



Grafton School Committee Chair named Commonwealth Heroine

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

GRAFTON — Laura Often of Grafton was recently named as a member of the Massachusetts Commission on the Status of Women’s 2020 class of Commonwealth Heroines. Often currently serves as the Chair of the Grafton School Committee.

“Whether it is recognizing her work at the Franklin Food Bank or appreciating the coordination of Walk-to-school-Wednesdays, I know Laura enthusiastically embraces the task before her,” said State Rep. David Muradian, who recommended Often for the recognition. “I am honored to call this Commonwealth Heroine a friend and look forward to working with her in the future.”

Rep. Muradian recommended Often as a Commonwealth Heroine because of her “dedication to the Grafton School District, local food banks, and the community as a whole,” according to a press statement.

town of Grafton and the state as a whole. She has dedicated time over the years to the numerous committees and boards on which she has served, and was described as a “friendly, warm-hearted individual to work with as the current Chair of the Grafton School Committee.”

“She is constantly working to make sure that the students within Grafton are engaged in educational field trips and activities, including to the Massachusetts State House. Laura makes herself available to anyone who might need her personal attention and her ability to manage the operations of multiple committees and boards only further proves her resourcefulness and determination to help make the Town of Grafton a better place for future generations to come.”

The Massachusetts Commission on the Status of Women (MCSW) is a state-established body charged with reviewing the status of women in Massachusetts and offering recommendations regarding policy that would improve access to opportunities and equality, according to the state’s website.



Laura Often

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Often was described as a tremendous asset to the

Fitness clubs, museums now open

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

REGION — Consistent with public health data and trends, Massachusetts has officially transitioned to the third phase of the state’s four-phase reopening approach. Now, businesses including fitness centers, museums, and more, have reopened. For the city of Boston, Phase III will take effect on Monday, July 13.

In May, the Baker-Polito Administration released a four-phased plan to reopen the economy based on public health data, spending at least three weeks in each phase. Key public health data, such as new cases of Covid-19 and hospitalizations, has been closely monitored and has seen a decline allowing for Phase III to begin, according to a statement from

the Governor’s press office.

Since mid-April, the seven-day average for the positive Covid-19 test rate is down 94 percent, the three-day average of hospitalized patients is down 79 percent, and the number of hospitals in surge is down 86 percent.

More than one million total Covid-19 tests have been administered, and testing continues throughout the state, according to reports.

As part of step one of phase three, the following businesses are now eligible to reopen, subject to industry-specific rules concerning capacity and operations: Movie theaters and outdoor performance venues; Museums, cultural and historical sites; Fitness centers and health clubs; Certain indoor recreational activities with low potential for contact; Professional

sports teams, under the authority of league-wide rules, may hold games without spectators.

The Department of Public Health has also issued updated guidance to mitigate the spread of Covid-19. Under an updated gatherings order, indoor gatherings are limited to eight people per 1,000 square feet, but should not exceed 25 people in a single enclosed, indoor space.

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

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Blackstone Valley Ed HUB expanding team

WHITINSVILLE — The Blackstone Valley Education Hub (BV Ed Hub) is proud to announce and welcome, Karen Ares, as Executive Administrator. Ares will be responsible for day to day administrative operations and social media management of the school of advanced manufacturing.

Karen is a former high school science teacher who is passionate about STEM Education. She holds a Bachelor of Science degree in Biology from Eckerd College in St. Petersburg, Fla. and a Master of Science degree in Occupational and Environmental Health & Safety from Anna Maria College in Paxton. Most recently, she was the Assistant Superintendent of Teaching & Learning and STEAM Director for the Dudley Charlton Regional School District. During her time there, she acquired more than \$600,000 in grant funding for various programs, most notably the Project Lead the Way STEM pathway for grades 6-12 in Engineering and Biomedical Science. Karen also led the charge for Shepherd Hill Regional High School to become one of 11 high schools in Massachusetts to acquire Innovation Pathway designation in 2019. She resides in Northborough with her husband and 2 teenagers, is a member of the

Northborough Southborough Regional School Committee, and enjoys running and spending time outdoors.

“We are so very pleased to welcome Karen to the BV Ed Hub,” said Jeannie Hebert, President and CEO of the BVCC. “Karen is the perfect addition to complete the stellar team who devote so much time and talent to our amazing students who make us so proud.”

The Blackstone Valley Chamber of Commerce (BVCC) developed the BV Ed Hub as a partnership between local secondary and post-secondary education providers and manufacturers to create sustainable work-based learning and vocational training in advanced manufacturing to meet work place demands. Our goal is to provide an opportunity for students to gain technical and employable skills using industry-standard equipment. Curriculums are uniquely designed for students to earn affordable higher educational credits and credentialed certifications, providing real-world opportunities for career placement.

Area towns to receive funding for road, bridge projects

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

REGION — State Rep. Mike Soter (R-Bellingham) recently announced that the 8th Worcester District—which includes Uxbridge, Millville, Blackstone, and Bellingham—is scheduled to receive level funding for road and bridge projects for Fiscal Year 2021 under the state’s Chapter 90 program.

The funding was included as part of a \$200 million statewide bond authorization approved by the House of Representatives on a vote of 159-0 at the end of June, according to a press release.

State Rep. David Muradian (R-Grafton) also announced that the 9th Worcester District, including Grafton, Northbridge, and Upton, is scheduled to receive \$1,280,825 in road and bridge funding under the Chapter 90 program.

Established by the Legislature in 1973, the Chapter 90 program allocates funding to cities and towns on an annual basis, using a formula that is based on a weighted average of a community’s population, employment, and total road miles. According to a press statement, it is a 100 percent reimbursable program that provides funding assistance for municipalities to carry out roadway construction, renovation, and improvement projects.

“During this pandemic, we were able to secure chapter 90 level funding for the towns in the 8th Worcester,” Rep. Soter released in a statement. “This news is delivered during a time characterized by tough budgetary

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Courtesy

OUR LADY OF THE VALLEY HOLDS KINDERGARTEN GRADUATION

Kindergarten is a special first year of school and even with remote learning, the Our Lady of the Valley Kindergarten class of 2020 was still able to have their graduation. To mark this memorable occasion, dedicated teachers, Mrs. Potter and kindergarten aide, Mrs. Hourihan drove around and made diploma deliveries to all of their students at their homes. Students not only graduated, but were able to see their beloved teachers after several weeks of remote learning. And despite not being able to have a traditional graduation at school, there were many smiles as families were still able to celebrate their child’s big day.



Bay Path announces Class of 2020

CHARLTON — Bay Path RVTHS Practical Nursing Academy has announced the graduates of the Practical Nursing (PN) Class of 2020 and plans to honor them.

“The Bay Path Practical Nursing Academy Faculty and staff are extremely proud of the PN Class of 2020 graduating class. They have worked hard and contributed so much to their communities, and the Bay Path Community during this unprecedented time,” Academy Director Gretheline Bolandrina, MSN Ed, RN, CRRN said. “The PN Class of 2020 are a tremendously resilient and talented group of individuals and together, have formed an unforgettable class that is bound for greatness.

“Please join me in recognizing the PN Class of 2020 and their loving, supportive families and significant others who helped them achieve at such high levels,” Bolandrina said.

While the Academy honored its graduates June 19, 2020 with video tributes on Facebook, the official graduation and pinning ceremony will be held in a future date. Further details to follow.

Among this year’s graduates was Robin Peters of Douglas.

Courtesy

Kristin Bates of Charlton with Fjolla Shehu and Sampson Boateng, both of Worcester.



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BVT to comply with records regulations

UPTON — In accordance with state and federal regulations, special education (IEP) and 504 student records shall be destroyed seven years after the student leaves the school. For the Blackstone Valley Regional Vocational Technical High School Class of 2013, this date is Aug. 1.

Class of 2013 may request special education and 504 records before the August 1st shred date by written request. Be sure to indicate year of graduation, and name while attending school, to Blackstone Valley Regional Vocational Technical High School, Student Services Record Dept., 65 Pleasant St., Upton, MA 01568.

Student transcripts (a record of their grades) shall be destroyed 60 years after the student leaves the school. For the Class of 2013, this date is August 1, 2073. Alumni may request a transcript any time from the date of graduation, May 2013 through August 1, 2073.

If you want to retain your records, learn how at: www.valleytech.k12.ma.us/studentrecords.

About Blackstone Valley Regional Vocational Technical High School (BVT)

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

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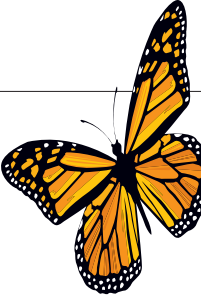


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The Senior Center is closed to the Public.

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able for your transportation to Doctors appointments or if you need to go to the drug store for your prescriptions, we will take you there. If you don't have a mask, we will give you one.

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

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

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



ACCURACY WATCH

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

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

Worcester Polytechnic Institute announces Spring 2020 Dean’s List

WORCESTER — The following local residents were among 1,749 students from Worcester Polytechnic Institute (WPI) named to the university’s Dean’s List for academic excellence for the spring 2020 semester.

Iona Regan of Northbridge is a member of the class of 2021 majoring in bioinformatics and computational biology.

Amelia Sadlon of Whitinsville is a member of the class of 2023 majoring in biology and biotechnology.

Rachel Arnold of Northbridge is a member of the class of 2021 majoring in biomedical engineering.

Emily Frick of Uxbridge is a member of the class of 2023

majoring in biomedical engineering.

Marissa Allegranza of Uxbridge is a member of the class of 2020 majoring in chemistry.

Brian Flanagan of Douglas is a member of the class of 2020 majoring in computer science, and electrical and computer engineering.

Grace Malabanti of Whitinsville is a member of the class of 2022 majoring in mathematical sciences.

Samantha Morton of Uxbridge is a member of the class of 2021 majoring in mechanical engineering.

The criteria for the WPI Dean’s List differs from most other universities as WPI does

not compute a grade point average (GPA). Instead, WPI defines the Dean’s List by the amount of work completed at the A level in courses and projects.

“WPI’s academic programs are rigorous and require a level of independence beyond what is required in traditional courses. WPI students work on open-ended problems for communities around the world. The problems are important and the impact is real” said dean of undergraduate studies Arthur C. Heinricher. “Some of this nation’s best and brightest students come to WPI to study engineering and science and business and the humanities. Those named to the Dean’s List have excelled in all of their

work, and we are exceptionally proud of these outstanding students.”

About Worcester Polytechnic Institute

WPI, a global leader in project-based learning, is a distinctive, top-tier technological university founded in 1865 on the principle that students learn most effectively by applying the theory learned in the classroom to the practice of solving real-world problems. Recognized by the National Academy of Engineering with the 2016 Bernard M. Gordon Prize for Innovation in Engineering and Technology Education, WPI’s pioneering project-based curriculum engages undergraduates in solving important

scientific, technological, and societal problems throughout their education and at more than 50 project centers around the world. WPI offers more than 50 bachelor’s, master’s, and doctoral degree programs across 14 academic departments in science, engineering, technology, business, the social sciences, and the humanities and arts. Its faculty and students pursue groundbreaking research to meet ongoing challenges in health and biotechnology; robotics and the internet of things; advanced materials and manufacturing; cyber, data, and security systems; learning science; and more. www.wpi.edu

Local residents receive degrees from WPI

WORCESTER — Late this spring, Worcester Polytechnic Institute (WPI) celebrated the Class of 2020 with a socially distanced commencement season in place of its traditional 152nd Commencement exercises.

Robert Wondolowski of Uxbridge was awarded a bachelor of science degree in actuarial mathematics with high distinction.

Kyle Suchanek of Uxbridge was awarded a bachelor of science degree in biomedical engineering with high distinction.

Brian Flanagan of Douglas was awarded a bachelor of science degree in computer science with high distinction.

Evan LeBeau of Douglas was awarded a bachelor of science degree in management infor-

mation systems with distinction.

Timothy Cotter of Uxbridge was awarded a bachelor of science degree in mechanical engineering.

Brent Whitlock of Uxbridge was awarded a bachelor of science degree in mechanical engineering.

Michael Hartwick of Northbridge was awarded a bachelor of science degree in mechanical engineering.

Alexander Kuros of Uxbridge was awarded a master of science degree in biomedical engineering.

Taylor Trottier of Douglas was awarded a master of science degree in mechanical engineering.

Since the Class of 2020 was unable to receive diplomas in person this year, they instead

received personal commencement packages, mailed to their home, that that included their diplomas, commencement regalia, and other items to celebrate their successes, as well as a congratulatory video message from President Laurie Leshin. In total, WPI awarded 1,043 Bachelor’s degrees, 674 Master’s degrees, and 54 doctoral degrees.

In her video message, Leshin made the traditional Commencement walk to the WPI’s iconic Earle Bridge, which students walk over during New Student Orientation and then again when they graduate. She then stopped, turned, and told graduates, “You should be here. But make no mistake: Today is still your day. You’ve walked this bridge together once, and

you will walk it again. I can’t wait to see you do just that. Until then, it’s my honor to wait for you.”

WPI plans to hold in-person undergraduate and graduate Commencement ceremonies in the future, at a date to be announced.

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pioneering project-based curriculum engages undergraduates in solving important scientific, technological, and societal problems throughout their education and at more than 50 project centers around the world. WPI offers more than 50 bachelor’s, master’s, and doctoral degree programs across 14 academic departments in science, engineering, technology, business, the social sciences, and the humanities and arts. Its faculty and students pursue groundbreaking research to meet ongoing challenges in health and biotechnology; robotics and the internet of things; advanced materials and manufacturing; cyber, data, and security systems; learning science; and more. www.wpi.edu

Cornerstone Bank congratulates scholarship recipients

W O R C E S T E R — Cornerstone Bank is proud to announce the sixteen recipients of their scholarship awards program for local high school graduates. Each chosen graduate is awarded \$2,000 to assist with college expenses.

The recipients of the 2020 Scholarship Program are:

Brian Riel- Tantasqua Regional High School
Bryce Meizen- Douglas High School
Colleen McCarthy- Wachusett Regional High School
Danielle Schmeling- Auburn High School
Elyse Whittemore- Auburn High School
Jack Larson- Leicester High School
Joshua Brunelle- Doherty Memorial High School
Kaden Wells- David Prouty High School
Katherine LeBrun- Tantasqua Regional High School
Kurstin Burnham- Tantasqua Regional High School

Kylee Inthirath- Tantasqua Regional High School
Lauren Alicea- Shepard Hill Regional High School
Olivia Graves-Witherell- Westborough High School
Stefanie Del Rosario- Shrewsbury High School
Timothy Moore- Assabet Valley Regional Technical High School
Will Akerson- Wachusett Regional High School

Cornerstone Bank is honored to help high school graduates throughout the community pursue higher education. This scholarship was open to 2020 high school graduates who plan to attend an accredited, degree-granting institution of higher education as a full-time student.

These sixteen students best demonstrated achievement and high standards in academics, extracurricular activities, and community involvement.

“Congratulations to this year’s recipients,” stated Todd M. Tallman, President and Treasurer of Cornerstone

Bank. “We are honored to be able to support students throughout our community, and we are excited to see what their futures hold.”

For more information on the Cornerstone Bank scholarship awards program, please visit any of our convenient locations, our website, or call us at 800-939-9103.

ABOUT CORNERSTONE BANK

Cornerstone Bank is an independent, mutual savings bank serving the residents, businesses, and communities throughout Central Massachusetts from offices in Charlton, Holden, Leicester, Rutland, Southbridge, Spencer, Sturbridge, Warren, Webster, and Worcester along with a Loan Center in Westborough. Deposits are insured in full by a

combination of the Federal Deposit Insurance Corporation and the Depositors Insurance Fund. The Bank is an Equal Opportunity Employer, Equal Housing Lender, and SBA

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Daniels Farmstead announces summer farmers' market, events

BLACKSTONE — The Daniels Farm Farmers' Market begins July 5 and continues every Sunday, 11 a.m. to 3 p.m., through Oct. 4. Doris's Kitchen is open 11:30 a.m. to 2:30 p.m. serving grilled franks, burgers (both Angus beef and veggie) Italian sausage with peppers & onions, cold beverages and all the fixin's.

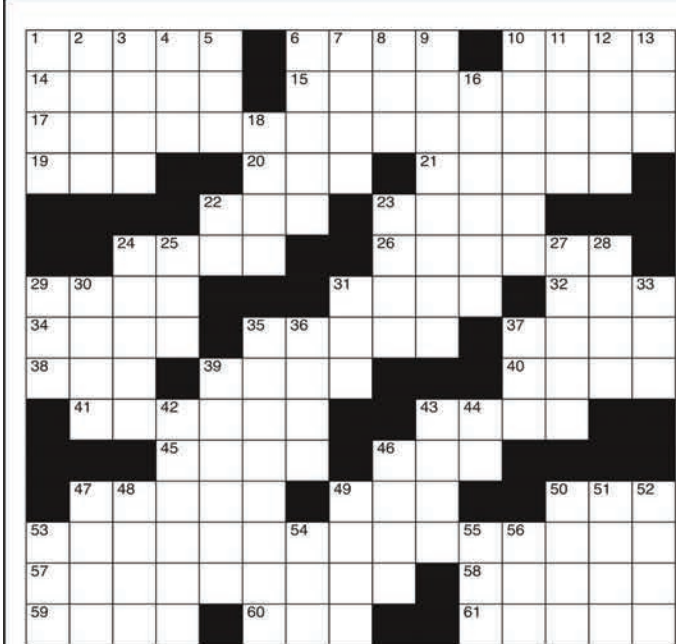
The following vendors will be participating:
Oakdale Farms (Quality

Produce), B Food (beautiful artisan breads), Three Sisters Farm and Ellen's Hooked Rugs (Goat's Milk Soap, handmade rugs, crafts), BV Cats, The Fudge Lady, Wante Orchard & Apiary/Three Little Wrens, Overpass Farmers.
Chaos Farm (alpaca products) begins Sept. 6.
Given the current Covid-19 restrictions, we have taken appropriate precautions according to both CDC and MA

Dept. of Public Health guidelines. We ask that guests practice appropriate social distancing while on our property and wear masks when coming in close contact with vendors.
Our indoor tours have currently been suspended due to Covid-19; however, we do encourage our guests to walk the property and observe the historic nature of the building we care for.
Currently the following special events will take place as

follows:
July 12, wildlife walk with naturalists Kathy Barton and Beth Milke
July 19, Blackstone Valley Concert Band
July 26, Boston Mycological Club
Daniels Farmstead Foundation's continuance relies heavily on our amazing volunteers, members, and donors. We always have room for more volunteers and are currently looking to add to our

close-knit family. Whether it be working in the garden, selling our beautiful produce, or working in Doris's Kitchen you can help contribute to the preservation of one of the Blackstone Valley's historic gems.
Please follow us on Facebook at Daniels Farmstead Farmers Market or reach out to Justine at 508-726-2042 for more information.



CLUES ACROSS

1. Cyprinids
6. Icelandic literary works
10. Break in half
14. Japanese mushroom
15. Have offspring
17. Not feeling well
19. A very large body of water
20. Witch
21. Behemoth
22. Speak negatively of
23. Absence of difficulty
24. Pampering places
26. Drives
29. Truck that delivers beer
31. Makes
32. A team's best pitcher
34. ___ Carvey, comedian
35. Seas
37. S. American plants
38. Time zone
39. Deviate
40. No longer are
41. Moving in slowly
43. Patrick and Glover are two
45. Living quarters
46. Taxi
47. Pancake made of buckwheat flour
49. Swiss river
50. Not happy
53. Have surgery
57. Formal withdrawal
58. Give way to anxiety
59. Greek war god
60. 2K lbs.
61. Word of farewell

CLUES DOWN

1. ___ ex Machina
2. WWII diarist Frank
3. Concluding passage
4. Supplement with difficulty
5. Title of respect
6. Cubic measures
7. Remnant
8. ___ Jones
9. Salts of acetic acid
10. Long, upholstered seat
11. Capital of Okinawa Prefecture
12. A one-time aspect of Egyptian sun god Ra
13. Prefix denoting "in a"
16. Propels upward
18. What we are talking about
22. Prosecutor
23. Employee stock ownership plan
24. He brings kids presents
25. Burmese monetary unit
27. Hurries
28. Injury remnant
29. Tooth caregiver
30. Elvis backup singer Betty Jane
31. "The Partridge Family" actress Susan
33. Midway between east and southeast
35. Most excellent
36. Heat units
37. Possess legally
39. Food items
42. Skeletal structures
43. Challenge to do something bold
44. Blood type
46. Sammy ___, songwriter
47. Farmer (Dutch)
48. Clare Booth ___, American writer
49. Piers Anthony's protagonist
50. Malaysian coastal city
51. Hairstyle
52. NY-based department store
53. Geosciences organization (abbr.)
54. Brazilian city
55. Niger-Congo languages
56. Gesture



Participation invited at public forum on municipal preparedness

UXBRIDGE — Within the CMRPC region, Towns like Uxbridge have worked hard to leverage Municipal Vulnerability Preparedness Program (MVP) grant funds to assess local climate change risks, and develop plans to meet their needs. Uxbridge has been awarded two MVP Action Grants to-date. In 2019, the Town was awarded \$288,904 to complete an Integrated Water Infrastructure Vulnerability Assessment and Climate Resiliency Plan. In 2020, Uxbridge received an additional \$256,926 for an Integrated Vector-borne Disease Control Program.

As the Town wraps up their FY 2019 MVP Action Grant, the Project Team will host a virtual Public Forum on Thursday, July 16, from 7 – 9:30 p.m. Uxbridge has recently concluded a Town-wide, integrated water infrastructure vulnerability assessment which addressed water infrastructure, water transportation systems (culverts and bridges), dams and impoundments, public and private water supply wells, and stormwater. The assessment further included a review of local bylaws with consideration for green infrastructure and nature-based solutions. Grant activities were led by environmental

consultants from Fuss & O'Neill, Inc. in partnership with Resilient CE, CMRPC and an MVP Task Force consisting of representatives from the Uxbridge Board of Selectmen, Board of Health, Department of Public Works, Police Department, Fire Department, Council on Aging, Conservation Commission and School Department.

The project team encourages residents and other stakeholders from Uxbridge and neighboring communities to attend the 90-minute event to learn of the Vulnerability Assessment findings, to ask questions of the Town, Fuss & O'Neill and CMRPC, and to provide

local knowledge and feedback. Project information including maps, documents, and outreach materials are available online at www.ResilientUxbridge.org. A pre-recorded presentation on the project approach and findings will also be made available on the project website beginning July 11.

For more information or to submit comments to the project team, please contact Fuss & O'Neill Project Manager Julianne Busa (jbusa@fando.com or (413) 452-0445, ext. 6119) or Kristin Black, Uxbridge Health Director (KBlack@uxbridge-ma.gov).

Ashley Caswell named to Becker College Dean's List

LEICESTER — Becker College is proud to announce that Ashley Caswell, of Uxbridge has been named to the Dean's List for the School of Graduate & Professional Studies for the Spring 2020 semester. Caswell is pursuing a Bachelor of Arts degree in Psychology. The Dean's List recognizes all full-time students (24 or more credit hours earned for the academic year; 12 minimum each

semester - September through May) whose term grade point average is 3.50 or higher with no grade below a B- and no incomplete (I) or withdrawal/failing (WF) grades. Founded in 1784, Becker College is an undergraduate and graduate, career-focused private college, providing a supportive and inclusive learning community that prepares graduates for their first to last careers. Nearly

1,700 students from the United States and around the world attend Becker College, which has campuses both in Worcester and Leicester, Massachusetts. With nationally recognized programs in nursing, game design and animal studies, Becker has been consistently ranked as a "Best College" for undergraduate education by The Princeton Review.

Jeffrey Copland of Uxbridge earns Master of Education from Springfield College

SPRINGFIELD — Jeffrey Copland of Uxbridge has earned a Master of Education degree in Education from Springfield College for studies completed in 2020. Springfield College saluted the Class of 2020 with an official Class of 2020 web page that included a special message from Springfield College President Mary-Beth Cooper. On the Class of 2020 page, individuals can submit a message to the Class of 2020, Class of 2020 members can submit a short video highlighting their experiences at the college, viewers can take a look back at some events that welcomed the Class of 2020 to the campus, individuals can view recaps of the virtual senior week events, and viewers can find all the names of the Class of 2020 graduates. Springfield College is an independent, non-profit, coeducational institution founded in 1885. Approximately 4,100 students, including 2,500 full-

time undergraduate students, study at its main campus in Springfield, Mass., and at its regional campuses across the country. Springfield College inspires students through the guiding principles of its Humanics philosophy - educating in spirit, mind, and body for leadership in service to others.

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OPEN

continued from page A1

measures are possible.

According to reports, health care providers may continue to provide in-person procedures and services as allowed in Phase II, with the addition of certain group treatment programs and day programs. These programs include adult day health, day habilitation programs, and substance abuse services day treatment and outpatient services. Certain human services programs can reopen, including community-based day services for adults with intellectual and cognitive disabilities and psychosocial rehabilitation clubhouses.

A full list of businesses eligible to reopen can be found at www.mass.gov/reopening. Businesses and sectors set to begin opening in Phase III are subject to compliance with all mandatory safety standards.

OFTEN

continued from page A1

“The Commonwealth Heroines are women who don’t make the news, but make the difference,” the press statement continues. “Thousands of women in every community of the state perform unheralded acts on a daily basis that make our homes, neighborhoods, cities, and towns better places to live. Commonwealth Heroines use their time, talent, spirit, and enthusiasm to enrich the lives of others in their community. They are mentors, volunteers, and innovators who strive to protect and represent the interests of seniors, victims of violence, children, immigrants, and other vulnerable populations. They are the glue that keeps a community together.”

FUNDING

continued from page A1

parameters. I look forward to working with the town officials in my district on improvements and new infrastructure projects.”

Chapter 90 funding can be used for a variety of purposes, including road resurfacing, sidewalks, street lighting, traffic control measures, and roadside drainage. Municipalities can also use the money for the purchase, replacement, and long-term lease of road building machinery, equipment, and tools, the statement continues.

In the 9th Worcester District, the money will be broken down into the following amounts, according to Muradian: Grafton will receive \$497,382; Northbridge will receive \$467,888; and Upton will receive \$315,555.



GARDEN
MOMENTS
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MELINDA
MYERS

Cleanse the toxins out of your body with the help of fresh vegetables. Cabbage, broccoli, and brussels sprouts are a few of nature’s detoxifiers.

You can add variety to your garden and diet by including green, red or Savoy cabbage. It’s fun and easy to grow in the garden or a container and can be used in a variety of healthful dishes.

There is still time to add cabbage to your garden. Cabbage grows best in cooler temperatures. Those in the northern half of the country can plant seeds directly in the garden in early July for a fall harvest. Those in hotter regions should wait another month. Simply check the number of days from seed to harvest and count backwards from the average first fall frost. That will be the time to plant. Those in the far south should plant seeds or transplants in fall or early winter for a winter harvest.

Be sure to allow enough room for the plants to grow to mature size. Space plants at least 12 inches apart in the garden and grow in a sunny to lightly shaded location.

Protect cabbage plantings from pests with floating row covers. Made of polypropylene spun material, the covers allow air, light, and water through while preventing cabbage worms from laying their eggs on the plants. This means no green worms eating holes in

Bold, beautiful, and healthful cabbage

the leaves or ending up on your dinner plate.

Loosely cover the planting with the fabric and anchor the edges with boards, pipes, stones, or wickets. Leave enough slack for the plants to grow. The plants support the fabric, so no frames or construction is needed.

Increase your garden’s productivity by interplanting the cabbage with quick maturing radishes, beets and heat tolerant greens. You’ll harvest these short season crops at about the time the cabbage needs the space

Harvest cabbage when the heads are firm and full size. Use a sharp knife to remove just the cabbage head, leaving the lower leaves and roots intact. Four to six new heads will arise from buds around the stem. These smaller heads can reach four or five inches in diameter.

Remove any wilted or damaged leaves before storing cabbage in a plastic bag in the refrigerator. If using only half a head of cabbage, wrap the cut end in plastic wrap.

A medium head of cabbage weighs about one and a half pounds and yields about five to six and a half cups of shredded cabbage. A few heads of cab-

bage can turn into lots of slaw, stuffed cabbage rolls and other tasty cabbage dishes.

Preserve some of your harvest for winter meals. Freeze cabbage by cutting it into coarse shreds, thin wedges or by separating the leaves. It can also be dehydrated and used as a base for casseroles or added to soups and stews.

Consider turning it into sauerkraut with simple fermentation. Make large batches in crocks then can or freeze when fermentation is complete. Smaller batches can be processed in mason jars and stored in the refrigerator.

No matter how you prepare it, cabbage makes a great addition to the garden and your meals.

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



Photo Melinda Myers

When harvesting cabbage, use a sharp knife, remove just the cabbage head, and leave the lower leaves and roots intact. Soon new cabbage heads will form.

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Friday's Child



Photo by Maureen Ford

Talia
Age 15

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Talia is a playful Caucasian girl with a great sense of humor. Those who know her say she is silly, kind-hearted and playful. She enjoys helping others and is always willing to try new things. Talia likes to write, draw, play cards, play with puzzles and listen to music. She also really loves animals and hopes to be a veterinary technician.

Legally freed for adoption, Talia will do well in a family of any constellation that can provide her with routine and structure. She would be best as the youngest or only child in the home. It is very important to Talia that she is able to maintain her relationship with her

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

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

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EDITORIAL

Wondering
about the
weather

We’ve noticed, as of late, that weather forecasts have been more inaccurate than usual. In trying to figure out which weather app is the most accurate, we came up empty. There were several days we should have expected rain and thunderstorms but unfortunately came up short. After a dry spell and high temperatures last week, the thought of sitting on the front porch watching a thunderstorm seemed like a dream. This week, finally welcomed more rain making lawns and gardens across the region perk up.

After some digging, we found that it’s the novel Coronavirus that has affected our weather forecasts. We could say that we’re surprised, but this virus has affected every aspect of our daily lives, so why not weather forecasts too?

Experts say that the drop in airline travel has reduced the amount of data needed to make an accurate forecast. Typically, forecasts change by the hour. Aircrafts pick up wind, humidity and temperatures during flight. Data from weather balloons and satellites is still being used, however the accuracy comes from the planes. Of course, this affects weather being tracked by the Global Forecast system as well. Data taken from the ocean is also not being gathered at the rate it was prior to the COVID-19 outbreak.

So, with forecasts being in question every day, we figured we’d hop in the time machine, something we love to do on all occasions, and learn about some tips our ancestors used.

We’ve all heard the phrase, “Red sky at night, sailor’s delight; red sky by morning, sailors take warning.” This phrase dates back to Biblical times, and happens to be quite accurate. Weather in the north typically travels from west to east, so if you see a colorful sunrise, that means there are clouds to the west, which could bring bad weather. If the clouds grab hold of the sunset as they travel to the east, there is a high chance for calm weather the following day.

By the 1700’s, modern thermometers were commonly used, with barometers stepping on to the scene in the next century. Thomas Jefferson used such tools to record the weather on a daily basis. Moving forward the telegraph allowed people to communicate the weather over long distances, which lead to weather maps. This allowed people to track patterns. Rising air pressure, meant calm weather while dipping pressures meant a storm was on the horizon.

Weather balloons were used in the 1900’s to track moisture and winds, which lead to more research into just what makes weather tick. Weather radar was found by chance during WW II, when radar was used to try to track down enemy aircraft. While doing so, rain was found. Tools advanced rapidly into the 1950’s through the 1980’s.

The Old Farmer’s Almanac shared some sayings that were used for some old fashioned forecasting. “The higher the clouds, the finer the weather.” The Almanac says. “If you spot wispy, thin clouds up where jet airplanes fly, expect a spell of pleasant weather. Keep an eye, however, on the smaller puff clouds (cumulus), especially if it’s in the morning or early afternoon. If the rounded tops of these clouds, which have flat bases, grow higher than the one cloud’s width, then there’s a chance of a thunderstorm forming.”

“Clear moon, frost soon” means that a clear night, makes the Earth’s surface cool at a faster rate, and with no cloud cover to keep the heat in, causes frost and a cold morning.

“When clouds appear like towers, the Earth is refreshed by frequent showers.” If you see large, white clouds that resemble castles, there is likely a lot going on weather wise. If white clouds grow, and turn grey, a storm is coming.

“Rainbow in the morning gives you fair warning.” Where there’s a rainbow, there’s a shower, and hopefully a pot of gold.

“Ring around the moon? Rain real soon.” A ring around the moon means that warm weather is in the near future, with some rain. According to the Almanac, “High thin clouds get lower and thicker as they pass over the moon. Ice crystals are reflected by the moon’s light, causing a halo to appear.”

OPINION

Opinion and commentary from the Blackstone Valley and beyond

July is National
Blueberry Month

Blueberries are touted as an antioxidant rich snack, and in addition to its many health benefits, the tiny fruit tops of the list of “anti-aging” foods. But the delicious, sweet berry has been pleasing palates for many centuries. In fact, according to botanists, the oldest plant on earth- estimated to be more than 13,000 years old - is related to the blueberry plant.

Blueberries are grown in 35 states and our country produces over 90% of all of the blueberries in the world. In celebration of both the extraordinary taste and health benefits of blueberries, July has been proclaimed National Blueberry Month. Since 1999, the virtues of wild blueberries have been touted by the blueberry industry each July, while the delicious berries make their annual appearance at Independence Day tables across the country.

Blueberry History: Early explorers found wild blueberries growing in America, and famed expeditioners Lewis and Clark reported being served meat by Native Americans that had been rubbed with blueberries, then smoked and dried. The Indians also dried blueberries and ground them to a pulp to be mixed with cornmeal and honey to make a sweet pudding.

Here in the Northeast, Native American folklore includes a legend how the great spirit sent “star” fruit, named for the star shaped end of the blueberry, to feed children during a famine.

But for the American Indian, perhaps the most valuable use of the blueberry was its healing properties. Native Americans would steep a tea from the root of the blueberry plant to be used to calm and relieve the stress of women in labor. The juice of the blueberries was also used as a remedy to cure ailments that ranged from a stubborn cough to blood conditions.

Healing Fruit: The virtues of blueberries are many. One of nature’s most amazing and powerful antioxidants, blueberries offer a variety of health benefits, from to lowering cholesterol to building up urinary tract health, improving vision and much more. In fact, research conducted at the USDA center has found blueberries rank hands down number one in antioxidant activity! The blueberry’s secret weapon? It’s deep-blue pigment, which is a potent phytonutrient that acts as an antioxidant and anti-inflammatory. Read on for more reasons to help yourself to a handful of blueberries this season and beyond.

*Out of 40 different fruits, juices and vegetables, the blueberry comes in with the highest antioxidant level, according to the North American Blueberry Council. Just three and a half ounces of blueberries are equivalent to over 1700 International Units of vitamin E. Wild blueberries pack up to three times more berries per pound than cultivated, making them the optimum choice for concentrated antioxidant capacity.

*According to the New England Journal of Medicine, the Rutgers Blueberry Cranberry Research Center in Chatsworth, N.J. found that blueberries help prevent infections in the urinary tract in much the same way that cranberries do. They may also help to prevent macular degeneration according to Ronald L. Prior, Ph.D., director of the USDA.

*The antioxidant and anti-inflammatory effects of blueish purple foods like wild blueberries may have the potential to help prevent Alzheimer’s disease, cancer and heart disease, according to Susan Davis, MS, RD, Nutrition Advisor to the Wild Blueberry Association of North America.

*Studies show blueberries (and grapes) contain properties which can increase night vision. In fact, a cup full of blueberries has been known to improve dark adaptation within 30 minutes of consumption. According to Ronald L. Prior, Ph.D., director of the USDA, blueberries may also help to prevent macular degeneration, which is the leading cause of vision loss in Americans 60 years of age and older.

* Research suggests that blueberries may reduce the build-up of the bad cholesterol that contributes to heart disease. In fact, a compound discovered in blueberries seems to act as effectively as commercial drugs used to reduce levels of “bad” cholesterol in rodents.

* Laboratory tests reveal the anthocyanins in blueberries could act to boost brainpower and halt the signs of aging.. When fed blueberry extract for nine weeks, elderly rats outperformed a con-



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THE
HINT

KAREN
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trol group at such tasks as navigating mazes and balancing on rotating logs. And when aging rats ate a blueberry-enriched diet for four months, they performed as well in memory tests as younger rats, a finding that has important implications for humans.

* In Canadian studies, blueberries reduced stroke damage in lab animals. Researchers credited blueberries’ anti-inflammatory and anti-clotting activity.

Blueberry Recipes

Looking for a delicious way to bring blueberries to the table? Read on for some creative recipes bursting with blueberries!

Brownie Dominoes with Wild Blueberry Cinnamon Sauce

Packed with healthy ingredients, this recipe from the Wild Blueberry Association of North America is company-worthy!

Ingredients: 4 ounces unsweetened baking chocolate; 3/4 cup butter; 1 3/4 cups sugar; 3 eggs; 1 teaspoon vanilla extract; 1 cup all purpose flour; 2 cups frozen Wild Blueberries; 1/2 cup water; 1/4 cup sugar; 1 teaspoon fresh lemon juice; 2 teaspoons cornstarch; 1 teaspoon cocoa powder; 1/4 teaspoon cinnamon

Brownie Directions: Preheat oven to 350°F. Microwave chocolate and butter for 2 minutes or melt in double boiler. Stir until chocolate is melted. Stir in sugar, eggs, vanilla and flour until thoroughly blended. Pour into greased 8-inch x 8-inch baking pan and bake 45 minutes or until cooked through. Let cool approx. 2 hours.

Sauce Directions: In a small sauce pan combine 1 cup Wild Blueberries, 1/4 cup water, sugar and lemon juice. Stir and bring to a boil. Turn heat down and simmer for 7 to 10 minutes. Mix cornstarch into 1/4 cup water until dissolved and add to the Wild Blueberry mixture; stir until it thickens, then add the remaining 1 cup of Wild Blueberries. Cook 3 minutes on low heat, add cinnamon.

Turn out the chocolate brownies from the baking tin. Cut it into 12 cubes and dust with cocoa powder. Serve with Wild Blueberry sauce. Preparation Time: approximately 45 minutes plus cooling time. Serves 12.

Wild Blueberry Honey Coffee Cake
Blueberries and honey highlight this hearty homemade sweet.

Topping Ingredients: two cups wild blueberries; one tbsp. all-purpose flour; one half cup honey; two tablespoons fresh lemon juice.

Cake Ingredients: one and one half cups all-purpose flour; two tsp. baking powder; one half tsp. baking soda; one half tsp. salt; one half cup honey; two eggs; one quarter cup milk; two tbsp. fresh lemon juice; one tsp. freshly grated lemon peel; one tsp. vanilla extract; six tbsp. butter, melted.

Directions: Place blueberries in bottom of greased round cake pan; distribute evenly. Sprinkle with flour; drizzle with honey and lemon juice. Set aside. In a small bowl, combine flour, baking powder, baking soda and salt; set aside. In a medium bowl, combine honey, eggs, milk, lemon juice, lemon peel and vanilla; beat with folk until well mixed. Add flour mixture; mix well. Stir in melted butter; mix well. Pour batter over blueberries in pan; spread to cover evenly. Bake at 350°F for 30 to 35 minutes, or until toothpick inserted in center of cake comes out clean. Cool in pan on wire rack 10 minutes. Invert cake onto large plate; cool.

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.

Avoid touching
retirement
savings early



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You contribute to an IRA and 401(k) to help build the financial resources you’ll need to enjoy a comfortable retirement. But despite these funds being set aside for retirement, many investors use them before they retire. More than half of Americans tap into their retirement savings early, according to a survey from Magnify Money, a website focusing on financial topics. How can you avoid this problem?

It’s obviously important to leave your retirement savings untouched, as much as possible, until retirement. You could spend two or three decades as a retiree, so you’ll need a lot of financial resources. Of course, it’s understandable why some people touch their retirement accounts early: According to the Magnify Money survey, about 23 percent did so to pay off debts, 17 percent to make down payments on a home, 11 percent to pay for college, and the rest for other reasons.

While you also might consider these needs for taking an early withdrawal or loan from your retirement account, you’ve got good reasons for not touching your IRA or 401(k) before you retire. First, you may face tax penalties if you withdraw money from your IRA and 401(k) before 59 and a half, though there are exceptions. Also, if your withdrawals from your retirement accounts are large enough, they could push you into a higher tax bracket. Plus, the longer you leave your money intact, the more you’ll probably have when you need it in retirement.

Let’s use the survey results to look at some additional points you might evaluate before using funds from your retirement accounts for other purposes:

Paying off debts – You could consider using a 401(k) loan to pay down some high-interest rate debt, but this move assumes two things – one, you don’t plan on taking on additional high interest rate debt, and two, you plan on repaying the loan from your 401(k) within five years. If you don’t, you could face penalties.

Making a down payment on a home – The IRS allows first-time home buyers to make a penalty-free withdrawal of \$10,000 from an IRA to make a down payment on a home; however, taxes could still be owed. You might be better off by delaying the purchase of a home, giving you time to build up additional savings, held outside your retirement accounts, that could be used for the down payment.

Paying for college – If you haven’t saved enough for a child approaching college, you might consider withdrawing from your retirement accounts to do so. If the funds are used for qualified education expenses, you may be able to withdraw from you IRA without paying a penalty, but again, taxes could be owed on the withdrawn funds. Alternatively, if you have more time, you could consider opening tax-advantaged 529 accounts for younger children to help pay for their education.

As the name suggests, a retirement account is designed for retirement, so do whatever you can to protect it. You may want to consult with a financial professional for guidance on meeting the other needs people cite in tapping into their retirement accounts early. The more you know, the better prepared you’ll be to make the best decisions you can for your situation.

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

Beware of bug bites



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This past week, the Uxbridge Rod & Gun Club held a 3-D archery shoot at their club grounds off of West Street. The event was well attended by young and old. This week's picture shows Scott and Tracey arriving early, and were some of the first archers to shoot the well-groomed course. Life size wild game targets are set up throughout the course. More than 50 shooters attended the event. The kitchen crew had plenty of hot coffee with bacon, egg, and cheese sandwiches for all in attendance. Relaxing and social distancing was practiced throughout the day.

Participants were greeted with numerous horseflies, as they are each year at this time. Horseflies can be aggravating to anyone trying to enjoy the great outdoors. The best protection for horseflies and other insects like mosquitoes, is a product called "Permethrin." It is a product that is sprayed on the clothing and NOT on your skin. Wearing a hat helps tremendously. Be sure to follow the directions on the label. There are numerous other products that contain Deet, that are sprayed on your skin to prevent insect bites, but extreme care must be used, especially when using it on small children.

Numerous petitions circulated throughout the state over the last 10 or 15 years, asking legislators to consider allowing any hunter the right to own

and use crossbows for hunting, is long overdue. Legislators also received separate flyers from sportsmen asking for the legislation to pass the long overdue bill. With very little getting done in the legislature because of the pandemic, it is unlikely it will be acted upon this year.

Bug bites of any kind need immediate attention, as they can carry many forms of diseases. They can also cause infections. You need to treat all bug bites seriously, including wasp & hornet bites, and spider bites ASAP, and they need to be monitored daily. If you suspect the bite is causing an infection, you need to call your doctor for expert advice. There are very few snakes that are venomous in the area, but this writer has an absolute fear of any snake. My son Ralph, Jr. once chased me around the garden with a small six-inch garden snake when he was young. I could actually run from his threat back then.

Because of Covid-19, a large amount of people have made gun purchases at local gun shops. Some shops have been sold out of their inventory for weeks now, and orders for new inventory have been slow. Local sporting goods stores have also had a hard time filling their orders because of the huge demand for hunting and fishing equipment this year. Many local citizens are arming themselves hoping the need never comes to protect their life and property. It sure is a dangerous world that we live in today. Camping trailers and watercraft sales are also through the roof.

Striper fishing at the Canal continues to give up some impressive stripers this year. Many oversize fish are being reported, but need to be



released if they are over 35 inches for recreational anglers. Commercial Recreational anglers can keep all stripers 35 and over. I hate to keep reporting about this crazy regulation this year, but it is causing a lot of problems, including violations by otherwise honest anglers, and the new law on circle hooks is also nuts. I know that the people responsible for passing the law is meant to save released fish from injury and possible mortality, but it is not working.

Catch and release fishing has a high mortality. I am not against catch and release fishing if strict guidelines are practiced, but they are not by many anglers. It is not the intention of the angler to release an injured, fish but it happens. Playing out the fish until it is exhausted will often die when released, even

when it is carefully or somewhat revived. Local freshwater bass anglers quickly catch and release their fish, and are not subject to the long battle when caught on lighter rods. I guess there is no real answer except to educate fishermen in both fresh and saltwater fishing, on the best way to release their catch. Even numerous Fish & Game agencies have reported on high mortality of released fish.

Some nice seabass and fluke are being caught in Massachusetts & Rhode Island waters. One of my favorite dishes is baked stuffed fluke fillets. My wife Judy often made the dish by simply rolling some crab meat stuffing into each fillet. She gently rolled the fillet with the stuffing and held the rolled fillet together with a toothpick. She basted the rolled fish with butter and

sprinkled some seasoned bread crumbs over the fillets. Preheat the oven to 350 degrees and place the fish into the oven for 15 to 20 minutes. Do not overcook! Fantastic! The fish fillets need to be fresh to enjoy this dish!

Trout & Salmon are extremely vulnerable to catch and release. They should never be removed from the water, and a net should always be used, if they are to be released. If they are caught using fly's they have a better chance of survival when released. Powerbait & live bait will often kill the fish if the hook is in the throat, and the angler tries to remove the hook. It's best to cut the line and retie another hook.

Take A Kid Fishing & Keep Them Rods Bending.

Choosing how you live

BY GARY W. MOORE

I came into this life without choice. I didn't decide to be conceived. Two people I didn't know decided that for me. I was carried for nine months, then pushed out with no consideration by my mother as to whether I wished to go or stay. I was suddenly and rudely squeezed out into a life that I didn't decide to live.

Then to add to the humiliation of coming into this world naked, a group of masked strangers examined my bare body, counting fingers and toes, as if they'd never seen a tiny human before. Embarrassingly, I cried like a little baby, when for no reason at all, one of the masked strangers grabbed my ankles, raised my naked body upside down, then slapped me on my bot-

tom. These actions told me for the first time, life is unfair.

That's how it all began for me. Maybe you endured a similar experience?

We are given no choice. On one day we didn't exist and on the next, we are a human life beginning to form and grow. We enter an imperfect and broken world and are told at an early age, "Life isn't fair. Just deal with it."

How we deal with it ... Even though we are forced into this world, we quickly establish how we'll live our lives. We are where we are at this very moment because of the choices we made along the way. We are who we are, where we are and what we are because of what we choose to let into our mind. It's those choices that determine the quality of the life we lead and our impact on



POSITIVELY
SPEAKING
.....
GARY W.
MOORE

those around us.

Don't blame your past. Yes, some of us are born into loving families who nurture and teach us right from wrong, while others are brought into lives where they were never wanted and learn to live their lives without nurturing or instruction. Regardless of which, it is the choices that we make that determine how we live our lives. Blaming how we were raised is a waste of time and only keeps us from successfully moving forward. No, we didn't decide how to be born nor will we decide when or how we die, but we absolutely

decide how we live our life. How we treat others and ourselves makes a lasting impact, not just in our lives but with everyone and everything we touch.

None of us are perfect. I have many regrets about choices I made earlier in life, but I can't change that. I can only move forward and do my best to make a positive difference.

The time to think about the impact we have on others is not on our deathbed while experiencing crushing regret, but while we are living our lives. As you read this, you can decide the difference you wish to make, the joy and happiness you bring to others or positive education you wish to share.

I have led a rich and joyful life, while also living a painful and stress-filled life. I've experi-

enced both. Both were by choices I made. As I aged and moved out of my business suit and into a life of organizing stories for others, I quickly realized the power of words and the impact I can have. Choose to speak only kind and supportive words into the world.

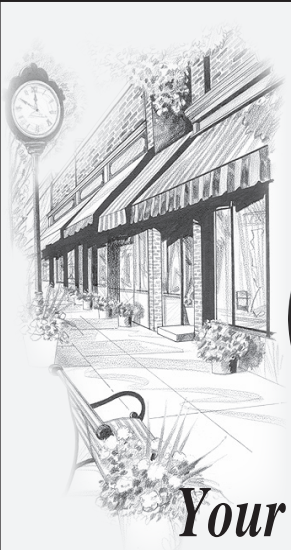
This column, Positively Speaking, was born in April 2017 and my focus has been to help and encourage others to lead a happier and joy-filled life ... a life led by optimism. I do my best to have a positive impact on the readers of this column and I always pray that my words will help others lead a happier and more fruitful life.

It's impossible not to recognize that our nation is in turmoil and divided in unhealthy ways. That does not mean that you are required to participate and contribute

to the unhealthiness by being angry, offensive, and aggressive. Instead, you can be an example of integrity by being kind, humble and positive, while sharing words and actions of hope and optimism. We can choose to be part of the problem or proactively part of the solution.

This time of division and negativity will pass. Anger and yelling don't change hearts nor minds. Being an example kindness and dignity does. Which will you choose?

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



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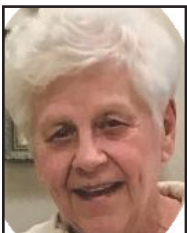
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OBITUARIES

Georgette J. Bishop, 85

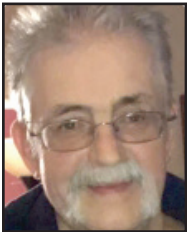


WHITINSVILLE-Georgette J. (Bernard) Bishop, 85, formerly of Hillview Ln. and Highland St. died Tues. May 12, 2020 after a period of declining health. Her Memorial Funeral Mass will be held on July 11th at 11AM in St.

Patrick's Church followed by burial in St. Patrick's Cemetery. In lieu of flowers, donations in Georgette's memory may be made to: Dog Orphans Inc., 90 Webster St, Douglas, MA 01516 or, to the Northbridge Senior Center, 20 Highland St, Whitinsville, Ma 01588. To leave a condolence message for the family, please visit: [Jackmanfuneralhomes.com](http://www.Jackmanfuneralhomes.com)

James M. Lesco, 62

LINWOOD- James M. Lesco, 62, passed away on Thurs. July 2, 2020 at UMass Memorial Medical Center University Campus after complications with a transplant surgery.



He is survived by his Fiancé and significant other of 22 years, Karen A. Bailey, 3 children, Jennifer M. Lesco of Worcester; Tyler J. Lesco of Fort Meyers, FL, Adam M. Lesco of Linwood; his father, Ronald N. Lesco of Northbridge; 2 step children whom he loved as his own, Chad J. Bailey of Worcester, and Nikole T. Barrows of Spencer; 4 grandchildren, Christian G. Carrion, Michael A. Carrion, Brandon Carrion, and Ryan N. Carrion; a brother, Kevin F. Lesco of Northbridge; a sister, Linda N. Lesco of Linwood, a nephew, Zachary E. Ramsdell, as well as several aunts, uncles, cousins, and many friends. He was predeceased by his mother, Mary D. (McGuinness) Lesco in 2013.

Born in Milford on January 14, 1958 Jim grew up in the Linwood section of Northbridge and attended Good Shepherd school. He was a graduate of Northbridge High class of 1976. Jim worked as a HVAC Technician for a while and then began working for Wyman Gordon in Grafton. There he worked for 5 years holding numerous positions, forklift operating, welding, and most recently in quality assurance. Jim loved to socialize and make people laugh with his immense sense of humor. He was a "foodie" and loved to eat, spend time with his grandkids, hunt and go fishing with friends, and yearly vacations in Maine with the whole Lesco family. He will be sorely missed and always remembered for his infectious laugh. As to his families' wishes, Jim's services will be privately held at the convenience of his family. In lieu of flowers, donations in his memory may be made to: [Liverfoundation.org](http://www.Liverfoundation.org). To leave a condolence message for the family please visit: <http://www.Jackmanfuneralhomes.com>

Wesley C. Helgesen, 78

SUTTON-Wesley C. Helgesen, 78, passed away on Mon. June 29, 2020 at Lanessa Extended Care, where he had been a resident the past 3 1/2 years, after a period of declining health.



He is survived by his loving wife of 50 years, Carole D. (Janczyk) Helgesen; his son, Carl W. Helgesen and his wife Mary Ann of Homosassa Springs, FL; 3 sisters, Karen Reilly of Millbury, Ethel Olsen of Andover and Vesta Lindstrom of Woodstock, CT, as well as many nieces and nephews. Born in Worcester on April 23, 1942 he was the son of Birger and F. Louise (Leonard) Helgesen. Wesley was a Sutton High school gradu-

ate and worked many years as a Welder for numerous companies including the former Anglo Fabrics in Webster, Bek's Welding in Manchaug, and retiring from WRT Management in 2012. He was enlisted in the National Guard serving for 6 years. Wesley enjoyed spending much of his time tending to his many acres of land, mowing, raking, and taking care of the land. He also enjoyed fixing antique cars with his son and vacationing by cruising with his wife. He was very passionate about the Salvation Army Movement as his parents met during his father's traveling with Wesley's grandfather who was a traveling Minister and his family. As to his families wishes, Wesley will be cremated and a memorial service will be held at a later date. Memorial donations in his name may be made to The Salvation Army. To leave a condolence message for his family please visit <http://www.Jackmanfuneralhomes.com>



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to obits@stonebridgepress.news

Emerson College announces 2019-2020 graduates

BOSTON — On Sunday, May 10, Emerson College awarded 959 undergraduate degrees for the Class of 2020.



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The College is committed to holding a graduation ceremony for the Class of 2020 in person when it is safe to do so, at a to be determined date. Katherine Salzberg of Uxbridge graduated in December 2019 and received a BS degree in Journalism. The College launched an Emerson 2020 Celebration website to honor graduates' achievements with more than 800 submissions from students, families, alumni, faculty, and staff, which includes photos, videos, audio submissions, and text. The website strives to reflect the many facets of the Class of 2020 and the wider Emerson community - its creativity, daring, thoughtfulness, irreverence, and humor. Videosubmissionsincludewishes

from well-known alumni and celebrities in the entertainment industry, including actors Jennifer Coolidge, Henry Winkler, comedians Jay Leno, Bill Burr, and Steven Wright, screenwriter Adele Lim, actress Chrystee Pharris, and producer Kevin Bright, among others. About Emerson College Based in Boston, opposite the historic Boston Common and in the heart of the city's Theatre District, Emerson College educates individuals who will solve problems and change the world through engaged leadership in communication and the arts, a mission informed by liberal learning. The College has approximately 3,780 undergraduates and 670 graduate students from across the United States

and 50 countries. Supported by state-of-the-art facilities and a renowned faculty, students participate in more than 90 student organizations and performance groups. Emerson is known for its experiential learning programs at Emerson Los Angeles, located in Hollywood, and at its 14th-century castle, in the Netherlands. Additionally, there are opportunities to study in Washington, D.C., London, China, and the Czech Republic, Spain, Austria, Greece, France, Ireland, Mexico, Cuba, England, and South Africa. The College has an active network of 39,000 alumni who hold leadership positions in communication and the arts. For more information, visit emerson.edu.

LEGALS

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Donna M. Molinaro, Peter J. Molinaro, Jr. to Mortgage Electronic Registration Systems, Inc., as nominee for Countrywide Home Loans, Inc., dated October 5, 2005 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 37528, Page 343, as modified by a certain modification agreement dated August 13, 2015, and recorded with said Worcester County (Worcester District) Registry of Deeds in Book 54578, Page 95 of which mortgage the undersigned is the present holder, by assignment from: Mortgage Electronic Registration Systems, Inc. to Bank of America, N.A., successor by merger to BAC Home Loans Servicing LP, fka Countrywide Home Loans Servicing LP, recorded on June 5, 2012, in Book No. 49082, at Page 142 Bank of America, N.A. to Federal National Mortgage Association, recorded on October 17, 2012, in Book No. 49798, at Page 141 Bank of America, N.A., successor by merger to BAC Home Loans Servicing LP, fka Countrywide Home Loans Servicing LP to Federal National Mortgage Association, recorded on November 14, 2012, in Book No. 49948, at Page 328 for breach of the conditions of said mortgage and for the purpose of foreclosing, the same will be sold at Public Auction at 12:00 PM on July 20, 2020, on the mortgaged premises located at 110 Jefferson Avenue, Northbridge, Worcester County, Massachusetts, all and singular the premises described in said mortgage, TO WIT: A certain parcel of land situated in Northbridge, Worcester County, Commonwealth of Massachusetts, on the southeasterly side of Jefferson Avenue, shown as Lot 44 on a plan

entitled "Definitive Plan of Land in Northbridge, Mass., property of: Daniel J. Heney" Scale 1" = 40', dated June 12, 1984, drawn by Guerriere & Halnon, Inc., Engineering and Land Surveying, Whitinsville, Mass., recorded with the Worcester District Registry of Deeds, Plan Book 534, Plan 117, and bounded and described as follows: BEGINNING at a point on the southeasterly side of Jefferson Avenue at the northerly corner of the herein described premises as shown on said plan; THENCE South 55 degrees 29' 21" E., a distance of 94.30 feet to a point in a stone wall at land now or formerly of Armstrong; THENCE South 29 degrees 09' 08" W., by said stone wall and by said Armstrong land 105.84 feet to a drill hole in said stone wall; THENCE South 7 degrees 18' 32" E., by said stone wall and by said Armstrong land 140.99 feet to a drill hole in said stone wall; THENCE South 6 degrees 37' 32" E., by said stone wall and by said Armstrong land 130.33 feet to an iron pipe at land now or formerly of Burna; THENCE North 86 degrees 05' 54" W., by said Burna land 40.00 feet to a point at Lot 45 as shown on said plan; THENCE North 21 degrees 34' 30" W., by said Lot 45, a distance of 324.12 feet to a point on the southwesterly side of Jefferson Avenue; THENCE Northeasterly by said Jefferson Avenue and by a curve to the left the radius of whose arc is 475.00 feet a distance of 136.55 feet to a point; THENCE North 34 degrees 30' 39" E, by said Jefferson Avenue, 13.45 feet to the point of beginning. Being the same premises in a deed Book 11599, Page 304. For mortgagor's(s') title see deed recorded with Worcester County (Worcester District) Registry of Deeds in Book 11599, Page 304. These premises will be sold and conveyed subject to and with the benefit of all rights, rights of way, restrictions, easements, covenants, liens or claims in the nature of liens, improvements, public assessments, any and all unpaid taxes, tax titles, tax liens, water and sewer liens and any other munic-

ipal assessments or liens or existing encumbrances of record which are in force and are applicable, having priority over said mortgage, whether or not reference to such restrictions, easements, improvements, liens or encumbrances is made in the deed. TERMS OF SALE: A deposit of Five Thousand (\$5,000.00) Dollars by certified or bank check will be required to be paid by the purchaser at the time and place of sale. The balance is to be paid by certified or bank check at Harmon Law Offices, P.C., 150 California St., Newton, Massachusetts 02458, or by mail to P.O. Box 610389, Newton Highlands, Massachusetts 02461-0389, within thirty (30) days from the date of sale. Deed will be provided to purchaser for recording upon receipt in full of the purchase price. The description of the premises contained in said mortgage shall control in the event of an error in this publication. Other terms, if any, to be announced at the sale. FEDERAL NATIONAL MORTGAGE ASSOCIATION Present holder of said mortgage By its Attorneys, HARMON LAW OFFICES, P.C. 150 California St. Newton, MA 02458 (617)558-0500 2017080075 June 26, 2020 July 3, 2020 July 10, 2020

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Worcester Probate and Family Court
225 Main Street
Worcester, MA 01608
(508) 831-2200
Docket No. WO20P1627EA
CITATION ON PETITION FOR
FORMAL ADJUDICATION
Estate of:
Doris I. Leslie
Date of Death: 05/11/2020
To all interested persons:**

A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **Karen Belanger of Whitinsville MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition. The Petitioner Requests that: **Karen Belanger of Whitinsville MA** be appointed as Personal Representative(s) of said estate to serve on the bond in **an unsupervised** administration. IMPORTANT NOTICE You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 07/28/2020**. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you. UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC) A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration. WITNESS, Hon. Leilah A. Keamy, First Justice of this Court. Date: June 25, 2020 Stephanie K. Fattman, Register of Probate July 10, 2020

BAY PATH HONOR ROLL

CHARLTON — Bay Path Regional Vocational Technical High School has released its honor roll for the third quarter of the 2019-2020 school year.

Grade 12		
High Honors		
Riane Anderson Meghan Barry Lauryn Dawson Gavyn Floury Mathew Langlois Justin Orrell Colin Richardson Angeley Santa Cady Stevens Isabella Yaede	Julia Antocci Mia Bohanan Braden Doney Daysia Forbis Samantha LePage Abigail Rambelje Carla Rodriguez Todd Sauter Jr. Alexandar Vesovski	Jared Aucoin Anthony Colacchio Kelsey Durant Anna Israelian Erica MacGrory Austin Rebello Mary Rutter Sadie Smith Kaylyn Violette
Honors		
Tiffany Arnold McKayla Baldwin Heath Bigelow Ayva Borelli Eleana DaSilva Kaley Eaton Max Ginsburg Jacob Hinman Emily Johnson Nalin Koo Brian Lavoie Kristian MacLeod Danielle Mandella Amber Melanson Kimberly Ngo Melissa Owusu Joseph Postale Janeli Royberi Natalya Sawa Nathan Shoemaker Georgi Weagle Michael Zanca	Kendra Aucoin Trinity Battista Lauren Bigelow William Carlson Andrew DeCelle Nathan Fontaine Brandon Gomes Michael Houghton Edward Knopf Samantha Lackey Jake Lizotte Andrew Makowiecki Madison Marois Kiyiana Minton Mackenzie O'Neill Maeve Perreault Cody Prince Karen Rocha Benjamin Schultz Luke Snow Girard Lexianna Wheeler Allison Zopatti	Alicia Ayala Lillian Berry Mackenzie Blomquist Elizabeth Cormier Thadius Dubsky Ariana Gelardi Dylan Greamo Victoria Jackman Curtis Koebke Patrick Lange Thomas Lombardi Adam Mancini Patrick McManus Elizabeth Molina Kevin O'Rourke Nathaniel Philion Chantal Ravenelle Elijah Santos-LaBarge Matthew Shedd Jaclyn Tretheway Sarah Wisniewski
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Kenzie Heck Jocelyn Keefe	William Hine Michael Keeler	Jaden Jarmulowicz Benjamin LaPointe
Jared Lavigne Jenna Luke Teagan Morrissey Spencer Peck Anastasia Ranese Kalyn Saez Conner St. Cyr Riley White	Julianna Marcoux Makenzie O'Connor Cameron Quinn Shawn Reniere Douglas Shea Jr. Cameron Stisitit	Carina Miller Kyle Paquette Daniel Rafuse Briana Rodriguez Luke Snay Kylie Tremblay
Grade 11		
High Honors		
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Honors		
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Shawn Nabors Meagan Peck Nicholas Reil	Joshua Natale Luis Perez James Rivera	Robert Nichols III Madison Poole William Rodriguez
Andrea Rogan Steven Schoenfeldt Jr. Ryan Steiner Antonia Van Dam Ashley Wilson	Madison Rynne Jake Schofield Kyleigh Sutherland Isabella Varney Louis Zanca	Kyle Sadusky Samuel Smith Kiana Tonkin Nikko Vitkos
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Andrew Leach Aaron Mitchell Jayna Schmohl Scarlett Taveras	Anthony Martins Olivia Morin Ethan Shanbaum	Madigan McManus Gabrielle Packard Olivia St. Germain
Honors		
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Grade 9		
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Honors		
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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 Studied Yard! **\$339,000.00**



ON DEPOSIT

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



ON DEPOSIT

DUDLEY – TOBIN FARM ESTATES! 9 Tobin Rd! 7 Rm, 3 Bdrm, 2.5 Bath Federal Front Colonial! Move Right In! 2 Story Grand Entry w/Gleaming Hrdws in the Din Rm, Liv Rm & Kit! Frplc Fam Rm w/Cathedrals & New Wall to Wall! Granite Kit w/Center Isl, SS Appliances & Din Area! Tiled Mudrm! 2nd Flr w/Open Balcony! Master w/Full Bath & Walk-in Closet! Comfortable Bedrooms! Full Hall Bath w/Laundry! New Wall to Wall in Bdrms! Private Backyard w/Deck & Hot Tub! 2 Car Garage! Shed! Fire Pit! **\$449,900.00**



ON DEPOSIT

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




NEW LISTING

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



NEW PRICE

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



ON DEPOSIT

DUDLEY – 12 Glendale Drive! Conveniently Located 6+ Room Split Entry set on .52 Acres – 22,500'! Ready For You to Move Right In! New Flooring Throughout! Freshly Painted! Newly Appliance Kitchen! Cathedral Ceiling Living Room with Ceiling Fan! 3 Comfortable Bedrooms! 2 Full Bathrooms! Finished Lower Level with Kitchenette! Recent Deck! Forced Hot Water by Oil Heat! 1 Car Garage! **\$289,900.00**



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Featured New Listing!


WEBSTER - 195-199 THOMPSON RD



3 ACRE COMMERCIAL SITE — APPROX. 550 FT ROAD FRONTAGE ON STATE HIGHWAY RTE 193 A/K/A THOMPSON ROAD. STRATEGICALLY NESTLED BETWEEN TWO (2) I-395 (NORTH & SOUTH) ON-RAMPS & TWO (2) I-395 (NORTH & SOUTH) OFF-RAMPS. PROPERTY DIRECTLY ABUTS I-395! 48'X80' CONCRETE BLOCK BUILDING, 7,680 SF TOTAL (3,840 SF MAIN / 3,840 SF LOWER LEVEL) FULL LOWER LEVEL USE AND ACCESS THRU DRIVE IN GARAGE DOOR! BUSINESS ZONED (GB-5) MUNICIPAL WATER, SEWER AND NATURAL GAS! HIGH TRAFFIC – HIGH EXPOSURE – LOCATED RIGHT AT THE TRAFFIC LIGHT INTERSECTION OF RT 193 AND I-395 OFF RAMP! TWO (2) FINISHED OFFICES & LAV – MANY POSSIBLE USES – WHAT DO YOU HAVE PLANNED???

\$600,000.


WEBSTER - 548 SCHOOL ST



ON DEPOSIT

Aesthetically pleasing 4-5 BR CAPE!! 1,800 SF Cape! 8 rooms. 4 lg rooms & bath on 1st flr, eat-in kitchen, living room, family room, office/possible 1st flr in-law bedroom. 2nd flr - 4 lg bedrooms & bath. 2 car garage. **\$199,900.**


WEBSTER - 36 PARK AVENUE



ON DEPOSIT

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


DUDLEY - 5 FAIRVIEW AVE



SORRY, SOLD!

3 bedroom 1-1/2 bath ranch. 16,000 ft lot. Plumbing for lower level bath. Garage. Needs little updating. Recent Buderus Furnace. assisted sale **\$248,500.**

DUDLEY - 25 MARSHALL TER.



SORRY, SOLD!

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 Closets, Linen Closet, 1st Floor Laundry Room, Hardwood Floors, Separate Bath Tub & Shower. Forced Hot Water Heat by Oil w/High End Cast Iron Baseboard, Recently Shingled Roof, Overlooks Attractive, Level Landscaping! **\$274,900.**

LAND

WEBSTER/OXFORD/DUDLEY/DOUGLAS

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

Webster - 85 Upper Gore w/View of the Lake. 1+ acre! Much work done! Artesian well, Septic Design, & Conservation **\$130,000**

Webster - Potential 6 Buildable on Lots! Water/ Sewer Access, Zoned Lake Residential **\$129,400**

Douglas-Mount Daniels Lot #2-2.5 Acres of flat land that abuts Douglas State Forest **\$132,900**

Oxford - 4 Leicester St. approx. 8.47 acres! River frontage! Possible to be subdivided. **\$99,900**

On the shores of Lake Chargoggagoggmanchauggagoggchaubunagungamugg

Webster - New Lake Listing!

WEBSTER LAKE - 100 LAKESIDE AVE



ON DEPOSIT

WEBSTER LAKE! PANORAMIC VIEWS! BEAUTIFUL SUNSETS! Extraordinary Waterfront Contemporary! Architect designed with Lake Living in mind, Custom Built with Attention to High Quality & Detail. Outstanding open concept, water view from almost every room, upscale features & amenities! Nicely situated on a .25 acre level peninsula, 180'+/- prime lake frontage! Enhanced by a all natural shoreline, exceptional views, professional landscaping & privacy. All you need to live is located on the 1st floor... including a grand 2 story foyer, cozy fireplace living room, gourmet kitchen, lake facing dining , half bath & laundry, formal dining room, media room & spacious 1st floor guest BR Suite w/private bath. Incredible 2nd floor fireplace lake-facing corner master suite w/ luxurious private bath, 3 more 2nd floor BRs & full bath! It Truly is a Great Opportunity to Own Something Special! Remember, Timing Is Everything!

\$1,075,000.

WEBSTER LAKE – 32 JACKSON RD



SORRY, SOLD!

DEVELOPMENT POTENTIAL! EXTREMELY UNIQUE 3.32 ACRE WEBSTER LAKE WATERFRONT PROPERTY! Charming, year-round, 2 BR, 2 bath Ranch, located at the Southern most end of Webster Lake's South Pond beyond Cedar Island! Extremely private w/direct lake access. The home offers a full finished LL w/walkout access, a screened-in 18x20 patio, 18x26 de't'd garage & 8x8 storage shed. Park like grounds! **\$375,000**



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Charlton: New Construction, 3 BA, Red oak floors, custom maple kitchen, central air, corner gas fire-place, \$1000 agency bonus.
196 City Depot Rd - \$415,000



Dudley: Established Subdivision, Home office, 1st flr full bath, 1st flr bedroom, fireplace, 20' kitchen, 3 season porch.
7 Joseph St - \$319,900



Worcester: Burncoat Area, 3 Bdrm., 1.5 BA, Updated roof, electrical, Burnham furnace 2013, 1800 sq. ft. & 2-c-garage
252 Beverly Rd - \$387,500



Worcester: Condominium, 2-3 BR, 2.5 BA, End unit, 1200 sq. ft.
43 Whispering Pines #46 - \$274,900



ON DEPOSIT
Dudley: 4 Br., Cathedral 22'x22' family room, Hydro air, 1+ acre
90 Old Southbridge Rd - \$439,900



Woodstock, CT: 21 acre, privacy, highway convenience, 4 bdr. nature's paradise, turkey, deer, solitude.
480 Route 197 - \$650,000



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Avoid painful ‘brain freeze’ when enjoying frosty desserts

“I scream, you scream, we all scream for ice cream!” When Howard Johnson, Billy Moll and Robert A. King penned this novelty song in the late 1920s, the screaming they referenced was a cheer among students at a fictional college in a “land of ice and snow, up among the Eskimo.” For anyone who has gobbled up an ice cream treat a little too quickly, those screams very well may speak to the sharp headache that often comes from consuming frozen foods too quickly.

Identifying “brain freeze/ice cream headache”

Wake Forest Baptist Medical Center neuroscientist Dwayne Goodwin, Ph.D., explained in a 2013 news release that the sudden, short headache that occurs when eating or drinking something very cold, which most people refer to as “brain freeze,” is actually called sphenopalatine ganglioneuralgia. There are several

theories why brain freeze occurs. One theory suggests that when a person eats or drinks a large quantity of very cold food or liquid, the temperature of his or her palate decreases considerably. The blood vessels in this area automatically constrict to maintain the body’s core temperature before reopening quickly. This causes a rebound dilation that sends a pain signal to the brain through the trigeminal nerve, which is located in the middle of the face and forehead. Although the constriction and dilation of blood vessels occurs in the palate, the pain is felt elsewhere, a phenomenon known as “referred pain.”

Alleviating the shock

Now that people understand the starting point for brain freeze, and what causes it, they might want to make a few changes to how they consume cold foods and beverages. Eric Fredette, a long-time

“Flavor Guru” for Ben and Jerry’s Ice Cream, says one way to stop brain freeze is to stir up the ice cream to warm it slightly.

Dr. Stephani Vertrees, a headache specialist and clinical assistant professor at Texas A&M College of Medicine, advises eating cold food much more slowly so that your mouth can warm it up as well. Another tip is to keep the food or beverage in the front of your mouth. Cold foods in the back of the mouth will stimulate brain freeze.

When consuming ice cream by spoon, Fredette further suggests flipping the spoon upside down so that the ice cream hits the tongue rather than the upper palate when spooned into the mouth.

Frosty treats do not have to cause painful headaches that have people screaming for the wrong reasons. A few tips can prevent brain freeze from happening.



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Elizabeth Simonds graduates from Eastern Connecticut State University

WILLIMANTIC, Conn. — Hundreds of students graduated from Eastern Connecticut State University this spring 2020 semester. Elizabeth Simonds of Uxbridge graduated Cum Laude with a Bachelor of Arts in Sociology and Early Childhood Education.

Eastern's 130th annual Commencement Exercises occurred via YouTube on May 19 amid the COVID-19 pandemic, where the Class of 2020 was addressed by Commencement speaker Mark Boxer, former executive vice president and chief information officer of Cigna. Boxer joined Eastern President Elsa Nunez and other university officials as well as Senior Class Vice President Emily Kerfoot on the same day the University had originally planned to hold its graduation ceremony at Hartford's XL Center.

Boxer extolled the value of higher education, recounting his own journey and telling the graduates, "The knowledge you gained here at Eastern is the fuel that will propel you to make a truly meaningful impact."

Calling his college education "the right choice," Boxer said, "It became the springboard for

everything good in my life - personally and professionally."

He urged the graduates to continue their quest for knowledge, noting that he had continued learning in some educational setting each year since he first graduated from college more than three decades ago.

In her charge to the graduates, President Nunez said, "Since you arrived four years ago for summer orientation, the faculty and I have been telling you that the liberal arts skills you learn at Eastern will serve you well throughout your careers and your personal lives."

She cited critical thinking, professional communications, ethics, collaboration as competencies highly sought by U.S. employers. "Those same skills are critically needed today as we seek to get beyond COVID-19. I know each of you has the skills and the courage to find your place in this new world, where you will keep your head on your shoulders, keep your chin up, and make a unique contribution to society . . . Go forth now with confidence, compassion, and commitment. Come back and visit us when it is safe to do so. In the meantime, let us know if we can help

you in any way. God Speed!"

Senior Class Vice President Kerfoot gave President Nunez the class gift, a check to establish a scholarship in the name of the Class of 2020. Kerfoot told her classmates, "As you sit with your family at home, watching this commencement, tell yourself you did it. You made it. Through all the challenges you have faced, you can be proud to be an Eastern alumnus. Be proud that you will go on in life knowing that you are going to accomplish such amazing things."

"It was a challenge, and the Class of 2020 met that challenge with courage and determination. We learned we are capable of more than we might have realized. Resilience - the ability to survive and thrive during adversity - is something we all can be proud of. As the famous physicist Albert Einstein once said, 'It's not that I'm so smart, it's just that I stay with problems longer.' Let's stick to it, Class of 2020!"

More than 40 percent of the Class of 2020 are the first in their families to earn a bachelor's degree. Approximately 90 percent of Eastern students are from 162 of the state's 169 towns, with more than 80 per-

cent of graduates staying in Connecticut to launch their careers, contribute to their communities and raise their families. The University also draws students from 34 other states and 19 countries.

This year's event was videotaped in Eastern's otherwise empty Concert Hall in the Fine Arts Instructional Center, with each speaker taping their remarks separately in keeping with safety guidelines. Even as a virtual event, the graduation ceremony maintained an atmosphere of grace and dignity, with the stage a replica of the

one used at the XL Center and "Pomp and Circumstance" and "America the Beautiful" played during the proceedings. At the end of the formal program, graduates watched as their names scrolled on the screen, sharing the celebration safely at home with their families.

Prior to Commencement, the university sent each graduate their diploma cover; two copies of the evening's program, and their mortarboard and tassel to make their family's festivities more complete.

Local students named to Dean's List at Western New England University

SPRINGFIELD — Western New England University congratulates over 950 students named to the Spring Semester 2020 Dean's List.

The following students are named to the Dean's List for achieving a semester grade point average of 3.30 or higher.

Amanda Keith of Douglas is exploring majors in Business.
Michael Manning of Uxbridge is pursuing a BS in Criminal Justice.
Matthew Chagnon of Whitinsville is pursuing a BS in Health Sciences/Pre-Optometry Concentration.
Sean Rosenlund of Whitinsville is pursuing a BSBA in Marketing Communication/Advertising.

Having just celebrated its Centennial, Western New England University is a private, independent, coeducational institution. Located on an attractive 215-acre suburban campus in Springfield, Massachusetts, Western New England serves 3,825 students, including 2,580 full-time undergraduate students. Undergraduate, graduate, and professional programs are offered through Colleges of Arts and Sciences, Business, Engineering, Pharmacy and Health Sciences, and the School of Law.

Local students named to President's List at Western New England University

SPRINGFIELD — Western New England University congratulates more than 700 students named to the Spring Semester 2020 President's List.

The following students are named to the President's List for achieving a semester grade point average of 3.80 or higher:

Ryan Paxton of Uxbridge is pursuing a BSE in Electrical Engineering.

Julia Klisiewicz of Whitinsville is pursuing a BSE in Biomedical Engineering.

Having just celebrated its Centennial, Western New England University is a private, independent, coeducational institution. Located on an attractive 215-acre suburban campus in Springfield, Western New England serves 3,825 students, including 2,580 full-time undergraduate students. Undergraduate, graduate, and professional programs are offered through Colleges of Arts and Sciences, Business, Engineering, Pharmacy and Health Sciences, and the School of Law.



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