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Friday, May 22, 2020

# Local church finds new ways to reach out in love!

STURBRIDGE — New Hope United Church of Christ, the fun church, didn't let a little thing like a pandemic put a crimp in their desire to help others. The congregation has been happily supporting St. Luke's Guesthouse with physical donations of needed supplies for several years now. However, when

they heard that St. Luke's Guesthouse needed to make substantial changes to the way they housed their guests because of Covid-19, they decided that a different approach might be in order. It did not take long for them to raise and donate \$1,200 to the Friends of St. Luke's to meet whatever pressing need

they might have. "It feels so good to help such a wonderful program and there are always unanticipated needs," said David Peck, mission shepherd. While New Hope United Church of Christ, the fun church, is not meeting physically for the safety of all, they wel-

come everyone, everyone, everyone to enjoy weekly Worship, a Pastor's blog and Children's Stories on their website [newhopeucc.org](http://newhopeucc.org). Pastor Janet is available by phone or text 207-205-2698 or by confidential email: [pastorjanet@newhopeucc.org](mailto:pastorjanet@newhopeucc.org).

## Community bids farewell to retiring police chief



Photos Courtesy

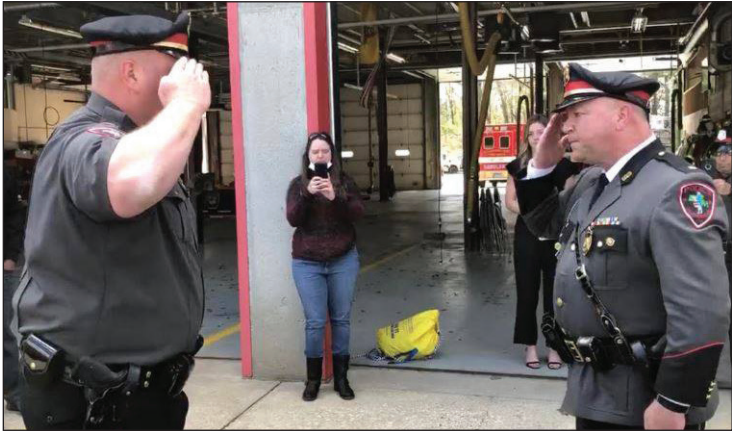
Members of the Sturbridge Police Department said goodbye to Chief Thomas Ford III during a retirement ceremony.

STURBRIDGE — After spending more than a decade at the helm of the Sturbridge Police Department, Chief

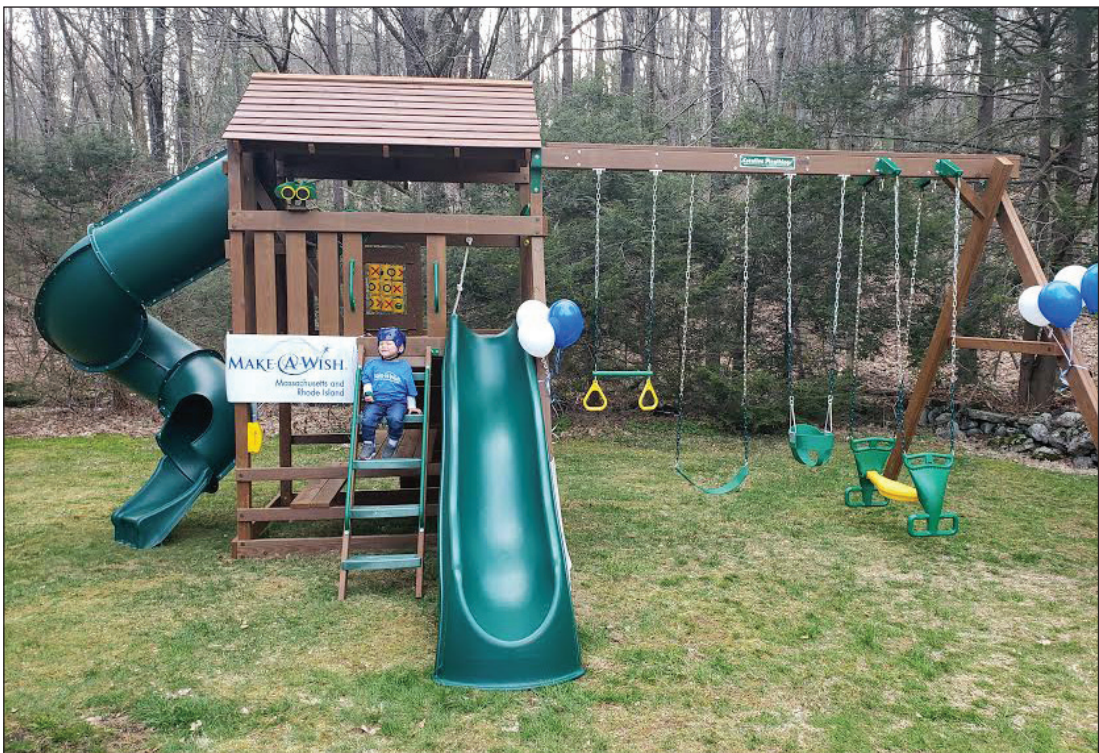
Thomas Ford III was wished well by his coworkers during a retirement ceremony earlier this month.

Ford served on the SPD for 35 years, the last 14 as chief of police. He helped steer the town through several challenges during his accomplished career, including the 2011 tornado that carved a path of destruction through multiple communities. He was always active in the community and enjoyed giving back at several events.

"We salute you for your service and are grateful for your leadership," read a May 12 congratulatory message to Ford written by his staff. "At 1530 hours [3:30 p.m.] this afternoon, command was transferred to Interim Police Chief Earl Dessert. Citizens can rest assured the same level of service will be provided."



Retiring Sturbridge Chief of Police Thomas Ford III, right, is honored during a ceremony earlier this month.



## Sturbridge boy's wish comes true

BY KEVIN FLANDERS  
STAFF WRITER

STURBRIDGE — Thanks to the generosity of multiple organizations, a local boy received his dream birthday gift last month.

Three-year-old Conor Canavan's wish for an outdoor playset became a reality in April, when Make-A-Wish Massachusetts and Rhode Island supported the construction of new equipment in his backyard. Conor, who is undergoing treatment for a brain tumor, was thrilled to step outside and see his new playset.

"We kept him out of the backyard for the morning, and the playset was completed during his nap," said Michelle Canavan, Conor's mother. "When he woke up, we brought him outside and it took a few minutes for him to realize something new was there. Once he realized there were swings, he was so excited and tried out each one."

The playset features a toddler bucket swing, a glider, steering wheels, and a slide, among others. On the day of the big reveal, members of the Sturbridge Police and Fire Departments drove by to add to the celebration. After a picnic lunch for Conor and his crew, it was time for the youngster to check out his new fun zone in detail.

"The swings were his focus the first few days, but now he enjoys climbing the stairs, playing with the steering wheels, and going down the slide,"



Photo Courtesy

Three-year-old Conor Canavan's wish for an outdoor playset became a reality in April.

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## Community Garden launching third season

STURBRIDGE — The Community Food Collaborative (CFC) is entering its third growing season at its garden located behind the Sturbridge Town Hall lower parking lot. The land is owned by the Federated Church of Sturbridge and its use is being generously donated to the CFC garden committee. The committee members have been busy planning and implementing upgrades to the garden for 2020.

After doubling the size of the garden in 2019, the CFC was able to more than double the donation of fresh organic vegetables. The Saint John Paul II Food Pantry in Southbridge gladly accepted 3,107 pounds of vegetables last

year from the CFC to help feed the local food insecure citizens of both Southbridge and Sturbridge.

"It takes a lot of effort to grow and harvest that many vegetables and the volunteers have been up to the task and deserve all the credit," boasted Pauline White, a member of the committee. "Between the regular volunteers and the guest volunteers from outside groups, we had 485 volunteers work a total of 1,114 hours in 2019. We could not have done it without them. It's a community effort. The volunteers, including the students at Tantasqua Regional High School, are so giving of their time and talent to work on this project to help feed the

less fortunate. We are very proud of them."

In the fall, the Southbridge Garden Club volunteered to enhance the area around the CFC garden sign by planting a variety of shrubs, an ornamental tree, and several plants which they donated and planted as well. They intend to add additional plants each year to the bank in front of the garden.

What are the plans for the CFC garden in 2020? The CFC committee identified two goals they wanted to meet in 2020. They wanted to fence in the garden with strong metal fencing and wanted to finish completing the irrigation system to the remaining half of the garden. The first goal



of fencing was completed in March by a local company, Steadfast Fence. The second goal of completing the irrigation system has recently been designed by engineers who have generously donated their time. Piping materials have been purchased and two 400-gallon water tanks are on order. The installation is

expected to be completed in June. While only having two goals may not seem like much, the money necessary to meet these goals is significant. How did they reach these goals? They applied to The Last Green Valley last summer for a \$6,000 Community Enrichment Grant and were

Please Read **GARDEN**, page A4



**WISH**  
*continued from page A1*

added Michelle Canavan. Make-A-Wish Massachusetts and Rhode Island creates life-changing wishes for children with critical illnesses. For this project, the organization teamed up with Creative Playthings/Swings N Things to turn Conor's wish into a reality. Officials from both organizations were honored to complete a project that will bring joy to a child who has battled often in his young life. Conor was hospitalized for 185 days

during a year-plus period, and he was frequently too weak to go outside when he was recovering at home. There have been many physical and emotional hurdles along the way, which makes it even more inspirational for Conor's parents to now see him at play in the backyard. "Cancer is a long battle that takes a long-lasting toll on a family. As his parents, Conor's wish being granted is a vessel to give him the childhood experiences we didn't know if we would ever see," said Michelle Canavan. "It is the small things now that make

us smile. We never knew if Conor would walk after losing the use of his right arm and leg during emergency brain surgery at six months old. Seeing him walk and run to his new playset makes our hearts burst with joy." Conor's wish was granted within a few weeks of World Wish Day, the anniversary of the wish that inspired the creation of Make-A-Wish nationally back in 1980. The initial wish paved the way for Make-A-Wish Massachusetts and Rhode Island to be founded in 1987. Since then, over 8,500 wishes in Massachusetts and Rhode Island have been granted. "The kindness and generosity that we have received from Make-A-Wish, Creative Playthings/Swings N Things, and Sturbridge Fire/PD to grant Conor's wish means so many things: being a kid, breathing fresh air, enjoying the outdoors, fun, and happy memories for our family," added Michelle Canavan. One of the many goals for

Make-A-Wish Massachusetts and Rhode Island is to make each project as personalized and detailed as possible. For Conor's project, a team of volunteers visited the house and carefully planned ways to make the playset unique and engaging. They then brought the design scheme to Shrewsbury-based Creative Playthings/Swings N Things to construct and install the playset. And even though the pandemic necessitated a change in celebratory plans, the big reveal was still plenty of fun. "We had originally hoped to have a big celebration the weekend the playground was installed to celebrate Conor and invite all those who have and continue to support Conor and our family," Michelle Canavan said. "Unfortunately, that large public celebration has been postponed, but we found ways to make the day special and safe." Because Conor is a big fan of trucks, especially fire trucks, members of the Sturbridge Fire Department and Sturbridge

Police Department drove by his house on the morning of the reveal. Family members thank first responders for making the extra effort to augment Conor's special day. "We are so fortunate that Conor's wish was able to be granted during this time, as many wishes have had to be put on hold," said Michelle Canavan. "One of the many lessons we have learned is that life is short and time is not guaranteed." Conor has MRIs every three months to monitor five tumors in his brain and spine. During these challenging times personally and for the nation, his family is grateful for the daily joy provided by his playset. "Having a wish that Conor can enjoy every day is amazing, and seeing the smiles on his face every day means the world," his mother said. To learn more about Make-A-Wish Massachusetts and Rhode Island, visit [www.mass-ri.wish.org](http://www.mass-ri.wish.org).

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## Dean College announces National Honor Society for Dance Arts induction

FRANKLIN — Dean College is pleased to announce the students who have been named members of The National Honor Society for Dance Arts (NHSDA) Collegiate Program this semester, including Alicia Nascembeni of Wales. About NHSDA

The National Honor Society for Dance Arts (NHSDA) Collegiate Program is designed to honor the accomplishments of outstanding students studying dance. NHSDA exists to encourage exploration of dance education pedagogy, choreography, performance, research, community outreach and advocacy in the context of a broad dance program. The Dean College chapter of NHSDA launched in 2018.


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The Sturbridge Villager (USPS#024-955) is published weekly by Stonebridge Press, Inc., 25 Elm St., Southbridge, MA 01550. Periodical postage paid at Southbridge, MA 01550. POSTMASTER: Send address changes to Sturbridge Villager, P. O. Box 90, Southbridge, MA 01550

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## Helping Kids Cope With COVID-19 Concerns

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



## Bored? Blue? Anxious?

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

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

## Pets and the Pandemic

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

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

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

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# Smola supports short-term borrowing bill to address revenue shortfall

BOSTON – Rep. Todd M. Smola (R-Warren, Ranking Member, Committee on Ways & Means) voted in support of a short-term borrowing bill to address revenue reductions associated with the COVID-19

pandemic and the decision to move the state’s income tax filing deadline to July 15. House Bill 4677, An Act to facilitate the delay of the income tax filing deadline, was enacted by the House of

Representatives on a vote of 157-0 on May 13, with most members voting remotely to comply with social distancing requirements. The Senate is expected to enact the bill on May 14, after which it will be sent to Gov. Charlie Baker for his signature.

Smola said the short-term borrowing authorized by House Bill 4677 is necessary for the state to continue to maintain a positive cash flow and a strong bond rating as it deals with a significant revenue shortfall in Fiscal Year 2020 projected to be as much as \$3 billion. The bill is a redrafted version of legislation originally filed on March 27 by Gov. Baker.

On April 3, Gov. Baker signed into law legislation moving the personal income tax filing deadline from April 15 to July 15 to coincide with Congress’ approval of a similar extension of the federal tax deadline. While April is typically the single largest month for tax collections, the extended tax filing deadline – combined with the economic impacts associated with the ongoing COVID-19 State of Emergency – contributed to a 54 percent drop in revenues last month, with monthly revenues down \$2.3 billion compared to April of 2019 and nearly \$2.2 billion short of estimates.

Smola noted that, unlike the federal government, the state must balance its budget each fiscal year and cannot engage in deficit spending. By using short-term borrowing, Massachusetts can continue to pay its bills and meet its financial and legal obligations.

House Bill 4677 authorizes the state treasurer to issue Revenue Anticipation Notes (RANs), which will allow the state to borrow against revenue expected to come in after the current fiscal year ends on June 30. All interest and principal payments on the notes issued must be repaid from the General Fund by June 30, 2021.

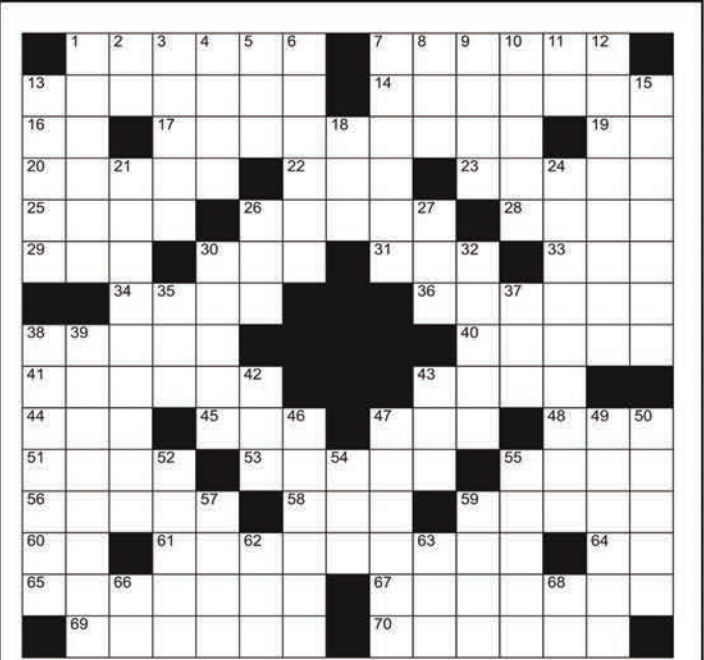


Photo Courtesy

**State Rep. Todd M. Smola (R-Warren), participates in a full formal session of the Massachusetts House of Representatives at the State House in Boston. Due to the pandemic, the House recently adopted emergency rules in order to allow members to vote remotely on legislation. As the Ranking Member of the Committee on Ways and Means, Smola is one of the few members granted permission to attend all formal sessions in person to speak on issues before the body.**

In addition, House Bill 4677 authorizes any income tax payments received in Fiscal Year 2021 that were originally due in Fiscal Year 2020 to be recorded by the State Comptroller as Fiscal Year 2020 revenues. This applies to all tax payments received by Aug. 31. The bill

also allows the Comptroller to categorize income tax refunds claimed but not paid until Fiscal Year 2021 as refunds payable for Fiscal Year 2020. For additional information, please contact Smola at [Todd.Smola@mahouse.gov](mailto:Todd.Smola@mahouse.gov) or (617) 722-2100.

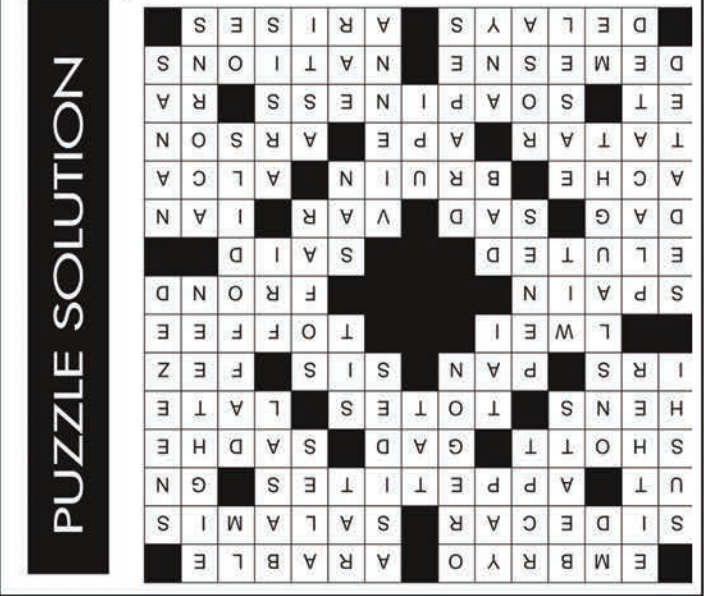


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7. Productive  
13. Popular cocktail  
14. Sausages  
16. Western state  
17. Natural desires  
19. Defunct British automaker  
20. Early media tycoon  
22. Move from one place to another  
23. Letter of Semitic abjads  
25. Female birds  
26. Umbrella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

**CLUES DOWN**

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



**GARDEN**

continued from page A1

fortunate enough to be awarded the grant.

“The grant is a matching grant,” per Joe Coan, president of the garden. “As you can imagine, we’ve been very busy since January raising funds to meet this grant requirement. Our generous donors, most who have been with us all along, helped us reach our goal. We were just about there, then March came and the arrival of COVID-19 changed everything for everyone. Many companies were faced with their own challenges and had to refocus their priorities.”

Coan isn’t complaining because he’s a businessman himself and knows what everyone is going through.

He added, “We are extremely grateful for the aid they have given us this year and in years past. We certainly wouldn’t be where we are today without their generosity to us and ultimately to those who rely on the food pantry.”

Coan stresses, “We are riding the waves of the pandemic and

paying close attention to guidelines given to everyone. Being a volunteer-driven community garden, we can’t have more than 10 people at a time working in the garden. Committee members of the garden are doing some prep work at the garden right now with masks on and leaving six feet between each other. The challenge will come once we plant the garden at the beginning of June. Then the volunteers come in mid-June to help weed and do other tasks at the garden. We are hoping the disease has wilted by then and the guidelines will be relaxed, but we certainly don’t want to rush anything. The safety of our volunteers and ourselves is paramount. Rumors of a resurgence of the virus in the fall should make everyone cautious about returning to normal activities too soon. It may take more coordination on our part with our volunteers but we’ll do what we have to do to get the job done.”

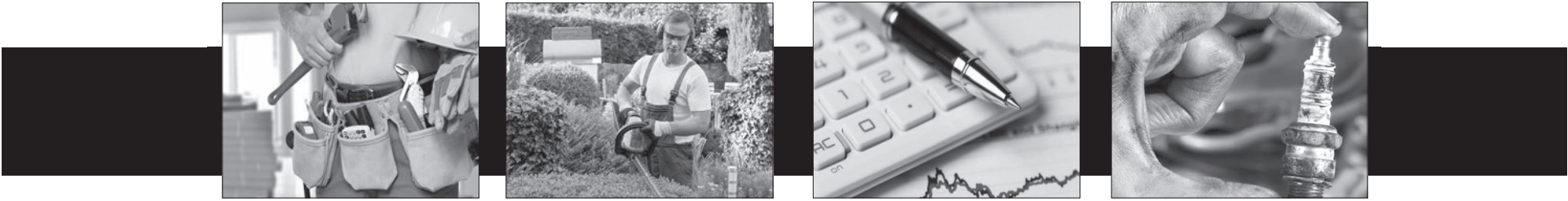
There’s been a lot of talk about all the people out of work, which in the long term will mean the food pantries may see a much higher demand. Home garden-

ers are also asked to plant more than they can consume and donate the extra food to the pantries. Unfortunately, there may always be individuals who are food challenged. Regardless of the virus, the CFC is committed to its mission and will strive again this year to produce and donate even more to the Saint John Paul II Food Pantry.

Coan says, “The mission and purpose of the Community Food Collaborative is, and has always been, to help those who rely on the Saint John Paul II Food Pantry to have access to fresh produce. We, like everyone else, are needed now more than ever to help those in our communities and we will certainly do our part. We are all in this together.”

Check out the garden’s Facebook page at [www.facebook.com/CFCGardens/](http://www.facebook.com/CFCGardens/) or website at <http://cfcgarden.org> or email them at [CFCGarden357@gmail.com](mailto:CFCGarden357@gmail.com). The garden committee welcomes volunteers, donations of funds, new or used garden tools, and in-kind services. Pay a visit and take a look at the garden and see the amazing work these folks are doing.

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# Protect your skin when gardening

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

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

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

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



## GARDEN MOMENTS

MELINDA MYERS

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

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

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

Be sure to include gloves when purchasing sun protective clothing. Look

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

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

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

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

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

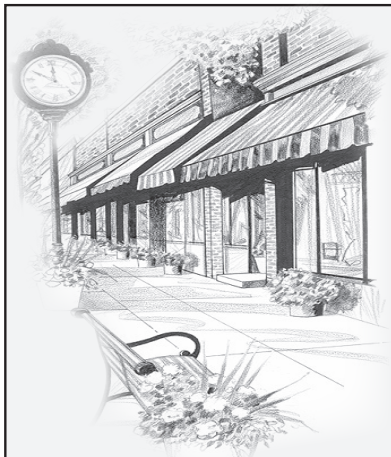
Melinda Myers has written numerous books, including *Small Space Gardening*. She hosts *The Great Courses "How to Grow Anything"* DVD series and the nationally-syndicated *Melinda's Garden Moment* TV &



Photo Courtesy

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

radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and was commissioned by Foxgloves for her expertise to write this article. Her Web site is [www.MelindaMyers.com](http://www.MelindaMyers.com).



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EDITOR

EDITORIAL

# Be excellent to each other

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

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

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

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

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

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

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

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



# OPINION

VIEWS AND COMMENTARY FROM STURBRIDGE, BRIMFIELD, HOLLAND AND WALES

## Is bald beautiful?

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

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

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

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

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

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

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

Being a columnist, author, and speaker,



POSITIVELY  
SPEAKING  
  
GARY W.  
MOORE

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

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

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

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

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

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

## Blues-Busters to Boost your Mood!

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

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

\*\*\*

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

\*\*\*

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

\*\*\*

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

\*\*\*

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



TAKE  
THE  
HINT  
  
KAREN  
TRAINOR

\*\*\*

High on Fiber: New studies reveal people that regularly consumed a high fiber diet are less emotionally distressed and have more positive moods than those who eat a low fiber diet. As an added bonus, high fiber eaters fall asleep easier too.

\*\*\*

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

\*\*\*

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

\*\*\*

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

\*\*\*

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

\*\*\*

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

\*\*\*

Sugar High: The good news is research shows chocolate can fight depression by raising brain serotonin. You already know the bad news! If you're afraid self medicating with chocolate will blow your diet, choose low or

Turn To **TRAINOR** page **A13**

## Why should you see a financial advisor?



FINANCIAL  
FOCUS  
  
JEFF  
BURDICK

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

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

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

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

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

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

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





# Good weather brings good fishing

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

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

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



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

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

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



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

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



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

Take A Kid Fishing & Keep Them Rods Bending!

# Bronze age comic books



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

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

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

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

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

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

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

Some Bronze Age comic books can



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

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

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

will be on Silver Age comic books.

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

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

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## Friday's Child



Photo by Nate Richards

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

Danielle is a bright teenage girl of Caucasian descent. She has many strengths that shine through, but some of Danielle's best qualities are her manners, her friendliness, and the fact that she can see the best in everyone. Danielle enjoys reading, participating in Girl Scouts and doing arts and crafts projects. She loves horses and hopes to have a career working with animals one day. Danielle likes attending school, and looks forward to learning new things. She does well advocating

for herself when she needs to. Danielle would thrive in an experienced family who will allow her to build a relationship and develop trust at her own pace. Danielle is legally freed for adoption and has two siblings she will need to maintain contact with once she is placed.

### Who Can Adopt?

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

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

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



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Feel free to mention certain grads  
that may be working for you!

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

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# OBITUARIES

## Dean F. Squier, 97,

BERLIN – Dean F. Squier, 97, died Saturday, May 9, 2020, at the Life Care Center of Auburn. He is survived by three children, Cecily Squier and her husband Robert Polsky of Plantation, FL, Antonia Squier of Sturbridge, and Lou Squier and his wife Carla of Douglas; his sister, Joyce Northrop of Celoron, NY; eight grandchildren, Julian Squier-Rodman, Isabella Killeen, Marilyn Squier, Nathan Tong Skylark, Joel Squier-Donnan, Andrew Squier, Colin Squier, and Kiley Squier; his longtime companion, Jennifer Staples; his former wife, Paula (Burns) McManus of Oakham; and several nephews and nieces. He was predeceased by a son, Christopher Squier who died in 1977; a daughter, Pamela Solman who died in 2017; and his former wife, Alice Squier. He was born in Jamestown, NY, son of the late Vern Field and Elizabeth Bertha (Firth) Squire, and lived in Celoron, NY, Berlin, Sturbridge, Leeds, and Pittsfield before moving to Auburn. He graduated from Celoron High School, received his bachelor's degree from Clark University in Worcester, and



obtained a certificate in agriculture from the University of Massachusetts – Amherst. He was periodically invited to be a guest lecturer at the University of Massachusetts and Clark University in the field of agriculture. He was a U.S. Navy veteran of World War II, serving in Pearl Harbor after the attack in 1941. Mr. Squier owned and operated Techniturf, the first lawn care business in New England which was bought by Tru-Green Chemlawn. He was a member of M.E.N.S.A. Mr. Squier was an avid windsurfer through age 74, and loved cooking, reading, and operating his short-wave radio. A private graveside service will be held at North Cemetery in Berlin. Due to the limited number of people allowed, please contact the funeral home if you wish to attend and we will refer your information to the family. In lieu of flowers, memorial contributions may be made to the University of Amherst Agriculture Dept., Development Office, 134 Hicks Way, Amherst, MA 01003-9207, or to Clark University, ATTN: School of Management, 950 Main St., Worcester, MA 01610. Paradis-Givner Funeral Home in Oxford is directing the arrangements. paradisfuneralhome.com

## James J. “Jim” Monahan, 71

STURBRIDGE- James J. “Jim” Monahan, 71, passed away on Saturday, May 9th, in the Harrington Memorial Hospital, Southbridge, after a brief illness. He leaves his loving and devoted wife of 44 years, Christina M. (Paladino) Monahan, with whom he shared a passion for family; his son, Nicholas Monahan and his wife Jessica of New Braintree; and his sister, Marilyn Monahan of Leicester. He was also a light in the lives of his grandchildren, Olivia, Parker and Amelia Grace, they loved him as “Papa Jim”. He was born in Worcester the son of the late Francis and Mary (Moriarty) Monahan. Jim worked for the Teamsters Local



170 throughout his 30 years at New England Grocers. He later drove for Van Pool Transportation before retiring. Jim approached life with much enthusiasm and vigor. The hallmark of his life was that all who knew him appreciated his great sense of humor, warmth and spirit that has shone through in his big heart and smiling face. He was a true gentleman. Jim's funeral services will be private. A Celebration of Life will be held at a later date. In lieu of flowers donations may be made in loving memory of Jim to the American Heart Association, 300 5th Ave., Waltham, MA 02451 or online at www.heart.org. The Daniel T. Morrill Funeral Home, 130 Hamilton St., Southbridge, is directing arrangements. www.morrillfuneralhome.com

## Helen J. Emrich, 90

STURBRIDGE- Helen J. Emrich, 90, passed away on Tuesday, May 12th, 2020 from covid 19. Her husband, William R. Emrich, passed away in 2004. She leaves her son, William A. Emrich and his wife Kelly of Sturbridge; her two daughters, Elizabeth Emrich Banks of Sturbridge and Christine Emrich of Fiskdale; her five grandchildren, Christine Banks Gillette, Kyle Banks, Maria Rasys and her husband Stephen, Benjamin Reilly and Kelsey Emrich; and her 4 great grandchildren, Jackson and Beckett Gillette, Emma and Conner Rasys. She was born in New York, NY the only child of Arthur and Anna (Sabini) Dido. Helen graduated from Washington Irving High School in 1947, Panzer College in New Jersey (now Montclair State University) with her Bachelors of Science in Physical Education in 1952. She went on to receive her Masters in Counseling Psychology from Anna Maria College in 1977. Helen was a long time Physical Education Teacher in Elizabeth NJ, Tantasqua Regional High School, Southbridge High School and the North Brookfield School System. After retiring she worked for Tri-Valley Elder Services and for the Education Center at Old Sturbridge Village and taught exercise classes to seniors at the YMCA. Helen was a devoted member of St. Anne's Parish in Sturbridge for decades and served as a Eucharistic Minister and along with her husband Bill was a Pre Cana marriage counselor. In 1995 Helen received the Assumptionist Centenary Recognition Award for her generous work with the Assumptionists. In 1998 Helen received The President Award in recognition of



her dedicated service to the Alzheimers Support Network of South Central MA an organization she was devoted to. Helen married her husband Bill in Honolulu, Hawaii on October 31, 1953. Eventually settling in Sturbridge raising her family. Helen's home was the center of everything, she loved cooking for her family especially holidays and Sunday dinners where everyone was welcome. Helen loved to travel especially to visit her relatives in Italy. She traveled any chance she got all over the world. Helen loved to play tennis and played competitively in the Senior Games for several years. Helen had many activities she enjoyed including walking, racquetball, tennis, skiing, knitting, puzzles, cooking, and spending time at the lake and the cape. Helen was a very generous, honest, giving person and will be remembered for her loving spirt. We wish to thank the Southbridge Rehabilitation & Health Care Center especially the 4th floor staff for their care, attention and love for our mother Helen. Due to current health restrictions Helen's funeral Mass and burial in St. Anne's Cemetery, Sturbridge, will be held at a later date. In lieu of flowers donations may be sent in Helen's memory to the Brookdale Eddy Pond West, Resident Programming, c/o Eddy Pond West Clare Bridge Neighborhood, Brookdale Eddy Pond West, 669 Washington St., Auburn, MA 01501 or to the Alzheimer's Association MA Chapter, 309 Waverly Oaks Rd., Waltham, MA 02452 or to the William R. Emrich Memorial Scholarship Fund c/o Savers Bank, 270 Main St. Southbridge, MA 01550. The Daniel T. Morrill Funeral Home, 130 Hamilton St., Southbridge, is directing arrangements. www.morrillfuneralhome.com

## Rev. Oliver Blanchette, A.A., 104

WORCESTER – Rev. Oliver Blanchette, A.A., 104, died Monday, May 11, 2020 in Notre Dame Long Term Care Center after a period of declining health. Besides his Assumptionist community, he leaves 3 first cousins, Jeanne Sears of Baltimore, MD, John H. “Jack” Connelly and his wife Denise Brait of Salem, and Francis Blanchette of West Haven, CT; several second cousins including Sheila Connelly and her husband Ping Yip of Salem who took special care of him. He also leaves numerous cousins who adored him. He was predeceased by many aunts and uncles, and by first cousins. He was born in Springfield on March 12, 1916, the only child of Armand and Olive (Gahan) Blanchette. His mother died when he was 7 years old and his step-mother Rhea (Fugerem) Blanchette helped raise him. He attended Springfield Technical High and graduated from Assumption Preparatory School in 1934. He was awarded a Bachelor of Arts Degree from Assumption College in 1937. He studied philosophy there from 1937 to 1938 and then theology at the Seminary of Quebec at Laval University from 1941 to 1945 when he was awarded his Licentiate in Sacred Theology. This was followed by graduate study from 1946 to 1947. Fr. Blanchette made his first profession on October 2, 1940 in Canada and was ordained to the priesthood on June 16, 1944 by Cardinal Villeneuve in Quebec. Fr. Oliver began his ministry by teaching philosophy, education and religion at Assumption Preparatory School from 1947 to 1956. At the same he served as sub-prior and master of scholastics there from 1947 to 1954 and was superior of the community from 1956 to 1962. He then became the region-



al superior and master of novices at the Montmartre Community in Quebec for one year and served in the same capacity as superior in Saugerties, NY from 1964 to 1967. The next year he was master of novices in Dedham and also assistant provincial, returning to Assumption Prep as superior of the community from 1968 to 1970. Fr. Oliver was a spiritual director at the John XXIII Center in Cassadaga, NY from 1971 to 1977. He served in the Assumptionist Community at 246 Salisbury Street in Worcester from 1977 to 1980 and was superior for one year. He was for 19 years the assistant pastor at St. Anne's Shrine in Fiskdale from 1980 to 1999. At the age of 83 when most people are retired, Father went to Africa serving in Nairobi, Kenya and Arusha, Tanzania as an English teacher and spiritual director from 1999 to 2007. His efforts were supported by the “Friends of Fr. Oliver” (FOFO) for many years. In his retirement he worked with the lay religious alliance of the Assumptionists through the internet for another 12 years. He was also active with the Cursillo Movement in Worcester and elsewhere. Fr. Oliver celebrated his diamond jubilee of ordination 2019 and held the distinction of being the oldest Assumptionist in the world. In his younger years he enjoyed playing hockey and tennis. More recently, he enjoyed studying church matters, pastoral and spiritual works. His funeral will be held privately with burial in the Assumptionists section of St. Anne's Cemetery, Sturbridge. A memorial Mass will be held for the public at a later date. Donations in his name may be made to The Assumptionist Retirement Fund, c/o Assumptionist Center, 330 Market Street, Brighton, MA 02135. Arrangements are under the direction of Sitkowski, Malboeuf & Hickey Funeral Home, 340 School Street, Webster. www.websterfunerals.com

## Rita A. Laws, 56

STURBRIDGE- Rita A. (Gagne) Laws, 56, of Heritage Green Dr., passed away at home on Thursday, May 7th, after a brief illness. She leaves her father, Joseph A. Gagne; her two sons, Keith A. Laws of Woodstock, CT and Randy D. Laws and his wife Olivia of Woodstock Valley, CT; her two brothers, Daniel A. Gagne of Southbridge and Alan B. Gagne of Brookfield; her three sisters, Monique Reed of Southbridge, Diane Goddard of Norwood, CO and Michelle Gagne of Southbridge; as well as many nieces and nephews. Rita was predeceased by her mother, Annette T. (Duff) Gagne. She was born in Southbridge. Rita graduated from Tantasqua High School and worked for a few years as a local seamstress. She often said that her greatest pleasure in life was raising her children and watching their individual families



grow. As she progressed through her life she held onto those treasured memories and moments; never missing an opportunity to reminisce. She will be greatly missed by those who were touched by her kindness and sincerity. She was characterized by the deep passion she held for helping those who meant the most to her; and was always willing to help someone in need. This often presented itself through her loving nature and eagerness to be surrounded by her children, grandchildren and friends. She never missed an opportunity to see her family and friends and spend time with them. It is with great sorrow that we must say goodbye to a soul as beautiful as Rita's but we will take comfort in this time knowing that we were all loved and cherished by her. A graveside service for Rita will be private and held at a later date. There are no calling hours. Daniel T. Morrill Funeral Home, 130 Hamilton St. Southbridge is directing the arrangements. www.morrillfuneralhome.com

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## Miranda Couture of Wales graduates from University of New Hampshire

Miranda Couture of Wales graduates from University of New Hampshire  
DURHAM, New Hampshire — Miranda Couture of Wales graduated from the University of New Hampshire on May 16. She earned a BS degree in BusAdm:Finance. Students who received the honor Summa Cum Laude graduated with a GPA of 3.85-4.0:

Students who received the honor of Magna Cum Laude graduated with a GPA of 3.65-3.84; and students who received the honor of Cum Laude graduated with a GPA of 3.50-3.64. Students are only graduated after the Registrar's Office has certified that all degree requirements have been successfully completed. Participating in the commencement ceremony is the

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



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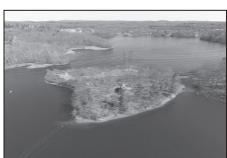
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**WEBSTER LAKE** – 9 Pebble Beach Rd! Middle Pond – Winter Cove! Private Peninsula Protected from the Storm – Safe Harbor! Custom 3,179' 8 Rm Contemp Ready for Your Immediate Enjoyment! Grand Entry Foyer! Ideal Open Flr Plan w/Sky Lighted Cathedral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



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

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

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

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

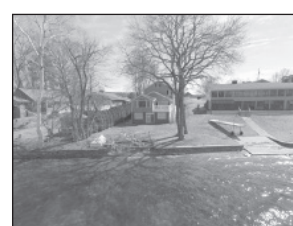
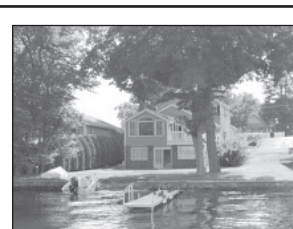


**WEBSTER** – 9 Lake Parkway! Extremely Conveniently Located just off Exit 1 of 395! Loads of Potential! 6 Rm Cape! Appliance Kit! Din & Liv Rms w/Wall to Wall over Hrdwds! 3 Bdrms w/Hrdwds! 1st Flr Bdrm w/Commode Closet! Recent Furnace! Recent Roof! **\$169,900.00**

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



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



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



**WEBSTER** – 60 East Main St! Established Local Bakery & Delicatessen Specializing in Polish Foods being Sold with Building! Turn Key Business! Equipment to be Included with Sale! High Traffic Count! Ample Parking! Easy Access to Rear for Deliveries! Building also consists of a One and Two Bedroom Apartment! The Owner presently uses two rooms for his office and storage which could easily be added to the One bedroom Apartment! Building was Totally Renovated in 2010! **\$599,900.00**



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



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**DOUGLAS - 14 MOUNT DANIELS WAY**



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**WEBSTER - 5 SURREY LN**



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**LAND  
WEBSTER/OXFORD/DUDLEY/DOUGLAS**

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

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

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

**Webster** - 85 Upper Gore! View of the Lake. 1+ acre, artesian well, Septic Design, Etc. **\$130,000**

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

**WOODSTOCK, CT - 64 LYON HILL RD**



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

**WEBSTER LAND - COOPER RD**



**2 BUILDABLE LOTS**

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

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**WEBSTER LAKE – 32 JACKSON RD**



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<b>(B) Business</b>	<b>(U) Duplex</b>	<b>(S) Single Family</b>	<b>(D) Adult Community</b>	
<b>(P) Land</b>	<b>(L) Mobile Home</b>	<b>(A) Apartment</b>	<b>(W) Waterfront</b>	
<b>ADDRESS</b>	<b>STYLE</b>	<b>TIME</b>	<b>PRICE</b>	<b>REALTOR/SELLER/PHONE</b>
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**LAND**

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5 Vega Ln - \$299,900

Dudley: 4 acres, Ideal for future development, Subdivide lots, Live in existing home.  
142 Gleason Ave - \$319,900

We're in this together  
Call, Email or Phone for a Buyer or Seller Consultation

TRAINOR

continued from page A8

no sugar choices such as stevia sweetened or bittersweet dark chocolate to reap the benefits and not the pounds.  
\*\*\*

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

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

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

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

**Win Dinner for Two at the Publick House**  
Your tips can win you a great dinner for two at the historic Publick House Historic Inn in Sturbridge! Simply send in a hint to be entered into a random drawing. One winner per month will

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

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

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MAPLE DINING TABLE SET

w/insert capability & 6 chairs.

\$350.

Coordinating Maple Buffet w/lots of storage.

\$125.

\$425 for both.

Call Ed @ 413-436-8750.

ARTICLES FOR SALE

010 FOR SALE

ARTICLES FOR SALE  
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\$100  
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\$50  
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Call:  
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brewer \$75 Oak bookcase  
3"x3" 3 shelves \$50 508  
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AE-1 MANUAL  
With Lens and Flash  
52 mm UV 35 mm 52 mm  
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Asking \$150.00  
OR BEST OFFER  
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Must go by 5/26

Sleeper sofa full size \$75  
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Wicker picnic basket \$10  
Typing table, cabinet sewing machine,  
word processor: FREE  
Leave message 774-745-0561

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DINING ROOM TABLE AND HUTCH  
Maple w/ movable glass tops for protection.  
60" Long X 36" Wide  
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In garage for viewing  
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24 volume 9th edition(1880)  
leather bound with marbled  
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\$500. call 860-774-1871

EXC.SOLID 68" L SHAPED  
OAK DESK  
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center with hutch lights & 2 glass  
doors & Bk case.  
Original price \$2200. now in like  
new condition \$1595.  
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key lock. Pictures available on  
facebook.Click on messenger  
then. Paulette  
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FOR SALE  
Baldwin Electric  
Player Piano  
Includes 40 rolls. Best offer.  
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Brand new 60R Leers Cap. Fits a  
8ft bed for 2016  
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Four snow tires  
(2 are brand new)  
Size: 205 60R 16  
Mounted on Ford Rims  
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ber.

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Beauty Salon equipment for  
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ceramic shampoo sinks, 2  
Belvedere shampoo/styling  
chairs, 1 styling chair with pneu-  
matic pump, 2 realistic hair dry-  
ers, 2 xtra wide dryer chairs.  
Sold  
separately or as a package.  
Prices negotiable. Must be out  
of building  
by March 3, 2020 in  
Southbridge, must see.  
Call 774-452-0166

HOME SEWING  
SUPPLIES  
including a large assortment of  
fabrics in both prints and solids  
to choose from. Also includes  
choices of a variety of laces,  
trims, sequins and beads etc.  
Please call  
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Antique Dark Wood 5 Drawer  
Bureau  
size 34inch. long 19wide  
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Pictures of items available by  
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rec142142@gmail.com  
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WHEEL HITCH \$375  
or B.O. ALSO WEIGHT  
DISTRIBUTION HITCH, for  
class C receiver on car or  
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TREES/FIELDSTONE:  
Trees- Evergreens, Excellent  
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Round/Flat, Excellent Retaining  
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TRAC VAC  
Model 385-1C/385LH  
Used Once  
Best Offer

BEAR CAT  
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72295  
Used Twice  
Best Offer  
CALL  
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TO SEE COME TO  
22 TAFT ST. 2ND FLR  
SOUTHBRIDGE, MA

VERMONT CASTINGS  
WOOD STOVE  
Black enamel model vigilant  
Great condition.  
CALL 508-943-5352

100 GENERAL

107 Misc. FREE

Free construction wood and  
kindling wood; beams, ply-  
wood, 2x4x, 2x6s, 2x8s, good  
for woodstoves, not for building.  
Clean. Delivery possible. Ask for  
J.D. 413-262-5082

200 GEN. BUSINESS

205 BOATS

MIRROCRAFT 12 FOOT"V"  
BOTTOM. MINNKOTA  
MAXXUM 40 POUND  
THRUST. VARIABLE  
DRIVE,VERY LOW HOURS.3  
SEATS WITH PEDESTALS  
.OARS,ANCHOR,TRAILER,  
SPARE TIRE . ALL VERY  
GOOD CONDI-  
TION.\$1500.00.CALL 508-987-  
0386 LEAVE MESSAGE.

265 FUEL/WOOD

GREEN & SEASONED  
FIREWOOD: Cut, Split & Deliv-  
ered. Green Wood Lots  
Wanted. Call Paul (508) 769-  
2351

FULL-TIME ASSESSOR - TOWN OF CHARLTON

The Town of Charlton is seeking to fill a Full-time  
Assessor in Transition position. Qualified candidates should have  
comprehensive knowledge of property appraisal principles and  
practices, including the laws, regulations, and procedures  
applicable to local assessment administration. Considerable  
knowledge of building, zoning and construction codes.  
Must have a Bachelors Degree in Business Administration or  
related field along with 5 years experience; or a combination of both.  
Must have Massachusetts Accredited Assessor certification and valid  
Massachusetts Drivers License.  
Salary range is 36.49 - 40.17/hr.  
Applications can be found online at  
www.townofcharlton.net and can be emailed to  
lynn.dyer@townofcharlton.net or mailed to the  
Town Hall, Human Resource Department  
37 Main St., Charlton, MA 01507.  
Submission Deadline: 5/28/2020. EOE

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Located in  
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Will deliver  
508-320-3273  
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300 HELP WANTED

310 GENERAL HELP  
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200 GEN. BUSINESS

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MIRROCRAFT 12 FOOT"V"  
BOTTOM. MINNKOTA  
MAXXUM 40 POUND  
THRUST. VARIABLE  
DRIVE,VERY LOW HOURS.3  
SEATS WITH PEDESTALS  
.OARS,ANCHOR,TRAILER,  
SPARE TIRE . ALL VERY  
GOOD CONDI-  
TION.\$1500.00.CALL 508-987-  
0386 LEAVE MESSAGE.

265 FUEL/WOOD

GREEN & SEASONED  
FIREWOOD: Cut, Split & Deliv-  
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Wanted. Call Paul (508) 769-  
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Warren:  
3 BR townhouse,  
appliances,  
off-street parking,  
gas heat,  
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Good rental history.  
Good location.  
\$1100/mo.

Call Dave  
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400 SERVICES

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448 FURNITURE

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SOLID OAK  
RECTANGULAR  
DINING TABLE  
about 35 yrs old in sturdy condi-  
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Automotive

700 AUTOMOTIVE

725 AUTOMOBILES

FOR SALE  
2003 Toyota Tundra with extra  
cap. 2 wheel drive. 185k. asking  
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Call 774-262-9085

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millage. 67 thousand. \$7500.  
Would consider partial trade.  
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2014 HARLEY  
DAVIDSON  
(low rider). Accessories added:  
windshield, crash bar, saddle  
bags. 5300  
babied miles and care.  
Silver metallic. Recorded 100%  
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don's of Auburn. Bike is truly  
new condition.  
Call 508-414-9134  
for showing. Firm \$12,000 as  
bike is MINT!

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HONDA CX 500  
custom 1981with windshiled  
and engine guard.  
Has 24,500 miles.  
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Wife no longer rides.  
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load rite 2 place ATV Trailer.  
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DON'T  
MISS  
A THING!

Trinity Catholic Academy celebrates  
eighth grade graduates

SOUTHBRIDGE — Currently outside  
TCA at 11 Pine St., Southbridge, are indi-  
vidual signs for each new Southbridge  
Catholic Alum from the Eighth Grade  
Graduating Class of Trinity Catholic  
Academy!  
Lights are lit for each of 20 evenings  
prior to the much-anticipated gradua-  
tion date of June 5, but as we all know,  
this is a graduation year like no other, it  
will be a unique memory for every 2020  
graduate defining a new strength for  
each of them. The status of live gradua-  
tion of any kind is still unknown so to  
give proper recognition to each of these  
deserving students, Principal, Josie  
Citta, PTO secretary, Janell Forget &  
daughter Zoe, eighth-grade teacher,  
Colleen Casey, second-grade teach-  
er, Deborah Curran, and their best  
friend, custodian, Mr. Garcia formed a  
caravan to each graduate's home in  
their own vehicles bearing the suprise

of a 'distant celebration' including a  
graduation lawn sign and a celebration  
bag with such things as a cap n gown,  
TCA T-shirt and for a fun memory, a  
2nd-grade Item of theirs for safekeep-  
ing.  
Congratulations to the 8th Grade grad-  
uates pictured in alphabetical order are  
David Adorno, Brody Carlson, Kirsten  
Congdon, Zachary Cournoyer, Teresita  
Del Valle, Sean Gasperini, Zachary  
Hebert, Eva Jerez, Payton MacDonald,  
Abigale McGarry, Avelyn O'Brien, and  
Laci Pollone.  
Trinity Catholic Academy wants to  
especially thank the wonderful parents  
for the understanding, cooperation and  
support not only during these uncer-  
tain times but for all the years their  
children have been a part of the TCA.  
Family. www.trinitycatholicacademy.  
org



ZOOM Book Study is just the  
ticket for today's tension!

STURBRIDGE — New Hope United  
Church of Christ, the fun church, invites  
everyone, everyone, everyone to partici-  
pate in a fun and informative book study  
and discussion.

“While not being able to gather physi-  
cally has been challenging, it (and tech-  
nology) has also provided us with an  
opportunity to think of a more global  
community. We're excited to extend a

wide and welcoming invitation to every-  
one, everyone, everyone who is able to  
reach us via computer or phone,” said  
Pastor Janet.  
Whether we want the old normal or  
a new one... we want it now! This book  
will help us understand God's patient  
ways. Together we will gather important  
tools we need to understand that things  
that matter most take time, effort, com-  
mitment, and lots of patience!  
Email Pastor Janet at pastorjanetne-  
whopeucc.org to receive your ZOOM

invitation. New books can be ordered for  
\$13.95 from Amazon and of course...do it  
right away!  
While New Hope United Church of  
Christ, the fun church, is not meeting  
physically for the safety of all. they wel-  
come everyone, everyone, everyone to  
enjoy weekly Worship, a Pastor's blog  
and Children's Stories on their website  
newhopeucc.org. Pastor Janet is avail-  
able by phone or text 207-205-2698 or by  
confidential email: pastorjanet@newho-  
peucc.



# Golfers make the most of COVID restrictions

BY KEVIN FLANDERS  
STAFF WRITER

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

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

Moreover, such facilities as clubhouses, restaurants, driving ranges, pro

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

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

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

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

the functions that take place before and after golf games.

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

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

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

cal summer season nears.

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

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

Additional information on the Governor's latest COVID-19 mandates can be found at [www.mass.gov](http://www.mass.gov).



## Family Dining & Gift Guide

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



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



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

More Seafood Options added this week!  
We have updated our family style meals on Facebook and on our website. Payment by credit cards over the phone when you call in your order, or exact amount cash will be accepted as well.

Thank you for your support and we look forward to seeing you all again once this crisis is over.  
Stay safe everyone!

5 Meadow Rd., Spencer, MA 01562  
Gift Cards 508-885-4033  
[www.charliesdiner.com](http://www.charliesdiner.com)

OPEN MEMORIAL DAY 10am-7pm  
**five loaves** bakery & cafe  
WE MAKE OUR OWN BREAD!

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

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Fresh Breads and Pastries available.  
Visit [FiveLoavesbakery.com](http://FiveLoavesbakery.com) or call 508-885-3760

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

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

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Thurs, Fri, Sat & Sun (while supplies last)  
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For advertising information: Call Mikaela at (508) 909-4126 if your business is in Sturbridge  
Call June (508)909-4062 if your business is in Charlton

## LEGALS

### Notice of Public Hearing

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

### TOWN OF BRIMFIELD PUBLIC HEARING

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

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

Sealed bids, appropriately marked,

will be received, publicly opened and read on Thursday, June 4, 2020 at 1:00 p.m. in the Brimfield Town Hall Annex, 23 Main Street, Brimfield, MA. The following items for Fiscal year 2021 will be awarded by Board of Selectman on Tuesday, June 8, 2020:

- I. Fuels: \*Must hold an Ultimate Vendor's License  
1. Gasoline – Unleaded 2,000 gallon capacity  
2. Diesel – Ultra Low Sulphur 2,000 gallon capacity  
3. Heating Fuel 1,000 gallon capacity  
4. Boiler Maintenance See Below\*

\*Boiler Maintenance: The Town of Brimfield has a total of four (4) furnaces/boiler systems in its municipal buildings that require annual cleaning and periodic repairs. Bids are to include the per hourly labor rate for this work. Materials will be paid for as necessary. The Town of Brimfield will consider bids based only upon "mark up over daily rack price"

Bid specifications will be available for pickup beginning May 20, 2020 at the Brimfield Highway Department, 34B Wales Road, Brimfield, MA from 9:00 a.m. to 3:00 p.m. Monday thru Thursday or by emailing the Procurement Officer at [selectmen@brimfieldma.org](mailto:selectmen@brimfieldma.org). Questions with regard to other matters relative to this bid are to be posed to the Brimfield Highway Surveyor, Zach Lemieux at the Brimfield Highway Department at 413-245-4103. **Envelopes must be clearly marked Heating Oil, Diesel, Gasoline and Boiler Maintenance with bid opening date. All bids must be submitted on Town of Brimfield Bid form (included in bid packet).** No bids will be accepted after the time and date specified.

Duration of bid is for remainder of Fiscal Year 2021; otherwise, please state on bid sheet any exceptions. Payment Terms: Net term, 30 days. Executed Certificates of Non-Collusion and Tax Compliance (attached) and Corporate Authority **MUST** be included in all bid submissions. Bids received without executed certificates will not be considered.

Prevailing Wage Rates have been established by the Department of Labor and Industries under the provisions of provisions of Chapter 149, M.G.L., section 26-27D. Bids submitted for heating oil, diesel and gasoline are subject to the provisions of the Prevailing Wage law where applicable.

The Board of Selectmen reserve the right to reject any and/or all bids, or, accept that bid deemed to be in the best

interest of the Town of Brimfield.

Zachary Lemieux  
Highway Surveyor  
Brimfield, MA 01010  
(413) 245-4103  
May 22, 2020

### Town of Brimfield Highway Department Request for Bids Various Road Materials, Equipment Rentals, Full Depth Reclamation with Calcium Chloride and Bituminous Concrete Type-I for Fiscal Year 2021

Sealed bids, appropriately marked, will be received, publicly opened and read on Thursday, June 4, 2020 at 1:00 p.m. in the Brimfield Town Hall Annex, 23 Main Street, Brimfield, MA. The following items that will be purchased for Fiscal Year 2021 will be awarded by the Board of Selectmen on June 8, 2020:

I. Various Road Materials  
II. Equipment Rental with Operator  
III. Full Depth Pavement Reclamation with Calcium Chloride  
IV. Bituminous Concrete – Type I  
Bid specifications will be available for pickup beginning May 20, 2020 at the Brimfield Highway Department, 34B Wales Road, Brimfield, MA from 9:00 a.m. to 3:00 p.m. Monday through Thursday or by emailing the Procurement Officer at [selectmen@brimfieldma.org](mailto:selectmen@brimfieldma.org). Questions with regard to various locations and other matters relative to this bid are to be posed to the Brimfield Highway Surveyor, Zachary Lemieux at the Brimfield Highway Department at 413-245-4103.

**Envelopes must be clearly marked as stated on the Bid Sheet with Item and Number and include the date and time of the bid opening.** Where required, bids must indicate a single square yard multiplier (dollar amount per square yard) on the appropriate bid form attached.

Bituminous Concrete-Type I bids must indicate all prices, both pick up at plant (*not more than 15 miles of the Brimfield Highway Garage, 34B Wales Rd*) and to be delivered to the Town of Brimfield, Town Yard, or, the job location in the Town of Brimfield. Bids shall include the current base price for liquid asphalt. The price adjustment of hot mix asphalt mixtures containing liquid asphalt shall apply as per scheduled posted on Massachusetts Highway Department website: [www.mass.gov/mhd](http://www.mass.gov/mhd) and "Special Provisions" as attached. Contractors intending to bid on Bituminous Concrete – Type I, Full Depth

Reclamation with Calcium Chloride and Crack Seal must be pre-qualified by the Massachusetts Highway Department and the pre-qualifying form from the State must be presented at the time the bid package is picked up from the Town of Brimfield. A bid deposit of 5% of the total price bid must be submitted.

All work/items must meet Massachusetts Department of Transportation, highway standards specifications. Executed Certificates of Non-Collusion and Tax Compliance (attached) and Corporate Authority (MUST) be included in all bid submissions. Bids received without the executed certificates will not be considered.

Prevailing Wage Rates have been established by the Department of Labor and Industries under the provision of Chapter 149, M.G.L., Section 26-27D. Bids submitted for Full Depth Pavement Reclamation with Calcium Chloride are subject to the provisions of General Laws, Chap 53A, 30B, Section 30M inclusive as amended, (Public Works Construction). Minority percentage rate must not be less than 5%.

Duration of the bid contract is July 1, 2020 through June 30, 2021; otherwise, please state on bid sheet any exceptions.

Payment terms: Net term, 30 days. The Board of Selectmen reserve the right to reject any and/or all bids, or, accept that bid deemed to be in the best interest of the Town of Brimfield.

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

### PUBLIC HEARING NOTICE

The Charlton Board of Selectmen will hold a public hearing on Tuesday, **May 26, 2020 at 6:45pm** at the Charlton Town Hall, 37 Main Street, Charlton MA 01507, to act on a request by The Quarter Keg Pub, LLC to hold Live Entertainment at 443 Worcester Rd., Charlton, MA from Tuesday – Sunday, 7:00pm – 11:00pm.

Anyone interested should appear at the date and time specified, or submit concerns in writing.

**Due to COVID-19, meeting may be held remotely by ZOOM. Please check [www.townofcharlton.net](http://www.townofcharlton.net) for details**

May 22, 2020





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