to improve your landscape or do other outdoor activities this season, add sun protection to your to-do list. Then encourage your family and friends to do the same. A bit of prevention can reduce your risk of becoming that one individual in five that develops skin cancer by the age of 70.

Melinda Myers has written numerous books, including *Small Space Gardening*. She hosts *The Great Courses "How to Grow Anything"*



Photo Courtesy

**Wear sunscreen, a hat and gardening gloves with ultraviolet protection to stay safe from ultraviolet rays that can cause skin cancer.**

DVD series and the nationally-syndicated *Melinda's Garden Moment* TV & radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and was commissioned by Foxgloves for her expertise to write this article. Her Web site is [www.MelindaMyers.com](http://www.MelindaMyers.com).

## TRIPS OFFERED

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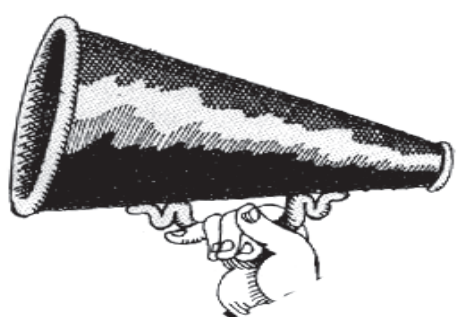
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EDITOR

Be excellent to each other

It seems as though human kindness has taken a back burner as of late, and we're not sure why. The remarks on social media between people bashing one another over politics or whether or not businesses should re-open, or whether or not the new Coronavirus is as 'real' as 'they' say, are over the top. Social media is certainly both a blessing and a curse.

Social media is a great way to keep in touch with friends and family, but it's also a platform for strangers to draw baseless conclusions and put each other down from behind the comfort of a keyboard. Once upon a time, those on opposing sides had face to face productive conversations. Those have since been replaced with this new format complete with emoji's and other memes or belittling GIFs.

Even more worthy of a raised eyebrow is how many people read a post or a news story from some random, disreputable source and then share it as incontrovertible fact. Nine times out of ten, a simple fact check will prove these "click-bait" posts to be non-factual. There are fake doctors putting out interviews on YouTube and people will just fall for them hook line and sinker. Please pause a moment and question what you're looking at objectively and always check the source.

It seems as though the regard for how we treat one another has been given a new standard, and we believe we know why; however, we'll leave that for our readers to decipher. Kindness and empathy along with professionalism is still alive and well and it's how our country has moved forward the way it has since its inception. Let's not forget that despite the current climate. What we need to remember is that no matter what you think, we are all on the same side.

When we're perusing online, it's not our job to correct a person if it can't be done in a positive way. If a person is being negative and inappropriate in how they interact online, then your best bet is to simply not engage. A heated argument never ends with any side switching to the other. A more productive means of conversation over a hot button issue would be to simply ask the other person questions. This is the best way to make a person think. A light-hearted example: "I see you think blueberry pie is better than Boston Cream pie — can you explain why?"

Asking questions from a meaningful angle can go a long way. Here's the truth of the matter, we don't know everyone we interact with online. With that being said negativity just fuels more negativity. It's easy to disagree with someone in a positive way. Another example could be, "I understand the point you're trying to make; however, I don't agree. With that being said, enjoy your day. It should be a sunny one!" Always try to leave things on a positive note. If you're feeling angry, go for a run or a drive. Don't take your frustration out on strangers online.

As Fred Rogers always said, "When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.'" This has never been truer than in our current situation. With this pandemic, the outpouring of love and support we have seen does far outweigh any negativity. In Brooklyn, N.Y., every night at 7 p.m., everyone bangs pots and pans outside their windows as a way to show appreciation for local healthcare workers. This is something we have seen happening in several cities across the country. On a local level, people are raising money for food pantries and running errands to protect the elderly and other vulnerable populations. We dig it. At the end of the day, the glass should always be half full.

To quote one of our favorite duos from our childhood filmgoing experiences, Bill and Ted, "Be excellent to each other!"



# OPINION

VIEWS AND COMMENTARY FROM CHARLTON, CHARLTON CITY, CHARLTON DEPOT AND BEYOND

## Is bald beautiful? Why should you see a financial advisor?

I've always had a love affair with my hair. The Moore men and many of the women have/had jet black hair. It comes from both sides of my father's tree, The Moore's and the Loucks.

As I was growing up, it was a point of family pride and became part of my identity. My grade school-teachers could not seem to keep their hands off my hair. "It's so black and thick," they'd exclaim. We'd go to family reunions and I'd hear things like, "Gary sure is a Moore. Look at that hair!"

My mother always told me that when I was born, before she actually got to see me for that first moment, the doctor and nurses began to laugh, and the Doc said, "Look at all that black hair!"

In 1988, I went on an all liquid diet which was the rage at the time. My hair started thinning and I was assured it would grow back, but it didn't. No bald spots, but the thickness was gone, and I always regretted going on that fad diet.

Now I have cancer and am in chemotherapy. Every day when I wake up, I seem to have lost a little more of my hair. Add to the fact we are in quarantine and can't get it trimmed, my head is beginning to look like a mangy old coyote during the heat of the summer. I wear a ball cap around the house. I'm avoiding mirrors and am in denial. A friend recently said, "just shave it off. It will grow back." (I've heard that one before) Another said, "And when it grows back it will be curly and a different color?"

A different color? Not black? Really? As of now, my thinning hair would be considered "salt and pepper" and I've been fine with that because the pepper was still black. But curly and a different color?

Cancer can strip you of more than your hair. I'm in the fight of my life and I plan to win. To fret about my hair seems ridiculous. I must face the reality that sometime soon, I'll head into the bathroom and probably just shave it all off. I get weird thoughts like, "Will I still be a Moore? Will people stare at me? If they realize I have cancer will they pity me?"

Being a columnist, author, and speaker, you must fight for attention. I've always enjoyed standing in front of large crowds to share my stories. I've never shied away from being in the spotlight. Now I find myself happy for quarantine so no one can see me. Silly ... I know. Silly or not it's the truth.

I haven't taken the step yet to shave what's left of the former thick and black mop on my head. I'm a fighter. Some things are worth fighting for and I'm realizing that my hair just isn't worth it. I'm fighting for my life. My hair should be the least of my worries.

What is it I'm really worried about? I guess I don't want to die bald and that's a thought that I must strip out of my head and heart because I'm not giving in or up. Stage 4 Stomach Cancer has met its match. I'm going to beat cancer and you can take that to the bank ... although you'll have to take it through the drive-in window as quarantine seems to have the lobbies closed.

So, is bald beautiful? guess I'll soon find out.

PS - There is nothing to take lightly about cancer, but contrary to the belief of some, cancer doesn't have to be a death sentence. It is serious business, but the attitude of the patient plays a major role in treatment and recovery with any health crisis. Do not allow a medical professional to place a time stamp or expiration date on your life. It's your life. Fight with all your might. Only speak positive and uplifting words into your head and heart. Only associate with others who do the same. Do your own research. Read about positive imaging. Be up to date with what the universities, major cancer centers and research hospitals are doing. There are advances and breakthroughs daily. Be optimistic, be positive and fight. Never give up or give in. Cancer is beatable. Believe it and fight.

Gary W. Moore is a freelance columnist, speaker, and author of three books including the award-winning, critically acclaimed, "Playing with the Enemy." Follow Gary on Twitter @ GaryW Moore721 and at www.garyw-moore.com.



POSITIVELY SPEAKING  
GARY W. MOORE



FINANCIAL FOCUS  
JEFF BURDICK

The social distancing and stay-at-home orders necessitated by the coronavirus have led many of us to feel isolated. Still, we've fought back through social media, "virtual" gatherings and walks in the neighborhood, where we could greet friends and neighbors (from 6 feet away). But when you're dealing with the financial effects of the virus and you're investing alone, you could encounter some problems that may prove costly.

Of course, with so much investment-related information available online, on television and in any number of periodicals, it's not surprising that some people feel they can invest without any assistance. But the volatility of the financial markets over the past few months has also pointed to the dangers of going solo in the investment world. And you might find that a professional financial advisor can help you in several ways, including the following:

Taking emotions out of investing. During this period of market turbulence, many self-guided investors are letting their emotions drive their investment decisions. As a result, they sell investments when their price is down, "locking in" their losses. Furthermore, if they then stay out of the financial markets, they will miss out on the eventual recovery – and some of the biggest gains in market rallies usually occur right at the beginning. But if you work with a financial advisor who has helped you develop a personalized investment strategy based on your goals, risk tolerance and time horizon, you will be far less likely to react to extreme market conditions by making ill-advised decisions.

Maintaining perspective. When you're putting away money for the future and you suddenly have a lot less of it, you might start to wonder if that future is somehow in jeopardy. But if you've been working with a financial advisor and following your investment strategy, you'll know that you don't have to immediately cash out those investments that have lost value, and you may not need to liquidate them for decades if they were designed for a long-term goal, such as retirement. By the time you do need to sell them, their value may well have appreciated significantly. And if you've got a well-constructed portfolio, you'll also own shorter-term, less volatile investments to help meet your current cash flow needs.

Understanding the history of investing. The recent market instability is unique in the sense that its cause – a worldwide pandemic – is so highly unusual, and it hopefully will be a once-in-a-lifetime experience. Typically, prolonged market downturns are triggered by explainable financial or economic factors, such as the bursting of the "dot-com" bubble in 2000. However, market drops of 20 percent or more – generally referred to as bear markets – are not at all unusual and have happened every few years over the past several decades. Financial advisors are well aware of this history and share it with their clients. And for many people, the knowledge that "we've been here before" is reassuring and makes it easier for them to continue following their investment strategies.

The road to your financial goals is a long one, with many twists and turns. So you might like to have some experienced company along the way.

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



## Blues-Busters to Boost your Mood!

With the current crisis making most of our social activities reduced or even stifled, it's easy to get the blues, or even the mean reds (a la Holly Golightly in Breakfast at Tiffany's). Instead of cheering yourself up with a double dip of ice cream, why not treat yourself to some mood boosters? Read on for an array of bad mood busters, some familiar to readers of this column and some new, that just might bring back your sunny smile this season!

\*Note: These suggestions are not meant as a substitute for medical attention. Seek medical advice if you have symptoms of depression.

\*\*\*

Take Ten: Studies show ten minutes of moderate exercise or brisk walking is enough to improve overall mood, as well as increase vigor and decrease fatigue. And the best part is, ten minutes is all it takes to bust that bad mood because longer durations didn't further improve moods.

\*\*\*

Massage your Mood: Did you know a good massage has the power to not only release toxins but to boost serotonin in the brain? If you can't afford to run out and get a massage every time you get a case of the blues, try self massaging your neck for five minutes at work, or treat your feet to a massage when you're in the tub or at the end of the day.

\*\*\*

Mood Food: In a medical study over 70 percent of participants reported that increasing both their water and produce intake improved their mood. Want more? Twenty five percent said the simple dietary switch reduced their anxiety!

\*\*\*

Sunny Smile: While lack Vitamin D has been linked to depression, sunlight exposure seems to have the greatest effect on your mood. When light passes through the eyes, it stimulates the production of the feel-good hormone serotonin in the brain. So soak up a little sun each day. Better yet, take a brisk ten minute walk on a sunny day and double the benefit from two known depression dampers!

\*\*\*



TAKE THE HINT  
KAREN TRAINOR

\*\*\*

Fish Tale: Researchers have concluded fish can contribute to a good mood and sense of well being. The study showed Japanese people, who eat an average of 140 pounds of fish per year, have a very low depression rate of 0.12%. Germans, who eat an average of only 20 pounds of fish per year have a rate of depression forty times higher than the Japanese - you do the math!

\*\*\*

Light On!: Try increasing the amount of natural light in your home by pulling up shades and trimming trees that block natural light. Or, substitute fluorescent or incandescent lights with "sunshine" or "daylight" bulbs that mimic natural daylight. Experts claim sitting within three feet of a 300 watt bulb for 20 minutes three times a day can help boost serotonin.

\*\*\*

Cut Back: Cutting back calories has also been known to cut out bad moods. As a bonus benefit, trimming calories can also help you trim down, which will very likely make you happy!

\*\*\*

Carb Cue: Filling up on protein and "good carbs" from vegetables doesn't bog you down like eating complex carbs tends to do. Trim your carbohydrate intake and improve your energy (and your mood)!

\*\*\*

Mush the Mood: And don't forget to get a daily dose of mushrooms! Did you know mushrooms, which taste great cooked or raw, are the only plant source of natural vitamin D?

\*\*\*

Sugar High: The good news is research shows chocolate can fight depression by raising brain serotonin. You already know the bad news! If you're afraid self medicating with chocolate will blow your diet, choose low or no sugar choices

Turn To **TRAINOR** page **A11**



# Good weather brings good fishing

Now that the weather has started to cooperate, fishing has started to improve dramatically on both fresh & saltwater. A call this past Sunday to Archie's Bait and Tackle shop in Providence, R.I. revealed some good news on stripers and tautog. A lot of bait fish have moved in and stripers are abundant, although many stripers are schoolies, with numerous legal size fish being caught. There are a lot of porgies in the area.

Bait shops in both states are sold out of green crabs every week for tautog fishing, as are fresh porgies. You may need to plan on catching your own bait! Bait & tackle shops are having a hard time keeping up with the demand for green crabs because of high volume of fishermen this year, and the crabs are not podding well because of the cool water, which otherwise are easier to catch.

This Covid 19 virus has sure disrupted our way of life, and it is expected to continue for months, or even years. People that own a dog, cat, or some other family pet are finding that they can provide some great comfort on a daily basis. As an owner of two dogs, a yellow Lab and a 13 inch beagle, I find



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dealing with this terrible crises that the world is experiencing today is made a lot easier to cope with while owning my two dogs. This week's second picture shows my Lab Twig and her beagle friend Molly enjoying some sun last week.

A call to Al at Snug Harbor Marina revealed some great fishing for school stripers and fluke, although many short fluke are being caught. Catching a 19 inch fluke this year in Rhode Island is going to require a lot of catch and release , and a lot of mortality of the fish. I just do not understand the Rhode Island Marine Fishery thinking when they come to set size limits on recreational fishermen. They are constantly reporting the high mortality of our fish stocks after they are caught and released by recreational fishermen and commercial fishing. It would be not unreasonable to lower the size limit and the bag limit for recreational anglers. At least they could take a few fish home for the dinner table. Instead, the released fish become crab bait.

Local trout fishermen continue to catch some nice rainbow trout, and freshwater bass anglers are catching some impressive largemouth, and smallmouth bass on shiners and plas-



tics. Webster Lake has a huge population of smallmouth bass, and is the place to go to catch a lunker smallie. Crappie also inhabit this great body of water and can produce some trophy size fish, if you take the time to find them.

Turkey hunting in Mass. ends this Saturday, May 13 at noontime. Many impressive birds were harvested this year and many hunters managed to harvest the new two bird



limit this year. This week's picture shows Samantha Johnson with her turkey she harvested recently. Nice bird! More women are taking up hunting and fishing every year, as they find the great fun in the sport, while enjoying the outdoors.

Take A Kid Fishing & Keep Them Rods Bending!

# Bronze age comic books



In a past column, I wrote that I would dedicate a future column to comic books. There is so much collector interest in comic books, and they have been selling so well recently, I will dedicate the next three columns to them.

Comic books have a longer history than you might expect. Swiss cartoonist Rodolphe Töpffer created "Histoire de M. Vieux Bois" in 1837. The book was retitled "The Adventures of Mr. Obadiah Oldbuck" when it was translated into English in 1842. It is con-

sidered the first comic book, according to the South Florida Reporter.

The first modern comic book was published nearly 100 years later, in 1933. It contained several comic strips that had previously appeared in newspapers. According to the South Florida Reporter, "the term 'comic' implies that the tone of these strips are always humorous, that couldn't be further from the truth. Comics have been used as a medium for telling stories of all kinds."

Comics are categorized in four different "ages." The Golden Age was from 1938 to 1956. The Silver Age took place from 1956 to 1970. The Bronze Age went from 1970 to 1985 and the Modern Age began in 1985 and continues today. Some experts also include the Copper Age from 1984 to 1991.

As you might expect, older comics are typically more valuable. Condition is also a huge factor in determining what a comic book is worth. Comics featuring superheroes are the most desirable.

Even a few Modern Age comic books can be valuable. Spiderman issue # 300 can sell for hundreds of dollars in exceptional condition. The Walking Dead issue # 1 can bring thousands of dollars for a copy in pristine condition.

Some Bronze Age comic books can



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

also sell for high prices. A near mint Hulk issue # 180 from 1974 sold for over \$2,000 recently. That comic book featured the first appearance of Wolverine. Two near perfect copies of Iron Fist # 14 each fetched over \$2,000 at auction this spring. A Marvel Spotlight issue # 5 with the first appearance of Ghost Rider and in great condition sold for \$4,000 in a recent online auction. A "Giant-Size" X-Men from 1975 in great condition recently brought \$4,300. Hulk issue # 181 has a full story on the Wolverine. A near mint version sold for over \$10,000 online recently. I know many

of you have been using this time to clean and organize. Maybe you'll stumble across some old comics that were tucked away years ago. My next article

will be on Silver Age comic books.

COVID-19 has changed the antiques and collectibles market dramatically. Shows, live auctions, estate sales, and shops are all feeling the effects. We have shifted our focus to online auctions for the time being. We are currently accepting valuable items that can be shipped to buyers across the country for our June online only auction. You can call or email us for no-contact options for consigning your items. We have some online auctions and an estate sale that we will be running when regulations permit.

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For more information or to reserve space, please contact Mikaela Victor, 774-200-7308, or email [Mikaela@stonebridgepress.news](mailto:Mikaela@stonebridgepress.news)

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PLACE MOTORS IS PROUD TO SPONSOR

Danielle  
Age 16

Hi! My name is Danielle and I am really easy going!

Danielle is a bright teenage girl of Caucasian descent. She has many strengths that shine through, but some of Danielle's best qualities are her manners, her friendliness, and the fact that she can see the best in everyone. Danielle enjoys reading, participating in Girl Scouts and doing arts and crafts projects. She loves horses and hopes to have a career working with animals one day. Danielle likes attending school, and looks forward to learning new things. She does well advocating for herself when she needs to. Danielle would thrive in an experienced family who will allow her to build a relationship and develop trust at her own pace. Danielle is legally freed for adoption and has two siblings she will need to maintain contact with once she is placed.

Who Can Adopt?

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

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

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

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# Memorial Day Window and Patio Door Sales Event

## Hurry – limited time offer!

- Renewal by Andersen is the full-service replacement window division of Andersen, the most trusted family of window and door brands in America\*
- Our window helps make homes more comfortable because its strong seals help prevent drafts and leaks, and our Fibrex® composite window material is 2X stronger than vinyl
- For your safety and peace of mind, we’ve modified our window replacement and service operations to strictly follow all CDC guidelines

Now offering No-Contact Appointments from outside your home!

Memorial Day Sales Event ENDS Sunday, May 31<sup>st</sup>

# SAVE 20%

on windows and patio doors<sup>1</sup>

WITH

\$0  
DOWN

0  
MONTHLY  
PAYMENTS

0%  
INTEREST

FOR 1½  
YEARS<sup>1</sup>

PLUS

★ ★ ★ ★ ★  
take an additional \$50 off each window and patio door<sup>1</sup>  
★ ★ ★ ★ ★

When you set your appointment by May 31<sup>st</sup> and purchase by June 6<sup>th</sup>. Minimum purchase of four. Interest accrues from the purchase date but is waived if paid in full within 18 months.



The Better Way to a Better Window™



MILITARY DISCOUNT

Make your home more secure.  
Book a No-Contact or In-Home Appointment.

# 1-800-209-2746

<sup>1</sup>DETAILS OF OFFER: Offer expires 6/6/2020. You must set your appointment by 5/31/2020 and purchase by 6/6/2020. Not valid with other offers or prior purchases. Get 20% off your entire purchase and 18 months \$0 down, 0 monthly payments, 0% interest when you purchase four (4) or more windows or patio doors between 5/10/2020 and 6/6/2020. Additional \$50 off each window or patio door, minimum purchase of four (4) or more windows or patio doors required, taken after initial discount(s), when you set your appointment by 5/31/2020 and purchase by 6/6/2020. Military discount applies to all active duty, veterans and retired military personnel. Military discount equals \$300 off your entire purchase and applies after all other discounts, no minimum purchase required. Subject to credit approval. Interest is billed during the promotional period, but all interest is waived if the purchase amount is paid before the expiration of the promotional period. Financing for GreenSky® consumer loan programs is provided by federally insured, federal and state chartered financial institutions without regard to age, race, color, religion, national origin, gender or familial status. Savings comparison based on purchase of a single unit at list price. Call for financing details. Available at participating locations and offer applies throughout the service area. See your local Renewal by Andersen location for details. License number available upon request. Some Renewal by Andersen locations are independently owned and operated. "Renewal by Andersen" and all other marks where denoted are trademarks of Andersen Corporation. ©2020 Andersen Corporation. All rights reserved. ©2020 Lead Surge LLC. All rights reserved. \*2018 U.S. Homeowner Brand Study of Andersen and Renewal by Andersen brands versus competitive brands.



# OBITUARIES

## David P. Trifone, 69

SOUTHBIDGE-David P. Trifone, 69, passed away at his home on Sunday May 10,2020 after a long illness. p



He is survived by his daughter Amber (Trifone) Pagan and her husband Victor of Southbridge, his son Jason Trifone of Southbridge and his son Jeff Trifone of Raynham and his girlfriend Brooke. He also leaves behind 4 brothers, Raymond Trifone and Richard Trifone both of Worcester, Anthony Trifone of Belchertown, and John and his wife June Trifone, and 2 sisters Liza (Trifone) Kemp of North Grosvenordale, and Donna Trifone of Charlton, and his 5 granddaughters, Adria, Vianca, Victoria, Mariayh, Kylee, and 3 great-grandchildren, Logan, Alana, and Sire, and many nieces and nephews. He also leaves his former wife Linda (Smick) Trifone Bachand of Southbridge, and his “best friend” ever his dog Bruno.

He was predeceased by his brother James Trifone and his sister Mary Ann (Trifone) Brodeur.

He was born in Southbridge, October

1, 1950, the son of the late Anthony R. and Ida (Smarelli) Trifone and has lived here most of his life. He was a member of St. Mary’s Church, and attended the former Cole Trade High School. He worked at Morse Lumber for 26 years, after retirement from Morse, he opened Scootz Bar, and later was a transportation specialist for Tradewinds.. He was passionate about motorcycles, weight lifting, and loved being out riding his Harley Davidson.

Dave was known for so many special things over the years, his famous nicknames and sayings that his family and friends and anyone that knew him are well aware of. Dave was deeply loved, and his memories will be cherished forever by his family and friends.

Services for Dave will be held at a later date once it is deemed safe to gather publicly due to Covid-19. A date and time will be announced.

Sansoucy Funeral Home 40 Marcy Street, Southbridge, MA 01550 is assisting with arrangements. Donations in Dave’s memory can be made to St. Jude Children’s Hospital,

501 St. Jude Place, Memphis, TN 38105-1905. www.sansoucyfuneral.com

## Kathleen R. Isakson, 61

NORTH OXFORD – Kathleen R. “Kathie” (Martin) Isakson, Esquire, 61, unexpectedly passed away Tuesday afternoon, May 12, 2020.



She leaves her husband of almost 39 years, William J. Isakson; a son, Matthew Martin Isakson and his wife Justine of Charlton; a daughter, Carolyn Lee Isakson of Oxford; 2 grandchildren, Hazel and Harvard Isakson; a sister, Lisa Rigoli and her husband Rick of Andover; nieces and nephews. She was preceded in death by her brother John Martin.

She was born at home in West Boylston on January 9, 1959, the daughter of Roger S. and Alice G. (Dwyer) Martin. She grew up in Webster, graduating from Bartlett High School in 1977. She was awarded a Bachelor of Arts Degree cum laude “with high honors in History” from Smith College in Northampton in 1981, where she was a member of the Phi Beta Kappa Society. She earned her Juris Doctor cum laude from Suffolk University in Boston in 1989 and received a Certificate of Excellence in Legal Brief

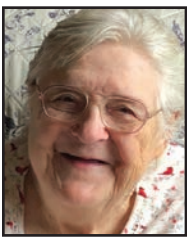
Writing. Kathleen was an attorney at her own private practice on Cedar Street in Worcester for many decades.

She met her husband, Bill, in 1977, married in 1981, and resided in North Oxford since 1984. They share a wanderlust and took great joy in discovering the wonders of the world together. While she did enjoy travel, her heart was always close to home and dedicated to her family. She always encouraged her children to pursue their shared passions, which included history, literature, genealogy, and musicals. She was always available to help her family and inspired them to actively pursue their aspirations. During retirement, she received great enjoyment from her grandchildren, Hazel and Harvey, whom she continued to share family traditions and memories with. She will be dearly missed.

Visiting hours will be held on Sunday, May 17, from 2:00 to 6:00 PM in Scanlon Funeral Service, 38 East Main Street, Webster. Social distancing requirements will be in place and all who attend are expected to wear a mask. In lieu of flowers, donations in her name may be made to Barton Center for Diabetes Education. www.scanlonfs.com

## Teresa Rita (Antul) Montville, 91

CHARLTON- Teresa Rita (Antul) Montville, 91, passed away May 11, 2020 at Life Care of Auburn.



Her husband, Clarence A. Montville died in 2005. They were married August 27, 1955 at Our Lady of Czestochowa Church in Worcester.

She leaves behind her children; Michelle French of Colorado, Paulette Montville of Charlton and

Henry J. Montville and his wife Chera of Auburn, 6 grandchildren and 6 great grandchildren and a brother, Stanley Antul, and many nieces and nephews.

Teresa was predeceased by a son , Brian Montville, Sr. who died in 2006, as well as brothers; Walter P. and Henry J. Antul who died in WWII, and Paul Antul also sisters; Stella Damon, Helen Antul, Eugena McGrath/Dixon and Jean Serafin.

She was born in Worcester, April 3, 1929 a daughter of the late Anthony P. and Agnes (Reynis) Antul.

Teresa was a 1948 graduate of North High School in Worcester, and the Elizabeth Ollis Beauty Academy. She worked 40 years at her sister’s salon; Stella Antul Beauty Salon in Worcester.

She was a past president of the Women’s Club at St. Joseph’s Church in Charlton and was very active as an advocate for The Office of Children in the 1980’s.

Teresa had a passion for crocheting and had made several blankets for her children and grandchildren she also donated them to St. Jude’s Children

Hospital.

Donations can be made in her name to: Capen Hill Nature Sanctuary, PO Box 218, Charlton City, MA 01508

There are no calling hours. Services will be private and at the convenience of the family.

The ROBERT J. MILLER-CHARLTON FUNERAL HOME, 175 Old Worcester Rd., in Charlton is assisting the family with arrangements.

To leave a message of condolence, please visit: RJMillerfunerals.net

# Golfers make the most of COVID restrictions

BY KEVIN FLANDERS  
STAFF WRITER

REGION – Golf courses statewide are making the most of a carefully sanctioned reopening, but owners can’t wait for the resumption of regular services.

Gov. Charlie Baker allowed golf courses to reopen on May 7, with several regulations and restrictions in place to ensure social distancing. These include tee time policies of 15 minutes between groups, no carts except for those with disabilities, no caddies, and a maximum of four players per group. All staff members must wear facial coverings, and courses must designate security personnel to ensure compliance.

Moreover, such facilities as clubhouse-

es, restaurants, driving ranges, pro shops, and locker rooms must remain closed. Players do not have access to bathrooms, and no food or drinks can be served on site.

Despite the tight regulations, local owners and golfers are trying to focus on the positives of being able to resume their passion.

“People are enjoying the fresh air. They have been stuck in their houses and need something to look forward to,” said Danielle Dollak, the manager of Pine Ridge Country Club in Oxford. “Hopefully, these guidelines will be loosened soon.”

For owners, the most detrimental regulations involve the golf carts and the closure of clubhouses and restaurants. A major source of revenue for facilities

is the functions that take place before and after golf games.

“We are under very strict guidelines – no restrooms, no food, no functions. We’ve lost most of our functions through July,” said Cheryl Orrico, the general manager of Leicester Country Club. “We need to be able to get people back in the carts and clubhouse.”

Added Dollak, “The no-cart policy is a big struggle for us. That is a huge aspect of our business.”

As of press time, owners were eagerly awaiting guidance from Gov. Baker on his planned phases of reopening the state. The Governor’s latest stay-at-home order expired on May 18, and golf course owners and players alike are hoping restrictions can be loosened as the critical summer season nears.

In the meantime, the golf community will continue adjusting to a new normal. Even after state regulations are relaxed, owners and patrons are prepared for a heightened commitment to sanitation and social distancing. The use of facial coverings at courses might be advised by state officials throughout the summer and fall.

“We are abiding by all policies and hoping for the best,” Dollak said. “We are glad to be moving in the right direction, and we hope for more guidelines to be released on the 18th. Our customers need access to restrooms, water, and food.”

Additional information on the Governor’s latest COVID-19 mandates can be found at www.mass.gov.

# Travis Butler recognized for Scholarship and Excellence with Academic Honors

W O R C E S T E R — Assumption is honoring 80 students who have been recognized with departmental honors, special awards, and Augustine Scholarships, academic awards for those who excel in their field of study.

Travis Butler, Class of 2020, of Uxbridge, received the departmental award for theology.

Each spring, an Honors Convocation is held to recognize those students who have received one of the aforementioned academic awards, which honor academic excellence, passion, and a commitment to learning. The departmental

and special awards allow faculty to honor the most meritorious students in each of their primary programs of study while Augustine Scholarships are given to rising juniors and seniors whose academic achievement, leadership, character, and community service embody the Assumption mission.

“The annual Honors Convocation recognizes undergraduate students for their devotion to intellectual inquiry,” said Greg Weiner, Ph.D., provost and academic vice president. “These students embody Assumption’s mission of imparting a Catholic liber-

al education that emphasizes both enduring ideas and practical skills. They are an inspiration both to their peers and their faculty.”

Founded in 1904 by the Augustinians of the Assumption in Worcester, Mass., Assumption College is a Catholic liberal arts institution that offers undergraduate students 33 majors and 49 minors in the liberal arts, sciences, business, and professional studies; as well as master’s and continuing education degrees and professional certificate programs-each through an educational experience that is grounded in the rich Catholic

intellectual tradition. The curriculum enables students to gain a depth and breadth of knowledge that leads to professional success and personal fulfillment. Students-whether on the Worcester campus or at the College’s Rome, Italy, campus-become engaged participants in Assumption’s classic liberal arts education, exploring new ideas and making connections across disciplines. To prepare for the workforce, stu-

dents learn cutting-edge theory and best practices, conduct innovative research, and develop excellent communication and critical-analysis skills. Assumption graduates are also known for their thoughtful citizenship and compassionate service to their community. For more information about Assumption College, please visit www.assumption.edu.

### TRAINOR

continued from page A8

such as stevia sweetened or bittersweet dark chocolate to reap the benefits and not the pounds. \*\*\*

**HumorTherapy:** Did you know a hearty laugh improves moods, boosts immunity, and can even act as a sedentary workout? Believe it or not, researchers estimate that laughing 100 times is equal to ten minutes on the rowing machine or 15 minutes on an exercise bike. And laughing can actually serve as a total body workout! When you laugh out loud, blood pressure is lowered and there is an increase in vascular blood flow and in oxygenation of the blood, which further assists healing. Laughter also gives your diaphragm and abdominal, respiratory, facial and back muscles a workout. \*\*\*

**O.J. Rx:** When you’re feeling blue, drink a glass of orange juice, which contains folic acid. According to medical research, as little as 200 micrograms of folic acid is enough to relieve depression. \*\*\*

**Jovial Java:** Are you aware caffeine can also be an effective antidepressant? Just don’t drink more than a couple of cups of coffee a day or the effect can be counterproductive. \*\*\*

**Banana Boost:** Eat a banana. Bananas boost serotonin and norepinephrine levels, which naturally ease depression. \*\*\*

**Win Dinner for Two** at the Publick House

Your tips can win you a great dinner for two at the historic Publick House Historic Inn in Sturbridge! Simply send in a hint to be entered into a random

drawing. One winner per month will win a fabulous three course dinner for two at the renown restaurant, located on Route 131 across the town common in historic Sturbridge. Because I’m in the business of dispensing tips, not inventing them (although I can take credit for some), I’m counting on you readers out there to share your best helpful hints!

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



**To place a Card of Thanks In-Memoriam, Birthday or Anniversary Greeting,**



**the deadline is Friday noon for the following week.**

**(Memoriams will run on the Obituary pages)**

Ad prices are \$15 for a 2x3 (actual size 2.4" x 3") or \$25 for a 3x4 (3.7" X 4") or 4x3 (5" x 3"). You can add a photo at no additional cost.

**To send by mail, please mail or drop off to June Simakauskas, P. O. Box 90, 25 Elm St., Southbridge, MA 01550.**

Personal checks, Visa, Master Card, Discover and AMEX are accepted.

**For more information, please call June at 508-909-4062 or email jsima@stonebridgepress.news and she'll be happy to help!**





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**SHREWSBURY** – Waterfront – Flint Pond w/Direct Boating Access to Lake Quinsigamond! The Quiet of Flint, All the Action of Quinsig! Privacy Galore on Sargents Island – 4.27 Acres – 2,000' Waterfront! Beautiful Sunrises & Sunsets! Looking for a Getaway, Principal Residence or Second Home, Winters in Florida, Summers on the Island! Tons of Potential, Do a Little or Do a Lot! 4+ Rm, 1 Bdrm, 1.5 Bath "A" Frame with the Ability to Finish the Walk-out Lower Level, add a Family Rm, Bdrm, Bath-rm! Nature Abounds, Visited by Deer, Fox, Eagles & More! In Time for Summer! **\$599,900.00**



**OXFORD** – 377 Main St! 9 Rm Center Hall Colonial! .59 Acre Corner Lot! Charm of Yesteryear! Eat-In Frplcd Granite Kit w/Updated Cabinets, Frplcd Din Rm w/Built-in China Cabinet & Butler Closet! Gracious Foyer! Spacious Frplcd Liv Rm! Breezeway to a Home Office or an Unfinished Cathedral Ceiling Fam Rm or Craft Rm! Sit on the Front Porch and Enjoy Morning Coffee or Evening Tea! Huge 2-Car Garage w/Loft-Storage Area! Mature Tree Studded Yard! **\$349,000.00**

**WEBSTER LAKE** – 9 Pebble Beach Rd! Middle Pond – Winter Cove! Private Peninsula Protected from the Storm – Safe Harbor! Custom 3,179' 8 Rm Contemp Ready for Your Immediate Enjoyment! Grand Entry Foyer! Ideal Open Flr Plan w/Sky Lighted Cathedral Ceilings, Tall Windows & Hrdwd Flrs! Beautiful Applianced Custom Granite Kit w/Center Isl! Formal Din, Fireplace Liv Rm w/Water/Estuary Views! 1st Flr Laundry! Second Floor Master Suite, Ideal Full Bath, Huge Walk-in Closet! 3 Bdrms Total! 2 Full & 2 Half Baths! Walk-out Lower Level Fireplace Fam Rm! Buderus Oil Heat! C/Air! Oversized 2 Car Garage! **\$779,900.00**

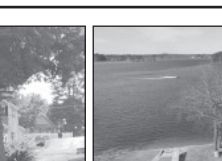


**OXFORD** – 10 Huguenot Rd! 8 Rm Colonial! 1.36 Acres! Country Setting! Country Kitchen w/Bay Window Overlooking Back Yard, Front to Back Living/Dining Rm w/French Doors to Deck! Office! Side Entry Breezeway! 3 Bdrms Plus a Study/Craft Rm on the 2nd Floor! 1 Car Detached Garage w/Workshop! Easy Access to Shopping and Highways! **\$179,000.00**

**DUDLEY** – 38 Pine St! 5 Rm Ranch! Original Owner! Quaint Eat-In Kit! Formal Din Rm! Spacious Liv Rm w/New Picture Window! Fam Rm w/Views to Private Back Yard! Mudrm! Huge Deck! Buderus Oil Heat! 2 Car Garage! New Septic! Vinyl Sided! Newer Windows! Solar Panels! **\$239,000.00**

**DUDLEY** – 231 Dresser Hill Rd! 8+ Rm Custom Built 3 Bdrm, 3 Bath Split Set On 2.63 Acres Professionally Landscaped w/Panoramic Views of Nichols College at a Distance! Stamped Concrete Walk Leads to the Transom Side Light Door Entry! Custom Granite Kitchen w/SS Appliances including Gas Range! Dining Area w/3 Walls of Windows for the Views! Formal Din Rm! Beautiful Frplcd Liv Rm w/Cathedral Ceiling & French Doors to the New Deck with the Incredible Views! 3 Comfortable Bdrms w/Crown Mouldings, Spacious Master w/Walk-in Closet & Full Bath! Finished Lower Level w/Fam Rm Offers a Potential In-law! LP Gas Heat & C/Air for Comfortable Living! 3 Car Garage! Recent Driveway! Don't Delay! **\$449,900.00**

**WEBSTER LAKE** – 23 Beacon Rd! Killdeer Island – Middle Pond – Southern Exposure – Full Day Sun! Level 90' Waterfront Lot w/1,011 Square Feet! Meticulously Maintained 5+ Rm, 2 Bdrm, 1.5 Bath Home w/Room to Expand! Soaring Cathedral Ceiling Family Rm w/Stone Fireplace Opening to the Maple Cabinet Kit & 4 Season Sunroom w/Anderson Slider to the Expansive Deck! 2nd floor Lake Facing Master w/Master Bath, Huge Closets & Slider to It's Lake Facing Deck! C/Air! 2 Car Garage! Lake Living at its Best! Listed by Another – "SOLD" by Century21 Lake Realty! **\$645,000.00**



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

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



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

**WEBSTER LAKE** – 62 Bates Point Rd! Middle Pond! Absolute Prime 51' Level Waterfront Lot w/Western Expo! Beautiful Sunsets! Fantastic Panoramic Lake Views! 11 Rms, 6 Bdrms, 4 Bathrooms, 3,269' A/C'd Colonial! Custom SS Applianced Granite Kit! Formal Din Rm w/Cherry Hrdwds! Lake Facing Liv Rm w/Cathedrals, Cherry Hrdwds! Slider to Waterfront Deck! Spacious 1st Flr Master Bdrm w/Full Bath, Cherry Hrdwds & Walk-in Closet! Frplcd Lower Level Fam Rm! 1st & 2nd Flr Laundries! 2 Car Garage! **\$999,900.00**

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



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#### Featured Listing!

DUDLEY - 25 MARSHALL TER.



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

DOUGLAS - 14 MOUNT DANIELS WAY



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

WEBSTER - 5 SURREY LN



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

LAND WEBSTER/OXFORD/DUDLEY/DOUGLAS

**Dudley** - Marshall Terrace 12,000 +/- Sq. Ft. Potential for a 2 family to be built! Town Water, Sewer. **ON DEPOSIT \$70,000**  
**Douglas-Mount Daniels Lot #2-2.5 Acres** of flat land that abuts Douglas State Forest **\$132,900.**  
**Webster - Potential 6 Buildable Lots!** Water/ Sewer Access, Zoned Lake Residential **\$129,400.**  
**Webster** - 85 Upper Gore! View of the Lake. 1+ acre, artesian well, Septic Design, Etc. **\$130,000**  
**Oxford** - 4 Leicester St. approx. 8.47 acres! River frontage! Highly possible to be subdivided. **\$99,900**

WOODSTOCK, CT - 64 LYON HILL RD



Estate like long paved driveway! 3158 Sq Ft Colonial! Geothermal built. Open floor plan, ash flooring throughout! Granite and s/s applianced kitchen! Large master bedroom, coffered ceiling, master bath, W/Jetted tub! Walk in closets. Two car garage. assisted sale **\$499,900.**

WEBSTER LAND - COOPER RD



2 BUILDABLE LOTS

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

On the shores of Lake Chargoggagoggmanchauggagoggchaubunagungamaugg

#### Featured Open House – WEBSTER LAKE - 28 BLACK POINT RD

OPEN HOUSE • SUN 11-2



2019 CUSTOM BUILT WEBSTER LAKE (WATERFRONT ACCESSIBLE) CONTEMPORARY CAPE! Sunrise (E) & Sunset (W) Exposure! 2,600+ SF, 11 Rms, 3 BRS, Loft, & 2 Full Baths. Open Flr Plan, Cathedral Ceilings, Stone-faced Fireplace, Upscale Gourmet Kitchen w/Huge Island, Sunny Breakfast Nook w/Built Ins, Formal Dining, Office, Laundry Rm, Mudroom & Coat Closet, 2 Main Level BRs & Full Bath. 2nd Flr Private Master BR Suite w/Private Bath & Walk-in Closet! Central Air! Cavernous 1,500 SF+ Unfinished LL plumbed for a Bath, Oversized 2-3 Car Att'd Garage! Corner Lot, 12,599 SF (.29 Acre), of Land plus BOAT DOCK. **NEW PRICE \$652,000.**

WEBSTER LAKE – 32 JACKSON RD



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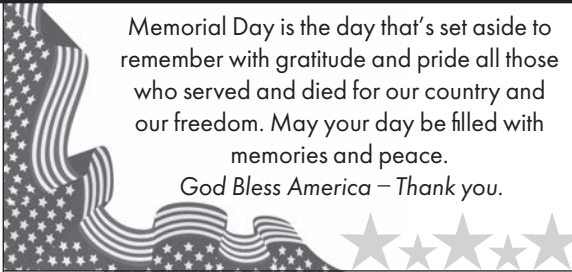
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ADDRESS	STYLE	TIME	PRICE	REALTOR/SELLER/PHONE
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DUDLEY				
7 Joseph St.	S	11-1 By Appointment		Re/Max Advantage Jo-Ann Szymczak 774-230-5044
WEBSTER				
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Dudley: 4 acres, Ideal for future development, Subdivide lots, Live in existing home.  
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TRIPS

continued from page A7

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Lori Douthwright 508-248-5971 X1715  
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What's Included: Roundtrip motor coach, 2 nights lodging – Marriott in downtown Montreal, 1 night lodging – Quebec City, four meals (4), 5 meals, guided tours each day and more!  
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CHARLTON SENIOR CENTER

TRIPS w/Charlton Senior Center 2020  
Our new Trip Coordinator is Mary Lou Lepko.  
A few things to know:  
• Sign up at the center, or call 508-248-

2231, or email: charltontrips@yahoo.com  
Please put your full name and phone number on sign-up sheets  
• Trips are open to the public  
• Flyers available at the center or online at www.townofcharlton.net. Click on Government, then Council on Aging/ Senior Center  
• Mail payments to: Charlton Senior Center Trips, 37 Main St., Charlton, MA 01507 or bring into center and give to Elaine or Katherine. Please be sure to make checks payable to the company stated below.  
• You will be notified of pick up time & location  
• Bus pick up will usually be at St. Joseph's Church 10 H Putnam Rd. Ext. in Charlton  
July 28 — GLOUCESTER HARBOR CRUISE LOBSTERBAKE \$135 includes transportation, Beauport Princess Cruise, Lobsterbake buffet, Entertainment & Dancing. Driver gratuity not included. Make checks payable to: Best of Times

(payment due 6/25)  
September2—LAKE WINNIPESAUKEE CRUISE & CASTLE IN THE CLOUDS \$129 includes transportation, Lake Cruise, Luncheon, Visit to Castle in the Clouds. Driver gratuity not included. Make checks payable to: Best of Times (payment due 7/30)  
November 17 — YESTERDAY ONCE MORE w/The Carpenters, ABBA, 5th Dimension, The Mamas & The Papas all in one show! \$92 includes transportation, Luncheon, meal tax w/gratuity and Show ticket. Driver gratuity not included. Make checks payable to: Best of Times (payment due 10/15)  
Dec 4-7 — A COUNTRY CHRISTMAS IN NASHVILLE, TN. Gaylord Oprey Hotel! 4 days/3 nights. Call for more info

DAUGHTERS OF ISABELLA  
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Webster MA 01570. The Daughters of Isabella is a nonprofit and charitable Catholic women's organization

DUDLEY SENIORS  
Dudley Seniors present a Pigeon Forge and the Smoky Mountains Show Trip. It will be 7 days and 6 nights from Sept. 20, 2020 through Sept. 26, 2020. The price per person/ double occupancy is \$689 and will include motorcoach transportation from Dudley, 6 nights lodging, 10 meals, admission to Titanic: the world's largest museum attraction, 2 dinner shows, 2 evening shows, one morning show, free time in downtown Gatlinburg and a guided tour of the Great Smoky Mountains National Park.  
For more information, please call Evelyn at (508) 764-8254.

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Turn To TRIPS page A14



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**700 AUTOMOTIVE**  
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**DON'T MISS A THING!**

**TRIPS**  
continued from page A13

The Friends of the Sturbridge Seniors are happy to offer the following 2020 Trips to the General Public.

On Thursday, July 16, come with us for a Lobster Bake at Foster's Clambake in York, Me. For 99.00 enjoy a 1 1/4 Boiled Lobster, Clam Chowder, Steamed Mussels, Fresh Steamed Maine Clams, Corn on the Cob, Potatoes and Onions, Blueberry Cake and a Beverage. Also available is 1/2 Barbecued Chicken in place of the Lobster. Now let us add the Ultimate Jimmy Buffett Tribute Show featuring Jimmy and the Parrots. They are the most requested Jimmy Buffett Tribute Band in the Country and they were also nominated as Band of the Year by Trop Rock Entertainer. Hear them play the favorite songs of Jimmy Buffett as well as songs by The Beach Boys, Paul Simon, Harry Belafonte, Bob Marley and many others. Included is Deluxe Motorcoach Transportation, Lunch and the Show.

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

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

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

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

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

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

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

Contact Sturbridge Recreation Department 508-347-2041, email [recreation@sturbridge.gov](mailto:recreation@sturbridge.gov) for more information

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

**LEICESTER SENIOR CENTER.**

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

Wednesday, June 17: The Gloucester Lobster Cruise with lobster clam bake and

chicken buffet. On the way home, we stop at Kimball's Farm for their famous ice cream. We leave at 9 a.m. Cost is \$109.

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

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

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

Wednesday, Oct. 14: New Hampshire Turkey Train. Scenic foliage train traveling around beautiful Lake Winnepesaukee. Hart's Turkey Farm brings a full turkey luncheon on board. Then more sightseeing and foliage viewing. We leave at 9 a.m. Cost is \$89.

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

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

**MARY QUEEN OF THE ROSARY PARISH**

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

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

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

\*Galapagos Islands: Jan 4-13,

Turn To **TRIPS** page **A15**



TRIPS

continued from page A14

2021 \*Galapagos with extension to Peru (Machu Picchu): Jan 4-19, 2021  
\*Botswana, Zimbabwe and Victoria Falls: May 5-16, 2021  
\*Alaska (land and cruise): early August, 2021

PAXTON SENIORS

Bob Wilby, 508-792-4662 or [rwilby@charter.net](mailto:rwilby@charter.net)

SOUTHBIDGE SENIOR CITIZENS ASSOCIATION

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

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

SOUTHBIDGE SENIOR CITIZENS TRIP SCHEDULE FOR 2020

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

You will have a deluxe motor coach ride

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

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

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

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

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

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

PAYMENTS DUE AT SIGN UP

Trips are open to the public!

Make checks payable to the Southbridge Senior Citizens Association.

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

UNION SAINT-JEAN-BAPTISTE

CHAPTER 12

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

UXBRIDGE SENIOR CENTER

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

The Silver Club BUS TRIPS for 2020

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

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

June 1 - Plymouth cruise on Pilgrim

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

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



# Family Dining & Gift Guide



Please continue to frequent your local restaurants by ordering take-out or purchasing gift cards. Together we will get through this.

Call June at 508.909.4062 or email [jsima@stonebridgepress.news](mailto:jsima@stonebridgepress.news) to advertise on this page.

To  
advertise on  
this page  
call us today at  
508-909-4126

## CHARLIE'S

Diner • Bar • Grill • Functions

**We will be open for curbside pick up only Thursday, Friday, and Saturday nights from 4-8pm with a limited menu.**

*More Seafood Options added this week!*  
We have updated our family style meals on Facebook and on our website. Payment by credit cards over the phone when you call in your order, or exact amount cash will be accepted as well.  
Thank you for your support and we look forward to seeing you all again once this crisis is over.  
*Stay safe everyone!*

5 Meadow Rd., Spencer, MA 01562

Gift Cards

**508-885-4033**  
[www.charliesdiner.com](http://www.charliesdiner.com)

**OPEN MEMORIAL DAY**  
10am-7pm

**five loaves**  
bakery & cafe

**WE MAKE OUR OWN BREAD!**

Assorted pies, cheesecakes, breads, pastries, cookies & bars  
Sandwich Party Platters • Pastry Platters • Hostess Platters

**NOW OPEN FOR TAKE OUT**  
**Mon-Fri 10am-7pm with our regular lunch menu with daily specials.**  
**Fresh Breads and Pastries available.**  
**Visit [FiveLoavesbakery.com](http://FiveLoavesbakery.com) or call 508-885-3760**

**Payment by phone or on pick-up**  
**Look forward to seeing you again!**  
**It's a pleasure to serve you!**  
**13 Mechanic St., Spencer, MA**

**You don't need to miss out on our delicious food...**

**Taking orders for Golumpkis (stuffed cabbage)**  
Thurs, Fri, Sat & Sun (while supplies last)  
**CLOSED MEMORIAL DAY**

**We are offering a limited menu for take-out. Family Meals too!**

**Call 508-867-6643 or check out our Facebook page for updates.**  
**Thank you for your business.**

**E.B. Flatts**  
Rte 9 E. Brookfield • 508-867-6643  
Breakfast & Lunch Daily • Dinners - Thurs, Fri, Sat

## LEGALS

**Notice of Public Hearing**  
In accordance with the provisions of Massachusetts General Law, Chapter 131, Section 40 of the Wetlands Protection Act, the North Brookfield Conservation Commission will hold a Public Hearing on Tuesday , May 26 at 6:15 p.m. regarding a Notice of Intent submitted by Nelida Bandilla by DC Engineering & Survey, Inc., for a Septic System Replacement and associated activities near a bordering vegetated wetland within the 100-ft buffer zone. The property located at 13 Oakham Road, North Brookfield Assessors Map 21 Parcel 13. The public is invited to attend this hearing. Notice of the public hearing will be posted at the Town Hall. You may contact your local Conservation Commission for more information about this application on the Town Website.  
May 22, 2020

**TOWN OF BRIMFIELD PUBLIC HEARING**  
The Brimfield Board of Selectmen will hold a public hearing on the following pole and wire locations petition filed by National Grid on Monday, June 8th at 6:45 p.m. for the following:  
Massachusetts Electric Company d/b/a National Grid requests permission to locate poles, wires, and fixtures, including the necessary sustaining and protecting fixtures, along and across the following public way:  
**Bradway Road: #29515129**  
**Reason:** Bradway Rd. – National Grid to install (2) SO poles #1 and #2 on Bradway Rd. beginning at a point approximately 50 feet west of the centerline of the intersection of Palmer State Rd. and continuing approximately 150 feet in a west direction. Petition for proposed PL #1 Bradway Rd. approximately 50 feet west of the centerline of Palmer State Rd. and continuing 150 feet west to PL #2 Bradway Rd.  
Due to the current State of Emergency persons with an interest in this public hearing are asked to check the Town's website calendar at [www.brimfieldma.org](http://www.brimfieldma.org) for meeting location.  
Carol L. Camerota  
Assistant to the Board of Selectmen  
May 22,2020

**Town of Brimfield Highway Department Request for Bids FY21 Heating Oil, Diesel, Gasoline and Boiler Maintenance**  
Sealed bids, appropriately marked,

will be received, publicly opened and read on Thursday, June 4, 2020 at 1:00 p.m. in the Brimfield Town Hall Annex, 23 Main Street, Brimfield, MA. The following items for Fiscal year 2021 will be awarded by Board of Selectman on Tuesday, June 8, 2020:  
I.Fuels: \*Must hold an Ultimate Vendor's License  
1.Gasoline – Unleaded 2,000 gallon capacity  
2. Diesel – Ultra Low Sulphur 2,000 gallon capacity  
3. Heating Fuel 1,000 gallon capacity  
4. Boiler Maintenance See Below\*  
\*Boiler Maintenance: The Town of Brimfield has a total of four (4) furnaces/boiler systems in its municipal buildings that require annual cleaning and periodic repairs. Bids are to include the per hourly labor rate for this work. Materials will be paid for as necessary. The Town of Brimfield will consider bids based only upon "mark up over daily rack price"  
Bid specifications will be available for pickup beginning May 20, 2020 at the Brimfield Highway Department, 34B Wales Road, Brimfield, MA from 9:00 a.m. to 3:00 p.m. Monday thru Thursday or by emailing the Procurement Officer at [selectmen@brimfieldma.org](mailto:selectmen@brimfieldma.org) . Questions with regard to other matters relative to this bid are to be posed to the Brimfield Highway Surveyor, Zach Lemieux at the Brimfield Highway Department at 413-245-4103. **Envelopes must be clearly marked Heating Oil, Diesel, Gasoline and Boiler Maintenance with bid opening date. All bids must be submitted on Town of Brimfield Bid form (included in bid packet).** No bids will be accepted after the time and date specified.  
Duration of bid is for remainder of Fiscal Year 2021; otherwise, please state on bid sheet any exceptions. Payment Terms: Net term, 30 days. Executed Certificates of Non-Collusion and Tax Compliance (attached) and Corporate Authority MUST be included in all bid submissions. Bids received without executed certificates will not be considered.  
Prevailing Wage Rates have been established by the Department of Labor and Industries under the provisions of provisions of Chapter 149, M.G.L., section 26-27D. Bids submitted for heating oil, diesel and gasoline are subject to the provisions of the Prevailing Wage law where applicable.  
The Board of Selectmen reserve the right to reject any and/or all bids, or, accept that bid deemed to be in the best

interest of the Town of Brimfield.  
Zachary Lemieux  
Highway Surveyor  
Brimfield, MA 01010  
(413) 245-4103  
May 22, 2020

**Town of Brimfield Highway Department Request for Bids Various Road Materials, Equipment Rentals, Full Depth Reclamation with Calcium Chloride and Bituminous Concrete Type-I for Fiscal Year 2021**  
Sealed bids, appropriately marked, will be received, publicly opened and read on Thursday, June 4, 2020 at 1:00 p.m. in the Brimfield Town Hall Annex, 23 Main Street, Brimfield, MA. The following items that will be purchased for Fiscal Year 2021 will be awarded by the Board of Selectmen on June 8, 2020:  
I. Various Road Materials  
II. Equipment Rental with Operator  
III. Full Depth Pavement Reclamation with Calcium Chloride  
IV. Bituminous Concrete – Type I  
Bid specifications will be available for pickup beginning May 20, 2020 at the Brimfield Highway Department, 34B Wales Road, Brimfield, MA from 9:00 a.m. to 3:00 p.m. Monday through Thursday or by emailing the Procurement Officer at [selectmen@brimfieldma.org](mailto:selectmen@brimfieldma.org) . Questions with regard to various locations and other matters relative to this bid are to be posed to the Brimfield Highway Surveyor, Zachary Lemieux at the Brimfield Highway Department at 413-245-4103. **Envelopes must be clearly marked as stated on the Bid Sheet with Item and Number and include the date and time of the bid opening.** Where required, bids must indicate a single square yard multiplier (dollar amount per square yard) on the appropriate bid form attached.  
Bituminous Concrete-Type I bids must indicate all prices, both pick up at plant (*not more than 15 miles of the Brimfield Highway Garage, 34B Wales Rd*) and to be delivered to the Town of Brimfield, Town Yard, or, the job location in the Town of Brimfield. Bids shall include the current base price for liquid asphalt. The price adjustment of hot mix asphalt mixtures containing liquid asphalt shall apply as per scheduled posted on Massachusetts Highway Department website: [www.mass.gov/mhd](http://www.mass.gov/mhd) and "Special Provisions" as attached. Contractors intending to bid on Bituminous Concrete – Type I, Full Depth

Reclamation with Calcium Chloride and Crack Seal must be pre-qualified by the Massachusetts Highway Department and the pre-qualifying form from the State must be presented at the time the bid package is picked up from the Town of Brimfield. A bid deposit of 5% of the total price bid must be submitted.  
All work/items must meet Massachusetts Department of Transportation, highway standards specifications. Executed Certificates of Non-Collusion and Tax Compliance (attached) and Corporate Authority (MUST) be included in all bid submissions. Bids received without the executed certificates will not be considered.  
Prevailing Wage Rates have been established by the Department of Labor and Industries under the provision of Chapter 149, M.G.L., Section 26-27D. Bids submitted for Full Depth Pavement Reclamation with Calcium Chloride are subject to the provisions of General Laws, Chap 534, 30B, Section 30M inclusive as amended, (Public Works Construction).  
Minority percentage rate must not be less than 5%.  
Duration of the bid contract is July 1, 2020 through June 30, 2021; otherwise, please state on bid sheet any exceptions.  
Payment terms: Net term, 30 days.  
The Board of Selectmen reserve the right to reject any and/or all bids, or, accept that bid deemed to be in the best interest of the Town of Brimfield.  
Zachary Lemieux  
Highway Surveyor  
Town of Brimfield  
Brimfield, MA 01010  
(413) 245-4103  
May 22, 2020

**PUBLIC HEARING NOTICE**  
The Charlton Board of Selectmen will hold a public hearing on Tuesday, **May 26, 2020 at 6:45pm** at the Charlton Town Hall, 37 Main Street, Charlton MA 01507, to act on a request by The Quarter Keg Pub, LLC to hold Live Entertainment at 443 Worcester Rd., Charlton, MA from Tuesday – Sunday, 7:00pm – 11:00pm.  
Anyone interested should appear at the date and time specified, or submit concerns in writing.  
**Due to COVID-19, meeting may be held remotely by ZOOM. Please check [www.townofcharlton.net](http://www.townofcharlton.net) for details**  
May 22, 2020





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