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Friday, January 15, 2021

Wojnar responds to new police bill

BY JASON BLEAU CORRESPONDENT

DUDLEY - Gov. Charlie Baker started off 2021 by signing into law a new police reform bill resulting from the call for action following protests against police brutality across the nation over the course of the year.

"An Act Relative to Justice, Equity Titled and Accountability in Law Enforcement in the Commonwealth," the bill provides numerous mandates including a certification process for police officers, increasing accountability and transparency for law enforcement, and seeks to provide police departments greater ability to hire and promote qualified applicants.

While the law has had its supporters, police reform in Massachusetts has been a divisive topic. On the local level Dudley Police Chief Steve Wojnar, a former President of the Massachusetts Chiefs of Police Association, feels there are some good things within the bill but also stands by his previous assessments that simply implementing new laws to answer to widespread public outcries outside of Massachusetts isn't the answer.

"We kind of knew something was going to happen. At least the Governor was able to temper some of the issues with the bill and get some things settled. It's a far-reaching piece of legislation that is really going to need a lot of time, effort, money and work to implement," Wojnar said in an interview. "I think we've always been in favor of a Police Officer Standards and Training (POST) Commission, standardizing training throughout the state and doing a lot of that type of thing. Some things just got into this whole mix where you have a 130-page bill people kind of put some wish things in there and threw everything they could into it and now it's going to need a lot of vetting, straightening out and determine where we're at. There's some positives, but some things that needed more time and work.'

The new Massachusetts POST Commission which will be comprised of nine members including six High School received outside of law enforcement and would be charged with investigating claims of misconduct, maintaining Biomedical databases of training, certification process and other issues. The bill also strengthens due process protec- chase of a virtual dissections for law enforcement which was an amendment tion table (www.anatomspecifically added by Governor Baker. It also better defines circumstances where physical force is warranted by an officer putting a ban on chokeholds and prohibiting firing at fleeing vehicles unless necessary to prevent risk of harm to others. Furthermore, the bill implements a strict limit of the "no-knock" warrants and requires court orders for facial recognition searches among other new restrictions. One of Wojnar's biggest concerns is that the bill expand student enrollimplements numerous mandates effective immedi- ment in programs and ately in 2021, however there is no POST Commission in place to help transition these mandates into place. This requires police departments statewide to have to anticipate how to implement these requirements themselves. Another concern is the cost some of the mandates may require especially during the ongoing pandemic where budgets are already tight. Chief Wojnar feels that the reform package will require financial investments for departments to be in line with new mandates which will either force them to request more money from their towns, make sacrifices in their own budgets or depend on yet to be announced grant opportunities to see these changes through. Overall, Wojnar stated he isn't against police reform to a certain extent doubling down on his praise for a standardized training approach to all officers in the commonwealth. However, the chief still feels the bill was more a reaction to events outside of Massachusetts rather than a properly vetted bill addressing needs specific to the commonwealth. He feels the swift passage of the bill and the attention to national issues also undermines all the great strides that Massachusetts law enforcement agencies have made in recent years.

ST. JOSEPH STUDENT COUNCIL HELPS KEEP COMMUNITY WARM

Courtesy

During the Season of Advent, the St. Joseph School **Student Council conducted** its annual coat, hat, scarf, and glove drive in conjunction with the Webster Police Department. The Student Council collected 50 coats, 67 hats, 23 scarves, and 30 pairs of gloves from school families. Then, on Dec. 16, they presented the items to Webster Police Det. Sgt. **Chris Trainor and Lt. Gordon** Wentworth. The items will be distributed at the Webster-Dudley Food Share. Pictured with Detective Trainor and Lt. Wentworth are Mrs. Mary Ann Weaver - Student Council Advisor, Maya Podskarbi - 8th Grade Representative, Class Dale Boudreau - Student **Council Vice President, and** Samantha Keller - Student **Council President.**



Shepherd Hill awarded second Skills Capital Grant

DUDLEY In December, Gov. Charlie Baker announced \$11.7 million in vocational grants for education institutions statewide. Shepherd Hill Regional \$100,000 to enhance their Science Pathway wi the purage.com/table). The Skills Capital Grants are competitive grants which are awarded to educational institutions across the Commonwealth to be used to update equipment and pathways that provide

hands-on, real world experience and amplify the learning in the classroom. Shepherd Hill Regional High School was designated an Innovations Pathway School by the Commonwealth in 2018 with the creation Biomedical of their Science Pathway and Manufacturing its Engineering Pathway. It's important to note that this is Shepherd Hill's second Skills Capital Grant award. In 2019, they were awarded a \$323,000 Skills Capital Grant to renovate and update Manufacturing their Engineering Lab within the school.

"At a critical time in our Commonwealth, these skills capital grants will increase flexibility and support for schools and educational institutions to launch new programs and help more students develop important technical skills and prepare them for high-demand

es at Shepherd Hill is incredible. As we look to the future of work in the Commonwealth in 2021 and beyond, most opportunities are presented within STEM fields, with an increasing number of jobs being created in robotics, artificial intelligence and automation Grant funding like this can help deliver educational opportunities for our students that will be a critical element in their future success in post-secondary life."

Governor, Said the

industries."

Shepherd Hill Principal William Chaplin stated, "This is a wonderful opportunity in the advancement in how we reach our students within our Biomedical Science classes. To be able to utilize the same virtual dissection table that is used at UMass Medical School within our class-

Shepherd Hill Regional High School is a 9-12 high school located in Dudley, with more than 1,000 students residing within its district.

Frost condemns Washington riots on social media

BY JASON BLEAU CORRESPONDENT

CHARLTON - On Jan. 6, a day when Congress was slated to perform what would normally be a procedural event of certifying the electoral votes for the next President of the United States, Democrat Joe Biden, Turn To WOJNAR page A5 hundreds of protesters

supporting outgoing President Donald Trump took to the streets of the Capital and marched on the Capital building disrupting the counting of the votes. It was an event seen around the world that has sparked responses and condemnation from lawmakers both in the Capital and on the state level.

One of the most outspoken State Representatives in the wake of the riots was Rep. Paul Frost of the 7th Worcester District. While Frost's job is helping lead the state in Boston, the events that unfolded in the United States Capitol caught his attention leading the lawmaker to voice his opinions on social media as many other elected leaders have in the days following the event.

"I'm truly saddened

by the violence, vandalism and destruction taking place in our nation's Capital Building. Raiding the House and Senate Chambers and offices is outrageous, appalling, and disgraceful. I support peaceful protests. For those in D.C. protesting peacefully, you have that right. Please continue to keep it peaceful. But

Turn To FROST page A15



bankHometown's Sturbridge office assistant vice president and branch officer Anthony Marini presents a check to Catalino Alicea and William Bouvier of Food Share, one of 14 food pantries receiving a donation from the bank's Neighbors Helping Neighbors fundraising campaign.

bankHometown raises \$32,200 for local food pantries

OXFORD — Robert J. Morton, president and CEO of bankHometown, announced that this year's Neighbors Helping Neighbors fundraising drive raised \$32,200 for local food pantries. This brings the total amount raised over the 17 years the program has been in place to \$225,700.

Each year, the bank invites customers, employees, and members of the community to donate funds at bankHometown branches throughout the month of November. All the donations received are matched by bankHometown and the total divided among food pantries in Massachusetts and Connecticut communities the bank serves.

For 2020, each of these participating food pantries received \$2,300: Massachusetts:

Athol Salvation Army Food Pantry

Auburn Youth and

Family Services, Inc. Food Pantry

CARE Food Pantry -Clinton

Food Share Southbridge, Charlton & Sturbridge

Friendly House Pantry, Worcester

Friends of the Millbury Seniors

Ginny's Helping Hand, Inc. - Leominster

Oxford Ecumenical Food Shelf

Turn To BANKHOMETOWN page A15

MAPFRE USA expands leadership team as Tamayo returns



Jaime Temayo

WEBSTER — Jaime Tamayo has succeeded Alfredo Castelo as President and CEO of MAPFRE North America, a position Tamayo held from 2008 to 2016, at which time he assumed the role of CEO, International Territory, for MAPFRE Group. Castelo, who led MAPFRE North America for the past four years, is now Chief Business and Clients Officer for MAPFRE Group, and will also have oversight responsibility



lose Manuel Corra

for MAPFRE's Eurasia region.

Tamayo will be joined by Jose Manuel Corral, who has assumed the newly created position of Chief Operating Officer at MAPFRE USA. Corral, who most recently served as MAPFRE Group's Chief Business and Clients Officer in Spain, will oversee MAPFRE USA's dav-to-day insurance operations to support the company's strategy.

"Jaime and Jose together bring over

50 years of insurance experience to MAPFRE USA," said Antonio Huertas, Chairman and CEO of MAPFRE Group. "Their leadership and expertise will advance our growth strategy in the critically important U.S. market and support our continued success globally."

Tamayo has held a number of executive positions at MAPFRE in the United States, Spain and Puerto Rico, since joining the company in 1993. Under his previous leadership at MAPFRE USA, the company solidified its market position in Massachusetts, where MAPFRE is the largest auto, homeowners and commercial auto insurer. He also led the transformation of MAPFRE's distribution channels in the United States, including the company's entry into the digital arena.

'As a key contributor to MAPFRE globally, MAPFRE USA continues to evolve to meet the changing demands of an increasingly competitive business environment," said Tamayo. "I look forward to rejoining my colleagues in the United States for the next phase of its profitable growth strategy, focusing on the value that we deliver to our customers and partners."

Since joining MAPFRE in 1993,

Corral has served in several executive positions including Deputy General Director of Business at MAPFRE in Spain; Regional Director of Business and Clients for the company's Iberia Regional Area; and Deputy General Director of the Corporate Business, Clients and Innovation Area.

"I am honored to join the MAPFRE USA leadership team and their talented employees who have propelled the company forward," said Corral. "Together, we can develop innovative strategies to further strengthen operations across the company for sustained growth in the years to come."

About MAPFRE Insurance

MAPFRE Insurance®, rated "A" (Excellent) by A.M. Best Company, serves policyholders in 14 states across the United States. It is the 21st largest property and casualty insurer and private passenger auto insurer in the United States. MAPFRE Insurance is part of MAPFRE Group, a global insurance company with a worldwide presence

MAPFRE Insurance is a brand and service mark of MAPFRE USA Corp.

Victims in murder-suicide identified

BY JASON BLEAU CORRESPONDENT

CHARLTON-The District Attorney's Office has released the names of the victims in an apparent murder-suicide that occurred in Charlton on Saturday, Jan. 2.

According to official reports from both the Charlton Police Department and District Attorney Joseph D. Early, Jr.'s office Charlton Police and EMS responded to a 911 call at around 7:15 p.m. for an incident at 28 Southbridge Road. Police said the caller reported an argument between a couple in the bedroom of the home. Upon arriving, police found two deceased individuals, a female who had suffered several gunshot wounds and a male who had suffered a self-inflicted gunshot wound. The female was reportedly alive when police arrived but died later from her injuries despite medical assistance.

State Police Detectives assigned to the Worcester County District Attorney's Office were assigned to the case along with State Police Crime Scene Services and MSP Firearms Identification Services. Forensic scientists from the State Police Crime Lab were also part of the investigation. It was determined that the case was a murder-suicide.

On Tuesday, Jan. 5, District Attorney



Kristin Carey was identified as the female victim in a murder-suicide in Charlton on Jan. 2.

names of the victims, 49-year-old Keith Cuthbertson and 37-year-olf Kristen Carey, who was the mother of two children. Town records show Cuthbertson was the owner of the condominium where the incident took place.

Following Carey's death, а GoFundMe was set up with a goal of \$25,000 to help pay for Carey's funeral costs and support her children. In the wake of the incident Charlton Police provided information on their domestic situations especially during the ongoing pandemic. The community-based organization New Hope, Inc. provides domestic violence services to 41 communities including the town of Charlton with a officer in Southbridge. The organization also works closely with the Dudley Court to assist survivors with safety planning, restraining orders and legal protections. Those in need of help are encouraged to contact New Hope's hotline at 1-800-323-HOPE

DUDLEY POLICE LOG

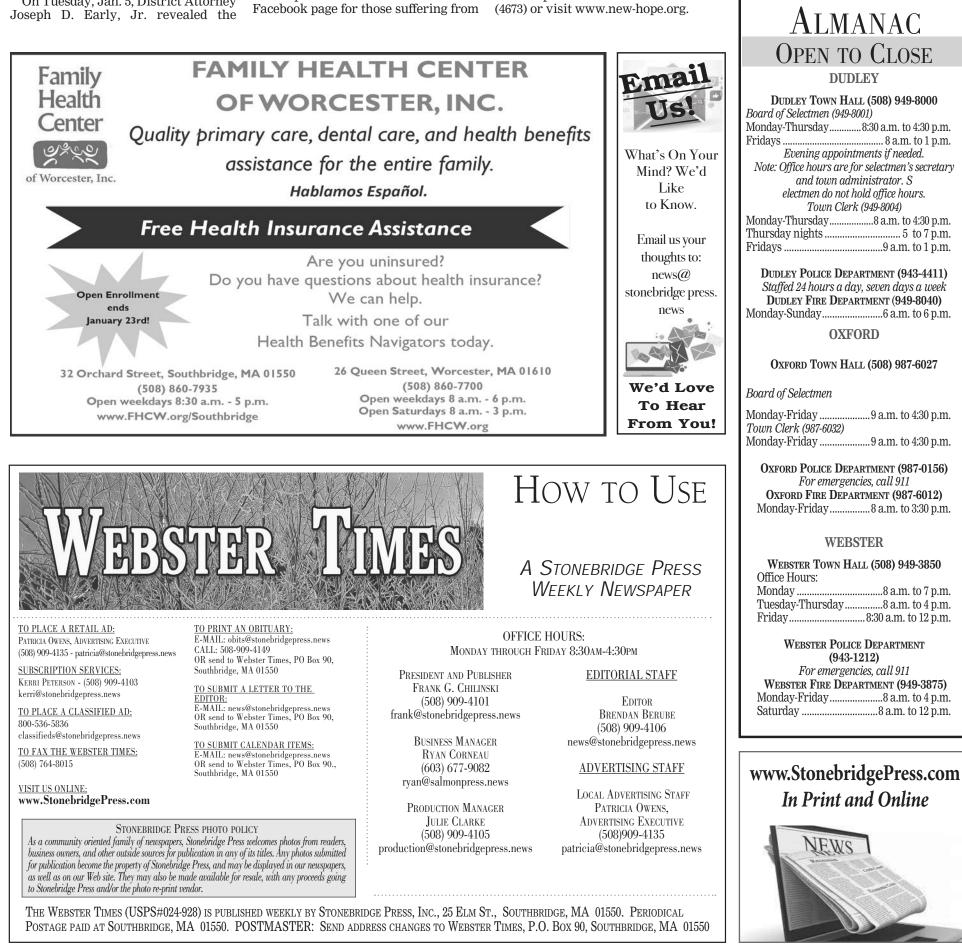
DUDLEY — The Dudley Police Department reported the following arrests during the week of Dec. 31 to Jan. 8.

Kerri L. Larson, age 47, of Webster was arrested on Dec. 31 for Operating Under the Influence of Alcohol, Negligent Operation of a Motor Vehicle, and a Marked Lanes Violation.

Paul Anthony Monfreda, age 35, of Dudley was arrested on Jan. 1 for a State Highway Traffic Violation (Following Too Closely), Operating Under the Influence of Alcohol, and Negligent Operation of a Motor Vehicle.

Joshua E. Bullard, age 31, of Charlton was arrested on Jan. 1 for Operating Under the Influence of Alcohol, Negligent Operation of a Motor Vehicle, a Marked Lanes Violation, Possession of an Open Container of Alcohol in a Motor Vehicle, Distribution of a Class D Drug, and possession of a Class B Drug (subsequent offense).

Louise M. Deliddo, age 52, of Webster was arrested on Jan. 4 for Operating Under the Influence of Drugs, Negligent Operation of a Motor Vehicle, Failure to Stop or Yield, and multiple counts of drug possession.



Courtesy

Congressman Neal condemns new regulations as anti-LGBTQ

BY JASON BLEAU CORRESPONDENT

D.C. WASHINGTON, Massachusetts 1st Congressional District Rep. Richard Neal is condemning new rules finalized by the Trump administration that he feels are discriminatory to members of the LGBTQ community.

Congressman Neal, who chairs the House Ways and Means Committee, released statements condemning President Trump's finalized rule that would allow foster care and adoption agencies that incorporate religious criteria into their adoption protocols to accept federal funds. Neal called it a "dangerous move" that fails to serve all Americans regardless of their faith.

"These child services processes are already emotionally trying, and should focus on finding loving, safe placements, rather than discriminating based on sexual orientation or religion," Neal said in a press release.

The Congressman further cited a decision in the Supreme Court in 2020 in the case of Bostock v. Clayton County which he called a "step forward" for the LGBTQ community in terms of individual rights especially when it comes to adoptions. That case ruled that under the Civil Rights Act of 1964 employees couldn't be discriminated based on sexual orientation or gender identity. Neal feels the lessons learned from this case need to be expanded beyond

the workplace and called for a reversal of the Trump administration's rule after the Democrats take hold of both the House and Senate later this month.

'Now that the balance of power in both Congress and the Executive Branch is changing, we must reverse this new discriminatory rule before it causes any undue harm and extend full federal civil rights protections to the LGBTQ community," Neal said.

Democrats on the Ways and Means Committee sent a joint statement in early December with a unified condemnation of the ruling asking the U.S. Department of Health and Human Services (HHA) to investigate the impact the rule would have on minorities' rights.

"We ask that HHS provide to the Committee on Ways & Means an analysis of the scope to which the changes proposed in the Notice of Proposed Rulemaking would affect racial and ethnic minorities, gender minorities, children, parents, people with disabilities, the aging population, LGBTQ people, children in the child welfare system, parents in the child welfare system, and all groups of people considered a 'protected class' under the law," the Ways and Means Democrats wrote.

Neal also sent a letter to the HHS in December stating that the proposed rule rolled back civil rights protections and "abdicates the Executive Branch's responsibility to prevent federally funded discrimination.'

Bartlett High School offers scholarship to seniors

WEBSTER — The Rita Gelinas Scholarship is also available to students in the Class of 2021. Two seniors will be chosen to receive up to \$10,000 a year for all four years of an undergraduate program.

Applicants must have over a 3.0 (B average) and be pursuing a major in either a math or natural science field. The application process is very extensive so all applicants should start the process early. In addition to other materials, students must supply their SAR (Student Aid Report through the FAFSA process) as well as the financial aid award letter from the college that the student WILL attend if given the award. Applications are due to the BHS Guidance Department by 2 p.m. on Friday, April 2.

If you have any questions about either of these scholarships please contact Kim Granger in the Guidance Department at Bartlett at (508) 943-8552, ext. 34017.

REAL ESTATE

Dudley \$350,000, 30 Cardinal Dr, Urella, Jeremy P, and Urella, Alysa, to Martinelli, Nicholas M, and Gauvin, Christina M.

\$247,900, 10 Budd Dr, Johnson,



WEBSTER — The Bartlett High School Guidance Department is once again offering the Rita Gelinas Scholarship for the study of math or science.

Students from the BHS Class of 2017 who will be immediately entering a graduate program in a math or natural science field are encouraged to apply. Funds are available up to \$5,000 per semester, with a minimum award of \$1,000 per semester for one year. Please pick up an application in the Guidance Department or call Kim Granger at (508) 943-8552, ext. 34017.

Complete applications are due to the Guidance Department by Friday, April 2 at 2 p.m.

WEBSTER TIMES

ACCURACY WATCH:

The Webster Times is committed to accuracy in all its news reports. Although numerous safeguards are in place to ensure accurate reporting, mistakes can occur. Confirmed fact errors will be corrected in a timely manner on page A3. We cannot run corrections based upon differences of opinion or unconfirmable facts. We will however, print letters to the editor from area residents who wish to add their comments to our news coverage. If you find a mistake, please email news@stonebridge press.news or call (508) 909-4106. During non-business hours, leave a message in the editor's voicemail box.

Area residents named to Dean's List at University of New England

BIDDEFORD/PORTLAND, Maine Jack Dupont, Alessandra Martocci, and Jason Nowak of Dudley and Piotr Kicilinski of Webster have been named to the Dean's List for the 2020 fall semester at the University of New England. Dean's List students have attained a grade point average of 3.3 or better out of a possible 4.0 at the end of the semester.

The University of New England is Maine's largest private university, featuring two distinctive campuses in Maine, a vibrant campus in Tangier, Morocco, and an array of innovative offerings online. Our hands-on, experiential approach empowers students to join the next generation of leaders in their chosen fields. We are home to Maine's only medical and dental colleges, a variety of other interprofessionally aligned health care programs, and nationally recognized degree paths in the marine sciences, the natural and social sciences, business, the humanities, and the arts.



Timothy J, and Johnson, Wendy, to Poirier, Hannah C, and Connor, John.

\$66,000, 17 Southbridge Rd #3, Mccgovern, John H, and New England Teamsters FCU, to Mainini, Maria.

Oxford

\$425,000, 125 Sutton Ave, Haddad Dolores C Est, and Bieger, Michael M, to Ricard, Joseph, and Ricard, Jennifer.

\$370,000, 19 Merriam District, Weagle, Joel L, and Weagle, Kristine A. to Menard. Jonathan. and Menard. Heather O.

\$342,644, 6 Rhonda Rheault Dr, Bigdady Realty LLC, to Najem, Charbel H, and Regalado, Omar.

\$287,000, 2 Laurelwood Dr. Iannotti, Richard L, to Jimenez-Colon, Maria L.

\$281,000, 12 Winter St, Cazeault, Wayne A, to Pereira, Evelyn R.

\$230,000, 15 Highland Ave, Barbara A Montague RET, and Cooper, Vicky, to Zamarro, Carmine, and Marble, Allan F.

\$210,000, 53 Plantation Rd #53, Tadgell, Nicole S, to Brooks, Christopher, and Brooks, Leona R.

\$10,000, Dudley Rd, 10 Delaney Avenue RT, and Puliafco, Kathleen D, to Langlois, Daniel J.

Webster

\$360,000, 5 Harvard St, Arcieri, Paul R, to Diiorio, Paul C.

\$335,000, 8 Evergreen Dr, Miller, Richard H, and Mcquiston-Miller, Amy J, to Torres, Pedro, and Torres, Janet.

\$325,000, 750 School St, Marier, Leon A, and Marier, Carol A, to Sujdak, Matthew.

\$222,300, 64 Myrtle Ave, 64 Myrtle LLC, to Lucewich, Jeffrey.

\$192,000, 34 Eastern Ave #J, Buckley, Kara C, to Zecco, Danielle

\$55,000, 19 Morris St, Fura, Mary J, to PMZ Development LLC.

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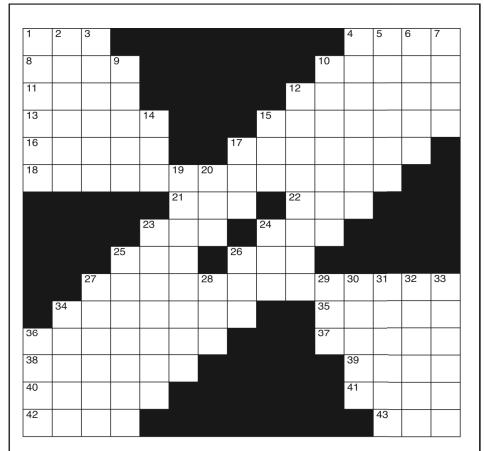
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daykimball.org/colonhealth

Risky behaviors that can lead to chronic disease





CLUES ACROSS

- 1. Adequate yearly progress (abbr.)
- 4. Silicon Valley's specialty
- 8. Gather a harvest
- 10. Famed mathematician
- 11. No (slang)
- 12. Students use one
- 13. Type of molecule
- 15. Play make-believe
- 16. Large barrel-like containers
- 17. Touching
- 18. Treats allergies
- 21. Calendar month
- 22. Single
- 23. Cease to live

- 24. Brew
- 25. What ghosts say
- 26. Geological time
- 27. Focus
- 34. Discomfort
- 35. A citizen of Iran
- 36. Trip
- 37. Imitate
- 38. Makes happy
- 39. Double-reed instrument
- 40. Body parts
- 41. Transgressions
- 42. One-time emperor of Russia

24. Expression of creative skill

26. Midway between ncrtheast

25. A way to prop up

and east

27. Winter melon

28. Supernatural power

43. Time zone

⊠20. Witness

23. Gives

29. Target

30. Threes

33. Kindest

Chronic diseases pose a significant threat to the general public. It can be easy for adults in the prime of their lives to overlook the danger of chronic diseases, especially if they feel good and aren't exhibiting any symptoms to suggest their health is in jeopardy. But overlooking the potential dangers of chronic disease can prove deadly.

The Centers for Disease Control and Prevention notes that chronic diseases like heart disease, cancer and diabetes are the leading causes of death and disability in the United States. Chronic diseases are costly as well, as recent reports from the Rand Corp. and the Center for Medicare and Medicaid Services indicate that 90 percent of annual health care expenditures in the United States are for people with chronic and mental health conditions.

While there's no way to guarantee a person won't develop a chronic disease, avoiding certain risky behaviors can help adults greatly reduce their risk for various chronic diseases.

Tobacco use The CDC notes that

tobacco is the leading cause of preventable disease, and not just among smokers. While 34 million adults in the United States smoke cigarettes, 58 million nonsmokers, including children, are exposed to secondhand smoke, which can cause chronic diseases like stroke, lung cancer and coronary heart disease. Children exposed to secondhand smoke are at increased risk of impaired lung function, acute respiratory infections, middle ear disease, and more frequent and severe asthma attacks.

Poor nutrition

The value of fruits and vegetables is well-documented. In spite of that, the CDC reports that fewer than 10 percent of adults and adolescents eat enough fruits and vegetables. In addition, the CDC reports that 60 percent of young people between the ages of two and 19 and half of all adults consume a sugary drink on any given day. Such beverages, as well as processed foods, add unnecessary sodium, saturated fats and sugar to people's diets, increasing their risk for chronic dis-

ease as a result.

Lack of physical activ-

ity The Department of Health and Human Services has issued physical activity guidelines designed to help people improve their overall health and reduce their risk for various diseases. But the CDC reports that just 25 percent of adults and 20 percent of adolescents meet the recommended physical activity guidelines. Low levels of physical activity can contribute to heart disease, type 2 diabetes, certain types of cancer, and obesity.

Excessive alcohol consumption

The CDC notes that excessive alcohol consumption can cause heart disease, irregular heartbeat, high blood pressure, and stroke. In addition, the CDC reports that the less alcohol a person drinks, the lower his or her risk of cancer becomes

Chronic diseases are a formidable opponent. But people of all ages can reduce their chances of developing such diseases by avoiding a handful of risky behaviors.

* * * Friday's Child * * *



William Age 11

Hi! My name is William and love building with Legos!

William, who likes to be called Will, is an active and loving boy of Caucasian and Hispanic descent. He is outgoing and enjoys playing with his many friends. He is very social both during and after school. He has a witty sense of humor and loves to make people laugh. He is also very sensitive and concerned for the feelings of others. He is described by those who know him as being very helpful to others and very polite. He admires his older brother and sister and looks to them for guidance. Will likes to

play video games, build with Legos, and do arts and crafts projects. He does well in school and has expressed an interest in working in construction, being an architect, or a working as a truck driver when he is older. He very much wants to be adopted and is looking forward to the day when he meets his adoptive family.

Legally freed for adoption, Will would fit in well in any family constellation with or without other children in the home. An out of state family will be considered for Will providing that this family can commit to helping him maintain both in person visits and virtual contact with his siblings and grandmother who all live in western MA.

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.

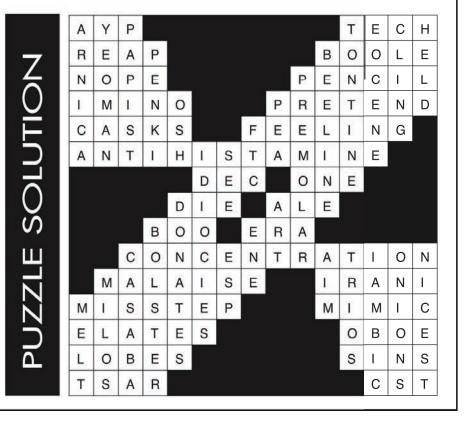
To learn more about adoption from foster care, call the Massachusetts Adoption Resource Exchange (MARE) at 617-964-6273 or visit www.mareinc.org. The sooner you call, the sooner a waiting child will have a permanent place to call home.



News, really close to home

CLUES DOWN

- 1. Used in treating bruises
- 2. One who cultivates a small estate
- 3. One who supports the Pope
- 4. Annuity
- 5. Geological period
- 6. Grab onto tightly
- 7. Kept
- 9. Chinese city
- 10. The most direct route
- 12. Type of tooth
- 31. A type of poetic verse 14. __ kosh, near Lake Winnebago 32. They make some people cry
- 15. Popular veggie
- 17. Supervises interstate commerce 34. Forman and Ventim glia are two
- 19. Foolish behaviors
- 36. A way to liquefy



Will you choose to be a victor or victim in 2021?

Last week we spoke of the choice to make 2021 a better year and not remain stuck in our past. To act as if you have no power to change the course of your life only becomes a self-fulfilling prophecy. If we want 2021 to be a better year, we must do something to make it so.

In other words, in this new year, will you choose to be a victim or a victor?

As I've said, maybe hundreds of times in this column, it is a choice we make. We can choose to remain (or become) a victim of circumstances or choose to create a happy, hope-filled life. Which will you choose?

I was CEO of a business with a distribution center in New Orleans when Hurricane Katrina hit. It was a devastating event to the entire region and our business, creating losses that could never be recovered. I visited New Orleans several times afterwards, and even though time had passed, and life moved on, there was a minority of the population who chose to remain living in emotional devastation. Some call it "victim syndrome." I understand that loss of loved ones, property and lifestyle is devastating. I also suffered through it. However, there is a choice to be made. You can live in the past negativity or choose to positively move forward. I'm not making light of tragedy and loss. I am, however, encouraging those who have suffered to positively move on. Rather than choosing to remain in the sorrow and pain of these past events, make a conscious and active decision to put your eyes on a brighter future. Allow optimism to give



you hope.

Apply the same logic to 2020, our year of pandemic, creating tragic loss and brutal politics. Our citizens have lost loved ones. We've endured the loss of businesses and careers, while suffering through financial hardships, the likes of the Great Recession and maybe the Great Depression. 2020 has passed. We now have three vaccines and more on the way. What will you choose for you and your family?

Victim or Victor?

For you "nattering naybobs of negativity," I

Once you know what

you want to grow, it is

can see you rolling your eyes and hear you shaking your heads, saying, "Just making a choice solves nothing," and you are right. The keyword is "just." If you choose to move forward in optimism, you also must move your mind and body in the positive direction. Making the choice is only the first step, but a big one. Taking positive action is also required.

I'll leave you this week with these two truths.

Make the choice to move forward in optimism. Do not look to our government to solve your problems. Regardless of who sits in the Oval Office, they are incapable of doing for you what needs to be done. Become more self-reliant. Your heart, mind and soul feel more optimistic when you realize you have the power to build your own

can see you rolling your eyes and hear you shaking your heads, saying, "Just making a choice solves nothing," and you are right. The keyword is "just." If you choose

> Do not look to the government to bring us back together. There is more benefit in the minds of both red and blue leadership to keep us divided. If we are to come together to create a better nation and world, it's up to us, and it begins with creating a better personal life. We can't help others if we can't help ourselves first.

Focus this year on what you care about and feel is profoundly important. Be optimistic and stay focused. Believe this new year will be better. Not by magic but by an optimistic look forward and positive actions to make your new vision of the future, real. And remem-

ber ... success is often just a matter of hanging on after others have let go.

Optimists are happier, healthier, and more active than pessimists. Optimists positively impact those they touch and make a positive, and often profound, difference in the world.

I'm extremely optimistic about our future. You can, and should be too.

Will you join me?

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.

Save time and increase success by creating a garden calendar

Ringing in the New Year is filled with resolutions that usually involve dieting and exercise. Gardening is a great way to help accomplish those two resolutions, while also improving your mood, reducing blood pressure, managing anger, maintaining flexibility and much more.

So, gather anyone that shares in your gardening efforts and landscape projects. Grab a calendar and make some gardening plans for the year ahead. Consider including a monthly project that you all can share and one that moves you closer to your long-term gardening and landscaping goals.

Start the year right by growing some microgreens. They are quick, easy and require no special equipment. Plus, recent research found that many contain as much as 25 times more nutrients as the leaves of the full-grown plant.

Take some time to inventory your current seed collection. Decide what seeds you want to keep and grow this season and those you want to pass along to gardening friends. You may



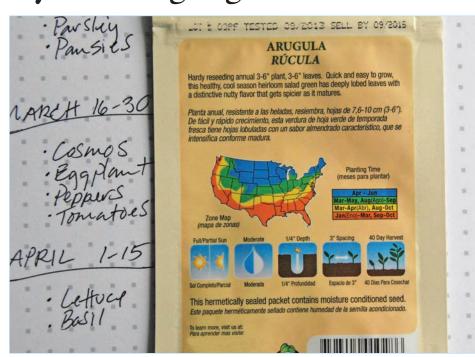
choose to make seed art with older or improperly stored seeds and invest in fresh seeds that are sure to germinate.

Once you complete your inventory, review new catalogs, and make a list of seeds and plants you want to include this year. Order early for the greatest selection and availability. A recent increase in gardeners means more people shopping for the seeds and plants you want to buy.

While you wait for your seed order to arrive, prepare a space and organize supplies for starting any seeds indoors as needed. Clear a space, check your grow lights, and gather the needed seed starting mix and clean containers. Soak used containers in a one-part bleach and 9-parts water solution for ten minutes. Then rinse with clear water before reusing them this year.

time to create a seed starting calendar. Check the catalogue, University Extension recommendations, and back of the packet to determine when you need to start the seeds indoors or out. Include dates for starting seeds indoors and directly in the garden. Note the recommended date for moving transplants into the garden. Add in time as needed to harden off transplants. Gradually introducing plants to the garden environment over a two-week period reduces transplant shock and

increases your success. Mark your calendar for peak harvest times in your region. Make sure to allow sufficient time for harvesting and preserving. Supplement your own harvest with produce from farmer's markets and pick-yourown farms. Most post expected picking and produce availability dates on their website, so you can plan ahead. As the season begins, confirm picking times and invite family and friends for a harvest and preservation party.



Check the back of the seed packet to determine when to start seeds indoors and when to move the transplants into the garden.

Record all this information on your calendar, garden chart or a spreadsheet to help keep your gardening efforts on track. This will also help you identify the best time to embark on larger landscaping projects or hire a plant sitter when you are away from the garden. Make this the year you resolve to accomplish your gardening goals in a timely manner. You'll maximize your harvest, enjoyment, and other gardening benefits.

Melinda Myers is the author of more than 20 gardening books, Great Courses "How to Grow Anything" DVD series and the nationally-syndicated Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and her Web site is www. MelindaMyers.com.

Melinda Myers

including Small Space Gardening. She hosts The

WOJNAR

continued from page A1

"I think a lot of things were kneejerk reactions to things that took place far away from us. The disappointing thing is a lot of the people who were spearheading change never really took the time to realize and understand what we are doing here (in Massachusetts)," Wojnar said. "This was a state where we were ahead of the curb, where we adopted things like the 21st century policing models and identifying training as something that was important to us going forward. We did these things on our own even when the state cut funding. We've stayed ahead of other parts of the country and the shame of it all is you felt like you paid the price for activities and actions that were totally out of your control. That's frustrating."

Dudley native named to SRU fall 2020 dean's list

SLIPPERY ROCK, Pa. — Slippery Rock University has announced its dean's list for the fall 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.

Students on the dean's list include 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.

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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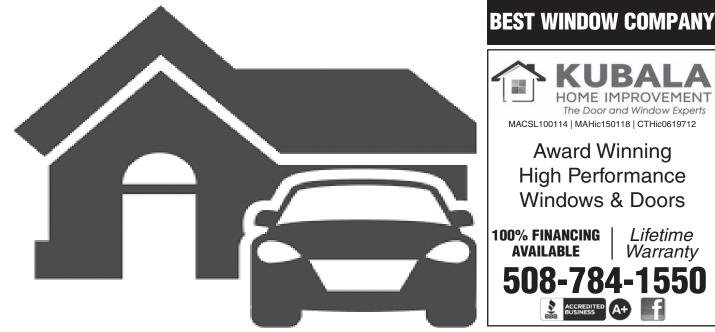


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has

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FRANK G. CHILINSKI STONEBRIDGE PRESS PRESIDENT AND PUBLISHER

> **BRENDAN BERUBE** EDITOR

EDITORIAL A firsthand COVID experience

One of our local correspondents, Jason Bleau, submitted the following reflection on his personal encounter with the COVID-19 virus in the hope that it might prove helpful to others.

I remember when I first heard about COVID-19. I was siting in a hotel room on Daytona Beach. I had just returned from watching the Daytona 500, and in between stories about the status of Ryan Newman following a horrific crash, details about a pandemic surging in China caught my eye. Less than a month later, everything shut down. The COVID-19 pandemic had gone global.

All throughout 2020, I found myself concerned about getting the virus. I quarantined, wore my mask, took every precaution I could. My goal was to make it through the holidays and reassess in 2021. I almost made it.

New Year's Eve, I felt what I can only describe as a "cloud in my lungs." I knew something was wrong. New Year's Day, a fever of just over 100 degrees struck me. I knew I had it. I didn't know how I got it, where I got it or who I may have infected, but I knew in my heart what it was. A day later, I took a test, and several more days later, my fears were confirmed, it was positive. After working so hard to avoid it in 2020, I had COVID-19.

The revelation wasn't as scary as I thought. I couldn't change what I had contracted, I could only wait it out. I isolated myself in my apartment and began the slow process of waiting...just waiting. By day three, my fever broke, and in the week that followed, my body experienced different symptoms almost daily. One day, it would be headaches and body aches. The next day, my energy was so sapped I could barely get out of bed. One day, it felt like just a bad cold. Some days, it was all of the above. For more than a week, I underwent a sickness I can only describe as an amalgamation of every cold and flu symptom you could think of, changing out the results on a daily basis. But it wasn't the isolation or the sickness that weighed on me. It was the how, and who, I might have impacted without even knowing it. Symptoms of COVID show up days after infection, and in the days prior to New Year's Eve I had been around numerous people, family, friends, shopping plazas. Who did I infect? Whose lives did I complicate? Who infected me? These questions worried me more than the illness itself. The scariest part of COVID for me wasn't getting it, but who may have gotten it from me, and how easy it was to contract it without ever even knowing it was there. I was lucky enough to survive COVID with minimal repercussions. Nobody I had been around tested positive, and to this moment I still don't know exactly how I was exposed. I did all the right things, and still I found myself dealing with the virus. While my experience may not have been deadly, I went through enough to understand that this virus is relentless, and the wrong immune system can be severely compromised by the variety of symptoms the virus employs, almost as if it is looking for the weakest point of your body's defenses to take permanent hold. If you're not fit enough to face even one kind of disease, this virus will exploit that. Even having gone through the experience of COVID-19, I will continue to wear my mask and continue to take precautions although it might appear as though these efforts didn't keep me from being exposed. I will do this because to me, the worst part of being infected wasn't my own wellbeing — it was the wellbeing of those who may have innocently been exposed before I even knew what I had inside me. I was always confident my body could beat it, but my decisions could have inadvertently compromised someone else who would not be so fortunate. I would have had a hard time knowing I was responsible for someone losing their livelihood, precious moments with loved ones, or, God forbid, their life. This virus might seem like a small, inconvenient thing to a lot of people, but I can say from experience it's very real and it's nothing I would want anyone to have to experience firsthand.



THE 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

Beware of the virus



BEYOND THE PEWS By Fr. Luke A. VERONIS SAINTS CONSTANTINE AND HELEN Greek

"normal ORTHODOX CHURCH, WEBSTER What did we

learn from 2020 and what do we want different from 2021? One thing we learned was that a virus, something so small that we can't see it and something so mysterious we didn't always know how it spread, could shut down our world, devastate communities, and kill 350,000 Americans and two million people around the world.

Yet, is COVID the most danger virus we face? If we understand and take serious our spiritual well-being and truly desire above all the Kingdom of Heaven, then we will realize there are many other viruses even more perilous than COVID.

For example, the insidious virus of pride has separated humanity from God since the beginning of time. Our Christian faith highlight how pride is the most treacherous of all viruses because it undermines and destroys all the virtues we may cultivate. Another prevalent virus is that of hatred. Hatred towards any person or any group of people, as well as holding on to hatred, anger

our society today! Envy and jealousy are sinister viruses that corrupt our hearts, while making us discontent with anything we have. Greed and the love of money are more viruses that can mutate in various forms and poison our souls. And a very prevalent virus rampant throughout society, we could even call it a pandemic, has to do with lust and the distorted sexual desires and passions fueled by flourishing pornography and oversexualized images offered by the media, adver-

tisements and so much of what we see every day. These are only a few of the menacing viruses quite alive and active in our lives.

We all pray that the Moderna and Pfizer vaccines will inoculate us from the coronavirus, and we anxiously await the time when we will receive these shots. Yet, are we just as ready and excited to receive the sacred vaccinations that can protect us from the spiritual diseases mentioned above?

Prayer is a medicine we must take every day which can inoculate us from the devious illnesses attacking our souls. Fasting is another shot that can protect us from the evils of these viruses. Reading Holy Scripture and filling our minds with spiritual readings every day will fill us with the antibodies that fight the germs of the viruses. (If anyone wants to receive a daily meditation, I send out by email let me know at frlukeveronis@gmail. com) The most effective inoculation is to receive the Holy Sacraments of the Church - Holy

the very fabric of from our sins and reunite us with the Source of Life.

> Will we be just as excited and concerned about receiving these spiritual vaccinations as we are of receiving the Moderna or the Pfizer vaccinations?!?

> Hopefully we have also learned from COVID 2020 to truly appreciate many things that we previously took for granted. This is an area where we don't want to go back to our "normal" way of life. Hopefully we appreciate in a new way loving fellowship and community, and how life-giving it is to be with family and friends. We are social beings who are meant to be with one another. All this social distancing and limited gatherings have created deep stress and increased mental illness. Our separation from one another has reminded us of how we need each another. May we remember this and always appreciate the family and friends we have. May we also realize what a priceless treasure we have with our connections in our beautiful Families of Faith! Fellowship, especially Christ-centered community, is an invaluable treasure to be cherished!

Thinking of our Faith, what about appreciating the opportunity to wor-ship in our churches and to regularly receive the Life-Giving Body and Blood of our Lord Jesus Christ. Some people have been away from the Church for the past 10 months and many of us missed out on special feasts and celebrations throughout the year. As the year normalizes and restrictions are eliminated, hopefully we will have a much deeper appreciation to participate more fully in the Church, a special treasure of fellowship and faith.

I wish everyone a bless-

Firearms regulations



Firearms regulations and questions are popular topics of discussion. The laws are complex and change from time to time. One question we seem to deal with frequently pertains to the shooting of a gun within 500 feet of a home. I was asked to provide some information on this, including

shooting on one's own property.

Massachusetts General Laws Chapter 269 Section 12E is the law pertaining to the discharge of a firearm within 500 feet of "a dwelling or other building in use." It does not cover property lines; it pertains to the actual location of structures. For example, someone is shooting on their own property and app. 100 feet from your boundary. If your house, or other applicable building, is further than 500 feet away, the activity is lawful. There are several exceptions present in this statute. One of these allows for shooting within this distance "with the consent of the owner or legal occupant thereof..." A person would therefore be allowed to shoot in their own yard and not be in violation.

Another important point to take under consideration, is the presence of neighboring homes or buildings nearby. If these places would be within 500 feet of where the shooting is taking place, a person would need consent of those property owners to shoot. Without this, a violation would be in order. Penalties for a violation can include a fine of up to \$150 and/ or a jail term of up to three months.

The discharge of firearms must always be taken seriously with the appropriate precautions. Bullets cannot be recalled in the event of a mistake. It is also advisable to notify neighbors if you will be target shooting. Often the sound can cause concern if people are not aware of what is occurring. It is also important to have a proper backstop for the bullets to land, and be sure there is plenty of safe distance behind the target area. You do not want stray or missed bullets to cause injury or damage. Always be aware of your surroundings, exercise the appropriate care, and be cognizant of the possibility of a ricochet.

As the pandemic continues and cases rise, we ask everyone to stay safe and continue to take the necessary precau-

and bitterness are common viruses that eat away at our soul and we see this virus destroying

Communion and Holy ed and peaceful New Year Confession on a regular filled with God's grace basis. These are immuniand mercy. zations that will heal us

<u>Letters to the E</u>ditor

How about a relief bill that actually helps Americans?

To the Editor:

Americans love baseball, apple pie, and apparently, being raked over hot coals by Washington politicians. Why can't we get a Covid-19 relief bill for Americans that is a Covid-19 relief bill for Americans?

A politician can stand in front of a mirror in the morning and ask themselves "What can I do today to help the American people?" then go to work and sign a relief/omnibus bill that gives \$85.5 million of our dollars for the assistance of Cambodia. Politicians come to us for many to help them get re-elected and then return to Washington and spend \$25 million of our dollars for democracy and gender programs in Pakistan. The list of pork in this bill goes on and on. Ask yourselves why can't our

taxpavers' dollars for Covid-19 relief go to our own food banks, fuel assistance programs, businesses on the verge of failing...our own people? Maybe I'm just selfish, or maybe it's hard to find a politician with a conscience.

But don't worry, United States or Massachusetts — baseball can still be played, but without fans; apple pie can still be served if you can find an open restaurant; and other elections are coming. Remember that the coals are still hot, and there are many more pork barrels to be tapped with our taxpayers' dollars. Shame on us for sending these people back to Congress time and time again to represent us and then serve their own agendas.

CARL W. WILSON OXFORD

tions to protect yourselves. The work of the Town Officials, particularly our Administrator and most importantly, the Board of Health officials, is greatly appreciated. The rules regarding this virus seem to change constantly, and more pressure is placed on local governments to respond, all with limited resources. We continue to serve the people of Dudley and work with the community to improve the quality of life for everyone. I thank the men and women from my department for their continued dedicated service to the Town during these trying times. Thanks also go out to the many Police Officers, Fire and Emergency Services members, public works, health care, government and all other "essential" personnel for their continued hard work and service. We greatly appreciate the support we receive from our community.

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.





Freedom of thought requires exposure to dissenting opinions

To the Editor:

In the Jan. 8 issue of the Webster Times, you published two rather lengthy responses to a Gary Moore opinion piece on the presidential election. Both letters challenged Mr. Moore's facts and opinions, which is politically healthy and extremely important in a free society, but each went a step further. They called into question your editorial decision to run an article that they disagreed with. In doing so, the Dudley Democratic Town Committee actually dismissed their political opposition with this statement "they are fueled by a thirst for power, a refusal to listen to another opinion and a disregard for fellow Americans." Then, apparently unaware that half of the population is viewing them through a similar lens, ended the

letter with a call for national unity. A nation devoid of public discourse cannot be united, only controlled. At a time when unelected tech moguls have become the self appointed arbiters of free speech, the last thing we need is another political echo chamber masquerading as an infor-mation source at the local level. I understand the importance of editorial oversight in the publishing industry, but consistent exposure to new, and more importantly, dissenting, information should be the basis of any public forum and the root of a free and enlightened society.

BRUCE LARSSON DUDLEY

How to respond when risk tolerance is tested

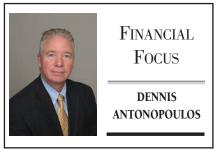
When you begin investing, you'll generally assess your comfort with risk, as your investment choices will be guided at least partially by your risk tolerance. But once you actually experience the ups and downs of the market, this tolerance could be tested.

Risk tolerance may appear less bothersome in the abstract but seem quite different in reality. For example, you might initially think you wouldn't be fazed by short-term market downturns, no matter how severe. However, when the financial markets really decline, as happened when the COVID-19 pandemic struck last March, you might find yourself being more concerned than you thought you would be.

Before you change your investment strategy, it's important to understand the potential tradeoffs. By limiting your downside risk by investing less aggressively, you may also limit your upside potential You might need

tial. You might need to change your strategy in other ways, such as saving more or working longer. That said, the tradeoff involved in reducing your downside risk may be worth taking, if it helps you cope better with wild market swings, as the best strategy may be one you can stick with through the inevitable ups and downs of the markets.

Because market fluctuations are a normal part of investing, here are



some additional suggestions that may help you focus on your long-term strategy.

Look past the immediate event. While the market's pandemic-driven fall was sudden, its recovery was also fairly quick. Eight months after its March meltdown, the market had regained all the lost ground and reached a new record high. During the midst of what appears to be a real threat to your investment portfolio, it can be difficult to anticipate a more favorable environment. Yet, while past performance can't guarantee future results, every historical market decline has been followed by a recovery.

Understand that the Dow isn't your portfolio. When the Dow Jones Industrial Average and the other major market indexes such as the S&P 500 fall precipitously (or shoot up), it makes headlines. But the Dow and the S&P 500 only track the performance of large U.S. companies – and while their performance may be an indication of the U.S. economy, they aren't going to track the results of your portfolio, which should ideally

include a personalized mix of large-company stocks, small-company stocks, international stocks, bonds, government securities and other investments.

Keep your emotions out of your investment moves. The market will fluctuate constantly but you should always try keep your emotions in check. Excess exuberance when the market rises, or extreme despondency when the market falls, can lead you to make poor decisions. Specifically, we may buy when we feel good (when the markets are up) and sell when we feel badly (when markets are down). Your heart and your emotions may drive vour financial goals – creating a comfortable retirement, sending your

kids to college or leaving a legacy for your family – but when you invest for these goals, you should use your head.

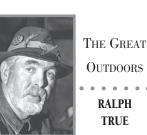
Your risk tolerance is a key part of your investment strategy. But by taking the steps described above, you can gain a broader understanding of how risk fits into your overall picture – and a better understanding of yourself as an investor.

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.Edward Jones.

A history of hare hunting

Hope everyone has stayed healthy during this terrible pandem-ic. There is still plenty to do for people that love the outdoors, and can socially distance whenever possible. Ice fishing has been spotty in the valley area, with thin, unsafe ice on many small ponds. Some anglers are still fishing on the few inches of ice on small ponds, but extreme caution needs to be practiced. The states of Maine, Vermont and New Hampshire, and New York, have a lot safer ice, and fishing is in full swing in those states. Fat Nancy's Bait & Tackle shop reported plenty of safe ice in the Pulaski New York area, and recommends a trip to the area soon.

from release Α Massachusetts Fish & Wildlife on the recommendation to raise the saltwater fishing license, seems a bit harsh, especially during a pandemic, and people struggling to make ends meet. The toll of lives lost and the financial hardships the pandemic has on the U.S., will hopefully see a recovery in a year or two, but it will not be easy. News on raising the saltwater license did not have an amount of the proposed increase, but it did state that it wanted to increase the free license for anglers to 70 years old. Many anglers this



writer spoke with were not happy!

Back in the day, this writer and many other Rod & Gun Club members were busy stocking snowshoe hare in swamps in the Central District. The hare were trapped by a licensed trapper in Canada and transported to the Singletary Rod & Gun Club for pick up by numerous clubs to be stocked by their members in open covers.

The Blackstone Valley Beagle Club was purchasing the largest number of hare, which totaled 250 annually, at a cost of around \$5 each. Sportsmen with beagles enjoyed running their dogs on the snowshoe hare in the Douglas State forest and other local swamps during the summer months, but most sportsmen rarely hunted them in the fall and winter months, hoping to keep population high for future generations. During the final years of program (called Operation Snowshoe), the clubs were paying up to \$20 each for the live delivery of the rabbits. After the program was stopped, the hare population diminished in a few years, with very few, if any remaining in our forests and swamps locally. What a shame!

The program lasted more than 50 years, but was stopped by activist groups claiming that it was cruel to relocate the hare, and it could spread any diseases they may be carrying to other states, which was a bunch of baloney! In all of the years the program was held, there were no claims of disease concerns. The hare did so well after relocation that they started to breed and have young, adding to the excitement of the program! Hare do not have large numbers of young like cottontail do; in fact, they only have two or three young, although they can have two or three litters a year.

They are born fully covered in hair, with their eyes wide open, not like cottontail rabbits that are totally blind and have very little hair at birth. Hare turn white during the winter months to give them camouflage. Some times during winters with very little snow their white color makes them an easy target for their predators that consist of coyote, numerous birds of prey, bobcat, etc.! Now that the birds of



Courtesy

This week's picture shows Bob Bromley with a few of his fishing buddies a few years ago during the annual ice derby sponsored by the Northbridge Vets. Hopefully, the ice will become safe for different organizations to hold their annual ice derby.

prey have returned in large numbers, after the spraying of DDT was stopped, many ground feeding animals like rabbits, & Squirrel populations are extremely low in some areas. This writer's back yard bird feeders have been absent of squirrels for a few years now, after a family of red tail hawks moved into the neighborhood. tions will look like. The slot limit size was a complete disaster last year and hopes are high that it will not be implemented this year.

A reminder that Wallum Lake in Douglas will close the last day of with Rod & Reel and are catching numerous trout, that more than likely were stocked this past fall.

More than likely, all sportsmen's shows will be canceled this year because of the pandem-

Saltwater anglers are wondering about what the 2021 striper regulaFebruary. The body of water is an interstate body of water lying in both Massachusetts and Rhode Island, and is governed by Rhode Island regulations. Anglers are still fishing Wallum Lake

ic. Wear a Mask and stay safe! They will be bigger and better next year!

Take A Kid Fishing & Keep Them Rods Bending!

DIY Tips to Better Health and Well Being

Self Care ranked high on New Year Resolution lists this year, and for many, that means taking matters into their own hands. The answer to common maladies isn't always in a medicine cabinet. In fact, treating everyday ailments or symptoms of aging is often a matter of common sense. From mental maneuvers to manual massage, the following self help tips are geared toward effectively promoting good health and well being!

Improve Memory: What's your memory grade? If you're a flunky when it comes to remembering, it may be time to get your brain back in shape with a good diet, meditation, and some mental gymnastics:

Diet: Sugar is not only bad for your diet, it can also be bad for your brain! Research has shown that people who regularly consume lots of added sugar may have poorer memories and lower brain volumes than those who consume less sugar.

Many studies have shown that consuming fish and fish oil supplements may improve memory, especially in older people. According to Healthline, a study of 36 older adults with mild cognitive impairment found that short-term and working memory scores improved significantly after they took concentrated fish oil supplements for 12 months

Meditation: Research suggests meditation may increase gray matter in the brain and improve spatial working memory. In fact, Meditation and relaxation techniques have been shown to improve short-term memory in people of all ages, right up to the elderly!

Memory Training: No matter what your age, experts say exercising your brain really may make the difference between using it and losing it. Memory training can include verbal repetition exercises, number quizzes, word definition challenges and more. Activities such as doing crossword puzzles, playing word games or cards, strengthens the receptors between brain cells in memory transmission areas. If you sense memory loss occurring, use mental helps such as calendars, calculators, list making, and group discussions to exercise your memory receptors. And relax. According to the experts, worrying obsuit what you're going

about what you're going to forget can actually cause a mental block!

may have low levels of vitamin B-12, A and C and beta-carotene, and high concentrations of aluminum and mercury. So take your vitamins and eat ry is that because the part of the brain that stores memory is located near the part that senses smell, the memory is boosted when you sniff a fragrance. Now, if you can only remember where you put the cologne.....

Laughter is the Best Medicine: Groucho Marx once declared "A clown is like an aspirin, only he works twice as fast!" And health officials worldwide have proved laughter really may be the best medicine. According to University of

Turn To HINT page A12



block! concentrations of aluminum and mercury. So take your vitamins and eat

Earlier research

revealed middle-aged

people with high cho-

lesterol or high blood

pressure could have

up to a 50 percent

greater risk for devel-

oping Alzheimer's

later in life. Studies

also showed patients

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OBITUARIES

Arthur H. Heins, Jr., 69



WEBSTER – Arthur H." Artie" Heins, Jr.,69, died unexpectedly on Tuesday, December 29, 2020 at home in his new Joshua Place Apartment after being stricken ill. He leaves a sis-

ter, Elaine L. Babcock and her husband Doug of Webster; 2 nieces, Lynn Brothers (Michael) and Ann Peters (Matthew), great niece, Abigail Peters and great nephew, Samuel Peters. Artie had an extensive group of friends including best friend Don Obuchowski, Michelle Bellerose, Joann Bond, and Priscillia Donais who was like a second mother. A sister, Jane A. Devlin, died in 2011.

He was born on August 15, 1951 in Webster, the son of Arthur H. Heins, Sr. and Rita (Laramie) Heins and was a lifelong resident. He graduated from Bartlett High School in 1969.

Mr. Heins worked as a Trust Officer at the former Mechanics Bank in Worcester for 25 years. He changed careers and became the Bar Manager at the Polish American Veterans Club in Webster. Mr. Heins received a Certificate of Merit from the PAV State Department for his contributions in helping the Webster/ Dudley PAV achieve their 2010 organization goals. He had a large following of loyal customers who affectionally called their favorite bartender "Sweet Artie Heins". He retired in 2015 and then volunteered as a bartender at Bush Hall until the start of the pandemic.

Artie was a dedicated supporter of

local veterans. He was a lifetime member of the PAV and the Kosciuszko Society. Artie was a man of strong faith and regularly visited the Blessed Sacrament Chapel as an adorer. He was a New England Patriots fan, appreciated nature and frequently went to Webster Lake to admire the scenery. Artie enjoyed reading, listening to audio, books and music especially the group ABBA and an occasional trip to the casino. He loved Dunkin Donuts coffee and visiting Alaska.

Artie was a humble man who would never ask for or accept the help offered by friends and family. He was a very loving and caring man who assisted others in any way he could. Three of the greatest gifts that Artie gave came at no financial cost - his infectious smile which could light up a room and brighten anyone's day, his ability to listen with sincerity and understanding and the prayers that he offered for all those who were in need.

A memorial Mass will be held at 10:00 AM on Tuesday, January 26 in Sacred Heart of Jesus Church, 16 East Main Street. Burial will be held privately at a later date. There are no calling hours so please meet at the church. Donations in his name may be made to the Blessed Sacrament Chapel, 17 East Main Street, Webster-Dudley Veteran Council, 3 Veterans Way, or the Webster-Dudley Food Share program, 4 Church Street, all of Webster, MA 01570.

Arrangements are under the direction of Scanlon Funeral Service, 38 East Main Street, Webster, MA. www.scanlonfs.com

James D. O'Connor, Sr., 83



WEBSTER – James D. O'Connor, Sr., 83, died Wednesday, January 6, 2021 in Harrington Memorial Hospital, Southbridge, after a courageous battle with Covid 19.

Queens, NY and raised there, the son of James and Sarah (Challenor) O'Connor. He lived in Webster since 1979. Mr. O'Connor

He leaves 4 chil-Anthony

dren, Barnardo and his wife Sheryl of Dudley, Timothy Barnardo and his wife Tammy of Wisconsin, Elizabeth O'Connor and her wife Lisa Bolshaw of Charlton, and James D. O'Connor, Jr. of Leicester; 6 grandchildren, Anthony, Amanda, Jennifer, James III, Victoria and Dalton; 8 great-grandchildren, Lilianna, Brayden, Isabella, Gavin, James IV, Quinn, Aurora and Harper; his former wife and companion of over 50 years, Elizabeth "Liz" Shier of Webster; a sister, Mary Butler of New York State; nephews and nieces. He was preceded in death by his sister Sarah.

He was born on November 5, 1937 in



served in the Army National Guard as a private for 3 years in the 1950's. He was a carpet installer for the for-

mer Eddy's Carpet in Worcester before retiring in 2000. An outdoorsman, he enjoyed family

outings, camping, swimming and fishing. He liked to watch old Westerns and Charles Bronson movies.

A celebration of his life will be held privately by the family. There are no calling hours. Donations in his name may be made to Veterans, Inc., 69 Grove Street, Worcester, MA 01605. Arrangements are under the direction of Sitkowski, Malboeuf & Hickey Funeral Home, 340 School Street. www.websterfunerals.com



WEBSTER – Frank E. Markiewicz, 95, Wednesday, died December 30, 2020 in his home after a brief illness in the presence of his family. His wife, Ann Marie (Battista) Markiewicz, died in 1973.

He leaves a son, Christopher D. Markiewicz and his wife Gail and grandchildren, Anne Marie R. 2 Markiewicz and Bradley J. Markiewicz, all of Webster; a brother, Joseph Markiewicz and his wife Irene of Ohio; a sister, Theresa Pukalo of Canterbury, CT; a brother-in-law, Ronald Battista and his wife Jackie of Brooklyn, CT; a sister-in-law, Olga Markiewicz of Auburn; and many nephews and nieces. He was preceded in death by his infant son David, by his brothers John, Chester, Walter, Henry, Steve, Bernard and William Markiewicz, and by his sisters Mary Brisson and Sister Mary Adelia with the Felician Sisters.

He was born in Webster on March 26 1925, one of the 13 children of Jozef and Pelagia (Kulczyk) Markiewicz and was a lifelong resident. He graduated from Bartlett High School in 1943.

He was a U.S. Coast Guard veteran of World War II. He belonged to the Polish

American Veterans. Mr. Markiewicz worked as the traffic manager for Wajer's Express in Dudley for many years, retiring in 1987.

Frank E. Markiewicz, 95

He was a lifelong member of Saint Joseph Basilica and a

former member of the Nichols College Golf Club. In his younger years, he was a pitcher for Saint Joseph's semi-pro baseball team. He enjoyed walking and jazz music. His delight was spending time with his grandchildren and sharing in their accomplishments.

Hisfuneral will be held on Wednesday, January 13, at 10:00 AM in Saint Joseph Basilica, 53 Whitcomb Street (please meet at the church). Burial will be in Saint Joseph Garden of Peace, with military honors provided by the Webster-Dudley Veterans Council. Current health guidelines will be in place and everyone must wear a mask. There are no calling hours. Donations in his name may be made to Care Central Hospice, 191 Pakachoag Street, Auburn, MA 01501. Arrangements are under the direction of Sitkowski, Malboeuf & Hickey Funeral Home, 340 School Street, Webster.

www.websterfunerals.com

Mary A. Bukowski, 85

WEBSTER - Mary A. (MacInnes) Bukowski, 85, died Thursday, December 31, 2020 in Webster Manor in the presence of her family. She leaves 2 sons, Anthony J. Bukowski of Ellsworth, Maine and William

Bukowski of Worcester; 2 daughters, Catherine M. Sweet and her husband Bryan of Woodstock, CT, and Elizabeth A. Jones of Webster; 9 grandchildren, Megan, Joel, Mason, Joseph, Sarah, Anne, Emily, Catherine and Peter; 8 great-grandchildren, Brooke, Julia, Brayden, Brynn, Logan, Nolan, Alexandria and Louis; a brother, Earl R. MacInnes, Jr. and his wife Dian of New Hartford, CT; a best friend, Diane Leverson of Manchester, CT; nieces and nephews.

She was born on February 14, 1935 in Medford and raised in Oxford, the daughter of Earl R. MacInnes, Sr. and Sarah (Chisholm) MacInnes. She lived in Webster most of her life and graduated from Saint Louis High School in 1953.

Mrs. Bukowski was a legal secretary for Ellis and Ellis Law Firm in Worcester for many years before retiring in 2000.

She was an active member of Saint Joseph Basilica and belonged to the Saint Joseph Women's Club, the Holy Rosary Sodality and the Sacred Heart Society. She was one of the founders of the Friends of Saint Joseph School. She enjoyed reading and traveling. She shared her retirement years with her grandchildren.

Her funeral will be held on Friday, January 15, 2021 from Scanlon Funeral Service, 38 East Main Street, with a Mass at 11:00 AM Saint Joseph Basilica, 53 Whitcomb Street. Visitation will be held from 9:00 to 10:30 AM in the funeral home, prior to the Mass. Burial will be at the convenience of the family in Warren Village Cemetery, Warren, VT. Donations in her name may be made to either St. Joseph Elementary School, 47 Whitcomb St., Webster, MA 01570 or to Hospice of Western & Central Mass, 1325 Springfield Street, Suite 12, Feeding Hills, MA 01030.

www.websterfunerals.com

Matthew Robert Strenk, 30

N



CHARLTON, MA./ vacations and being with his friends. Matthew will be deeply missed





George Randolph Daggett, 71



POMFRET – George Randolph 'Randy" Daggett, 71, of Fay Road, died on December 30, 2020 at home after a brief illness. Born in Patterson, New Jersey, he was the son of the late George

Randolph Daggett, Sr. and Fern (Lewis) Daggett. After his mother's untimely death when he was a teenager, Randy moved to Webster, Massachusetts to live with his uncle and aunt John and Evelyn Lewis and their family. He graduated from Bartlett High School, where he played varsity basketball and football and sang in the choir.

Randy wed Judith St. Germain in 1969, and soon afterwards they welcomed first a son Christopher and one year later, a daughter Dawn. While supporting his young family with multiple jobs, Randy attended Worcester Junior College before earning bachelor's degrees in management and secondary education from Nichols College in 1973

Randy travelled throughout Massachusetts as an account executive for Hallmark Cards from 1977 until 1987 when he purchased Dowe's Hallmark on Main Street in Danielson. He was a leader in the local business community, where he sold greeting cards, gifts, baseball cards, candy, newspapers and magazines, greeting residents daily with a smile, a piece of news, a joke or a retort until 2004.

After moving to Connecticut, Randy found his true calling as a first responder, serving first as a volunteer fire fighter for the Danielson Fire Department and later South Killingly and Pomfret Fire Departments. He became certified as an E.M.T. and was a member of the Board of Directors of K.B. Ambulance Corps for seven years before being hired as the Administrator and Chief of Service in 2004. Randy was famous for his ability to stretch a dollar. During his tenure as Chief, he grew the nonprofit from a small, volunteer operation with just two ambulances, into a thriving, essential service provider with 26 paid staff and 28 volunteers, that responds to more than 5,000 emergency calls every year for Killingly, Pomfret, Hampton, and Eastford. Since 2018, K.B. paramedics have also annually provid-

ed Advanced Life Support to thousands of additional residents of seven towns in the "Quiet Corner."

One job was never enough for Randy; he always had at least two, a tradition that began in his youth when he held two newspaper delivery routes. In addition to serving the community as a first responder, Randy was a fixture in his adopted hometown of Pomfret. As a part-time member of the Pomfret Parks and Recreation and Public Works staff for than 10 years, he tended to the town's green spaces atop a tractor on hot summer days and plowed miles of town roads through snowy winter nights.

Randy is survived by his son Christopher and his wife Shannon of Webster; daughter Dawn and her partner Angela Boone, of Cheverly, Maryland; and grandson Benjamin Daggett, also of Webster. He leaves behind his lifelong friends and fellow Nobles, including his cousin James Lewis, Peter Bolduc and Jay Lamy, and Stanley Ciesla, who remained a trusted and stalwart friend until the end of his life.

Randy is remembered for his dry wit and love of a good joke, especially if it was making fun of his family, friends, co-workers, or politicians. He is also remembered as a tireless worker and a firm leader with a kind heart who through his professional and volunteer service saved many lives, and privately helped countless other people in need. He also leaves behind his beloved family of dedicated staff and volunteer E.M.T.s and paramedics of K. B. Ambulance Corps, many of whom he trained, mentored and nurtured, who will continue his legacy of service and care by responding every day to people in crisis in the Quiet Corner.

To protect the health and safety of the community, Randy requested that no services be held at this time. Please check www.facebook.com/ KB.Ambulance/ for details of a safe, socially distant memorial parade in late January. In lieu of flowers, please consider contributing in memory of George "Randy" Daggett to K.B. Ambulance Corps, P.O. Box 209, Danielson, CT, 06239

Arrangements have been entrusted to the Gilman Funeral Home & Crematory. For memorial guestbook visit www. GilmanAndValade.com.

SC.- Matthew Robert Strenk, 30, passed away January 4, 2021 at St. Vincent Hospital

Matthew was a loving, caring young man with a kind hearted

soul who loved his family and friends.

He was a son, father, brother, nephew, uncle, grandson who had touched the lives of everyone he knew.

Matthew had a strong constitution, overcame many obstacles in life and was able to accomplish goals he set for himself.

He was a successful entrepreneur who started his own painting business, Holy City Painting, LLC shortly after moving to Charleston, SC.

Matthew enjoyed life to the fullest! He was an avid New England sports fan and loved attending games with his dad and siblings as well as traveling on

Randy J. Olds, 59



STERLING – Randy J. Olds, 59, passed away peacefully at home on Wednesday, January 6, 2021, after an illness. Born in Webster, the son of Gordon R. and Priscilla (Racine) Olds, Randy resided in Worcester

before moving to Sterling 25 years ago. He leaves his loving wife of 38 years, Pamela A. (O'Connor) Olds; his sons, Daniel Olds and his wife, Laura of Boston, Christopher Olds of Sterling and Andrew Olds and his wife, Ann Marie of Dixfield, ME; his daughter, Amanda Olds of Sterling; his brothers, Brian Olds of Webster and Bruce Olds of Redmond, WA; his brotherin-law, Dr. William T. O'Connor and his wife, Sheryl of Holden; three nephews; many wonderful friends, including Gary and Ellie Vanasse; and his beloved cats, Tico, Chico and Monty. Randy worked as a clerk for the U.S. Postal Service in Worcester and Shrewsbury for 30 years before retiring in 2017. A pillar of the local youth sports community, Randy dedicated his spare time to coaching baseball, basketball & soccer in both Worcester and Sterling. He was an integral volunteer for the Tris Speaker and George P. Gibbs Little Leagues - coordinating and training

He was born December 20, 1990 in Dudley son of Thomas R. and Robyn Strenk he graduated from Shepherd Hill Regional High School in 2008 and moved to Charleston, SC in 2017.

He leaves his father, Thomas R. Strenk of Charlton, a brother, Benjamin Strenk of Uxbridge, a sister, Lauren Strenk of Myrtle Beach, SC., son, Jude Alton of Pittsburg, PA., grandfather, Thomas G. Strenk of Webster, nephew, Isaac Sanchez of Myrtle Beach, SC.

He was predeceased by his mother Robyn July 23, 2018.

Funeral Services will be private, burial will be in Holy Trinity Cemetery in Dudley.

The ROBERT J. MILLER-CHARLTON FUNERAL HOME, 175 old Worcester Rd. has been entrusted with arrangements

To leave an on-line condolence, please visit: RJMillerfunerals.net

umpires. An avid sports fan, especially of the New York Yankees and Giants, he possessed a total recall of sports figures and their statistics. Randy loved driving his John Deere tractor, even when there was no grass to cut. Some of his most cherished moments with family and friends were spent swimming or taking trips to the Cape and Maine. He loved the holidays and every year, on the day after Thanksgiving, Randy continued the family tradition of hand-cutting an oversized tree from the local tree farm. Randy was warm and funny, with a unique wit that always made you laugh. He loved and cared for his family and friends in the deepest of ways. He will truly be missed by all. Due to Covid-19 restrictions and for everyone's safety, funeral services are private at this time. In light of his commitment to our community and in lieu of flowers, memorial contributions may be made to either the George P. Gibbs Little League, P.O. Box 1357, Sterling, MA 01564, or the Wachusett Food Pantry, P.O. Box 62, Jefferson, MA 01522. Arrangements are under the care of the Miles-Sterling Funeral and Tribute Center, 100 Worcester Road, Sterling. To share a memory or offer an online condolence, please visit the "Tribute Wall" on this page. www. milesfuneralhome.com

LEGALS

TOWN OF DUDLEY Notice to Bidders

The Town of Dudley is requesting bids for the following construction material items and services for various departments for the period of January 1, 2021 to December 31, 2021.

ITEM #1 – All grades of medium curing asphalt and emulsion type asphalt

ITEM #2 - Bituminous concrete, at

plant

ITEM #2A - Bituminous concrete, in place

ITEM #3 - Gravel and washed screened sand at owner's pit and delivered

ITEM #4 – Screen stone at owner's pit and delivered

ITEM #5 - Tree Trimming and Removal ITEM #6 - Corrugated pipe, steel and aluminum, delivered to highway garage ITEM #7 - Corrugated pipe, polyethylene delivered to highway garage

ITEM #8 – Cold Planing ITEM #9 - Stone Sealing

ITEM # 10 – Pavement Striping

Bidders in Item 2A and Item 9 must be pre-qualified and a Certificate of Approval from MassDOT, Highway Division and all materials must conform to Mass Highway Specifications.

Bids will be received by the Chief Procurement Officer, Dudley Municipal Complex, 71 West Main Street, Dudley, MA 01571 until 10:00am on February 3, 2021. Bids may be submitted by USPS, UPS or FedEx as well as electronically by sending them to selectaa@dudleyma.gov. Any bid submitted electronically shall be sealed until said day and time and will be opened at a virtual bid opening by livestreaming and recorded on the town's website. Any bidder who would like to be invited should call the Selectmen's office at (508)949-8001 for meeting id and password.

All envelopes must be sealed and marked "Bid" and appropriate "ITEM #" indicated.

The Town of Dudley brings to the attention of bidders, Chapter 149, sections 26D and 27D of the Massachusetts General Laws concerning minimum wage rates where applicable. All bids must be in compliance with all Massachusetts General Laws. Specifications available by calling the Selectmen's office at (508)-949-8001 Monday-Thursday between 9:00am and 4:00pm, Friday from 9:00am to 1:00pm or by email at selectaa@dudleyma.gov.

Specific questions may be addressed to Jeff Murray, Highway Superintendent at (508) 949-8020.

The Town reserves the right to reject

any bids/proposals if deemed in the best interest of the Town. Jonathan Ruda Town Administrator **Chief Procurement Officer** Town of Dudley January 15, 2021 January 22, 2021

Notification to Abutters Under the

Mass Wetlands Protection Act

In accordance with the second paragraph of Massachusetts General Laws Chapter 131, Section 40, you are hereby notified of the following:

A. The name of the applicant is RAMP-CO CONST

B. The applicant has filed a Notice of Intent with the Conservation Commission of Dudley under the wetland protection act (General Laws Chapter 131, Section 40).

C. The address where the work is proposed is 10 Ardlock Place

D. The activity consists of re-establishment of a parking lot and site cleanup. E. Copies of the filing may be examined at the Conservation Commission Office, by appointment. For more information, call 508-949-8011

The meeting date is to be set for January 27, 2021 at 6 PM. The meeting details will be posted on the agenda issued by the commission.

F. Copies of the application may be obtained from the Conservation Commission by calling 508-949-8011 during the hours Mon through Thurs 9-4.

G. Information regarding the date, time and place of the public hearing may be obtained from the Conservation Commission Office by calling 508-949-8011 during normal business hours. NOTE: Notice of the public hearing, including its date, time, and place, will be published at least five (5) days in advance in your local newspaper.

NOTE: Notice of the public hearing, including its date, time and place will be posted in the Town Hall not less than forty-eight (48) hours in advance. January 15, 2021

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

Premises: 5 Fifth Avenue, Webster, Massachusetts

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Elite Rivers LLC to Sun West Mortgage Company, Inc., said mortgage dated March 14, 2019, and recorded in the Worcester County (Worcester District) Registry of Deeds, in Book 60150 at Page 115, for breach of the conditions in said mortgage and for the purpose of foreclosing the same, will be sold at Public Auction on February 8, 2021 at 10:00 AM Local Time upon the all and singular premises described in said mortgage, to wit:

The land with the buildings thereon of every nature and description and all privileges and appurtenances thereto belonging, situated on the easterly side of Fifth Avenue in Webster, County of Worcester and Commonwealth of Massachusetts and being Parcel on Plan of Property owned by Telesphore Leboeuf, dated October 11, 1945 and recorded with Worcester District Registry of Deeds, bounded and described as follows:

BEGINNING at a spike on the easterly line of said Fifth Avenue, one hundred twenty (120) feet southerly by the southerly line of Negus Street at land now or formerly of Henry Carey ;

THENCE N. 73 degrees 24' E., sixty-one and twenty-four hundredths (61.24) feet by land now or formerly of said Carey to an iron pipe;

THENCE EASTERLY with an included angle of 178 degrees 46' 30" a distance of ninety-seven and eight-tenths (97.8) feet by land of Lilian I. McQuaid and land of the Roman Catholic Bishop to a spike:

THENCE SOUTHERLY forty-five (45) feet by land of said Bishop to a stake; THENCE S. 83 degrees w. one hundred sixty-one and seven-tenths (161.7) feet by remaining land of Telesphore Leboeuf, now or formerly, to a spike on the easterly line of said Fifth Avenue;

THENCE NORTHERLY with an included angle of 90 degrees 11 ' a distance of twenty-three (23) feet to the point of beginning.

Also the land with the buildings thereon of every nature and description and all privileges and appurtenances thereto belonging, being a certain triangular tract of land in said Webster on the easterly side of Fifth Avenue, bounded and described as follows:

BEGINNING at a spike on the easterly line of said Fifth Avenue at land of grantor;

THENCE N. 70° 15' E., sixty-one and twenty-four (61.24) feet by land of grantor to an iron pipe;

THENCE Westerly with an interior angle of 12° 14' 30", a distance of sixty and forty-nine hundredths (60.49) feet by land of Francis E. Cassidy,

Temp. Gad., now or formerly to an iron pipe on the easterly line of said Fifth Avenue:

THENCE SOUTHERLY with an interior angle of 87° 10' 30", a distance of thirteen (13) feet by said Fifth Avenue to the point of beginning.

Property commonly known as: 5 Fifth Ave, Webster, MA 01570

The description of the property that appears in the mortgage to be foreclosed shall control in the event of a typographical error in this publication.

For Mortgagor's Title, see deed dated, and recorded in Book 60150 at Page 111 with the Worcester County (Worcester District) Registry of Deeds. TERMS OF SALE: Said premises will be sold and conveyed subject to all liens, encumbrances, unpaid taxes, tax titles, municipal liens and assessments, if any, which take precedence over the said mortgage above described.

FIVE THOUSAND (\$5,000.00) Dollars of the purchase price must be paid by a certified check, bank treasurer's or cashier's check at the time and place of the sale by the purchaser. The balance of the purchase price shall be paid in cash, certified check, bank treasurer's or cashier's check within sixty (60) days after the date of sale.

Other terms to be announced at the sale.

BENDETT & MCHUGH, PC 270 Farmington Avenue Farmington, CT 06032 Attorney for Sun West Mortgage Company, Inc. Present Holder of the Mortgage (860) 677-2868 January 15, 2021

January 22, 2021 January 29, 2021

Notice is hereby given by Precision Auto Rebuilders, Inc., 243 W Main St Dudley MA 01571 pursuant to the provisions of G.L. c.255, Section 39 A that on February 5, 2021 @ 5PM at: Precision Auto Rebuilders, Inc., 243 W Main St Dudley MA 01571 the following motor vehicle will be sold at a private sale to satisfy the garage keeper's lein thereon for storage, towing charges and expenses of notices of said vehicle:

Vehicle: VIN# 5NPE24AF3GH360516; 2012 Hyundai Sonata Owner: Casie Morse, 48B Windbrook Rd, Auburn MA 01501 January 15, 2021 January 22, 2021 January 29, 2021

DUDLEY WATER SYSTEM'S DRINKING WATER PFAS6 PUBLIC EDUCATION This material contains important information about your drinking

ucts, and other industrial processes. An MCL is the maximum permissible level of a contaminant in water which is delivered to any user of a public water system. Some people who drink water containing PFAS6 in excess of the MCL may experience certain adverse effects. These could include effects on the liver, blood, immune system, thyroid, and fetal development. These PFAS6 may also elevate the risk of certain cancers. For more information on PFAS, see the links below.

the water because the 20 ng/L value is applicable to a lifetime consuming the water and shorter duration exposures present less risk.

• If you have specific health concerns regarding your past exposure, you should see the Centers for Disease Control and Prevention's link below and consult a health professional, such as your doctor.

some of the water. For more information see the weblinks listed below. What is being done?

The Dudley Water System has taken the

water. Please translate it. speak with someone who understands it or ask the contact listed below for a translation.

The Dudley Water System has not violated the drinking water regulations. A PFAS6 MCL violation occurs when the average of all monthly samples collected over a quarter exceeds the MCL. If our system had violated the PFAS6 Maximum Contaminant Level (MCL) our system would have issued a PUBLIC NOTICE.

On October 2, 2020, Massachusetts Department of Environmental Protection (MassDEP) promulgated a new drinking water regulation and maximum contaminant level (MCL) of 20 nanograms per liter (ng/L) for the sum of six per- and polyfluoroalkyl substances (called PFAS6). The Dudley Water System has confirmed elevated levels of PFAS6 in the drinking water during monitoring. Even though the level is above the MCL, a PFAS6 MCL violation has not ocurred as violations are usually based on three months of testing. Instead, we are required to provide you with these materials to make you aware of the elevated levels so you can make informed decisions about your drinking water while we continue to monitor the water supply. The location where elevated levels

PFAS6 were reported is one of 2 entrance points (or sources) that supplies drinking water to our system. PFAS6 levels were reported below the 20 ng/L MCL at the other location (Well 06G). PFAS6 includes perfluorooctanoic acid (PFOA), perfluorooctane sulfonic acid (PFOS), perfluorononanoic acid (PFNA), perfluorohexanesulfonic acid (PFHxS), perfluorodecanoic acid (PFDA) and perfluoroheptanoic acid (PFHpA). PFAS are man-made chemicals that have been used in the manufacturing of certain fire-fighting foams, moisture and stain resistant prodWhat should I do?

For Consumers in a sensitive subgroup (pregnant or nursing women, infants and people diagnosed by their health care provider to have

a compromised immune system)

 Consumers in a sensitive subgroup (pregnant or nursing women, infants and people diagnosed by their health care provider to have a compromised immune system) are advised not to consume, drink, or cook with water when the level of PFAS6 is above 20 ng/L.

· Sensitive subgroups are advised to use bottled water for drinking and cooking of foods that absorb water (like pasta).

• For infant formula, use bottled water or use formula that does not require adding water.

 Bottled water should only be used if it has been tested. A list of companies that voluntarily tested their water for PFAS and shared the results can be found on MassDEP's website at: https://www.mass.gov/doc/bottled-water-tested-for-pfas.

For all other consumers not in a sensitive subgroup

 If you are not in a sensitive subgroup, you may continue to consume Steps you can take to reduce your intake - Consider taking the following steps while actions are being implemented to address this issue:

 For older children and adults (not in a sensitive subgroup), the 20 ng/L value is applicable to a lifetime of consuming the water. For these groups, shorter duration exposures present less risk. However, if you are concerned about your exposure while steps are being taken to assess and lower the PFAS6 concentration in the drinking water,

use of bottled water will reduce your exposure.

· Home water treatment systems that are certified to remove PFAS by an independent testing group such as NSF, UL, or the Water Quality Association may be effective in treating the water. These may include point of entry systems, which treat all the water entering a home, or point of use devices, which treat water where it is used, such as at a faucet. For information on selecting home treatment devices that are effective in treating the water for PFAS6. See MassDEP weblinks below. In most situations, the water can be safely used for washing foods, brushing teeth, bathing, and showering.

Please note: Boiling the water will not destroy PFAS6 and will somewhat increase its level due to evaporation of

the following proactive measures:				
• The confirmed PFAS6 concentration				
detected in Dudley Well 06G is 10 ng/l,				
which is below the MCL of 20 ng/l.				
The Dudley Water System is currently				

wh Th implementing changes to the distribution system to allow blending of water from Well 03G with water from Well 06G to reduce PFAS6 concentrations below the 20 ng/l MCL. It is anticipated that this project will be completed in February, 2021.

 Dudley Water will continue to monitor PFAS6 concentrations in the blended water on a monthly basis begining in January 2021, and you will be notified of any changes.

• We are also investigating treatment options to remove PFAS6.

For more information, please contact George Patrinos at 508-949-8007 or watersewer@dudleyma.gov or 71 West Main Street, Suite 305 Dudley, MA. 01571.

• MassDEP Fact Sheet - Questions and Answers for Consumers (https:// www.mass.gov/media/1854351)

 MassDEP Fact Sheet - Home Water Treatment Devices - Point of Entry and Point of Use Drinking Water Treatment (https://www.mass.gov/service-details/home-watertreatment-devicespoint-of-entry-and-point-of-use-drinking-water)

 CDC ATSDR Information on PFAS for consumers and health professionals (https://www.atsdr.cdc.gov/pfas/index. html)

This public education material is being sent to you by the Dudley Water System. PWS ID#:

2080000 Date distributed: January 5, 2021

Please share this information with other people who drink this water, especially those who may not have received this notice directly (for example, people in apartments, nursing homes, schools, and businesses). January 15 2021

www.StonebridgePress.com

Location of sample		Results of sample	Result (ng/L)	Average (ng/L)*	MCL (ng/L)
Well 03 G	Initial	10/16/20	34	•	
Well 03 G	Confirmation	12/1/20	23	29	20

HINT

continued from page A9

Maryland Hospital studies, the benefits of laughing include improved coordination of brain functions, memorv improvement, reduction in stress and depression, pain relief and stronger internal muscles. One UM doctor even claims twenty seconds of hearty laughter gives the heart the same workout as three minutes of hard rowing. So enjoy a daily dose of laughter, it's free, fun and contagious!

Stress Busters: It's 2 p.m., you've got a pile of unfinished work, you've yet to each lunch and the phone keeps ringing! If the high tech and high stress world has got you chewing your acrylic nails off, try these easy office stress busters: At the first sign of stress, massage therapists suggest simply massaging the palm of one hand by making a circular motion with the thumb of the other.

Or, when you're stressed out, reach for a steaming mug of decaf or other hot beverage and cup your hands around the mug. Bring your warm hands to your closed eyes for a few seconds and take a deep breath to induce calm. And here's a good excuse to snack on the job: Carbohydrates stimulate serotonin in the brain, so reach for a bagel, crackers or pretzels to help calm down fast.

The Buzz on Caffeine: If you love your coffee, here's another excuse to drink high octane java! A popular ten year study revealed coffee drinkers really may be better thinkers. The report said a cup of coffee can help in the performance of tasks, requiring sustained attention. It further helped enhance a person's ability to perform these tasks, during low alertness situations such as at night or when a person has a cold.

Hearing Help: Are you saying "Huh?" more than you used to? Well

before you run out to by a hearing aid, you might want to consider a pair of sneakers instead! Believe it or not, researchers at Miami University in Ohio report aerobically fit people heard sounds at lower volumes than their sedentary counterparts. In fact the researchers went as far as to declare that a fit person at age 40 can have the hearing of a 20 year old! The concept is that aerobic exercises such as walking, enrich the blood with oxygen and improve blood flow to the ears, which improves hearing function. For A proper hearing "fitness" routine, the experts suggest working your way up to walking 30-60 minutes, five or six days per week. For an optimum hearing boost, add strength training, as those who are aerobically and muscularly fit had the best hearing!

Eye Test: Babyboomers may be soon discovering their eyes aren't as sharp as they used to be! Here is a quick vision test to gauge whether or not it's time to have those glasses upgraded: A person with good vision should be able to read the numbers and letters on a license plate 80 feet away. If not, it's time to get a vision checkup. If you work at the computer all day, this simple "eye break" exercises tired eye muscles. Hold a pencil one foot away from your eyes, focus on an object behind the pencil for several seconds, then blink and focus directly on the pencil for a moment or two. This helps relaxes and revitalize eyes. At home, relieve eye strain by cutting two thin slices of raw red potato. Keep them on your closed eyelids for 20 minutes

Sweet Slumber: Are you always tired? Is your nightly slumber less than satisfying? If so, it might be time to reset your sleep clock to ensure your daily dose of rest! If your body clock is set to a different time than your schedule, youll feel tired. Experts say when youre in your 20s and 30s, your body is

typically set to stay up late and sleep late. On the other hand, it's common for people in their 60s and 70s to fall asleep at before 8 p.m. and wake up before the birds. Here's how to get back to a normal sleep rhythm by resetting your sleep clock: Bright electric light can shift your body clock, according to a study published in the Journal of Investigative Medicine. If you want to stay up later, sit under a bright light bulb for one to two hours before your current bedtime. This will slowly shift your body clock to a later bedtime. In the morning, block out bright light until you>ve been up for an hour or two. If you want to go to bed and get up earlier, dim the lights in the bedroom after 9 p.m. and pull up shades to allow the morning sun to stream in.

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 renowned 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 email KDRR@aol. com. Hints are entered into a drawing for dinner for two at the historic Publick House Inn.









WEBSTER - 6 Nicholas Circle! 8+ Rm Center Hall Colonial! 1.22 Acres! Sought After Neighborhood! Great Commuter Location Accessible to Many Major Routes! Spacious Stainless Steel Applianced Cabinet Packed Eat-in Kitchen & Formal Dining Rm! 23 x 24 Frplace Family Rm w/Cathedral Ceiling & Slider to the Huge Deck! Front to Back Living Rm! 1/2 Bath w/Laundry Closet! The 2nd Floor You'll Find the Comfortable 12X17 Master w/Walk-in Closet & Full Bath w/Linen Closet! 2 Additional Bedrooms plus an Office/Nursery/Bedroom all w/ Ample Closets! 2nd Full Bath off the Hall w/Linen Closet! 2.5 Total Baths! Lower Level Ideal for Storage or Future Expansion! 2 Car Garage wElectric Openers wDble Door Entry to the Basement for Moving Larger Items aka Boys Toys! 2 Z Oil Heat, 2 A/C, Separate Oil Water Heater! Irrigation! Don't Delay! **\$418,900.00**



DOUGLAS - 102 SE Main St! Start Packing! Spacious 9 Rm Colonial! 2.23 Acres! Conter Island Granite Kit Wolf Close Cabs, SS Appliances Slider to 2th Deckl Open Floor Plan! Hickory Wood Floors throughout the Kit, Din & Liv Rms, all wRecessed Lighting! Ist FIr Office or Possible 4th Bdrm wOak Hrdwd FIr! Full Bath in the Hall! 2nd Fir w/Full Dble Vanity Bthrm & 3 Comfortable Bdrms, all w/Beautiful Wood Laminate Firs! Master w/Cathedral Ceiling, Skylight, Ceiling Fan, Bay Window overlooking the Back Yard and a Master Bath! Lower Level w/2 Finished Rms. Utility Rm w/Laundry and Half Sahl 3.5 Bath Total! Recent (Air, Heat & Roof! 2426 2 Car Detached Garage! Huge Shed! Nearby Nature Trails & Wallum Lake Beach! \$379,900.00



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



Beautiful Sunsets! 7 Rms, 3 Bdrms, 2.5 Baths! Recently Renovated from Top to Bottom! Move-in Ready! Professionally Landscaped! Exterior Stonework Front & Back! Open Floor Plan! 1st Level w/Huge Family Rm w/Lake View & Access out to Stone Patio, 1/2 Bath & Laundry, Travertine Tile Throughout! 2nd Level \vec{w} Custom Granite Kitchen w/Stainless Steel Appliances, Center Island w/Seating & Large Pantry! Spacious Living Rm w/Sliders to 14X34 Composite Deck! Dining Area w/Water Views, Hardwood Floors Throughout, Bath w/Tiled Shower, Guest Bedroom or use as Office! Lake Facing Master Bedroom w/Walk-in Closet & Private Deck! Bathroom w/Double Sinks, Tiled Shower & Separate Tub! Comfortable 3rd Bedroom w/Lots of Storage! Level Lot w/Room for Entertaining and Enjoying All The Lake has to Offer! \$749,000.00



CHARLTON -74 Daniels Road! Completely Renovated 9 Rm, 4 Bdrm, 2.5 Bath Gambrel w/Attached In-Law Apt! Picturesque 3.39 Acres! Deeded Water Rights to South Charlton Reservoir! Extensive Updates! House w/New Roof, Siding, Kit, Bthrms, Windows, Int Doors, Electrical, Flooring, R60 Insulation in Attic, Water Heater, Well Pump & More! In-Law w/Open Flr Plan, Kit, Bdrm w/Walk-in Closet, Full Bath w/Laundry! Both Fully Applianced! 2 New Driveways, Irrigation, AG Pool! Shed! Security! Generator Hookup! \$489,900.00



On the shores of Lake Chargoggagoggmanchauggagoggchaubunagungamaugg

Webster Lake - 100 Lakeside Ave



dinary Waterfront Contemporary! Architect designed with Lake Living in mind, Custom Built with Attention to High Quality & Detail. Outstanding open concept, water view from almost every room. Nicely situated on a .25 acre level peninsula, 180'+/- prime lake frontage! Enhanced by a all natural shoreline! All you need to live is located on the 1st floor. Grand 2 story foyer, cozy fireplaced living room, gourmet kitchen, lake facing dining , formal dining room, media room & spacious 1st floor guest BR Suite w/ private bath. Incredible 2nd floor fireplaced lake-facing corner master suite w/luxurious private bath, 3 more 2nd floor BRs & full bath! Something Special! Remember, Timing Is Everything! \$1,075,000.

WEBSTER LAKE! PANORAMIC VIEWS! BEAUTIFUL SUNSETS! Extraor-

Yard! 1 Car Garage! **\$239,900.00**



Lake Shirley - 647 Reservoir Rd

Lakefront! Lake Shirley! Modern Flare on a Lakefront Co-Ionial! 1st level Formal large entry foyer, living room, gas fireplace, chef kitchen, Impala black granite, center island, 3 season porch, overlooking the lake. 1st FL bedroom suite w/ shower and jacuzzi tub. 2nd floor Master Suite! Lower level Summer kitchen, full bath, game room. Crown moulding & hardwood floors throughout, wired sound system, radiant floors. oversize 2 car garage. Additional Guest House! assisted sale \$1,040,000.

Latest antique, collectibles, and auction news

An 1804 Proof

Eagle and "1787

Style Brasher

Doubloon" are

two of the other

ultra-valuable

Doubloon will

be coming to

time since 1848.

The previous

two times it set

New

coins.

auction only the third

York-

The

for

For my first column of 2021, I thought it would be fitting to recap and wrap up the antique news from 2020 and share exciting news that has already happened this year.

Some advertising pieces and slot machines brought strong results at an October auction, according to an Antiques and Arts Weekly report. A triangular shaped 1935 Coca Cola sign was one of the items in the auction. The double-sided hanging enamel sign brought \$21,600. An 1870s Proctor and Gamble advertising sign for Amber Soap was said to be historically significant, because it predated the company's production of Ivory soap. It sold for \$28,800. A Pepsi Cola syrup dispenser went for \$39,975. A five cent "Little Rip" baseball themed trade stimulator (similar to a slot machine) sold for \$132,000. A "Triple Centaur Jackpot" slot machine that accepted nickels and quarters in

three separate sections reached \$240,000.

even

results.

An upcoming auction expects better Coin News reports that several coins in a January 20th-24th auction are estimated to bring

pole cent is one . of the valuable WAYNE TUISKULA a world record for any coin first year that the United States produced As of Jan. 9, online bidevery denomination of coin from the half cent to gold Eagle \$10 coin. Other coins that may hit the million-dollar mark are an 1838 Liberty Gold Eagle, 1796 Quarter Eagle \$2 ½ coin, 1885 silver Trade Dollar and a 1792 Silver Center Cent. A little silver was added to the center of the copper 1792 cent to make the intrinsic value of the coin worth one cent when the copper alone would have been worth less than that.



COLLECTIBLES seven-figure & ESTATES sums. A 1796 No

> ever auctioned. ding was already at \$3.6 million. There was news that offers hope for those of

you hunting for that big estate sale or thrift shop find. The Lewiston, Maine Sun Journal reported that a Norway, Maine man made a thrift shop find that netted him a nice sum. Like most of us, 2020 was a difficult year for the antique dealer who discovered the painting at a thrift shop. His antique shop was



shuttered from March through May because of the pandemic. In October, he purchased the painting by Austrian-born artist Josef Floch. According to the Sun Journal, "after the upheaval of World War I, Floch left Austria for Paris where he joined the popular avant-garde movement. As World

War II raged in France, he immigrated to the United States about 1941, permanently settling in New York." The exact amount he received wasn't listed, other than that it was five figures. When asked where he bought the painting, the dealer stated, "I can't divulge all the details. That would be

like a fisherman telling where his best spot is."

Our online auction of paintings and other artwork from the estate of artist Fay Moore will be running soon. Bidding ends Feb. 17. We are planning a vintage and antique toy auction soon after. We have been acquiring some consignments of gold jewelry, 1960s and earlier baseball cards and other antiques and collectibles for our next multi-estate auction. We are still accepting quality consignments for that sale. You can sign-up for email updates on future events on our homepage: www.centralmassauctions.com.

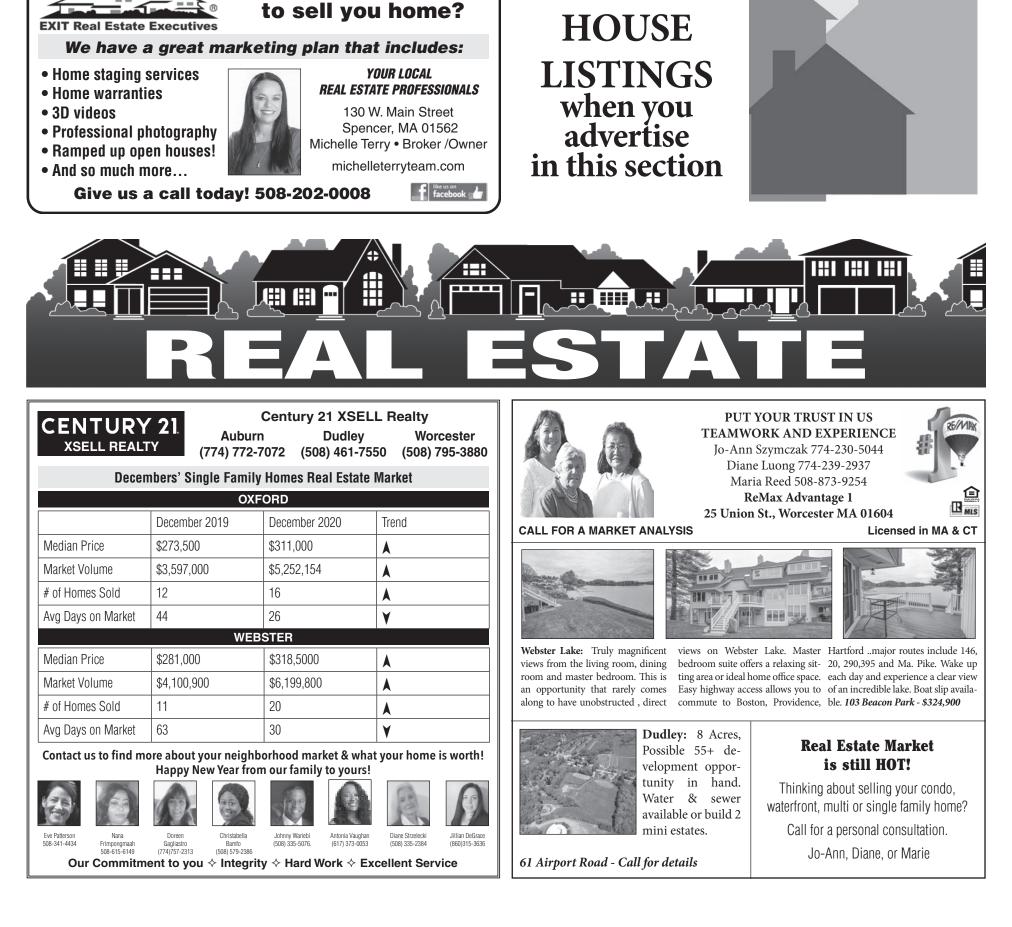
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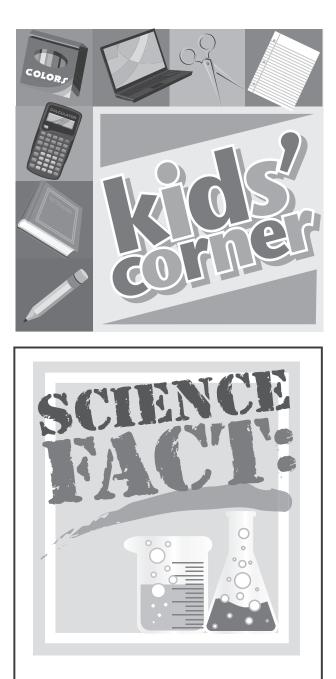




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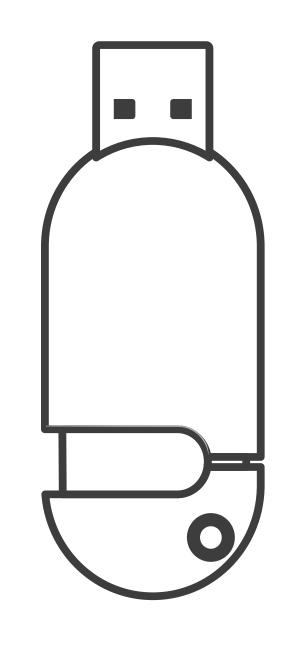


THIS TYPE OF MEMORY ALLOWS A COMPUTER TO READ DATA QUICKLY AND EFFICIENTLY AND TO RUN APPLICATIONS EASILY.

ANSWER: RAM (RANDOM-ACCESS MEMORY)



SPANISH: Teclado



Creative Coloring

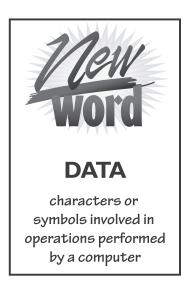
Celebrate cleaning up a computer. Color in this picture to create your own masterpiece.

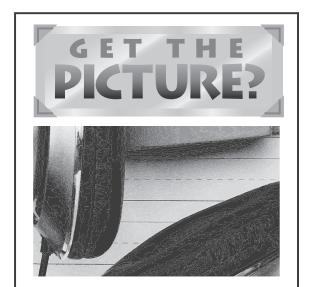


• 1776: THOMAS PAINE'S "COMMON SENSE," A PAMPHLET, WHICH PUSHED FOR AMERICAN INDEPENDENCE, IS PUBLISHED.

• 1901: THE FIRST GREAT TEXAS OIL GUSHER IS DISCOVERED IN BEAUMONT, TEXAS.

• 1982: DWIGHT CLARK MAKES A FINGERTIP TOUCHDOWN CATCH ON 3RD AND 3 TO SEND THE SAN FRANCISCO 49ERS TO THE SUPER BOWL





ITALIAN: Tastiera

FRENCH: Clavier

GERMAN: Tastatur



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A LOT OF COMPUTING POWER.

A GAMING COMPUTER, ALSO KNOWN

Can you guess what the bigger picture is?

7

8

5

3

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assesses

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SANSWER: HEADPHONES



Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Intermediate

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

8

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BANKHOMETOWN continued from page A1	Baribeau Lawn & Tree LLC BC Custom Homes LLC Charles River Insurance Brokerage,
Sutton Senior Center's Michael A. Chizy Food Pantry St. Vincent de Paul Food Pantry - Webster Connecticut: Community Kitchens of Northeastern CT - Killingly Daily Bread - Putnam Friends of Assisi - Killingly Thompson Ecumenical Empowerment Group (TEEG)	Inc. Cournoyer & Cournoyer PC Dan Amorello Services Inc. Daryn S. Tenenbaum LCSW Deary Bros., Inc. Double G Enterprises LLC EPV Plastics Corporation Erich's Cutting Edge Floor Source Inc. Fluid Coating Technology Inc. Gerardi Insurance Services Inc. Guaranteed Building Maintenance
"bankHometown would like to thank everyone who selflessly donated to our Neighbors Helping Neighbors cam- paign," said Morton. "We're pleased that these food pantries have received much-needed funds in time for the hol- iday season."	Co. Gustafson Plumbers Inc. Harrisville Golf Course Ice Cream Pharm, Inc. Island Storage J S K Financial Service Inc. J.F. O'Malley & Sons, Welding Co.,

Area businesses contributing to this year's campaign include: Abetter Asphalt

All Phase Dental Lab Service Inc. Arland Tool & Mfg. Inc. **BAM** Landscaping

FROST

continued from page A1

those who are not, you do not bring sympathy to your cause and you are certainly not patriots," Rep. Frost wrong on Facebook the afternoon of Jan. 6. "Just like I opposed the violence, riots and vandalism that resulted due to racial tensions as well as the post 2016 Election, I oppose the rioting, violence and vandalism happening in D.C. right now too."

Frost, who is in his thirteenth term serving the commonwealth, followed up his post several hours later after acknowledging a Tweet from President Trump that called the protesters "patriots" and asked for them to "go home with love & in peace" to "remember this day forever". Rep. Frost called the protests

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Kamac NDT Associates LLC Knapik Builders Inc. K-Zone Media Group, LLC. L Carpentier Inc. Little River Recycling Realty Inc. Majestic Painting Inc. Metalogic Industries LLC NAPA Auto Parts/Vandi Auto Supply, Inc. Nightingale L & T LLC Noel's Auto Sales Inc. O'Malley's Truck & Auto Body Corp. **Osbrey Broadcasting Company** Oxford Insurance Agency, Inc. P/S Irrigation, LLC Paradis-Givner Funeral Home Inc. Paul R. Cook Trucking Pete's Tire and Oil, LLC Pratt Trucking Company, Inc. Precision Auto Rebuilders, Inc. Pro Automotive LLC Quaddick Camping Area Inc. R&T Realty Corp. RAYDANMIL, LLC RMLC Logistics LLC S.H. Auto Repair, LLC Sam S Pappas Certified Public Acct. Seth Morse IBA LLC Sinni's Pub

Snap On Tools Spring Farm LLC Standard Source Inc. Sunrun Gardens The Magnificent 7 Group, Inc. V O M S Construction Inc. Walnut Hill Carpentry Woodstock Grill & Pizza Woodstock Radiator and Repair

About bankHometown Founded in 1889, bankHometown is headquartered in Oxford, Massachusetts, and has \$1.2 billion in assets and 16 branches located throughout central Massachusetts and northeastern Connecticut. Through its sponsorship and charitable giving program, bankHometown and the Hometown Bank Community Foundation support non-profit organizations and causes throughout Worcester and Windham Counties. In 2019, the bank and foundation donated more than \$328,000 to nearly 270 organizations. Over the last four years, the program has donated more than \$1.1 million. For more information, visit bankhometown.com.

"unacceptable" and called for the prosecution of those who invaded the capital building.

"The President must call for all offenders who vandalized, looted, broke into the Capitol, committed violence and disrupted the legislative sessions of Congress to be caught and prosecuted. There is no excuse or rational reason for their actions," Rep. Frost said on Facebook also responding to comments on his earlier post accusing other extremist groups like Antifa and Black Lives Matter of coordinating the incident. "For those who want to say it was outside groups that caused the incidents that happened than why hasn't the President condemned what happened and called for their prosecution? He has only said he loves them and wants them to go home peacefully. Where is the call for justice? It also appears it was Vice-President Pence who authorized the National

Guard to protect the Capitol. If we find out that the President chose not to act and the Vice-President was forced to instead, I then pray Vice-President Mike Pence takes further actions as required to preserve and protect our Republic.'

Rep. Frost acknowledged in his Facebook comments that President Trump had been vocal against violence in the past, especially in 2020, and found it disturbing that he had not outright condemned the violence that broke out in the capital. "Any other time he was very strong and forceful with his words. But not this time," Frost wrote.

He further defended his stance responding to comments on both posts. He solidified his opinion on the matter in one comment calling the riots an "assault on our country."



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5 out of 5 Stars



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2021/2022 Annual House Building Project



Applications are now being accepted from anyone interested in having a house built in one of our 10 member communities.

Deadline for applications: 3/1/21 @ 2:30 PM

Interested applicants should call Peggi Corsi at (508) 248-5971, Ext. 1700 or mcorsi@baypath.net for an application and guidelines.

Visit our website at www.baypath.net to view pictures of houses built.

Member Communities are: Auburn, Charlton, Dudley, North Brookfield, Oxford, Paxton, Rutland, Southbridge, Spencer and Webster.

Juaboa $\Delta \Delta \Delta \Delta \Delta \Delta$ Centers for Medicare & Medicaid Services Rehabilitation and Skilled Nursing Center



FOR A **LIMITED TIME:** We have CNA scholarships *available to the right*

applicants. Please inquire for further information.

New Year, New YOU! Begin A Rewarding New Career in 2021

We are grateful to be a part of this wonderful community. Thank you for "social distancing" to keep us all safe. We hope you'll consider Quaboag as your next career move.

Positions Available



FT Nurse ADON **FT Evening Nurse Supervisor FT Overnight Nurse Supervisor** FT 3p-11p Nurse FT 7p-7a Nurse FT 7a-3p CNAs FT Maintenance **Dietary Aide**

What our employees have to say...

"One of my favorite things about working at Quaboag is that you can tell the staff is here because they care about the patients. I have also found that my supervisor and administrator are very approachable when I have any concern. There are a lot of places where someone in a supervisor position is not that approachable." - Nicole F. (CNA)

"I am Definitely glad to be a part of the team as well. I feel like I'm home and everyone has been wonderful." - Nicole V. (LPN)

"In the time that I have been working at Quaboag I have witnessed the well-being and comfort of the residents as the main priority of the facility. The facility is centered around patient care and is designed in the best interest of the residents. – Lynnea T. (CNA)

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