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Friday, May 22, 2020

# Christopher Heights celebrates with style







WEBSTER — A global pandemic could not stop the parade and pageantry in celebration of mothers this week at Christopher Heights Assisted Living of Webster.

The 83-apartment assisted living community in Webster welcomed a Caravan of Caring parade on Sunday that featured 54 cars carrying family members, friends, decorations and well wishes for their loved ones.

"I was wondering what Mother's Day was going to look like this year when I received a notice from Christopher Heights inviting me to participate in the grand parade," said Rochelle Webb. "To see the look on my mother's face was absolutely priceless and it created a real happening that excited us all during this very trying time of social distancing."

Turn To CHRISTOPHER HEIGHTS page A1

# Hackers interrupt Zoom meeting

BY JASON BLEAU

DUDLEY – Dudley's Board of Selectmen meeting was interrupted by some uninvited guests on Monday, May 11, when a Zoom meeting was hacked by several individuals, forcing the meeting to close and restart.

Like many communities across the country, Dudley has taken to utilizing Zoom as a method of conducting meetings online to help the town continue business as usual during the COVID-19 pandemic. This approach is in line with Gov. Charlie Baker's order issued on March 13 suspending the requirement for meetings to be conducted in a physical public location. However, with the use of online streaming also comes the risk of hacking where uninvited guests take over the meeting and interrupt the proceedings.

On May 11, the Board of Selectmen and Finance Authority were conducting a joint meeting on Zoom and Facebook Live

when several unknown voices interrupted the meeting just before the half-hour mark including using foul language. Selectmen quickly acknowledged the situation and the meeting was closed. It was soon restarted and business proceeded without further interruption. This isn't the first time Dudley has faced a hacking situation over Zoom. A previous meeting had also been interrupted by a single culprit who was successfully removed from the livestream without further incident.

Town Administrator Jonathan Ruda said that the board was attempting to accept public input during the meeting, which discussed the town's budget outlook and the future of the town's recycling center, when what he called "a couple of losers" decided to disrupt town business.

"The lesson learned was that in an effort to make the circumstances of joining a remote teleconference more easily accessible, open and transparent to res-

idents that may have never used the technology before. I also invited those individuals that would disrupt it," said Ruda. "Because of the incident, it will now be necessary to necessitate further verification of participants when public input is required at the meetings. I don't think that the Governor's order considered the length of time that local governments would be required to operate under these restrictions, so we continue to find ourselves in a daily position of adapting to constant changes and unknown circumstances in a way that balances serving the public while securing the processes and functions of government. Fortunately, despite a delay, we quickly recovered and rejoined a meeting under password protection and finished the public's busi-

Ruda said he does not believe the culprits were Dudley residents and said he thinks they were "having fun" disrupting

Turn To **MEETING** page **A9** 

# Oxford elections set for June 30

BY GUS STEEVES

OXFORD — On May 12, selectmen voted unanimously to set this year's Town Election date for June 30, the last possible date allowed by the state's Covid-19 emergency law.

But they split 3-2 over how long to open the polls. The majority agreed with Town Clerk Lori Kelley's proposal of reducing the hours to 10 AM to 6 PM because of the pandemic, but John Saad and Cheryll Leblanc argued they should be open the regular hours (8AM-8PM).

"I've never remembered a town election since I've been on the board [more than 40 years] that we've reduced the hours," Saad said, noting this year's ballot has a select board race and an important ballot question. He said many voters are "creatures of habit" when it comes to when they come to the polls. Many, he noted, can only come before or after work, need rides, and/or need childcare to do so.

"Everyone ought to have the opportunity to vote," and longer hours will also make it "easier to have the distance" between people to meet Covid-19 recommendations, he added.

Leblanc agreed, describing polling hour reductions as potentially being "a slippery slope." While the virus is an issue, she sees a more serious concern in getting enough poll workers to cover the time, and she predicted some voters would be confused by changing the hours.

To Chairman Dennis Lamarche, however, minimizing the pandemic risk to poll workers was the overarching concern. Meaghan Troiano agreed, saying she expects "a spike [in Covid-19 cases] before it gets better," and "we owe it" to the workers to reduce hours and hold

the date as late as possible.

As it was, Kelley said they really didn't have a choice by now. Barring some change in state law that would grant extensions to a wide range of towns, she said June 30 is necessary in part because federal law required her to send notice to overseas voters at least 45 days in advance. That deadline was last weekend.

She agreed the poll workers will have a challenge.

"Anytime in June in the school gyms, wearing a mask is going to be stifling," she said, noting the gyms lack air conditioning and the number of electrical outlets available for fans is limited.

Regarding Covid safety, she said she ordered plexiglass panels the workers will have between them and voters, who will get their ballots through a small slot at the bottom.

Before that discussion – which was not mentioned on the agenda, but came up under the Covid-19 response update item – the board handled another recurrent item: a dangerous dog hearing involving "Ruby," a dog they've seen before. Animal Control Officer Kathleen Kelly Flynn said this case stemmed from an incident on March 26 in which Ruby got "into an altercation with a dog named Socks," who was being walked by his owner, Joe Generico.

Due to previous attacks on animals and people, the selectmen deemed Ruby "dangerous" in August 2017. That resulted in a lengthy order on her and her owners, Kim Parker and Kevin Kiley, that required leashing and muzzling at all times outside her home, even while on their property. Flynn said Ruby was not muzzled in this incident.

Turn To **ELECTION** page **A15** 

# St. Joseph School holds "I Miss You" parade



WEBSTER — On Saturday, May 16, the school yard that has been eerily silent since the middle of March came to life for an "I Miss You" parade. Horns and sirens blared as the parade got underway, and St. Joseph School families were led into the school yard by mambers of Webster Police and Fire

members of Webster Police and Fire.
Following what would normally be the morning drop-off procedure, the caravan turned into the yard at the Lincoln Street entrance and made its way through a gate decorated with balloons and festive streamers. As it snaked around the building, the occupants of the vehicles were greeted by celebratory music and exuberant teachers and staff.

Although St. Joseph School teachers have been working diligently to maintain the continuity of education through remote learning, a transition that was nearly seamless due to their dedication and hard work, the teachers and students greatly miss the face-to-face interaction that was once part of their daily

routine. Many of the parade attendees had tears of joy running down their faces as they screamed "I miss you" and other well wishes to each other. Teachers waved their hands and held signs, while students popped out of roofs of cars and did the same. Some vehicles were decorated with balloons, while others feverishly honked their horns as they made their way through the school yard and onto Whitcomb Street. Many chose to return to the parade and drive through the yard multiple times just to get a glimpse of their teachers.

In a world in which we are now told to socially distance ourselves, the closeness of the St. Joseph School community was apparent. Although we are all uncertain of what the future holds, the respect and admiration exhibited by the St. Joseph School teachers, students, and their families will continue to be the foundation of their classrooms – whether in-person or remotely.

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# Golfers make the most of COVID restrictions

BY KEVIN FLANDERS

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

Gov. Charlie Baker allowed golf courses to reopen on May with several regulations

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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 com-

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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

"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 restauand rants. A major source of reve- Sarah Keohane of Oxford nue for facilitions that take

games.

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

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

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

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

"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.

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place before WORCESTER — Assumption is hon-and after golf oring 80 students who have been recognized with departmental honors, special awards, and Augustine Scholarships, academic awards for those who excel in their field of study.

> Sarah Keohane, Class of 2020, of Oxford, received the departmental award for mathematics.

> Each spring, an Honors Convocation is held to recognize those students who have received one of the aforementioned academic awards, which honor academic excellence, passion, and a commitment to learning. The departmental and special awards allow faculty to honor the most meritorious students in each of their primary programs of study while Augustine Scholarships are given to rising juniors and seniors whose academic achievement, leadership, character, and community service embody the Assumption

> "The annual Honors Convocation recognizes undergraduate students for their devotion to intellectual inquiry, said Greg Weiner, Ph.D., provost and academic vice president. "These students embody Assumption's mission of imparting a Catholic liberal education that emphasizes both enduring ideas and practical skills. They are an inspiration both to their peers and their faculty.

> Founded in 1904 by the Augustinians of the Assumption in Worcester, Mass., Assumption College is a Catholic liberal arts institution that offers undergraduate students 33 majors and 49 minors in the liberal arts, sciences, business, and professional studies; as well as master's and continuing education degrees and profes

sional certificate programs-each through an educational experience that is grounded in the rich Catholic intellectual tradition. The curriculum enables students to gain a depth and breadth of knowledge that leads to professional success and personal fulfillment. Students-whether on the Worcester campus or at the College's Rome, Italy, campus-become engaged participants in Assumption's classic liberal arts education, exploring new ideas and making connections across disciplines. To prepare for the workforce, students learn cutting-edge theory and best practices, conduct innovative research, and develop excellent communication and critical-analysis skills. Assumption graduates are also known for their thoughtful citizenship and compassionate service to their community. For more information about Assumption College, please visit www.assumption.edu.



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Town Clerk (949-8004) Monday-Thursday......8 a.m. to 4:30 p.m. Thursday nights ...... 5 to 7 p.m. Fridays ......9 a.m. to 1 p.m.

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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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# Dudley to hold public hearing on recycling center options

BY JASON BLEAU

DUDLEY - In what has quickly become one of the bigger topics of discussion in town through the first half of 2020, Dudley town officials are preparing to receive public input from members of the community concerning several different options for the town's recycling center after the current contract expires at the end of June.

Over the past few months, Town Administrator Jonathan Ruda has presented statistics and cost assessments that he says prove the current model is costing Dudley more money than it's saving. Currently, Dudley has a contract with Casella who also put in a bid for a new contract to start in July. The new contract includes price increases that will necessitate at least a 22 percent increase in permit costs in just the first year, according to Ruda, and additional annual increases could result from global, national, and statewide factors. Given these added costs, along with other factors, Ruda believes the current and proposed system is not in the town's best interest.

Our current model of unlimited trash disposal at a fixed price is a major problem. There is no incentive to reduce waste or recycle, and it encourages communal permit use meaning that one permit could serve multiple households from the same family where one member is willing to deliver it to the recycling center. There is no mechanism for a mid-year adjustment in the cost of the permit, but that does not prevent price increases from the vendor, and the inability to pass on that cost to permit-holders means that non-permit holders get stuck footing the bill," Ruda said. "There is also no mechanism in place to prevent clandestine

The current price for a permit in Dudley is \$245 for one year for residents, \$132 for a half-year for residents, \$185 for a full year or \$102.50 for a half-year for seniors, and \$285 for nonresidents. The town spends money to staff, maintain and operate the recycling center. As of 2018 the town of Dudley had 11,682 resi-

dents, 71 percent of which were in family households. According to the Town Administrator, when considering family and non-family households, a little over 5,000 people qualify for a permit but only 873 permits have been issued which includes two non-residents. That calculates out to 83 percent of residents using other means to dispose of their household trash. In March. Ruda noted that the cost of the recycling center under the current model has overshot the financial return and that it would be all residents and not just permit holders who foot the bill for added costs.

Ruda has been passionate about exploring a new avenue for the recycling center since he entered the Town Administrator position in 2019. However, he stresses that he is in no way seeking to close the recycling center, only to find a way to make it more economically feasible for both users and non-users alike. He feels the alternative plans that will be discussed at the town meeting provide more incentives to reduce waste and recycle and provide avenues for users to control their own costs where the current and proposed contracts with Casella contain more fixed costs. He calls the alternatives "smarter" options for

"Other models being considered would be permits for residents with limits, with reductions in costs for seniors and veterans, or pay as you throw for non-veteran, non-senior residents at a negotiated price, with no need to purchase a permit but to display a decal with a senior decal that allows a reduced rate for seniors," Ruda said. "If we choose a different model, such as one of the alternative models that would provide for everything from staffing to operation, the private company assumes the majority of the risk for a like or similar model and we gain more control from the standpoint of a customer rather than just a pick-up point. Running a recycling center should be the job of a company that provides that service and is accustomed to having municipal customers and has an incentive to run it for less and be better than their competition. We have major factors that impact our ability to effectively run the recycling center with

Town employees, not the least of which are financial, political and contractual. Most people understand that.

The Dudley Board of Selectmen has scheduled a public hearing over Zoom to be held at 6:30 p.m. on Thursday, June 4, where all options for the recycling contract will be explored and public input will be encouraged. According to Ruda state law allows the Town Administrator the power to renew an existing contract or negotiate a new one without a town meeting or referendum, but he felt it was important that the citizens be given the chance to speak their minds on the future of the recycling center before a decision

"I chose to put the renewal out to bid statewide and try to solicit bids from other companies. I encouraged bidders to either bid the current model or to 'get creative.' We only received two bids and some of the other companies that I contacted to notify them of the posted bid had little or no interest in bidding the current model or expressed that there were too few users for it to be worthwhile to compete for the business," Ruda said. "To me, it is important that the users have a chance to weigh-in on any changes and that the taxpayers know how I am proceeding and why. The most telling moments through all of this was when employees and some others really started raising points publicly that seemed at odds with what I had been thinking or saying. It really put the issue on my radar screen.

Information on accessing the June 4 meeting has been made available on the Town of Dudley Web site. The Board of Selectmen also traditionally livestreams their meetings on Facebook Live on the Town of Dudley Facebook page. Those planning to participate in the meeting are asked to email selectmen@ dudleyma.gov or call 508-949-8001 to establish a Zoom invitation and password that will allow access to the meeting as a participant. Citizens will also be able to post questions on the Facebook Live thread which will be addressed accordingly during the meeting.

#### **CLUES ACROSS**

- 1. Seed part
- 7. Productive Popular cocktail
- 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

#### 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
- 63. Body part 30. Male organs in some 66. Of I invertebrates

\_, so good

40. Leaflike part of palm

41. Removed with solvent

44. Unfashionable person

47. Controversial device in soccer

43. Uttered words

45. Disappointed

48, 007's creator

53. UCLA mascot

56. Turkic people

59. Crime involving fire

61. A saponaceous quality

69. They slow you down

64. Dorm employee

55. Razorbill

60. And, Latin

65. Estate lands

67. States

70. Gets up

58. Mimic

51. Pain

- 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

Я 8

- 68. Old English
- 3 O N d SOLUTIO 0 C I M D

# School District looks at life beyond COVID-19

**BY JASON BLEAU** 

D U D L E Y / **CHARLTON** schools Massachusetts remain closed for the remainder of the school year due to the COVID-19 pandemic, school leaders are hard at work determining what comes next as Massachusetts prepares to reopen.

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

We continue to participate in state agency video conference meetings and anticipate further guidance regarding many topics on the operations of our schools moving forward. While we accept local responsibility for needed to move forward, we continue to collaborate, learn, and develop cohesion from our surrounding districts," Lamarche said. As of this report, Gov.

many of the decisions

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

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

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

Lamarche took the time to credit the educators who have had to adjust to the new norms in a very short time. As the school year rolls on, he said the teachers and

staff deserve credit for all the hard work they have and continue to put in to providing an education for local students.

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

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

# EBSTER POLICE LOG

WEBSTER — The Webster Police Department reported the following arrests during the week of May

An adult male whose name has been withheld from publication was arrested on May 10 for Assault & Battery on a Family or Household Member and in connection with a warrant.

David Francis Hallaman, age 29, of Webster was arrested on May 10 for Receiving Stolen Property valued at more than \$1,200, Possession of a Class B Drug, Breaking & Entering a Building During the Nighttime (a felony), and in connection with a warrant.

Johnathan C. Patricio, age 32, of Webster was arrested on May 11 in connection with a warrant.

Matthew George Whalen, age 19, of Webster was arrested on May 12 for Possession or Sale of an Electric Stun Gun, in connection with a warrant, and on multiple counts of drug possession. An adult male whose name has been withheld from publication was arrested on May 12 for Assault &

Battery on a Family or Household Member. Rebecca L. Falke, age 34, of Worcester was arrested on May 13 in connection with a warrant. Johnny E. Torres, age 31, of Webster was arrested on May 13 for Disturbing the Peace and Disorderly

Shaya Sarafian, age 24, of Webster was arrested on May 14 in connection with a warrant.

Norman Bisson, age 56, of Putnam, Conn. was arrested on May 14 in connection with a warrant. Cheryl

A. Bisson, age 60, of Thompson, Conn. was arrested during the same incident Happy "85th" Birthday for Operating Under the Influence of Alcohol. with a warrant. of a Class A Drug. nection with a warrant.

(aka) Grammy, Honey Bunny, Babcia.

Wishing you a Fantastic Day!

Love, Your Family

Jonthan Reyes, age 24, of Southbridge was arrested on May 14 in connection

Terrell Paniss, age 28, of Bellingham was arrested on May 14 for Possession

Bernard R. Krasnecky, age 53, of Webster was arrested on May 15 in con-

Brian Adam Lollar, age 31, of Webster was arrested on May 15 in connection

Jonathan M. Avedon, a ge 29, of Dudley was arrested on May 16 for Operating Under the Influence of Alcohol (second offense), Negligent Operation of a Motor Vehicle, and Leaving the Scene of Property Damage.

# Quinsigamond Community College offers free courses for businesses

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

"This is a time in our history where we must all come together for the common good. Our economy and our livelihood depends on the success and viability of our companies and it is imperative that we assist them in this time of major economic disruption," said QCC President Dr. Luis Pedraja. "COVID-19 has dealt a lethal blow to many businesses and those businesses that don't have the skills needed in the current and post pandemic world will likely not survive.

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

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

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

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

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

While no one knows what the future

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

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

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

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

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

WORCESTER The Massachusetts Department

Elementary Secondary Education has awarded Quinsigamond Community College's pro-Focus Future Adult an **Education** Transition to Community College Grant. The \$450,000 grant is divided into three yearly allotments of \$150,000, and is the maximum amount awarded.

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

'Those in our community who are under-represented and under-served have benefited greatly from our Future Focus program. Increasing the award amount will if needed), in addition enable us to assist more people in their quest for a better future," said QCC President Dr. Luis Pedraja.

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

plies (and

bus passes

to career and academic advising.

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

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

"We have two students

graduating this May and two more finishing up at the end of the Summer semester," Vongphakdy continued. "One student was accepted and will be attending Assumption College and the other student was accepted to Worcester State University and is waiting to hear back

from some other schools. One of the other students who is graduating this summer has also been accepted to Boston University and is waiting to hear back from some other schools.'

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

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

### Eastern student Silvia Cote of Webster inducted into Sociology Honor Society

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

Among the inductees was junior Silvia Cote of Webster, who majors in Criminology and Sociology.

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

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

### Dean College announces National Society of Leadership and Success inductions

FRANKLIN — Dean College is pleased to announce the students who have been installed as members of The National Society of Leadership and Success (NSLS) for the spring semester, including Olivia Houlihan of Webster.

About NSLS

The National Society of Leadership and Success (NSLS) is the nation's largest leadership honor society, with students nominated by their college or university for membership based on academic standing and leadership potential. Candidacy is a nationally recognized achievement and NSLS currently has more than 1.2 million members nationwide. Along with the honorable distinction, NSLS provides a multi-step program for members to build leadership skills through participation at their campus and online, as well as other benefits such as scholarships and awards and employer recruitment.

### University of New Hampshire announces May 2020 graduates

DURHAM, New Hampshire — The following students graduated from the University of New Hampshire in Durham Saturday, May 16, 2020, during a virtual celebration. Students who received the honor of summa cum laude graduated with a GPA of 3.85-4.0; students who received the honor of magna cum laude graduated with a GPA of 3.65-3.84; and students who received the honor of cum laude graduated with a GPA of 3.50-3.64. Students are only graduated after the Registrar's Office has certified that all degree requirements have been successfully completed. A traditional, in-person commencement ceremony will be scheduled at a future date yet to be determined.

Peter Kondek of Dudley graduated with a BSENSC degree in EnSci:Ecosystems. Alexy Maldonado of Dudley graduated with a BA degree in History.

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.



### It's times like these that you can count on us most.

At Day Kimball, your safety is always our number one priority. That's true for all medical issues.

Our Emergency Department stands ready to treat any emergency, 24/7, in a safe, COVID-19-free environment. In fact, we were among the first in the state to evaluate patients in their cars to prevent the spread of the virus. And we are utilizing an evaluation tent in order to keep potential COVID-19 patients separated.

We've limited visitors to ensure minimal exposure for our staff and patients. In addition, anyone entering Day Kimball, from patients to visitors to staff, is screened and masked upon arrival.

And we are fully-equipped with the most advanced personal protective equipment. As well as with two specialized isolation rooms where potential COVID-19 patients are kept separate during their evaluation for everyone's safety.

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Whatever health situation you may face, we'll be here for you.



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daykimball.org/coronavirus

# United Way announces merger with Webster and Dudley

SOUTHBRIDGE — The United Way of Southbridge, Sturbridge and Charlton announces its merger with the United Way of Webster and Dudley. In a joint decision between the local chapters' Board of Directors, the new local chapter will continue to provide services for all five towns from one location, with efforts focused on growing potential opportunities to connect communities with access to support services.

The merger formally went into effect on April 16, and will allow the sharing of local resources to create a stronger network of partners and agencies. The newly-formed United Way of South Central Massachusetts (UWSCM) will operate out of office space at 176 Main St., Southbridge, led by Executive Director Mary O'Coin and a team of 32 Board members comprised from both entities.

"We are eager to help our communities by continuing to create a positive quality of life for families surrounding the organization," said O'Coin. "We have endless growth potential which we will be working toward through fundraising and volunteer work." During the 2018–2019 campaign year, the two chapters raised a combined \$582,000 and distributed 42 different grants supporting community programs at 22 local agencies. The 2019–2020 campaign has raised a total \$443,000 so far; UWSCM will continue fundraising efforts over the next few months.

Newly elected Board President Bill Keefe of Webster stated, "It is a historical time that this merger is taking place. With the coronavirus pandemic and the need to stay home with only essential employees working, it is even more important that the organizations and programs supported by United Way remain available to those in need. By combining these two local chapters, we hope to continue pursuing vibrant campaigns, encouraging more local giving from residents and businesses in the future, so we can continue to help those who need it the most."

United Way of South Central Mass. functions as part of United Way Worldwide. United Way Worldwide is engaged in nearly 1,800 communities across more than 40 countries and territories around the world. United Way

works with companies, governments, non-profits and other establishments to address complex challenges to help build stronger communities. The organization is focused on creating community-based and community-led solu-

tions that strengthen the cornerstones for a good quality of life: education, financial stability and health.

For more information, call (508) 765-5491

# Webster First donates more than \$5,000 to local food pantries

WORCESTER — Webster First has been a proud community credit union since it first opened in 1928. It's been an essential part of the credit union's mission to show support for their communities by getting involved with local causes and organizations, and giving back through charitable donations.

During these uncertain times in which COVID-19 has affected the lives of the people in their communities, Webster First recognizes the importance of being there for them now more than ever. That's why Webster First has donated more than \$5,000 to food pantries across their field of membership, to help support the people in the communities that they serve.

Below is the full list of food pantries and food banks that received a monetary donation:

Auburn Youth & Family Services Food Pantry

Douglas Community Food Outreach Program

Friends of the Spencer Seniors Grace Ministries United Parish Food Pantry

Greater Boston Food Bank

Father's House Our Neighbor's Our Table Project Just Because Rutland Food Pantry Wachusett Food Pantry Webster-Dudley Food Share Winthrop Community Food Pantry Winthrop Veteran's Food Bank/ Winthrop American Legion Post 146

Worcester County Food Bank About Webster First

Webster First Federal Credit Union serves the financial needs of Essex, Middlesex, Suffolk, and Worcester Counties. Webster First is one of the largest credit unions in Massachusetts with over \$1B in assets and serving over 77,000 members.

### Oxford Woman's Club announces scholarships

OXFORD — The Oxford Woman's Club is happy to announce the offering of three \$750 scholarships to be awarded to graduating seniors residing in the town of Oxford and attends school in Oxford, Dudley, Charlton, Southbridge, Shrewsbury, Worcester and Thompson, Conn.

Due to the pandemic the deadline has been extended to Friday, Aug. 21. Applications are available by contacting Anne Marie Palermo, Chairperson of the Oxford Woman's Club Scholarship Committee. I can be reached by emailing to simplyannie14@gmail.com. The applications must be postmarked no later than Friday, Aug. 21. The winners will be notified and these scholarships can be applied to your second semester. The Oxford Woman's club mission statement "Working together for our Community." Thank you.

# Jr. R.O.T.C. Bronze Medals awarded for 2020

OXFORD — The General Ebenezer Learned DAR Chapter of Oxford would like to announce their chapter recipients of the Jr. ROTC Bronze Medals for 2020, Cadet Cynthia Shaw of Oxford High School and Cadet Nicholas Garland of Quabbin Regional High School.

The National Defense Committee of the Daughter of the American Revolution awards this medal to an ROTC student who has demonstrated academic excellence, dependability, good character, adherence to military discipline, leadership, and a fundamental and patriotic understanding of the importance of the Reserve Officers Training Corps. The Daughters of the American Revolution (DAR) has awarded this particular medal since 1967.



















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When you set your appointment by May  $31^{\rm st}$  and purchase by June  $6^{\rm th}$ . Minimum purchase of four. Interest accrues from the purchase date but is waived if paid in full within 18 months.



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



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Frank G. Chilinski STONEBRIDGE PRESS PRESIDENT AND PUBLISHER

> **B**RENDAN **B**ERUBE **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 lighthearted 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 scarv 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!"

# IFE DEADLINE to submit letters to the editor and commentaries for next week's newspaper is Friday at noon. SEND ALL ITEMS to Editor Brendan Berube at THE WEBSTER TIMES — news@stonebridgepress.news

THE DEADLINE to submit letters to the editor and commentaries for next

# When to re-open our church during the **COVID** crisis?

When will we gather together again as a Church Family? We haven't worshipped together for two months in our Church sanctuary, we haven't received the precious and life-giving sacrament of Holy Communion, and we even missed journeying together during the holiest time of the year

- Holy Week and Easter (except for those who have been able to follow and pray along via internet live streams). It's an understatement to say we face truly unprecedented times with the ongoing threat of the coronavirus, the worldwide lock-down and new reality of social distancing, the economic fallout of this crisis, and the uncertainty of the future. We can't clearly see where we will be one month from now. six months from now, or even one year from now. We can't even say with certainty that we will have a vaccine by next year and all will return to normal. We are being greatly challenged as a society and in our individual lives as anxiety, uncertainty, and impatience increase.

Maybe during these ambiguous days, we need to look at our challenges with a perspective on world history. We are not the first generation to face some "unprecedented" event, and surely won't be the last. A friend recently sent me this reflection on what people from the so-called "greatest generation" (people born between 1900 and 1920) faced during their lifetime. Imagine this:

'You were born in 1900. World War 1 starts on your 14th birthday and ends when you are 18. Later that same year, a Spanish Flu epidemic, one of the worst in history, hits the planet and infects one out of every three people in the world. Between 20-50 million people die. This pandemic runs until your 20th birthday. On your 29th birthday, the Great Depression begins. Unemployment hits 25 percent, the World GDP drops 27 percent. That runs until you are 33. The country nearly collapses along with the world economy. When you turn 39, World War II starts. On your 41st birthday, the United States is fully pulled into WWII until vou are 45. At 50, the Korean War starts. At 55 the Vietnam War begins. When you are 62 the Cuban Missile Crisis threatens to end life on our planet as we know it. When you turn 75, the

Vietnam War finally ends.' Yes, we are in challenging times these days. Yet, think about not only all that the "greatest generation" endured during their lifetime, but reflect on all that they accomplished during their tumultuous lives. We need to keep reminding ourselves that great things can come out of times of crisis. God is with us and promised that He would never abandon us. During our darkest days of fear and uncertainty, God stands with us and will help us get through whatever global crisis we face, as well as any personal crises we may have to endure. I read another post that highlighted certain letters and numbers of COVID 19 and divided it up as CO 19, which they interpreted as the Bible verse 2 COR 1:9. Do you know what 2 Corinthians 1:9 describes? The Apostle Paul is telling the Christians in Corinth how much he suffered and had to endure, even to the point of death, yet how that experience taught him to "rely not on ourselves but on God." Here is the larger context,

"We do not want you to be unaware, brothers and sisters, of the affliction we experienced in Asia; for we were so utterly, unbearably crushed that we despaired of life itself. Indeed, we felt that we had received the sentence of death so that we would rely not on ourselves but on God who raises the dead. He who rescued us from so deadly a peril will continue to rescue us; on him we have set our hope that he will rescue us again" (2 Corinthians 1:8-10)

As we confront the anxiety, stress, worry and uncertainty of these days (and weeks and months), can we keep turning to God and relying on Him, knowing that He is with us and that if we stay with Him, He will watch over us and fill us with His "peace that passes all understanding?"

So, for however long our churches may remain closed, we know that the closing of a building or even our sanctuary won't keep God away from us, nor us away from God. Always remember, the Church is NOT a building, but the Church is the Family of God. We, the faithful, are the Church and we will continue being the Church!

Although we believe all this, the question still remains as to when our

#### **BEYOND** THE PEWS

By Fr. Luke A. Veronis SAINTS CONSTANTINE AND HELEN GREEK ORTHODOX CHURCH, WEBSTER

State will open up and allow our churches to reopen. What will Governor Baker and his COVID 19 Advisory Board recommend for places of worship on May 18? (Unfortunately, the governor's advisory board does not include even one person representing com-

munities of faith.) During the first phase of re-opening, will churches be

Over the past two months, we have seen how certain "essential" businesses like supermarkets or pharmacies have remained open. Yet, that list of 'essential" businesses has also included liquor stores and even gun shops. Are they truly more essential than the Church? And if Home Depot can have dozens and dozens of people in their stories wearing masks and properly keeping social distance, why can't our churches do the same?

These decisions reflect the challenges we face in a secular society. Secular society's worldview doesn't necessarily reject religion but places issues of faith in one of many compartments in life. Our secular society will tell us, "You can be a person of faith, but keep your faith private, out of the public sphere." And when it comes to "essential" elements of society, faith will not necessarily be one of them. Our society may try to treat faith communities the same as entertainment communities, opening up churches when they open up our sporting venues.

Of course, for a true follower of Jesus Christ, our faith is not simply one part of our life. It cannot be equated to any form of entertainment. Our faith is our life. It is what gives our lives meaning, purpose, hope, and direction. Our faith instills in us divine love for all people and inspires us to serve others with compassion and charity. We hold on to a worldview where God is at the center of everything in life, and thus, we can't compartmentalize our faith by simply putting it in one corner of our busy lives. This is something the secular mind finds hard to understand.

For example, as Orthodox Christians, we are a sacramental church where receiving the Body and Blood of Jesus one of the most intimate ways we connect with God. We can't participate sacramentally in Holy Communion via online streaming! We are also a community of love, where sharing with one another, connecting with one another, supporting and encouraging one another, and serving one another is central to who we are. During this time of pandemic, we have found new ways of supporting, sharing and connecting with one another, but we can't minimize the importance and value of connecting with one another in person especially during these days of loneliness, anxiety, and distress, and we hope to resume this a soon as is safe.

Absolutely, when churches re-open we will take care especially because elderly populations fill our churches. Many of these elderly feel more than others the loneliness of social distances. Yet, they are also the age group most vulnerable to the virus and thus, we must be careful to protect, and not to unconsciously pass on COVID 19 to them or any others.

Some Christians have turned to protests, lawsuits and even mass gatherings to demand the reopening of churches. This has become too political. We want to do what is best for our church communities, as well as what's best for society. We also ask our civic authorities, however, to understand and respect the value of faith communities and their houses of worship. Government officials need to clearly state why other businesses are considered essential while communities of faith are non-essential, and why they think church communities couldn't take the same precautions that other businesses are presently doing to reopen.

As the Church, when we reopen we will prepare our church facilities, require masks, respect proper social distancing, avoid handshaking and hugs, not allow for time of fellowship after our worship services, and limit the number of people who can attend a service. We can act just as responsibly as any "essential" business that has permission to reopen.

Churches need to be treated as essential, because the reality is that these communities of faith are essential in the lives of countless people. Our faith is essential and stands at the center of our entire lives.

# Restraining orders in the age of



CHIEF'S CORNER **STEVE** WOJNAR

uation continues to pose many challenges. Among the many businesses closed during this pandemic, have been courthouses. Most (including Dudley District Court) have now re-opened for some business, however, much of the in-person service, is limited. As a result of these restrictions,

police departments from across the state, have been assisting with many of the court related functions. With limited operations and stay at home advisories in place, I was asked to explain how a person can obtain a restraining order in the event they needed one.

Retraining orders are abuse prevention orders issued under Massachusetts General Laws Chapter 209A. To qualify, a person must be in some form of a domestic relationship and be the victim of abuse. If a person qualifies and wishes to seek the protection of one of these orders, and it is during normal business hours, it is recommended they call their local court and seek advice on how to proceed. If the court is closed or unable to process the request at that time, victims can call or go to their local police station or state police barracks. From there, an application for protection will be completed. Officers will then contact a judge to review the information. Outside of normal court hours, the state provides judges "on-call" specifically for these purposes. If enough information is present to issue this document, the judge will authorize the order over the phone. The order will then be in effect until a future date. At that time, the person requesting the order will need to appear at court. The defendant also is given the opportunity to attend the hearing to determine what should occur going forward. The presiding judge can extend, amend, or vacate (dismiss) these temporary orders. Orders issued remotely, or after hours, have the same force and effect as those completed through the normal court proceedings. It is important to note, however, these orders are only effective once they have been served on a defendant. This may be challenging in some cases Christ through Holy Communion is and officers will seek the assistance of the victim in locating the subject of the order.

> Many measures can be taken to limit harm from a potential attacker. These orders are only a small part of the actions potential victims should take to ensure their safety and that of others around them. If you fear abuse or violence from another, contact the police or a victim service organization to find out what options are available to you for your protection.

> Thanks again go out to the men and women from my department for their continued dedicated service to the Town of Dudley. Thanks also go out to the many Fire and Emergency Services members, public works and government employees, hospital workers, grocery and retail workers, and all other "essential" personnel for their continued hard work and service thorough this situation. We will get through this and hopefully we will be back in full swing soon, with as limited negative impact as possible.

> Thanks again for your questions and comments. Please send them to me at the Dudley Police Department, 71 West Main St., Dudley, MA 01571 or email at swojnar@dudleypolice.com. Opinions expressed in this weekly column are those of Chief Wojnar only and unless clearly noted, do not reflect the ideas or opinions of any other organization or citizen.



# 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

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

This Covid 19 virus has sure disrupted our way of life, and it is expected to continue for months, or even vears. 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

THE GREAT OUTDOORS RALPH TRUE

ble 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

dealing with this terri-

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

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 considered 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 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 also sell for high prices. A near mint Hulk issue # 180 from 1974 sold for over \$2,000 recently. That comic book

ANTIQUES, COLLECTIBLES & ESTATES

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 Golden Age was from 1938 to WAYNE TUISKULA have been using this time to clean and organize. Maybe you'll stumble across some old

featured the first appearance

comics that were tucked away years ago. My next article will be on Silver Age comic books.

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

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# \*\* Triday's Child \*\* \*\*



**Danielle** Age 16

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

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

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

#### Who Can Adopt?

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

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

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

# MEETING

continued from page A1

the meeting. Going forward, the town will be requiring advance verification of identity to join a public or password-protected meeting. All meetings, whether public or private, will now require a password and it's likely that comments on Facebook will also be screened and read to facilitate public participation. Ruda clarified that the hack was simply an incident on Zoom and in no way compromised the security of private records or the town Web site.

'There is no connection, literally or figuratively, to the Town of Dudley Web site or network. Zoom is a third-party platform that is not hosted or run through the Town's systems. I think that it's important also to note that I have actually increased the Town's level of cybersecurity and hired a consultant to concentrate on keeping our network and website secure, particularly during this crisis and as we add telecommuting options for employees," said Ruda. "Our network has never had such a level of security oversight, and the Board of Selectmen not only agree with that policy but insist upon it. In short, at no time was the town's IT infrastructure in jeopardy by this incident and at no other time in the Town's history has the Town's infrastructure been more secure."

The Town Administrator wasn't the only town official who found the Zoom hacking to be a childish and unfortunate event. Dudley Board of Selectman Chair Steven Sullivan was very vocal when the meeting reconvened and, in an interview, condemned the actions of a few likely non-residents who are affecting the process

"Whoever these hackers were, it's just very disheartening because people think it's funny to interfere with the governmental process," said Sullivan. "I think this is a learning experience. Our Town Administrator Jon Ruda and Selectman John Marsi are both pretty tech savvy and our high school representative was right in tune with it too. I think we'll grow from it and figure out a way to give people passwords or to make the virtual waiting room work for us."

Ruda and Sullivan both thanked citizens for their patience even in the face of such incidents with Ruda saying a few outliers are not going to keep the town from conducting business and allowing citizens to be involved.

There will always be those that are ignorant to the world around them," said Ruda. "This incident was a prime example. I don't believe that the 'Zoom-Bombers' were residents, but more likely some losers living off their families far-away, with little to do but troll for an opportunity to be the center of attention for a few minutes. The Board of Selectmen and our elected and local officials have thick skin and have far bigger issues to deal with. There is little time to engage or be sidetracked by the nonsense brought forward from a position of ignorance by the lowest common denominator.'

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# Why should you see a financial advisor?

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 six 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

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 financial advisor who 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

FINANCIAL Focus

**DENNIS ANTONOPOULOS** 

been working with a finanadvisor cial and following your investment stratyou'll egy, 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.

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 oncein-a-lifetime experience. prolonged Typically, 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

Understanding

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 Dennis Antonopoulos, your local Edward Jones Advisor at 5 Albert St., Auburn, MA 01501 Tel: 508-832-5385 or dennis.antonopoulos@ edwardjones.com.

# 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 schoolteachers 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



Positively SPEAKING

> GARY W. MOORE

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

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, vou 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 drivein window as quarantine seems to have the lobbies

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.garywmoore.com

# 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 yearround. 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 forego this precaution. Reapply sunscreen every two hours or after swimming or



GARDEN MOMENTS

excessive sweating. Pay close attention and make a generous application to lips, tips of ears, and the backs of your neck and hands.

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

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

den more enjoyable.

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

Be sure to include gloves when purchasing sun protective clothing. Look for knit gloves like Foxgloves (foxglove-sinc.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.

don't forget And 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



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

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.

Contact your sales representative StonebridgePress.com

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 & 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.



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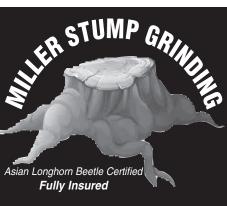
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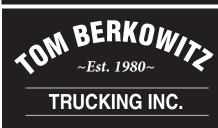
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# **OBITUARIES**

# Gary J. McHugh, 69



WEBSTER- Gary McHugh, Ave., Pontiac passed away on Tuesday, May 12th, the Brookside Rehabilitation and Healthcare, Webster, after an extended illness.

He leaves his son, Daniel McHugh of Amherst; his brother, Jim McHugh of Springfield; his three sisters, Debbie Zigarelli of Brick, NJ, Jeanne Santos of North Dartmouth and Diane Finizio of Lake Hopatcong, NJ; as well as many nieces and nephews.

He was born in Newark, NJ the son of the late James F. and Marilyn (Postel) McHugh. At the young age of 2 was raised and loved by the late Doris McHugh. Gary grew up in Kearny, New Jersey and enlisted in the United States Army and served honorably during the Vietnam War. At the young age of 18, Specialist McHugh was presented with the Bronze Star with V device for Valor. It was noted in the announcement of his award that his personal bravery and devotion to duty was instrumental in repelling the enemy attack and limiting friendly

casualties. He always spoke highly and was very proud of his son Daniel who was raised by his mom Regina Norling. Those people who had the privilege to meet him would take an instant liking to him and were rewarded with his

A graveside service with military honors for Gary will be held at the Massachusetts Veterans Cemetery in Agawam 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

# Anne M. Kozlowski, 75



WEBSTER Anne M. (Scioscia) Kozlowski, 75, passed away on Sunday May 10, 2020 at Hubbard Hospital.

Being predeceased by her husband of thirty-three years, the late Peter J.

Kozlowski in 1999 and their son Peter J. Kozlowski I in 2016, Anne is survived by her daughter Donna Keith of Griswold, CT; her daughter-in-law Crystal Kozlowski of Thompson, CT; five grandsons: Anthony Manuel, Jared Keith and his wife Carrie, Nathan Kozlowski, Peter J. Kozlowski II, and Andrew Markvenus; two granddaughters: Samantha and Suzanne Demers, and their mother Dina Kozlowski; she also leaves three great-granddaughters, and two great-grandsons. Anne also left behind many dear friends,

some of whom became family, most gratefully Kathy Bedard, Rose Pierce, her son Josh and Stephanie Laderman of whom their care, time, and love were selflessly given.

Anne was born in Worcester, MA on August 4, 1944, daughter of Charles and Marjorie (Anderson) Scioscia. Anne graduated from Oxford High School, not long after she met the love of her life and was married to Peter Kozlowski on October 1, 1966. Anne was a devoted wife, a loving mother, and caring grandmother who cherished the time spent with her beloved family and friends,

Private funeral arrangements have been entrusted to the care of the Shaw-Majercik Funeral Home, 48 School Street Webster, MA.

A guest book is available at www. shaw-majercik.com where you may offer condolences or light a candle in remembrance of Anne.

## Carmel R. Rohr, 88

ROHR - Carmel R. (Rozek) Rorh 88 of South Yarmouth died Saturday May 9, 2020 at Cape Cod Hospital in Hyannis.

She was the wife of Ernest C. Rohr. They had been married for 66 years.

Born, raised and educated in Webster, Carmel was the daughter of the late Peter and Lottie (Obuchowski) Rozek. She was a 1949 graduate of Bartlett High School in Webster.

She worked with special needs students in the Webster and Gardner School Systems for many years.

A devoted, loving mother, grandmother and great grandmother, Carmel was a fantastic homemaker who fashioned a loving and welcoming home. Carmel was an avid walker, reader, and a long-time volunteer at the Alzheimer's Association in Hyannis, and she was very active until just before her death.

In addition to her husband, Carmel

is survived by a son, James M. Rohr and his wife, Diane of Hudson; a sister, MaryAnn Wunsch and her husband, Rudy of Savannah, GA; two grandchildren, Michael Rohr and his wife, Claudia of Tampa, FL, and Megan Sandman and her husband, Ben of Franklin; two great grandchildren, Chase and Rylie Sandman of Franklin; a brother in-law, Gordon Rohr and his wife, Rita of North Grovenordale, CT; a sister in-law, Nancy Surrett of Dudley; and several nieces and nephews.

Funeral services will be announced at a later date.

As an expression of sympathy, memorial donations may be made to the Alzheimer's Association, 225 N. Michigan Ave., Fl. 17, Chicago, IL 60601. www.alz.org.

Arrangements by Hallett Funeral Home, South Yarmouth, MA. www. hallettfuneralhome.com.

# Alfred "Al" Bianchi, 82



Alfred "Al" Bianchi of Oxford lost his courageous battle with Covid-19 on May 12th. His family and friends cherish the eighty-two years that he was with us.

graduated from Millbury High

School in 1957 where he was an excellent student and member of the track team. He and his high school sweetheart Caroline (Quail) celebrated their sixtieth wedding anniversary last September. After marrying in 1959, they settled in Oxford to raise their family. As a young man, Al attended Clark University and served in the Army National Guard.

Al became a successful salesman, working for several plastics companies in Massachusetts including Reed Plastics in Worcester and Foster Grant Plastics in Leominster. He was the co-founder of the Nylon Corporation of America located in New Hampshire. Al was affectionately known by co-workers and his clients as "Big Al, the Customers' Pal". Al was a member of the Oxford Lions Club, Jaycees and a lifetime member of the Knights of

Golf was one of Al's passions. He organized and participated in many charity golf tournaments. He was an avid Patriots, Celtics and Red Sox fan. Al was unbeatable in trivia games and was a crossword puzzle ace. He enjoyed cookouts, good movies and most importantly time with his family.

Al leaves his devoted wife Caroline of Oxford, his daughter Lynne Sierra and her husband Joseph of Oxford, his daugh-



ter Dr. Alison Bianchi and her husband Dr. Paul Monroe of Iowa City, his brother Raymond and his wife Hester of Florida. He will be sadly missed by his adoring grandchildren Joseph Sierra of Los Angeles and his girlfriend Vera Reysag and Jocelyn Sierra of Grafton and her boyfriend Jimmy Davidson. He also leaves many cousins, nieces and nephews. Al joins his parents, Dino and Zaida (Fereira) Bianchi, sister Connie Kenneway and brother Dino Bianchi in heaven.

Al's family is extremely grateful for the kindness and care he received from the CNAs and nursing staff at Beaumont Rehabilitation Center in Northbridge, where he spent his last days. Due to current health restrictions, the burial will be private. In lieu of flowers, memorial donations in Al's name may be made to Seven Hills Foundation ASPiRE! Day Habilitation, 799 West Boylston St., Worcester, MA 01603. Paradis-Givner Funeral Home in Oxford is directing the arrange-

paradisfuneralhome.com Anne M. Kozlowski, 75,

# Donald F. Decker, 73



WORCESTER Donald F. Decker, 73, died Monday, May 11, 2020 in Metrowest Medical Center, Framingham, after an illness.

He leaves 7 children, Timothy D. Decker and his

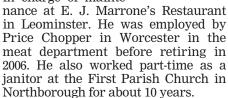
wife Kathy of Worcester, Dorothy A. Lavallee and her husband Steven of Webster, Ronald D. Decker and his wife Joyce of Dudley, Christopher D. Decker and his wife Jennifer of Oxford, Crystal D. Decker, Craig S. Decker and his partner Mike Nygard all of Worcester, and Cassidy L. Decker of South Barre; 14 grandchildren; 2 great-grandsons (and he was looking forward to the birth of a 3rd great-grandson in June); a brother Paul Decker and his wife Linda of Dudley; a sister Anna Mary Borjeson of West Boylston; his former wife, Debra M. (Greene) Haire of Dudley; his second former wife. Lori (Sexton) Decker: nephews and nieces. He was preceded in death by his brother, Ronald Jacqueline Barnett and Carol Walsh.

He was born on May 21, 1946 in Worcester, the son of Ronald Roy Decker, Sr. and Loretta (French) Decker and lived there all his life. He graduated from Worcester Boys Trade

School in 1964.

Mr. Decker was a United States Navy veteran of the Vietnam War.

He first worked as a machine operator at Nissen's Bakery. After he was in charge of mainte-



Mr. Decker enjoyed golf, fishing and playing the nickel game, pitch and cribbage with family members. He loved to watch sporting events, especially the Boston Bruins and the New England Patriots. He was a constant flirt with an infectious sense of humor.

His funeral and calling hours will be held when it is safe to do so. Burial will be in Sacred Heart Cemetery, Webster with military honors. Donations in his Veterans (DAV) Auxiliary Unit 4, 210 Temple Street, Gardner, MA 01440. Arrangements are under the direction of Scanlon Funeral Service, 38 East Main Street, Webster.

www.scanlonfs.com

### Carol A. Plouffe



BLACKSTONE Carol A. (Pepka) Plouffe, age 67, formally of Dudley, passed away on May 13, 2020 at home with her family by her side following a fiveyear battle with can-

cer. She was born on December 3, 1952 to the late Felix and Eleanor (Parmentier) Pepka and was the wife of Arthur Plouffe.

Carol is survived by her husband of 47 years, Arthur Plouffe as well as 2 daughters, Kelly Taylor and her husband Thomas, Tammy Surprise and her husband David; 2 brothers, Donald Pepka and his wife Naomi, Kenneth Pepka and his wife Sandra; a step-sister Janice Hebert and her husband Raymond; a brother in-law Alan Plouffe and his wife Karen; 2 sister in-laws, Susan Livernois and her boyfriend Rick, Ann-Marie Ellis and her husband Dan; plus 3 grandchildren Skyler, Jared and Thomas; and many other loved family members and

She attended St. Louis schools in her younger years and was a graduate of Bartlett High School in 1971. She was married to Arthur Plouffe on May 20, 1972 and had just celebrated their 47th anniversary while on an Alaskan cruise in May of 2019, a dream come true trip for them. She worked as a postal worker at the Charlton City Post Office and had also enjoyed working at Commerce Insurance, TJ Maxx and Park'N Shop.

Carol was a very social person that loved spending time with family and friends. She loved to attend her grandchildren's events and was proud to be their "Mimi". She enjoyed trips to the casino, watching the Red Sox and listening to her 60's music.

A graveside service will take place at St. Joseph's Garden of Peace, Webster, MA at a later date.

Memorial donations may be made to the Cancer Center at Harrington Fund, 55 Sayles St., Southbridge, MA 01550. Arrangements by Buma Funeral

Home, Uxbridge, MA.

# Francis E. Cutting, 93



WEBSTER Francis E. Cutting, 93, passed away on Saturday May 2020 at the Hubbard Hospital in Webster.

Being predeceased by his loving wife Mary J. (Cronin) Cutting, Francis is

survived by his son Michael Cutting of Webster; four daughters: Sheila Avakian and her husband Pete of Largo, FL, Mary Ellen Piarulli and her husband Vincent of Oxford, Patricia Ludovico and her husband William of Webster, and Frances Buccini and her husband Michael of Webster; his son-in-law George Duplisea of Grafton; his brother-in-law Robert Cronin and his wife Patricia of Worcester; twelve grandchildren; nine great-grandchildren; he also leaves many nieces, nephews, relatives, and friends; he is predeceased by his daughter Kathleen Duplisea; his brothers James and Alfred; his sisters Helen and June Hebert.

Francis was born in Webster, MA on October 11, 1926, son of the late Louis and Mary Ellen (Meagher) Cutting. Francis served honorably in the United States Navy during World War II and

the Korean War; he worked as an iron worker for many years and was a member of the ironworkers local 57. Francis was a faithful member of the Sacred Heart of Jesus Church and was also



very active with the VFW, American Legion, the TSKK, the 200 Sportsman Club, and the Booster Club; he enjoyed watching his favorite gameshows with his best friend Mike Mahan, but nothing compared to the joy that filled his heart while he was fishing, hunting, and watching sports with his grandchildren. Francis loved spending time with his big and beautiful family, he will be deeply missed, and will remain in our hearts forever.

Due to current world events, services will be planned and announced at a later date.

Funeral arrangements have been entrusted to the care of the Shaw-Majercik Funeral Home, 48 School Street Webster, MA.

A guest book is available at www. shaw-majercik.com where you may offer condolences or light a candle in

remembrance of Francis.

# Gene M. Bailey, 69

DUDLEY - Gene M. Bailey, 69, passed away peacefully at home with his loving wife and family by his side on Tuesday May 12, 2020.

Gene is survived by his wife of thirty-five years, Elizabeth (Gauthier) Bailey; two sons: Michael Bailey and his wife Johanna of Auburn and Sean Bailey of Dudley; his sister Linda Madonna of Leicester; his granddaughter Michelle; he also leaves many relatives and friends; he was predeceased

by his brother Robert E. Bailey. Gene was born in Boston, MA, son of the late Robert and Mary (Bouret) Bailey; He served honorably in the United States Army during the Vietnam War and worked for the Scales Industries Technology Company. Gene greatly enjoyed reading, going fishing, boating, and watching his NASCAR Races.

In lieu of flowers, please consider making a memorial contribution to the American Cancer Society in honor of Gene.

Private funeral arrangements have been entrusted to the Shaw-Majercik Funeral Home, 48 School Street Webster, MA.

A guest book is available at www. shaw-majercik.com where you may offer condolences or light a candle in remembrance of Gene.

Send all obituary notices to Stonebridge Press, PO Box 90, Southbridge, MA 01550, or by e-mail to obits@stonebridgepress.news



# **OBITUARIES**

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



WORCESTER Oliver Rev. Blanchette, A.A., 104, died Monday, May 11, 2020 in Notre Dame Long Term Care Center after a period of declining health.

Besides Assumptionist com-

munity, he leaves 3 first cousins, Jeanne Sears of Baltimore, MD, John H. "Jack" Connelly and his wife Denice 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. 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

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 regional 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.

websterfunerals.com

# 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

### Barbara L. Sinkis



gained Heaven a special angel as Barbara L. (Petit) Sinkis passed away on Saturday May 9, 2020 at Care One of Millbury from complications related to COVID-19. She was born in Worcester,

MA on January 13, 1934.

She leaves her loving husband of sixty-seven years Chester Sinkis, her sons Stephen Sinkis of E. Brookfield, Mark Sinkis and wife Carol of No. Oxford, Chester Sinkis of Brookfield, and David C. Sinkis of Terrell, TX (formerly N. Oxford, MA) who passed away in 2013, and her daughters Debra Wyszynski and husband Konrad of Oxford, Donna Korp and husband Arthur of Worcester, Cathy Laskowski and husband Benjamin of Webster, Barbara (Bonnie) Harden and husband John of Dudley, Laurie Baarda and husband Richard of Webster and Kim Brassard of Oxford, and her grandchildren Michael Wyszynski who passed away in 1997, Justin Wyszynski, Kristin Santerre, Meagan Brousseau, Stevie Sinkis, Chelsea Korp, Tiffany Rivera, Matthew Laskowski, Brian Harden, Kevin Harden, Nicole Baarda, Danielle Baarda, Lindsey Baarda, Jacklyn Los, Davie Sinkis, Dean Brassard, Mandy Brassard, and 15 great grandchildren.

She was predeceased by her parents Archie and Lois (Hartley) Petit of Worcester, and her brothers Phillip, Robert and Allen, her sister-in-laws Marie and Carleen Petit and brotherin-law Benas Sinkis, and leaves her sister Shirley Sinkis and husband Al of Oxford, brother Richard Petit of Auburn and sister-in-laws Eileen and Paula Petit of Worcester and Deborah Sinkis of Auburn. She also leaves many nieces and nephews, and other relatives and many loving friends.

For years she worked at Marvin Richmond Studios in the film processing laboratory and then worked and retired from Liberty Mutual Insurance as a Call Director Agent. After retirement she and Chester enjoyed many years camping at Lake Dean campground spending time with family and friends, having cookouts, sitting by the campfire listening to music, and sitting by the beach. Then they relocated to No. Fort Myers FL, and enjoyed severals years making new friends, enjoyed senior activites and having family visit them there. They moved back home to Oxford where they have enjoyed spending time with family and friends.

Her children, grandchildren and great grandchildren were her pride and joy, she enjoyed cooking and baking, family cookouts, listening to music, spending time at the lake and ocean, loved dancing and going to events that had Polka music.

There will be no calling hours and when time allows due to the COVID-19 there will be a Celebration of Life luncheon planned for family and friends. In lieu of flowers donations may be made to Care One of Millbury and Ascend Hospice of Marlborough.

To all of the staff at Care One of Millbury especially the nurses, aids and residents, and the Ascend Hospice team, we cannot thank you enough for your support, prayers, dedication, thoughtfulness, and loving compassion during this very difficult time.

The Shaw-Majercik Funeral Home, 48 School St., Webster, MA has been entrusted with her arrangements. A guest book is available at www. shaw-majercik.com where you may offer condolences or light a candle in remembrance of Barbara.

# Joan H. Vear, 83



WEBSTER- Joan H. (Stone) Vear ,83, passed away May 15, 2020 at Life Care Center of Auburn.

Her husband of 49 years, Alton E. 'Jack' Vear died March 31,

Joan leaves daughters; Melodee Parent of Eldorado Springs, MO., Debra Vear of Webster with whom she lived, Donna Beiler of West Melbourne, FL.,

and Jo Lambert of Webster, a grandson; Jonathan Kovaleski of Lee's Summit, MO., 5 great grandchildren, and one great great grand-daughter.

Joan was born in Webster, August 14, 1936, daughter of the late Clarence and Clara (Streich) Stone and was also

predeceased by 2brothers; Clarence and Edward Stone.

She worked at the former Sandlerette Footwear Co. and the former Cranston Print Works Co. both in Webster.

The family would like to give a Special Thank You to Staff on Gardenia Unit including P.T. and O.T. departments at Life Care Center in Auburn for their exceptional care.

There are no calling hours, Graveside Services will be at a later date in Mt. Zion Cemetery.

The ROBERT J.MILLER FUNERAL HOME and LAKE CHAPEL, 366 School St. is assisting the family with arrangements.

To send a condolence or Share a Memory of Joan, please visit: RJMillerfunerals.net

# George N. Youssef, 83



**DUDLEY-** George N. Youssef, 83, passed away Saturday evening at Harrington at Hubbard Healthcare in Webster.

He leaves his wife. Roza (Kerio) Youssef, their children; Naim G. and his wife Mirna

E. Youssef of Dudley, Leif G. and spouse Jamileh Youssef of Sweden, Dergan Youssef of Dudley, Salam Habibi and husband Karim of Long Island, and Karim G. Youssef and his wife Carollee of Thompson. He also leaves grandchildren; Gustav and Philip Pearson, Akram, Clarisse, and Joelle Habibi, George Youssef, Matilda Pearson, Isabella Youssef, Olivia Youssef and Joy Youssef, siblings; Joseph Chalino of Shrewsbury George was predeceased by his brother Maliki Youssef of Worcester and his brother Dr Jabriyal Youssef of Hudson, George also leaves behind an aunt, Emiline Zhogbi and his close brothers in law George Kerio, Adib Kerio and Subhi Kerio, sistersin-law, and many nieces and nephews.

He was born in Hassakee, Syria on January 6, 1937 son of the late Naoum and Jamileh (Kolo) Youssef.

Mr. Youssef was a member of St. Mary's Syriac Orthodox Church.

He was the owner of the former East Side Bakery in Worcester and prior to that owned and operated a bakery on Long Island.

George continued at home to cook and bake for his family and friends, which he enjoyed doing.

George Youssef was the most kind hearted and selfless person I have ever met and I find myself wondering how I got so lucky that I ended up with him as my grandfather. He did everything in his life with God and his family at the center, and we are lucky enough that he passed that wisdom onto us. As much as we grieve his passing, he made sure to let us know how he will never leave us as long as we keep that same faith in God that he exemplified.

Our grandpa George was a giver. He never let us go hungry, as we all know that no one could bake half as well as he did ( the secret ingredient had to be his love) and no one could make a kafta sandwich as good as his. However, that is not what I think of when I say my grandpa was a giver. Our grandpa George was a giver because he gave us his wisdom, he gave us his compassion, and luckily for us, he gave us his whole heart. As much as it hurts us that he is no longer physically with us, his grandchild, Isabella, has constantly been reminding me that he isn't gone because he always said that he is always in our hearts and I know he will never leave mine.

More than anything, I would like to say Thank You to our Grandpa George. Thank you for teaching us that God comes first. Thank you for teaching our parents how to raise us. Thank you for all the meals. Thank you for all the lessons. Thank you for your love."

"We Love You Dido George." Calling Hours were Wednesday, May 13, 2020 from 4-8 pm at St. Mary's Syriac Orthodox Church, 1 Industrial Drive in Shrewsbury (social distancing and precaution guidelines will be in place, as per current requirements.

The Funeral Service was held at 10 AM, Thursday, May 14, 2020 at the Church followed by entombment in Notre Dame Cemetery, 162 Webster St., in Worcester,

Guild lines will also be in place at the Mausoleum.

lieu of flowers, Memorial Contributions may be made to: St. Mary's Syriac Orthodox Church, 1 Industrial Drive, Shrewsbury, MA.

The ROBERT J. MILER FUNERAL HOME and LAKE CHAPEL, 366 School St., Webster is Very Honored to be assisting the family with arrangements.

To leave an on line condolence or to share a Memory of Mr. Youssef, please visit:RJMillerfunerals.net

# Jeffrey M. Mayotte, 69



DANIELSON Jeffrey M. Mayotte, 69, of Mockingbird Drive, died unexpectedly on Friday, May 8, 2020, at UMass Memorial Medical Center University Campus

in Worcester. He is survived by his longtime companion, Linda D. Sweeney of Danielson, CT; two brothers, Armand R. Mayotte and his wife Irene of Sebastian, FL, and Richard A. Mayotte of Dudley and his wife Arlene of Austin, TX; many nephews and nieces; and a large extended family including Linda's children and grandchildren. He was born in Webster, son of the late Anselme Roger and Beatrice Marie (Matte) Mayotte, and lived in Webster, Dudley, and Quinebaug before moving to Danielson 3 years ago. He graduated from Bartlett High School in Webster in 1968. He was a U.S. Army combat veteran of the Vietnam War, receiving the Purple Heart and Bronze Star for his service.

Mr. Mayotte was a member of the

Ironworkers Union Local 7 in Worcester for over 30 years. He was a member of the Disabled American Veterans and the His pas-V.F.W. sion was golf and he played in several area leagues. He played



baseball for Bartlett High School and was a fan of all the New England sports teams, especially the Patriots and Red Sox. He loved traveling with Linda to St. Petersburg, FL, and York, ME, and had many friends in Maine who will miss him greatly.

Due to gathering restrictions in Massachusetts, a private graveside service will be held at All Faiths Cemetery in Worcester. In lieu of flowers, memorial contributions may be made to Veterans Inc., 69 Grove St., Worcester, MA 01605, or to the Iron Workers Local 7, 195 Old Colony Avenue, South Boston, MA 02127. Paradis-Givner Funeral Home in Oxford is directing the arrangements.

paradisfuneralhome.com

## Noreen J. Martel, 88



WEBSTER- Noreen J. (Main) Martel, 88, passed away May 17, 2020 in her home surrounded by her fam-

husband, Ronald Martel died February 15, 2009.

She leaves behind her children; Marie LaFountain of Webster, Doreen Sadowski of Southbridge and Ronald Martel of Dudley, a sister, Dolores Jackson of FL.,11 grandchildren, 13 great grandchildren, and a nephew, David Jardine.

Noreen loved playing bingo, dancing and drawing, and being with others at Accord Adult Day Care, but really enjoyed being with her family.

There are no calling hours. Services will be private.

In lieu of flowers, memorial contributions may be made to" Accord Adult Care Center, 10 Cudworth Rd., Webster, MA. 01570.

The ROBERT J. MILLER FUNERAL HOME and LAKE CHAPEL, 366 School St. is assisting the family with arrange-

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

# **UBITUARIES**

# John H. Charlsen, 78



DUDLEY – John H. "Jack" Charlsen, 78, a consummate gentleman, died Wednesday, May 6, 2020 in Harrington Memorial Hospital in Southbridge after an illness

He leaves his significant other of 30 years, Lucille E. (Bernier) Wright of Fort Myers Beach, FL; a daughter, Kelly Fulford and her husband Matt of Odessa, FL; 2 sons, Dean Charlsen and his wife AnnMarie and their children Tristin, Emma & Julia, and Daniel Charlsen and his wife Karen and their children Jonathon and Julian, all of Massachusetts; 4 step-daughters, Robin Bernier of Provincetown, Lisa Haynes and her husband Bob of Webster, Desiree Wilde of Bradenton, FL and Corinne Maycock and her husband Peter of Wilbraham; a granddaughter, Erica Garabedian and her husband Scott; 2 great-grandchildren, Skylar and Colton Garabedian; 2 brothers, William Charlsen and his wife Carol and Kevin Charlsen and his wife Cheri; 2 sisters, Janice Carlson and her husband David and Patricia

Downs and her husband Cort, all of Minnesota; nephews, nieces and cousins and then let's not forget "That Girl."

He was born in Stillwater, Minnesota on June 27, 1941 a son of Dean and Margaret (Collins) Charlsen.

Mr. Charlsen first worked as a fisherman and was the proprietor of Jack's Catch. He was a chef at Mario's Restaurant in Southbridge for many years and then the head chef at the "Fireside" in Millbury. He was a real estate agent with Allen Realty in Webster for 16 years before retiring.

He was a US Navy veteran of the Vietnam War.

His funeral will be held privately at the convenience of the family. Donations in his name may be made to Harrington Cancer Center, 55 Sayles Street, Southbridge, MA 01550. Arrangements are under the direction of Sitkowski, Malboeuf & Hickey Funeral Home, 340 School Street, Webster. websterfunerals.com

# Kathleen R. Isakson, 61



NORTH OXFORD -Kathleen R. "Kathie" (Martin) Isakson, Esquire, 61, unexpectantly passed away Tuesday afternoon, May 12, 2020.

She leaves her husband of almost 39 years, William

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

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

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

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

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

www.scanlonfs.com

# Robert C. Gliniecki Jr, 70

Robert C. Gliniecki Jr, age 70 of Cumberland City, TN, formally of Dudley, MA, peacefully passed away on Tuesday, May 12, 2020 at his home with his loving wife at his side. Robert was born on May 26, 1949 son of Robert and Dorothy Gliniecki Sr. In addition to his parents, Robert was preceded in death by his favorite uncle Billy and his four babies, Molly, Buddy, Ginger, Oscar, and Rambo. He leaves to cherish his memories, his wife of 30 years, Patricia Soper Reynolds Gliniecki; his stepson who he was very proud of, William Reynolds III and his wife Missy of West Warren, MA. He was known as Grampie and sometimes as Grumpy Grampie by his loving grandson Staff Sargent William Reynolds IV and his wife Sherrie of Baumholder Germany; and his beloved great -grandson Liam, who he very much adored.

Robert retired from General Motors at the age of 51, having put in 32 years between Framingham, MA, the assembly plant in Baltimore, MD and the parts depot in Quincy, MA. He was also a member of the UAW. Robert moved to Tennessee in 2008. Robert loved fishing and hunting with his dad and was a big New England Patriots fan, and he loved his cocker spaniel named Brady. A funeral service was held in Nave Funeral Home Erin TN. Graveside services will be held on May 26, 2020 on Roberts 71st birthday at St. Anthony's Cemetery in Webster, MA. In lieu of flowers, Robert ask that you make a donation to the Webster Animal Shelter Gift Fund, 350 Main St, Webster, MA, 01570. Local arrangements are in the care of Bartel FuneralHome & Chapel 33 Schofield Ave., Dudley Ma.

## Ronald E. Shaw, 91



OXFORD - Ronald E. Shaw, 91, of Bacon Street, died Sunday, May 10, 2020, in his home surrounded by his family. He is survived by his loving wife of 73 years, Helen M. (Socia) Shaw of Oxford; eight

children, Ronald L. Shaw of Rockledge, FL, Raymond C. Shaw and his wife Kathleen of Auburn, Susan J. Troy of Boylston, Glenn A. Shaw and his wife Linda of Homosassa, FL, Luanne J. McGrath of Boylston, Jeffrey S. Shaw and his wife Jennifer of Brownsburg, IN, Lori G. Landry and her husband John of Charlton, and Karen M. Murphy and her husband Christopher of Holden; fourteen grandchildren, Lt. Col. Keith Shaw, Kimberly Butler, Todd Shaw, Tonya Spagnuolo, Matthew Troy, Travis Shaw, Stephanie Jaynes, Jaclyn Shaw, Danielle Cole, Zachary Shaw, Gabrielle Shaw, Lauren Landry, Jonathan Landry, and Ashley Maryyanek; 14 great-grandchildren and several nephews and nieces. He was predeceased by seven siblings, Walter Shaw, Willis Shaw, Leola Tracy, Verl Shaw, Letha Hunt, Eva Sirois, and Minard Shaw. He was born

in Stacyville, ME, son of the late Lester

and Hattie (Bragg) Shaw, and lived in Oxford since 1957. He graduated from Sherman High School in 1946.

Mr. Shaw was a laboratory technician in the quality control department at Wyman-Gordon in North Grafton for 41 years, retiring in 1991. During retirement, he delivered cars for Wagner Motors. He was a member of the First Baptist Church in North Oxford, where he also served as a deacon and on several church committees. Mr. Shaw enjoyed vacationing in Ogunquit, Maine, camping at Sebago Lake and in Birch Point, Maine, and spending winters in Florida for 20 years. He loved going for walks, crossword puzzles, and spending time with his grandchildren. He will be remembered as a kind man with a gentle soul who was loved by all who knew him.

Due to gathering restrictions in Massachusetts, a private funeral service will be held at Paradis-Givner Funeral Home followed by burial at North Cemetery in Oxford. In lieu of flowers, memorial contributions may be made to the Alzheimer's Association, 309 Waverly Oaks Rd., Waltham, MA 02452, or to the American Diabetes Association, 10 Speen St., Framingham,

paradisfuneralhome.com

## Joseph Paul Krukowski, 85



DUDLEY -Joseph Paul Krukowski, 85, died Thursday, May 14, 2020, at St. Vincent Hospital after a period of declining health and a battle with COVID- 19.

He is survived by three daughters: Lisa Benway of Mendon, Suzanne MΑ Clearwater of Oxford, MA, and Michelle Krukowski of North Grosvenordale, CT, granddaughter, Carissa Clearwater of Worcester MA and

a dear Cousin Anne Clemons of Milford MA, predeceased by his former wife, Pauline Denham, longtime partner Vera Mainheit, and his beloved dog Reba.

Mr. Krukowski was born on February 9, 1935, in Webster, MA. He is the son of the late Frank and Laurianna (Malboeuf) Krukowski and lived in Dudley, MA for most of his life. He proudly served in the Army from 06/27/1957 to 05/07/1959 and then with the National Guard Reserves. He worked at Bates Shoe for many years before finishing his career as a welder at Southbridge Sheet

Joseph was a member at St. Anthony's of Padua Church, a 40-year member of K

of C Council # 228 past Grand Knight, Fourth-degree member of the John Cardinal Wright Assembly # 1924.

He enjoyed fishing, playing bingo, and spending time with his three daughters. A private graveside service will be

held in Sacred Heart of Jesus Cemetery, Old Worcester Rd., Webster, MA His guest book is at www.bartelfuneral-

In lieu of flowers, memorials may be made to any local Covid-19 relief fund, or

Worcester County Food bank Webster, Dudley Food share Bread of life kitchen of Webster

Bartel Funeral Home & Chapel 33 Schofield Ave Dudley is directing arrangements

# Mary Jeannette Vienneau



GARDNER - Mary Jeannette (Richard) Vienneau died peacefully at the Rose Monahan Hospice Home in Worcester, MA on May 11, 2020 after a brief, yet courageous battle with cancer. Jeannette

was born on April 16, 1941 in St. Anthony N.B. Canada daughter of the late Zoel and Alma (White) Richard.

She was the eldest of three daughters, growing up in St. Anthony N.B. and Springhill N.S. Times spent on her Grandparents farm was one of her favorite stories to tell. She loved to dance and those sure were the dancing days. From the teenage dances to the many years of weekend dancing with

She met and married the love of her life Charlie, celebrating 60 incredible years. Having dual citizenship, they moved to Gardner in 1963 to raise their family and then retiring in Lower Five Islands, N.S. Canada. They loved their additional "Community & neighbor Family" there, making it their special

Her beautiful voice was heard often at home as she loved to sing and also played piano. Friends would visit and music filled our home. Holidays were especially joyful as she harmonized with her Mom and sisters and of course the dancing.

Her Faith was her guide, so strong and steady. She was always at peace knowing God was beside her in every step of her life.

Family was her whole heart, and that wasn't just her very own. Many became "family" through out the years. Whether they stayed for dinner or stayed indefinitely. There was always room for more and she had this incredible way of only seeing beauty in others. Her unconditional love was limitless. She became Nana to everyone from then on. Together with Charlie they always offered a safe place for anyone who needed it.

She loved to cook and fresh bread was a staple, especially warm. Passing along many family favorites for us to continue. Many games were always

played from Canasta, Parcheesi, Skip Bo, jigsaw puzzles and she was a whiz at video games as well. She enjoyed these all with every generation from eldest to youngest.

She was predeceased by her husband Charlie on Nov, 7, 2019. She has leaves behind a son Charles Vienneau of Gardner, MA., a daughter Angie Sabettini and her husband Peter of Littleton, MA. Five grandchildren Nina Sabettini, Ashley Vienneau, Amanda

Vienneau, Jessica Flaxington, Justin Vienneau. Her 6 great grandchildren Dominic, Kenzie, Jaydon, Rylee, Brooke, Kaislee. Her sisters and best friends Dianne Henrie and husband Gerald, Louise Gallant and husband Ronald. She also has so many beloved nieces, nephews, relatives and friends in the U.S. and Canada.

Here are some things she wanted to

Smiles - They are free

Be kind to everyone - especially now Help each other, do your part - especially now

Forgive each other our short comings, we all have them.

If you can't help someone, please don't hurt them.

She wanted everyone to know how grateful she is for such a wonderful life. She was so blessed to have her Faith. Family, Friends. She and Charlie had so many adventures from Canada.

Mass., CA, Las Vegas. She wanted to be sure to thank Dr. Michael Mutchler for all the years of superior care & friendship. Heywood Hospital, UMass Oncology and The Rose Monahan Hospice Home for the compassionate and loving care she received.

Due to the current circumstances of Covid 19 her life celebration will have to be held at a later date. Please omit flowers and donations may be made in her memory to St. Jude Children's Research Hospital.

The Shaw-Majercik Funeral Home. 48 School St., Webster, MA has been entrusted with her arrangements. A guest book is available at www. shaw-majercik.com where you may post a condolence or light a memorial

## Teresa Rita Montville, 91



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

Clarence A. Montville died in 2005. They were married August 27, 1955 at Our Lady

of Czestochowa Church in Worcester. She leaves behind her children; Michelle French of Colorado, Paulette Montville of Charlton and Henry J. Montville and his wife Chera of Auburn, 6 grandchildren and 6 great grandchildren and a brother, Stanley Antul, and many nieces and nephews.

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

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

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

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

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

Donations can be made in her name to: Capen Hill Nature Sanctuary, PO

Box 218, Charlton City, MA 01508 There are no calling hours.

Services will be private and at the convenience of the family.

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

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

Send all obituary notices to Stonebridge Press, PO Box 90, Southbridge, MA 01550, or by e-mail to obits@stonebridgepress.news



#### **CHRISTOPHER HEIGHTS**

continued from page **A1** 

The event was organized by the staff of Christopher Heights, who were also grateful to have received a donation of over \$4000 worth of beautiful hats earmarked for every resident of the assisted living community from millinery hat purveyor SALMAGUNDI of Boston and the members of the Dudley Woman's Club, a local non-profit organization committed to the betterment of their community.

"We work hard to assure our residents always experience the quality in their lives every day, no matter what is being thrown at us." said Gerri Lorusso, Executive Director of Christopher Heights. "The hats were distributed to residents this week before the parade and it was so uplifting to see the joy that was sparked among residents and staff alike,". We are grateful to SALMAGUNDI and the Dudley Woman's Club for truly topping off our week of Mother's Day festivities and we are elated over the response received by family and friends for the parade. It really provided a great opportunity for the residents and their families to enjoy such a special day.

Jessen Fitzpatrick and Andria Rapagnola, the husband and wife team who own and operate SALMAGUNDI, were happy to have made this donation possible, alongside the generosity of such a giving and community-minded group of individuals at the Dudley Woman's Club.

"We know the pandemic has created

significant challenges and caused isolation for the senior populations," said Fitzpatrick and Rapagnola. "This just seemed like such a good way for us to lift some spirits and bring some smiles ~it was our way to put a little hug around their heads."

Judy Joy, an active Board member of the Dudley Woman's Club who's mother-in-law also resides at Christopher Heights was on hand, with fellow Board members Diane Perry and Deb LaPlaca showing support by holding up a Dudley Woman's Club banner, as well as, participating with her husband Bruce in the parade where they all witnessed the successful outcome of this tremendous collaboration.

"It was so much fun, and you could feel the heartfelt appreciation from families, staff and residents," commented Joy. "I am so proud to be a member of the DWC and be a part of this feel-good offering and celebration."

Christopher Heights Assisted Living is located at 338 Thompson Rd., Webster, Massachusetts, a peaceful and rural setting just above the Connecticut line and right near the shore of Webster's Lake Chaubunagungamaug. Christopher Heights™ Webster is an 83-apartment housing alternative for seniors, offering an abundance of amenities, in a warm and dignified residential setting. The Christopher Heights assisted living community is designed to help maintain resident independence in home-like private apartments amidst a beautiful environment

#### **ELECTION**

continued from page **A1** 

"I don't know why my brother [Kiley] took Ruby out of the cage," Parker said. "... He took it upon himself to take her up the hill to do her business."

She said she told Kiley afterward he's not to take Ruby out at all because "every time something has happened, it's been with you." She expressed willingness to pay half of Socks' vet bills, and would accept additions to the existing order provided they'd "save Ruby's life" and let the dog live out the rest of her life there.

"I've had her so long, when I come home, I feel one of my kids should be here and she's not," Parker said of the fact Ruby was at that time in the town kennel.

Generico said he has "not interested in having anything happen to her dog," but was concerned it could "happen to a child or another dog." He said he was walking Socks and came

up behind Kiley. Ruby came around Kiley and partway across the street to attack Socks, who was injured. Generico said he was slightly injured in the hand as he tried to separate the dogs, and his son was present; he described the incident as "traumatic to witness"

for the boy.

Selectmen generally agreed to let Parker keep the dog with some discussion of whetehr her property had enough space fro Ruby to adequately exercise. Parker and Flynn noted Ruby is 12, and doesn't need much exercise, although the property is small.

"I'm very frustrated with this whole situation," Troiano said, noting she has met Ruby and finds her to be "a very sweet dog" under normal circumstances. Lamarche agreed.

But Leblanc said that while she was "sympathetic" to Parker's wishes, Ruby did violate their existing order and attack another dog. She

proceeded to be the only vote against all three recommended additions to that order. Those were as follows: Only Parker can take Ruby off the property with leash and muzzle; she will be required to add a chain fence around her property to provide exercise space within 30 days; and Ruby can go home until that's done.

Flynn noted future violations will result in "immediate steps to confiscate your dog and the dog may be humanely euthanized."

Additionally, the board voted to cancel Memorial Day activities for the year due to Covid-19. Saad said about 10 representatives from the veterans' groups will still visit the cemeteries and memorials that day to do small ceremonies without public speeches or a parade.

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

# **LEGALS**

#### A.C. 92A

#### Commonwealth of Massachusetts 20E0033PP Worcester, ss.

#### **Probate Court**

To Sengsouvanny Bounphasaysonh and Joseph Bounphasaysonh both of Southbridge in the County of Worcester and to all persons interested. A petition has been presented to said Court by US Bank Trust N.A. As Trustee for LSF10 Master Participation Trust State of Okahoma City in the County Of Oklahoma

representing that they hold as tenant in common undivided part or share of certain land lying in Southbridge in said County Worcester and briefly described as follows: Exhibit A

The land in Southbridge, Worcester County Massachusetts, with the buildings thereon and all privileges and appurtenances thereto belonging situated on the northwesterly side of Fiske Street and bounded and described as follows:

BEGINNING at a masonry spike in the ground on the northwesterly sideline of Fiske Street, said spike marking the southeasterly corner of land now or formerly of Patrick Henry Moriarty:

THENCE S. 50° 17' W. along the northwesterly sideline of Fiske Street, 79.17 feet to an iron pipe in the ground:

THENCE N. 43° 59' W. along land now or formerly of Rene Mendes et ux, 67.27 feet to an iron pipe in the ground; THENCE N. 14° 44' E. along other land of said Mendes, now or formerly, 26.35 feet to an iron pipe in the ground;

THENCE N. 49° 36' W. along other land of said Mendes, now or formerly, 27.60 feet to an iron pipe in the ground;

THENCE N. 41° 47' E. along other land of said Mendes, now or formerly, 51.17 feet to an iron pipe in the ground at said Moriarty land;

THENCE N. 48° 00' E. along said land of said Moriarty, 118.4 feet to the point of beginning.

Being the same premises conveyed to me by deed of Khambao Savankham and Lek Sengmany dated Juky 19, 1990 and recorded at the Worcester District Registry of Deeds on July 24, 1990 in Book 12907. Page 268.

setting forth that they desire that all the aforesaid described part of said land may be sold at private sale for not less than \$210,00.000 dollars, and praying that partition may be made of all the land aforesaid according to law, and to that end that a commissioner be appointed to make such partition and be ordered to make sale and conveyance of all, or any part of said land which th Court finds cannot be advantageously divided either at private sale or public auction, and be ordered to distribute the net proceeds thereof.

If you desire to object thereto you or your attorney should file a written appearance in said Court at Worcester before ten o'clock in the forenoon on the ninth day of June 2020, the return date of this citation.

Witness, LEILAH A. KEAMY, Esquire, First Judge of said Court, this sixth day of May 2020.

Stephanie K. Fattman Register of Probate May 15, 2019 May 22, 2020 May 29, 2020

#### LEGAL NOTICE MORTGAGEE'S SALE OF REAL ESTATE

By virtue of and in execution of the Power of Sale contained in a certain mortgage given by Kristen M. Joyce w/s/a Kristen Joyce to National City Mortgage Co., dated July 23, 2004 and recorded in Worcester County (Worcester District) Registry of Deeds in Book 34197, Page 86 (the "Mortgage") of which mortgage U.S. Bank Trust, N.A. as Trustee for Waterfall Victoria Grantor Trust II, Series G is the present holder by Assignment from PNC Bank, National Association, successor in interest to National City Real Estate Services, LLC successor by merger to National City Mortgage, Inc., formerly known as National City Mortgage Co. to Secretary of Housing and Urban Development dated March 4, 2014 and recorded at said Registry of Deeds in Book 52662, Page 176, and Assignment from Secretary of Housing and Urban Development to Kondaur Capital Corporation, as Separate Trustee of Matawin Ventures Trust Series 2013-2 dated March 13, 2014 and recorded at said Registry of Deeds in Book 52662, Page 178, and Assignment from Kondaur Capital Corporation, as Separate Trustee of Matawin Ventures Trust Series 2013-2 to NNPL Trust Series 2012-1, A Delaware Statutory Trust c/o Christiana Trust, a division of Wilmington Savings Fund Society, FSB dated June 1, 2018 and recorded at said Registry of Deeds in Book 58934, Page 292, and Assignment from Wilmington Savings Fund Society, FSB d/b/a Christiana Trust, not in its individual capacity but solely as Certificate Trustee for NNPL Trust Series 2012-1, A Delaware Statutory Trust to Waterfall Victoria Grantor Trust II. Series G. A Delaware Statutory Trust dated April 4, 2018 and recorded at said Registry of Deeds in Book 58934, Page 296, and Assignment from Waterfall Victoria Grantor Trust II, Series G, A Delaware Statutory Trust to U.S. Bank Trust. N.A. as Trustee for Waterfall Victoria Grantor Trust II, Series G dated February 7, 2019 and recorded at said Registry of Deeds in Book 60202, Page 283, for breach of conditions of said mortgage and for the purpose of foreclosing the same, the mortgaged premises located at 17 Southbridge Road, Unit 2 a/k/a 17-2 Southbridge Road, of the Dudley Place Condominium, Dudley, MA 01571 will be sold at a Public Auction at 11:00 AM on June 17, 2020, at the mortgaged premises, more particularly described below, all and singular the premises described in said mortgage, to wit:

The land with the buildings and improvements thereon known as and numbered Unit 2, Dudley Place Condominium, 17 Southbridge Road, Dudley, MA 01571. Master Deed recorded in Book 10253, Page 373 with undivided interest therein.

Subject to restrictions, easements and documents of record, if any, insofar as same are now in force and applicable, and to real estate taxes and assessments not yet due and payable, which by acceptance and recording of this deed the grantee assumes.

Being the same premises conveyed to CJP Construction, Inc., by deed of Small Commercial Properties Corporation, II, dated January 8, 1999 and recorded in the Worcester District Registry of Deeds in Book 20924, Page 204. For title reference, see also a deed from Wilmington Trust Company, as Trustee, but not in its individual capacity, for RTC Mortgage Trust 1994N-3/S, a Delaware business trust, to Small Commercial Properties, Corporation II recorded in the same Registry in Book 20111, Page 320. This conveyance does not represent all or substantially all of the assets of

CJP Construction, Inc. Being the same premises as conveyed with the Worcester District Registry of Deeds in Book 27378, Page 277.

For mortgagor's title see deed recorded with the Worcester County (Worcester District) Registry of Deeds in Book 34197, Page 84.

The premises will be sold subject to any and all unpaid taxes and other municipal assessments and liens, and subject to prior liens or other enforceable encumbrances of record entitled to precedence over this mortgage, and subject to and with the benefit of all easements, restrictions, reservations and conditions of record and subject to all tenancies and/or rights of parties in

possession. Terms of the Sale: Cash, cashier's or certified check in the sum of \$5,000.00 as a deposit must be shown at the time and place of the sale in order to qualify as a bidder (the mortgage holder and its designee(s) are exempt from this requirement); high bidder to sign written Memorandum of Sale upon acceptance of bid; balance of purchase price payable in cash or by certified check in thirty (30) days from the date of the sale at the offices of mortgagee's attorney, Korde & Associates, P.C., 900 Chelmsford Street, Suite 3102, Lowell, MA 01851 or such other time as may be designated by mortgagee. description for the premises contained in said mortgage shall control in the event of a typographical error in this publication.

Other terms to be announced at the sale.

U.S. Bank Trust, N.A. as Trustee for Waterfall Victoria Grantor Trust II, Series G Korde & Associates, P.C. 900 Chelmsford Street Suite 3102 Lowell, MA 01851 (978) 256-1500

Joyce, Kristen M., 19-036150

May 22, 2020 May 29, 2020 June 5, 2020

#### LEGAL NOTICE

Notice is hereby given by Bonnette's Automotive, Inc., 456 Main St., Oxford, MA 01540 pursuant to the provisions of G.L. c.255, Section 39A, that on 06/12/2020 @ 5:00PM at: Bonnette's Automotive, Inc

456 Main Street Oxford, MA 01540

The following motor vehicles will be sold at a private sale to satisfy the Garage Keeper's Lien thereon for storage, towing charges, care and expenses of notices and sale of said vehicles.

Vehicle: VIN# 1N4AL21E77C226794, 2007 Nissan Altima, 9DN421/MA Owner: Michelle Vega, 200 Orchard

Description of vehicles:

Hill Dr, Oxford, MA 01540 Vehicle: VIN# JTDBT4K31A1360758, 2010 Toyota Yaris, AP49785/CT

Owner: Tina Marie Murray, 21 Grove St, Putnam, CT 06260 Vehicle: VIN# 1N4AL11DX2C239548, 2002 Nissan Altima, No Reg Owner: Jeffrey McLean, 185 Old Web-

ster Rd, Oxford, MA, 01540 Vehicle: VIN# 5FNYF4H98EB042081, 2014 Honda Pilot, 7BE983/MA Owner: Eric Rios, 46 Coombs St Apt 2,

Southbridge, MA 01550 Vehicle: VIN# JTLKT324650211149,

2005 Scion xB, No Reg Owner: Francoise Pierre, 70 Preston St, Marlborough, MA 01752

Vehicle: VIN# JM1GJ1V67E1152275, 2014 Mazda 6, 4KH883/ MA Owner: Oscar Ucher, 45 Millbury St A#9, Worcester, MA 01610 Vehicle: VIN# 1N6D26Y11C368980

Vehicle: VIN# 1N6D26Y11C368980, 2001 Nissan Frontier, No Reg Owner: Nathaniel Mcpartlen, 164 Grove St, Clinton, MA 01510

This notice has been given under the provisions of G.L. c255, Section 39A May 22,2020

May 29, 2020 June 5, 2020

#### Webster Legal Posting January 13, 2020 Special Town Meeting Bylaw Articles

Articles 6, 7, 8, 9, 10, 11, and 12 from the January 13, 2020 Special Town Meeting received positive votes at the January 13, 2020 Special Town Meeting and an approvals from the Attorney General's Office with comments on article 12.

Article 6 – Rezones a section of Worcester Road.

Article 7 – Is a Marijuana Establishments Zoning Bylaw.

Article 8- Updates Chapter §650-20B by adding new subsections to permit Marijuana Research Facility.

Article 9- Adds a new Article XIII §650-93 Recreational Marijuana retail Sales, purpose, definitions, and special requirements.

Article 10 – Amends the zoning Chapter 650 Attachment 1, Table of use Regulations.

Article 11 – Amends General Bylaw, Regulatory Bylaws Chapter 445 Marijuana Retailers License requirements.

Article 12 – Adds Chapter 573 regarding Temporary Repairs of Private Ways

A complete copy of the articles is available in the Town Clerk' Office.

May 15, 2020

May 22, 2020





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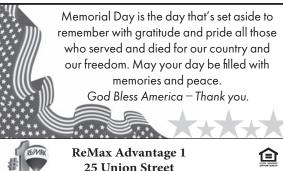
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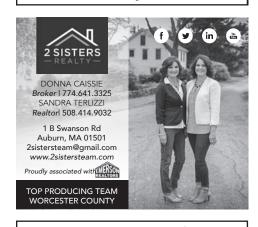
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# Blues-Busters to Boost your Mood!

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 feelgood 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!

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



TAKE THE HINT

**KAREN** 

TRAINOR

"sunshine" or "daylight" bulbs that mimic natural daylight. Experts claim sitting within three feet of a 300 watt bulb for 20 minutes three times a day can help boost serotonin.

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

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

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

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

olate to reap the bene-

fits 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 workout! total body 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.

### Dudley resident makes SRU spring 2020 dean's list

SLIPPERY ROCK, Pa. — Slippery Rock University has announced its dean's list for the spring 2020 semester. The dean's list consists of SRU undergraduate students who earned an adjusted semester grade-point average of 3.5 or higher, based on a schedule of at least 12 newly attempted and earned credits.

SRU student(s) on the dean's list from your coverage area included Bridget Durward from Dudley.

Slippery Rock University, founded in 1889, is a member of Pennsylvania's State System of Higher Education. The University is shaped by its normal school heritage and characterized by its commitment to intellectual development, leadership and civic responsibility. SRU provides students with a comprehensive learning experience that intentionally combines academic instruction with enhanced educational and learning opportunities that will help them succeed in their lives, professional careers and be engaged citizens.

Today, SRU is a four-year, public, coeducational, comprehensive university offering a broad array of undergraduate and select graduate programs to more than 8,800 students. The University has earned full institutional accreditation through the Middle State Commission on Higher Learning and discipline specific accreditations.

ccreditations.

Located in the rolling hills of western Pennsylvania, the 660-acre campus is less than an hour north of Pittsburgh, one hour south of Erie, and 45 minutes east of Youngstown, Ohio. Two major highways, I-79 and I-80, intersect with seven miles of the University, conveniently linking it to the entire Commonwealth and its contiguous regions.



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# Any questions please email executivedirector@bgcwebsterdudley.org or call 508-943-0037

We need your help during these unprecedented times, please consider making a donation by mailing a check to:

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