LIVING HEALTH

Nancy Campbell. Features editor 508-793-9227 nancy.campbell@telegram.com

HEDGEHOGS LINKED TO OUTBREAK

A recent outbr of salmonella salmonella ross eight ates has been ked to people ing in contact ding to after 10 of them reported being in contact with the

orted with the break, the CD(ith and make l is prepared ored, such ella salmonella ctions have n reported Missouri, 1nesota, Maine ssissippi



NUMBER TO KNOW 14,200

The Health 200 peoi were stole

FRIED FOOD AFFECTS MORTALITY

According to a new study conducted by

Surviving a quiet killer



Dr. Ajit S. Puri, chief of interventional neuroradiology and the director of the Integrated Cerebrovascular Program at UMass Memorial Medical Center, shows off the biplane neuroangiography machine at UMass Memorial. [TAG STAFF PHOTOS/ASHLEY GREEN]

UMass Memorial team specializes in treating brain aneurysms

By Geraldine A. Collier Correspondent

he last memory Kathleen Menard has from her previously normal life previously normal me was working with her husband, Dave, to maneuver the Thanksgiving turkey into the oven, then going upstairs to watch the Macy's Thanksgiving Day parade, while Dave went outside to walk the family dog (of the norm there are been the set "The next thing I remember was when I woke up about a month later in the ambulance that was taking me from UMass Memorial to Fairlawn Hospital," said Kathleen who was on her way to physical therapy after buries a watward bein encourse way to physical therapy after having a ruptured brain aneurysm repaired by Dr. Ajit S. Puri, chief of interventional neuroradiology and the director of the Integrated Cerebrovascular Program at UMass Memorial Medical Center. An aneurysm is created when

a weak spot occurs in the wall



Patient Mary O'Toole is all smiles while reviewing the the angiogram of the aneurysm repair performed on her by Dr. Ajit S. Puri.

of an artery and fills with blood causing a bulge. If that bulge leaks or ruptures, it's bad news no matter where it occurs in the highway that carries oxygenhighway that carries oxygen-ated blood to every part of your body. In the brain, it causes a hemorrhagic stroke. The result: brain damage and/or death. "About one in 50 people in the U.S. are walking around with a brain aneurysm in their head," said Christine J. Buckley, executive director of the national Brain Aneurysm Foundation. "If you are on a bus or a train and you look around,

or a train and you look around, you will see someone with a brain aneurysm," she added. That one in so figure translates to about six million Americans. Each year, about 30,000 of those people will experience a rupture and of that number, half will die, according to Ms. Buckley. And those numbers

are probably on the conservative side, she noted, because

tive side, she noted, because a sudden death from a brain aneurysm is often mistakenly attributed to a major heart attack "It's a terribe, terrible disease (brain aneurysms) that people know very little about," Ms. Buckley said, adding that lack of knowledge exists not only among the public but also among the general medical community. "We see misdiagnoses all the time." Because the mere presence of an aneurysm often pro-duces no symptoms – unless

of an aneurysm often pro-duces no symptoms – unless it begins to impinge on other parts of the brain or vague signs that can be easily be attributed to other causes – aneurysms that haven't leaked or rup-tured or usually only detected tured are usually only detected three are usually only detected when they are uncovered by a Ct or MRI during an exam for some other reason. The picture changes dramatically once the aneurysm leaks or ruptures. When Dave returned from walking the dog, he want unchain

when Dave returned from walking the dog, he went upstairs where he found that Kathleen had vomited and was lying on the couch, moaning and groaning. "I was really scared. I knew there was something drastically wrong so I just called 911," he said.

See SURVIVING, A8

HEALTHY PLATE A Dutch oven may be key to a better butternut squash soup

America's Test Kitchen

B staple, but many recipes fail ending up too sweet or with too little squash flavor – plus, prepping the squash can be time-consuming and muricidle. Wu for with two enductor at unwieldy. We found the solution to

unwieldy. We found the solution to these problems in our Dutch oven. We sauteed a shallot in butter with the reserved squash seeds and fibers before adding water for a flavor-ful, squash-enhanced liquid that we then used for steaming the squash. The Dutch evenformed even

then used for steaming the squash. The Dutch oven's ample size provided plenty of room for steam-ing, and we could drop the squash in unpeeled and quartered, which cut out lots of prep time. To complete our soup, we scooped out the cooked squash from its skin and then pureed it with more of the actuated draming i with some of the strained steaming liquid for a perfectly smooth texture. Some heavy cream added rich-ness, and a little brown sugar and curry powder balanced the squash's earthy flavor. A tart apple, such as a Granny Smith, adds a nice contrast to the sweet squash, but any type of apple may be used.

Curried Butternut Squash and Apple Soup

Servings: 4-6; start to finish: 1 hour, 15 minute

• 6 slices hearty white sandwich bread, crusts removed, cut into 1/2-inch pieces (3 cups) 3 tablespoons unsalted butter

melted, plus 4 tablespoons unsalted Netter, plus 4 tablespoons unsafted butter • Salt and pepper • 1 large shallot, chopped • 2½ pounds butternut squash, quartered and seeded, fibers and seeds reserved 6 cups water

See PLATE, A8



The recipe for Curried Butternut Squash and Apple Soup is from "Cook It In Your Dutch Oven." [PHOTO/DANIEL J. VAN ACKERE/AMERICA'S TEST KITCHEN VIA AP]

Answering questions about taking supplements

By Christy Brissette Special to The Washington

Whether multivitamins and Whether multivitamins and other dietary supplements are necessary for the general popu-lation is a source of debate. Supplements remain recom-mended for certain populations with specific conditions – such as pregnant women who should take folic acid to reduce the risk of neural tube defacts, or children in developing constraint others in developing countries whose diets do not provide enough vitamin A and iron. But recent studies have found there is insufficient evidence to recommend multivitamin supplements to the average healthy American, and

that in fact, taking too much of certain vitamins can cause harm. These studies seem to have little effect on the global supplement industry, which is worth an estimated \$128 billion, an estimated \$128 billion, according to 2017 data from the Nutrition Business Journal, or on the American public. Fifty-two percent of respondents to the 2011-2012 U.S. National Health and Nutrition Evonution and Nutrition Examination

and Nutrition Examination Survey reported using dietary supplements – unchanged from the 1999-2000 survey. As a registered dietitian, I believe a nutritious diet is the best way to achieve a healthy foundation. Supplements (as the name suggests) can be used as a name suggests) can be used as a complement to help a person with certain deficiencies meet their nutrient needs. If you're taking a supplement because of such a deficiency, you should try to take it in a way that could promote optimal absorption. Supplement timing can seem complicated, so let's simplify when to take some of the most common dietary supplements and why.



A customer shops at a GNC store in New York. [FILE/JIN LEE/BLOOMBERG]

When to take supplements There is debate about whether There is debate about whether taking your vitamins in the morn-ing or at night is best. The theory goes that because you're getting nutrients throughout the day from food, having your nutrition sup-plements at night helps your body get come nutrition serves close plements at night helps your body get some nutrition as you sleep. But Jeffrey Blumberg, a pro-fessor of nutrition science and policy at Tufts University in Boston, says, "Digestion slows down during sleep, so taking your nutrient supplement late at night would not be associated with an efficient absorption." Neil Levin, a clinical nutritionist at NOW Foods, agrees that morn-ing is best for multivitamins and any B vitamins. "Multivitamins tend to do best when taken earlier in the day, as the B vita-

tend to do best when taken earlier in the day, as the B vita-mins in them might stimulate metabolism and brain function too much for a relaxing evening or before bed," Levin says.

Although morning is prob ably ideal, the best time of day aby local, the best time of day is the time you'll remember. Put the supplement bottles on your kitchen counter next to your coffee maker, so they jog your memory when you reach for your morning cup. Or keep them in your lumch beg or brief. them in your lunch bag or briefcase so you'll remember them.

With food or without?

Most supplements should be taken with food to reduce the chances they'll upset your stomach and to stimulate digesstomach and to stimulate diges-tion and improve absorption. For a select few, it really doesn't matter if you take them on an empty stomach. So which ones should you pay attention to?

Iron, magnesium and fish oil supplements are the most com-mon culprits for digestive upset when taken on an empty stom-ach, so take extra care to have these with a meal or snack.

smooth, 1 to 2 minutes, then return to clean pot. Stir in cream, curry powder, sugar, and remaining 2 tablespoons

butter and bring to brief simmer over

medium-low heat. Adjust consistency

as needed with remaining strained

cooking liquid. Season with salt and pepper to taste. Top individual por-tions with croutons before serving.

Nutrition information per serving: Nutrition information per serving: 556 calories; 284 calories from fat; 32 g fat (19 g saturated; 1 g trans fats); 91 mg cholesterol; mg sodium; 66 g carbohydrate; 9 g fiber; 17 g sugar; 8 g protein.

For more recipes, cooking tips and For more recipes, cooking tips an ingredient and product reviews, visit https://www.americast estkitchen.com. America's Test Kitchen provided this article to The Associated Press.

PLATE

From Page A7

- 1 large apple, peeled, cored, and quartered ½ cup heavy cream 2 teaspoons curry powder 1 teaspoon packed dark brown
- sugar

Adjust oven rack to middle position and heat oven to 350 degrees Toss bread with melted butter, season with salt and pepper, and spread onto rimmed baking sheet. Bake until golden brown and crisp, 20 to 25 minutes, stirring halfway through baking. Set aside to cool. (Croutons can be stored at room temperature for up to 3 days.)

Melt 2 tablespoons butter in Dutch oven over medium heat. Add shallot and cook until softened, 2 to 3 minutes. Stir in squash seeds and fibers and cook until butter turns orange about 4 minutes Stir in water and 1 teaspoon salt and bring to simmer. Place squash, cut side down, and apple in steamer

basket and lower basket into pot. Cover and steam until completely tender, 30 to 40 minutes.

Using tongs, transfer squash to rimmed baking sheet. Let squash cool slightly, then scrape flesh from skin using soupspoon; discard skin.

Strain cooking liquid through fine-mesh strainer into bowl. Working in batches, process squash and 3 cups strained cooking liquid in blender until

MOVIE LISTINGS

Wednesday, Feb. 6

Aquaman: Blackstone 12:50 p.m. Aquaman: Blackstone 12:50 p.m., 3:55, 7:05, 10:10; Fitchburg 1:00 p.m., 4:00, 7:00; Sturbridge 3:15 p.m., 9:15; Leominster 1:00 p.m., 4:00, 7:05; Gardner 3:45 p.m., 6:45; Berlin noon, 3:15 p.m., 6:30, 9:50; Showcase North 12:10 p.m., 3:20, 6:30

12:10 p.m., 3:20, 6:30. Bohemian Rhapsody: Blackstone 6:15 p.m., 9:20; Berlin 3:20 p.m., 6:25, 9:30; Showcase North 12:25 p.m., 3:25,

6:20. Bumblebee: Leominster 2:50 p.m.; Showcase North 1:05 p.m. Can You Ever Forgive Me?: Clinton 7.00 n m

A Dog's Way Home: Blackstone 12:10 p.m., 2:35, 4:55, 7:20, 9:40; Fitchburg 1:00 p.m., 4:00, 6:45; Sturbridge noon, 4:45 p.m., 6:55; Leominster 12:35 p.m., 4:49 p.m., 6:55; Leominster 12:35 p.m.,
5:20, 7:30; Gardner 1:15 p.m., 4:00;
Berlin 1:00 p.m., 3:35, 9:45; Showcase North 12:05 p.m., 2:25, 4:50, 7:10.
Dragon Ball Super – Broly:
Blackstone 1:2:20 p.m., 2:45, 5:05, 7:45, 10:05.

Ek Ladki Ko Dekha Toh Aisa Laga:

Berlin 12:05 p.m., 3:20, 6:30, 9:45 Bernin 1200 p.m., 320, 630, 949. Bescape Room: Leominster 3300 p.m., 7-45; Gardner 7:00 p.m., Berlin 9:40 p.m.; West Boylston 1:15 p.m., 7:15. F2 – Fun and Frustration: Berlin 3:10 p.m., 945. Fantastic Beasts – The Crimes of Grindelwald: West Boylston 4:00 p.m.

The Favourite: Sturbridge 2:10 p.m., 9:05: Leominster 12:30 n m 3:45 6:45; Showcase North 1:25 p.m., 4:15, 7:30.

The Gandhi Murder: Berlin 12:15 p.m. 3:05, 6:15, 9:25; Showcase North 12:45 p.m., 3:45, 6:45.

Glass: Blackstone 1:05 p.m., 4:05. 6:45, 7:15, 9:50, 10:20; Fitchburg 1:00 p.m., 4:00, 7:00; Sturbridge 12:30 p.m., 3:30, 6:45, 9:30; Leominster 12:45 p.m., 3:45, 6:55; Gardner 1:00 p.m., 3:45, 7:00; Berlin 12:20 p.m., 3:25, 6:45,

7:15. **Green Book:** Blackstone 12:55 p.m., 3:50, 6:55; Fitchburg 1:00 p.m., 4:00, 7:00; Sturbridge 12:30 p.m., 3:30, 6:30, 9:15; Leominster 1:00 p.m., 4:00, 7:00; Gardner 1:00 p.m., 3:45, 6:45;

North 1:00 p.m., 3:55, 6:50. Mary Poppins Returns: Blackstone 12:35 p.m., 3:30, 6:35, 9:35; Fitchburg 1:00 p.m., 4:00, 6:45; Sturbridge 12:15 p.m., 6:30; Berlin 12:30 p.m., 3:30, 6:40; Showcase North 12:30 p.m., 3:30, 6:25 6:25.

1:00 p.m., 7:00. **The Metropolitan Opera – Carmen Encore:** Blackstone 1:00 p.m.; Berlin 1:00 p.m., 6:30. **Miss Bala:** Blackstone 1:10 p.m., Miss Bala: Blackstone 1:10 p.m., 1:40, 4:10, 4:40, 7:10, 7:40, 9:45, 10:15; Fitchburg 1:00 p.m., 4:00, 7:20; Sturbridge noon, 2:20 p.m., 4:40, 7:20; 9:20; Leominster 12:30 p.m., 2:50, 5:10, 7:30; Berlin 12:55 p.m., 3:45, 6:25, 9:30; Showcase North 1:10 p.m., 4:10, 7:10

The Mule: Blackstone 12:05 p.m

3:10; West Boylston 1:00 p.m., 4:00,

SURVIVING

From Page A7

The response from first responders was swift, and, fortunately, since the couple live in Worcester, the Menard live in Worcester, the Menard home is not that far from the medical center where a multi-disciplinary, neurointerven-tional team treats 80 to 140 patients with aneurysms a year, patients who not only come from Central Massachusetts from Central Massachusetts and other parts of the state, but the New England region as well. Having a medical cen-ter close by with a team that specializes in treating brain aneurysms can be a major influence on the outcome "An influence on the outcome "Ai aneurysm rupture can be a catastrophic event," said Dr. Puri, adding that 15 percent of patients with a brain aneu-rysm that has ruptured may 1ysm that has ruptured may not even make it to a hospital. "Rather than treating the aneurysm when the aneu-rysm leaks or bursts, we pre-fer to treat these aneurysms using minimally invasive means before the anourcem means before the aneurysm ruptures," said Dr. Puri. ruptures," said Dr. Puri. Those patients who have their aneurysm repaired before it ruptures, can usually go home the next day with nothing to show for it but a band-aid in the drein whore exceeds show for it out a band-and in the groin where access to the body's arterial system is gained, according to Dr. Puri. Contrast that with patients who reach the hospital with a ruptured or leaking aneurysm. "Patients who reach the hos-pitel and bure the (mutrand) pital and have the (ruptured) aneurysm treated will have a long journey to recovery, and as many as two out of three patients may be left with a sequela (result) of neurologi-cal injury," Dr. Puri added. Kathleen, now 65, also has been left with something of a short-term memory loss and is a little bit unsteady on her feet, deficits that caused her to retire from her nursing career, which aneurysm treated will have a

from her nursing career, which over the years saw her work first on the Memorial campus

first on the Memorial campus then at the University campus. That, however, has not dampened her spirit, per-haps because Kathleen recalls only too vividly her experi-ence early on in her career, working in an Intensive Care Unit. "I took care of patients who 'survived' these bleeds from aneurysms and the outcome was never good. "I am extremely grateful that

"I am extremely grateful that they (Dr. Puri and his team) they (Dr. Puri and his team) were able to repair this with the outcome that they had. I am lucky to be alive. I am very fortunate to be here." The procedure that saved Kathleen's life begins with a sumptume that is mode in the

puncture that is made in the puncture that is made in the patient's groin artery or arm/ hand artery, creating a hole about 3 mm (about the size of the tip of a pencil). A small catheter (hollow tube) then is guided carefully, using fluoroscopic X-ray, through the arteries all the way to

the arteries in the neck. Then, through that tube, an even smaller tube (less than even smaller tube (less than 1 mm) goes further inside the arteries of the head, carrying inside it a device that differs depending upon whether the aneurysm has ruptured; the location of the aneurysm; its

location of the aneurysm; its size; shape or configuration. In Kathleen's case, a small platinum wire — smaller than a strand of hair — was passed through this catheter system into her a neurysm where it coiled up until it filled up the colled up until it filled up the bulge, preventing any addi-tion blood from coming in. (In complicated aneurysms a temporary balloon or a per-manent stent may be placed to hold the colls in place.)

"In trained hands, coiling "in trained nands, could is a very safe option and cur-rent catheters and new gen-eration coils are very soft and thus safe," said Dr. Puri, not-ing that UMass Memorial's participation in many studies participation in many situles gives patients access to cutting edge devices years before they become available at hospitals not participating in studies. In November, Dr. Puri became only the second neurointerven-tionalist in the country to use o Studer's Currace Evenuing

tionalist in the country to use a Stryker's Surpass Streamline flow diverter after that device gained approval from the federal Food and Drug Administration for treatment of aneurysms that have not yet burst as well as for a small subset of those that are already causing trouble and are not susceptible to other minimum invasive treatments. A flow diverter is a special-ized fine mesh device made up of cobalt and chromium that covers the neck (open-

up of coost and chronium that covers the neck (open-ing) of the aneurysm by con-necting the segment of the normal artery below to the segment of the normal artery above the aneurysm. While the fine mesh decreases

While the time mesh decreas the flow of blood to the aneu-rysm, it also provides a scaf-fold or platform that provides a home for the formation of normal tissue lining to cover the neek or populing of the normal tissue liming to cover the neck or opening of the aneurysm, explained Dr. Purt. While that process is taking place over time, tiny vessels coming from the normal artery covered by the mesh keep on supplying blood to the brain. For the vast majority of patients, that's the end of the torr. However about to to 15

patients, that's the end of the story. However, about 10 to 15 percent of patients can experi-ence another aneurysm, accord-ing to Dr. Puri. Consequently, all patients are followed up on a regular basis with either orgicogrambu, Ct to All, abcel on a regular basis with either angiography, Ct or MRI, check-ing on not only the aneurysm that has been repaired, but also for signs of other aneurysms or problems developing. Since Kathleen's 2016 sur-gery, four additional aneurysms sure hear found ture which

have been found, two which have been round, two which have been treated by coiling; two others were so small that they were resolved with spe-cial stents (flow diverters). Her latest checkup last week left her in high spirits:

-

not an aneurysm to be seen. "I am blessed."



Dr. Ajit S. Puri shows the angiogram of the aneurysm repair to patient Mary O'Toole.

9:55; Showcase North 1:15 p.m., 4:20, 7.15

/:00; Gardner 1:00 p.m., 3:45, 6:45; Showcase North noon, 3:05 p.m., 6:10. The Grinch: West Boylston 3:45 p.m. If Beale Street Could Talk: Showcase North 4:05 p.m., 7:20. Instant Family: West Boylston 1:00 pm 7:00

The Kid Who Would Be King:

The Kid Who Would Be King: Blackstone 1:00 p.m., 3:45, 6:40, 9:30; Fitchburg 1:00 p.m., 4:00, 6:45; Sturbridge 12:15 p.m., 2:50, 6:30, 9:05; Leominster 12:45 p.m., 3:45, 7:05; Gardner 1:15 p.m., 4:00, 6:30; Berlin 12:10 p.m., 3:00, 6:55, 9:50; Showcase North 1:00 p.m., 3:55, 6:50.

Mary Oueen of Scots: West Boylston .m., 7:00

1:00 n

7.10

On the Basis of Sex: Blackstone 12:15

p.m., 3:00; Leominster 12:30 p.m.

5:15, 7:45; Gardner 1:15 p.m.; Berlin 3:40 p.m., 6:50; Showcase North 12:55 am 4.25 7.25

p.m., 4:25, 7:25. Qué Léoi: Showcase North 12:15 p.m., 2:35, 4:55, 7:45. **Ralph Breaks the Internet:** Fitchburg 1:00 p.m., 4:00, 6:45; Berlin 12:35 p.m.; West Boylston 3:45 p.m. Second Act: West BoyIston 1:15 p.m. 7.15

7:15. Serenity: Blackstone 7:30 p.m., 10:00; Fitchburg 4:00 p.m.; Sturbridge noon, 2:20 p.m., 4:40, 7:00, 9:20; Leominster 3:00 p.m.; Gardner 1:15 p.m.; Berlin

6:55 p.m., 9:40; Showcase North 1:30 n m 7.35 Snider-Man — Into the Snider-Verse Spider Wan – into the Spider Verse: Blackstone 1:20 p.m., 4:35, 7:35, 10:25; Fitchburg 1:00 p.m., 7:10; Leominster 12:30 p.m., 5:20; Gardner 4:00 p.m., 7:00; Berlin 12:45 p.m., 4:10, 7:05,

9:55: Showcase North 12:20 p.m., 3:10, 6:15,

Stan & Ollie: Showcase North 1:20 p.m., 3:40, 6:35. A Star is Born: Blackstone 9:55 p.m.; Showcase North 12:35 p.m., 3:50,

7:00 They Shall Not Grow Old: Berlin 12:40 . 6:50

They Shall Not Grow Old 3-D: Berlin

They Shall Not Crow Old 3-D: Berlin 3:45 p.m. 10:00. The Upside: Blackstone 12:40 p.m., 3:40, 6:30, 9:25; Fitchburg 1:00 p.m., 4:00, 7:00; Sturbridge 12:30 p.m., 3:30, 6:45, 9:30; Leominster 12:45 p.m., 3:45, 6:45; Gardner 1:00 p.m., 4:00, 7:15; Berlin 12:25 p.m., 3:35, 7:00, 10:00; Showcase North 12:40 p.m., 4:00, 6:55. Uri - The Surgical Strike: Berlin

noon, 6:35 p.m. **Vice:** Elm Cinema 7:30 p.m.; Berlin 12:10 n m · Showcase North 4:30 n m

ne to Marwen: West Boylston 4:00 p.m.



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Wednesday, February 6, 2019

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Trump calls for end of resistance politics

early 20th-century suffragettes. Trump spoke at a critical moment in his presidency, staring down a two-year stretch that will deter-

mine whether he is re-elected or

mine whether he is re-elected or leaves office in defeat. His speech sought to shore up Republican sup-port that had eroded slightly during the recent government shutdown and previewed a fresh defense organizet Democratic as the recent

against Democrats as they ready a round of investigations into every aspect of his administration.

President makes no mention of a national emergency declaration in State of Union address

By Julie Pace and Catherine Lucey sociated Pres

WASHINGTON - Facing a divided Congress for the first time, President Donald Trump on Tuesday called on Washington to reject "the politics of revenge, resistance and retribution." He warned emboldened Democrats

that "ridiculous partisan investiga-tions" into his administration and businesses could hamper a surging

businesses could hamper a surging American economy. Trump's appeals for biparti-sanship in his State of the Union address clashed with the rancorous atmosphere he has helped cultivate in the nation's capital – as well as the desire of most Democrats to block his agenda during his next two years in office. Their opposition was on vivid display as Democratic congresswomen in the audience formed a sea of white in a nod to

See TRUMP, A4



Provident Denak Trump delivers his State of the Union address to a joint session to a joint session of Congress on Capitol Hill in Washington, as Vice President Mike Pence and Speaker of the House Nancy Pelosi, D-Calif., which car Torochus (AP PHOTO/ANDREW HARNIK)

PARADE OF AMPI INNS

Confetti flies as fans watch the New England Patriots parade through downtown Boston Tuesday. The Patriots have won six Super Bowl championships. TAP PHOTOJ

Celebration draws crowds to Boston to cheer the New England Patriots sixth Super Bowl championship

Rusiness

By Rich Garven Telegram & Gazette Staff

ark Monahan stood

ark Monahan stood on the platform at the Wachusett Station rail stop Tuesday morning and waited for the 8:10 train to pull up and begin its trek to Boston. The 32-year-old Gardner resi-dent typically doesn't have to be concerned with getting a parking space or a seat for his daily trip to Ayer, where he works as a finan-cial planner. This wasn't a usual

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workday, though. "I've never seen it this busy," an amused Mr. Monahan said. "A crowd here is usually 20, and there are hun-

here is usually 20, and there are hun-dreds of people here. It's going to be an interesting commute." That it was. The train pulled up on time and Monahan boarded it – along with a plethora of fans in Patriots paraphernalia bound for Boston to celebrate their favorite football franchise's sixth Super Bowl

..... A6

Deaths

See PATRIOTS, A5

Classified.....C7 ComicsC5



Scarlett Lashua, Sawyer Lashua, Stazia Hines, Kohen Scarett Lasina, sawyer Lasina, stazya miles, koner Hines and Samson Lashua get ready to board the train at Wachusett Station in Fitchburg to head into Boston for the Patriots' sixth Super Bowl championship rolling rally Tuesday. [Tag STAFFASHLEY GREEN]

TODAY

Much colder 37° / 28°

"They've never seen one before ... I just want them to them to experience it – to see the whole thing and how so many people get involved with it - to feel that New England Spirit."

Sam Lashua of Ashburnham, en route to Boston with his children

THURSDAY

A little rain 36° / 32°

WORCESTER - Efforts launched WORCESTER - Efforts launched in 2015 to stem youth violence are quietly paying dividends, but a new report recommends ways the city can continue to focus on the issue. The City Council Tuesday night pored over an update from City Manager Edward M. Augustus Jr. on the Worcester Youth Jr. on the Worcester You Violence Prevention Initiativ

Turning tide on

violence Reduction plan shows decline but more work remains says report to City Council By Steven H. Foskett Jr. Felegram & Ga

vouth

See VIOLENCE, A5

BLACK HISTORY MONTH EVENT

Historian: Shades of current migrant crisis foreshadowed by American Civil War, slave refugee camps

Holy Cross students stage day 2 of protest

Student says sit-in will stop after more progress made with college president, but talks will continue

By Scott O'Connell Telegram & Gazette Staff

WORCESTER - As their sit-in WORCESTER – As their sit-in demonstration at Holy Cross reached day two, student protest-ers met again with the president on Tuesday, reaching tentative agree-ments on some of their demands. As a result, the protesters will not continue their sit-in on Wednesday, according to senior Lorraine Mihaliak, who added she

56371 00010

See PROTEST, A5

FRIDAY

Rain; milder 49° / 20°