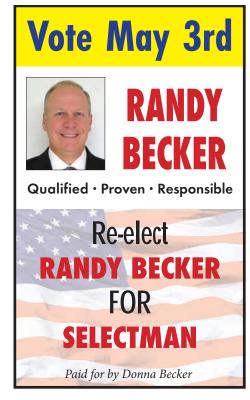


Free by request to residents of Webster, Dudley and the Oxfords

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Friday, April 23, 2021



To our local heroes at Harrington Healthcare: Thank you for all you do!!! From the students and families of \$1, Joseph School

Courtesy

HONORING LOCAL HEALTHCARE HEROES

It is a tradition at St. Joseph School that during Catholic Schools Week, students, staff, and families participate in a community service project. This year, the unanimous choice was to honor local heroes at Harrington Healthcare in Webster for their selfless dedication to the community, especially during the pandemic. Organized by First Grade instructor Kayla Maynard and Third Grade instructor Donna Recko, students in grades Pre-K through Grade 8 created original "Thank you" cards and purchased more than \$400 in Dunkin Donuts gift cards for the healthcare workers. The donation of the gift cards was made possible through the generosity of students, faculty, and staff who collected donations during Catholic Schools Week. The school recently presented the hand-made greeting cards and Dunkin Donuts gift cards to a representative of Harrington Healthcare and hopes that staff members have a chance to enjoy a coffee and snack "on them." Healthcare workers certainly deserve it! Pictured here are third grade students, Ivonka, Warnajtys, and Tosin Akindele, third grade Instructor Donna Recko, first grade students Kirollos Ibrahim and Charlotte Dollar, and first grade Instructor Kayla Maynard.

Boy Scout yard sale returns Memorial Day weekend

BY JASON BLEAU CORRESPONDENT

DUDLEY – Boy Scout Troop 273 of Dudley will be going ahead with their annual yard sale fundraising event this Memorial Day weekend after the COVID-19 pandemic sidelined the local spring tradition in 2020.

Assistant Scout Master Alex Ryle spoke with members of the Dudley Board of Health at a meeting in mid-April where he presented some details of the upcoming event which traditionally features an assortment of used cloths, furniture and knickknacks for purchase with the money raised helping support Troop 273 programs. With the pandemic still

expected to play a factor in life next month, Ryle said visitors can expect a slightly different experience compared to normal yard sales.

"Instead of having the open area where we're just letting people go in and out, there will be one side that's in and one side that's out to make sure that people who are checking out aren't interfering with the people coming in or crossing paths." Ryle said

paths," Ryle said.

He later added that they
will have a strict limit
on the number of people
allowed in the yard sale
area.

"I would say there's been years that there's probably 150 to 200 people inside that yard sale at any time, which on a normal day is fine except for the fact that it gets really hot," he said. "We're going to be limiting it to 100 people at the maximum, which still is under the 150-person threshold that is set by the state. We feel like there won't be as much of an issue enforcing that."

That number will include the scouts and volunteers assisting customers throughout the day.

The Board of Health did present some input on the design of the tables and layout recommend-

Turn To **YARD SALE** page **A10**

Schools present \$22.8 million budget request

BY GUS STEEVES CORRESPONDENT

WEBSTER – The school district held its formal budget hearing April 13, officially unveiling a \$22.8 million budget request that's 5.14 percent higher than last year.

Business Manager Monique Pierangeli said the town has already asked the schools to cut it by about \$450,000, but everyone is still waiting for state aid numbers and additional covid funding. A joint Finance/School/Selectmen meeting was originally slated for later this month, but is currently not posted on the town's Web site calendar.

"When we prepared this budget, it was done without Covid in mind," she said. "We went into this budget season like we were going to enter into any normal school year."

This year's plan calls for several staff additions, mostly to address the growing gap caused by students losing so much class time due to Covid. Those include three academic interventionists, two adjustment counselors, three special education teachers, and a parttime career/technology consultant. Additionally, it restores band and chorus, shifts around some

teachers for academic and grade-movement reasons, and makes other changes to accommodate the fact schools are being allowed to reopen this month with three-foot distancing in class (rather than six) but still need six feet for meals.

"It's not just adding people to the budget that solves the problem," Superintendent Ruthann Goguen added. "...We're trying to balance things out."

Later, in response to Linda Millet's concern over middle school shifts, she specifically

Turn To **BUDGET** page **A10**

Superintendent finalists announced in Oxford

OXFORD — During the month of March, Oxford's Superintendent Screening Subcommittee, with the assistance of NESDEC consultant, Dr. Randall Collins, met to review applications and interview candidates for the position of Superintendent of

With a candidate profile in hand, the Screening Subcommittee reviewed more than 30 applications. The Subcommittee selected six candidates to participate in preliminary interviews. Following the preliminary interviews, and after much thought, discussion, and reflection, the Screening Subcommittee recommended four semi-finalists for further consideration by the Oxford School Committee. The School Committee interviewed the four semi-finalists at length and in-person over the course of two deliberation, the School Committee voted to move two finalists to the next round. The two finalists are:

Dean Packard. Mr. Packard is currently the Principal at Charlton Middle School in Charlton, a position in which he has served since 2009. Previously, Mr. Packard served as Assistant Principal at Charlton Middle School and served 9 years as a Social Studies Teacher in the same district. Mr. Packard holds a Bachelor of Arts degree and a Master of Education degree from Worcester State College.

Michael Lucas. Mr. Lucas is currently the Principal at Tantasqua Regional Senior High School in Sturbridge, a position in which he has served since 2009. Previously, Mr. Lucas served 17 years as a Social Studies Teacher in the same district. Mr. Lucas holds a Bachelor of Arts degrage from Fordham

College and a Master of Arts degree from Boston College.

The next steps consist of Oxford School Committee members visiting each candidate's current school district, either in-person or virtually, to obtain vital feedback as well as each candidate spending a full-day site visit in Oxford. The School Committee values the opinions of the Oxford community as it works toward selecting a Superintendent of Schools. Therefore, public forums are scheduled for the community with both finalists. The forums will be held in-person at Oxford High School on Monday, May 3, and Tuesday, May 4, both at 5:15 p.m., but can also be accessed remotely via a link or call-in number. For more information, please visit the Oxford Public Schools website at oxps.org. Community input in this process is greatly appreciated!

evenings. Following the interviews and extensive degree from Fordham input in the greatly approach and locating lost bikers



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Steve Sullivan – it's time to relax and enjoy retirement!

OXFORD – With help from the Leicester Police Department – as well as a few eyes in the sky – Oxford officers were able to locate a pair of lost hikers last month.

The incident occurred just after dark on March 25. The Oxford Police Department was contacted by two hikers who were lost in the Hodges Village and Lanes Quarry area of North Oxford.

Officers requested assistance from the Central Massachusetts Law Enforcement Council's drone unit. Members of the unit happened to be conducting a training exercise nearby and were immediately dispatched to the scene.

Officers from Leicester, Auburn, Uxbridge, Gardner, Boxborough, Southbridge, Charlton, and Harvard were in attendance for the drone training exercise, and participated in the search for the lost hikers.

With the fortunate timing and the technological skill of the drone unit, it wasn't long before the hikers were recovered safely.

"The two hikers were immediately located after the call out, as they had been observed using a ther-Turn To **DRONE** page **A10**



Courtes

Local police units, including officers from Leicester, recently used a drone to locate lost hikers in Oxford.

Nichols College completes historic fundraising campaign

DUDLEY — Nichols College completed its bicentennial campaign, Securing a Legacy of Leadership, raising more than \$66 million to support capital projects, endowment, and brand-elevating curricular and co-curricular initiatives.

The Bicentennial Campaign has left an indelible mark on the Nichols experience, from state-of-the-art facilities to critical scholarship aid to new programs that solidify the college's position as a leader in business and professional education," says Nichols College President Susan West Engelkemeyer, Ph.D. "It's a proud achievement for Nichols, to be shared by our donors and the students who benefit most from their generous investment."

The campaign was publicly launched in 2015 with a \$45 million goal, which was surpassed with \$46.1 million in 2017. It was then extended by an additional

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\$20 million and was recently completed with a total of \$66.1 million. It represented the largest campaign in the institution's 200-year history – the initial goal of \$45 million was more than triple the college's previous campaign.

Under the leadership of President Engelkemeyer and Campaign Co-chairs John Davis, chair of the Nichols College Board of Trustees, and Gerald Fels, trustee emeritus, the campaign funded the Fels Student Center, a new academic building, and major renovations and upgrades to athletic facilities and the Lombard Dining Hall. The number of endowed scholarships rose from 21 to 83. The college added new academic specializations, experiential learning programs such as the Nichols Consulting Group and the Center for Intelligent Process Automation, and co-curricular initiatives such as the Institute

for Women's Leadership and the Emerging Leaders Program.

'The Bicentennial Campaign has shown what we can achieve with visionary leadership, an engaged community, and a compelling case for support," says Co-chair John Davis.

"By preparing Nichols for the next stage in its evolution, it has funded a wealth of resources to prepare our students for theirs - modern facilities, life-changing scholarships, distinctive learning experiences, and purposeful leadership development."

Co-chair Gerald Fels adds, "The campaign's impact on the future of Nichols cannot be overstated. The celebration of our bicentennial was a turning point, and the campaign allowed us to aspire to that next milestone - a third century of educating leaders.'

The campaign inspired an unprecedented level of giving among alumni, friends, faculty, staff, parents and students, drawing more

than 20 gifts over \$1 million, including four gifts of \$5 million, and more than \$8 million in deferred gift commitments to help secure the college's future, reports Pieczynski, vice president of advancement Nichols.

"Through their

generous contributions, our donors have demonstrated their commitment to our mission and endorsed our vision of Nichols as a college of choice for business and leadership education," he adds.

About Nichols College

Nichols College is a college of choice for business and leadership education as a result of its distinctive career-focused and leadership-based approaches to learning, both in and out of the classroom, and through impactful research and professional education. Students thrive in a learning and living environment that is supported by an experiential business curriculum and a strong liberal arts foundation aimed at transforming them into tomorrow's leaders. Nichols offers master's degrees in business, leadership, accounting, and counterterrorism, as well as a range of certificate programs, to promote career advancement for today's professionals.

DUDLEY POLICE LOG

DUDLEY - The Dudley Police Department reported the following arrests during the week of April 9-14.

A 41-year-old male whose name has been withheld from publication was arrested on April 9 for Intimidation of a Witness, Juror, Police Officer, or Court Official and Assault & Battery-Domestic.

Aimee C. Perkins, age 41, of Dudley was arrested on April 13 in connection with an out of agency

Courtesy

DUDLEY COUPLE CELEBRATE *ANNIVERSARY*

Congratulations to Stanley and Hazel Grzyb of Dudley on their 65th wedding Anniversary April 14. with so much love from their children and grandchildren.

ALMANAC

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Monday-Thursday......8:30 a.m. to 4:30 p.m. Fridays 8 a.m. to 1 p.m.

Evening appointments if needed. Note: Office hours are for selectmen's secretary

> and town administrator. S electmen do not hold office hours. Town Clerk (949-8004)

Monday-Thursday.....8 a.m. to 4:30 p.m.

DUDLEY POLICE DEPARTMENT (943-4411)

Staffed 24 hours a day, seven days a week

DUDLEY FIRE DEPARTMENT (949-8040)

OXFORD

Monday-Sunday......6 a.m. to 6 p.m.

..... 5 to 7 p.m.

Board of Selectmen (949-8001)

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OXFORD POLICE DEPARTMENT (987-0156) For emergencies, call 911 OXFORD FIRE DEPARTMENT (987-6012)

Monday-Friday......8 a.m. to 3:30 p.m.

WEBSTER

Webster Town Hall (508) 949-3850 Office Hours:

Monday8 a.m. to 7 p.m. Tuesday-Thursday.....8 a.m. to 4 p.m. Friday...... 8:30 a.m. to 12 p.m.

WEBSTER POLICE DEPARTMENT

For emergencies, call 911 WEBSTER FIRE DEPARTMENT (949-3875) Monday-Friday.....8 a.m. to 4 p.m.

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WASHER

"We need to build that community"

Local 4 Life seeks to connect people to farms and businesses

BY GUS STEEVES

REGION - As Covid and other issues highlight the vulnerabilities and corporate consolidation of the large-scale food system, efforts are underfoot to promote independence of it

Some have existed for years, such as the Central Mass Grown campaign. One is new, and more specifically focused on Dudley, Charlton and the immediate surrounding area.

Called "Local 4 Life." it's the brainchild of two fifth-grade science teachers, Erin Anderson and Wendy Kalwarczyk, who saw it as a natural outgrowth of teaching their student "the environmental impacts of keeping things local,"

They've been taking their students on field trips to local farms like Charlton's Fay Mountain Farm, but were surprised to find many didn't even know the place existed.

"Kids don't make the connection that there are chickens on a farm and that's what they're eating," she noted. Of course, all too often, the birds they see running around

are not becoming the meat or eggs on their plate. In our current food system, the vast majority of food is considered "commodities" and controlled by a handful of giant corporations. Most pork, beef and chicken is raised in massive, "controlled animal feeding operations," fed on various things that often include plants they don't normally eat and remnants of other animals, pumped full of hormones and antibiotics to promote fast growth, and crowded together with little actual access to the outdoors.

Similarly, huge-farm crops are mechanized - planted by formula by computer-controlled machinery in massive single-species fields where almost every other living thing has been destroyed by poison and other means. In both cases, it's high tech, high cost, high waste production and highly fossil fuel dependent, but very often with only a handful of people.

Local farms generally don't do any of those things, typically because they can't afford to. Whether they're conventional or organic (officially or otherwise), they focus on getting people involved.

"We need to build that community, get more people interested in being on [local] farms," said Whitney DeCiccio of Charlton's Abundance Family Farm. "... Farmers are really busy at this time [of year], but always need help.'

Usually, she noted, local farms just have "two or three people standing behind them" doing most of the work. But her goal for years has been to encourage people to come together and help each other, to "bring it back to what it was in previous years.'

That means we need more farm stands, more CSAs, more people willing to help build things, plant and maintain crops, care for animals, and even simply help pull trucks out of the

As Jim Hightower wrote in the March-April Hightower Lowdown's "State of the Plate 2021" edition, "As we've seen again and again this past year, the essential ingredient in a resilient food system is the human spirit - the very element the corporatizers are most determined to eliminate. When Covid-19 slammed into the economy last spring ... the grit, ingenuity and community commitment of independent providers quickly kicked into gear" by filling the gaps the commodities could not at local pantries, schools, shelters and



Some of Walnut Lane Farm's cows graze one of their fields in Dudley.

other places. In many places, he notes, local farms found their restaurant customers closing, but saw growth in CSA and farm stand customers.

"One farm stand is not the big solution, of course, but community just might be," Hightower wrote. "Turns out, the can-do, mutual aid spirit is more productive than all financial metrics combined."

That is Anderson's whole point, too. She noted the pandemic "opened people's eyes" by creating a commodity meat shortage in area supermarkets. The local farms, on the other hand, "were pretty much stocked" and saw growth in their business as a result.

We definitely want to connect the community with local farms and local businesses," she said.

That starts young. She's been teaching science for 20 years, and is a big believer in "hands-on learning." It's especially important when it comes to understanding food, how plants grow and the related interconnections of Nature.

'Each year, we plant a seed and watch it grow. It's amazing how many kids don't even know what's going to happen,' Anderson said, noting her goal is to change that.

Going forward, Local 4 Life hopes to do so by hosting and participating in various kinds of events in the region. Their first was a Snow Moon hike in February at Walnut Lane Farm in Dudley. Anderson said they have a "Homegrown Tour" running this week; are part of a "Farmer Line-up Sidewalk Sale" May 23 at Webster's Rose Room; are working with DeCiccio on workshops, possibly in May; and are planning for summer camps at various area farms to help kids five to 12 learn about plant and animal lifecycles, tools and other farm concerns.

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

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.

HIGH SCHOOL HONOR ROLL

WEBSTER — Bartlett High School has released its honor roll for the third quarter of the 2020-2021 school year.

Grade 9

High Honor: Peter Lavache

Honor: Kwadwo Agyemang, Muhammad Aslam, Jared Evora, Reece LeBeau, Eric Manilut. Damian Pye, Charles Roche, Madisynn Segarra, Dezmin Zona

High Honor: Maxine Adu-Boahen Jones, Genesis Daniels, Nyia Gonzalez, Catherine McIntyre, Ethan Minarik, Erikas Naujokas, Lily Picchioni, Gabrielle Piehler, Daria Piwowarczyk, Yostina Rezk, Alymarie Rodriguez, Victoria Spitz, Megan Tucker

Honor: Elisabeth Adams, Kiara Alamo-Abad, Nateli Bariolo, Faith Cannon, Ariana Caron, Veronica Graves, Justine Ofori, Lianette Pantoja, Camryn Philips, Hannah Walker

Grade 11

High Honor: Simon Agyemang, Felicia Benoit, Josephine Corridori, Rebecca Cotton, Zaley DelRio, Paige Evora, Arianna Gardner, Camden Heenan, Cassidy Jones, Colin Minarik, Jessica Peets, Lilianna Sigalovsky, Samantha Tremblay, Amanda Warchal, Sabrina

Honor: Janichelie Aponte Torres, DexzielArvelo, Jetzairy Beniquez Nieves, Kaya Flanders, Emily Hetherman, Jada Jones, Kya L'Heureux, Sofia Napierata, Kerolos Rezk, Adianna Roure, Artur Sochacki, Carolyn Somers, Gabrielle Villegas

Grade 12

High Honor: Noah Azzaoui, Alexander Delgado Casanova, Kathryn James, Samuel Kontoes, Zackary Latua, Gabriela Piwowarczyk, Alexander Somicu, Ryan Spitz, Ryan Turscott, Aaron Zalewski

Honor: Joshua Acosta Romero, Gertrude Agyemang, Talya Binienda, Brandon Boucher, Michaela Casey, Michael Cooper, Emma Hinchey, Ethan Hinkle, Tristessa Mayotte, Katrina Mrzyglod, Vivian Poplawski, Kadynce Rico, Nicholas VanDyke

Facebook forum planned with candidates for selectman

WEBSTER — The Democratic Town Committee is pleased to announce the first ever Facebook forum for select board candidates Thursday, April 29, from 6 – 7 p.m.

View and listen to the three selectmen candidates as they respond to questions about Webster's future. There is one selectman's seat open. The election is

Please join us by visiting the follow-

https://www.facebook.com/ events/271116777999439/.

Dudley Middle School honor roll

DUDLEY — Dudley Middle School has released its honor roll for the third term of the 2020-2021 school year.

High Honors: Caiden Ayers, Madison Boggio, Aislyn Butzke, Colson Caron, Cecelia Donahue, Kaitlyn Donais, Brady Alyssa Grammer, Julianna Grant, Ella Hanson, Amal Joudi, Ariana

REAL ESTATE

Dudley

\$453,000, 71 Dudley Oxford Rd, Orzechowski, Pawel, and Forance, Cecylia, to Arduino, Robert G, and Arduino, Rosemary M.

\$400,000, 36 Dudley Southbridge Rd, Sullivan 2016 Funding T, and Sullivan, Mark F, to Frederick, Samuel E, and Defeo, Justine M.

\$345,000, 8 Blue Heron Dr, Vallee, Kayla, to Henry, Irving M, and Henry, Ingrid.

\$112,000, 2 Wysocki Dr #24, Hart, Rebecca, to Loranger, Laura L, and Loranger, Heather M.

Oxford

\$425,000, 66 Joe Jenny Rd, Yantsides, George, to Donovan, Catherine S, and Donovan, David W. \$371,500, 24 Charlton Dependable Hm Solutions, to Sisic, Mirela, and Chaudhary, Rehman.

\$335,000, 614 Main St, Jewers, Cheryl E, to Swanson, Robert E, and Edvy, Sharon.

\$275,000, 18 Quobaug Ave, Leverone, Adam P, and Leverone, Kalyn A, to Welch, Elizabeth A. \$259,000, 104 Federal Hill Rd,

Bedard, Philip C, and Bedard, Georgia, to Campbell, Steven M. \$255,000, 56 Wheelock St, Guertin, Theodore H, and Guertin, Kenneth

A, to Fiore, Jillian. \$200,000, 8-12 Comins Rd, Textile Realty Inc, to 410 Southampton Road LLC.

Webster

\$300,000, 42 Brodeur Ave, Lucier, Michael T, and Lucier, Leah, to Elie,

\$258,000, 18 Negus St, Lin, Qin, and Shi, Yun, to Ortiz-Gonzalez, Eddie, and Ortiz, Jessica.

\$250,000, 115 Worcester Rd, Maass, Daniel N, to Torres, Alberto. \$233,500, 17 Grenier Ave, Kuffour,

Emmanuel O, to Ofori, Kwame. \$160,000, 20 Tanner Rd, Markiewicz, Christopher D, to Nxt Gen Development LLC.

Jurski, Olivia Kac, Elisabeth Kalmin, Tyler Koszewski, Stephanie Krysinski, Wesley Lindberg, Sophia Lindberg, Ryan Mason, Carly Moody, Chase Murzycki, Mikhail Nemera, Calleigh O'Grady, Gabriella Pace, Kyn Phommachanh, Rianna Ruo, Damian Torres, Avery Walker, Paige Walker, Colby Wells, Riley West, Sarah Whitcraft, Christopher Zajac, Graham Zimmer

Honors: Advson Austin, Logan Baxter, Morgan Brooks, Caleb Carter, Mario Colon Pagan, Brooklyn Day, Nadya Delgado, Gianna Dickhaut, Rydr Finlay, Madyson Fitzgerald, Jordon Franceschetti, Jonathan Gauvin, Reid Kelley, Cadence Kilderry, Aleksa Kruszewski, Skylur Lashua, Jesus Lugo, Annalie Mannion, Trueness Ovekwere, Scott Ouellette, Brady Reilly, Nicholas Richard, Carter Richards, Bo Riley, Jacob Ruskin, Oscar Salcedo, Victor Sobinski, Connor Tufts, Zynata Twumasi Ankrah, Felix Wierbik

Grade 6

High Honors: Joya Adib, Trevor Amaral, Hannah Boudreau, Cameron Brockway, Miya Chauvin, DeLorenzo, Nathan Dion, Cadence Duval, Luciana Flores, Carter Gendron, Thomas Ide, Olivia Jankowski, Sebastian Janusz, Maria Jordanoglou, Nazih Joudi, Kelsey Karlowicz, Emma Kokocinski, Kaylin Marsh, Elaina Nelson, Kayla Paquette, Jamison Paradise, Jason Richard, Troy Roberts, Alek Zurawski

Honors: Lacie Andrews, Madison Antos, Emily Arnold, Alyssa Bonneville, Gavin Boyd, Dominic Coccia, Leianna Collins, Jack Connole, Jeremy Cronauer, Ryan Cronin, Benjamin Cryan, Parker Devish, Madisson Drewry, Molly Dwyer, Julia Ferschke, Elijah Fournier, Luke Gadoury, Elijah Garcia, Damian Golemo, Sophia Grammer, Kylie Henry, Logan Hill, Ashley Jerome, Brandon Jerome, Andrew Khalil, Evan LePage, Dylan MacCormack, Julie Anna Marchetti, Jayden Miglionico, Natalia Milewski, Alexis Moore, Colin Navin, Renata Plewa, Logan Rada, Emma Rottman, Robert Rucci, Jean Paul Salem, Michael Scott, Christopher Snow, Dylan Snow, Ethan Steriti, Ethan Straw, Benjamin Vitkus

High Honors: Arianna Belanger, Brendan Burns, Lily Connole, Jenna Donais, Nadia Dziobak, Hallie Dzivasen, Matthew Edmiston, Madison Ermlick, Andrew Fasolo, Molly Fitton, Alyssa Forbes, Anthony Gonya, Natalie Habib, Ava Hanson, Katie Hogan, Michael Hogan, Olivia Jankowski, Christian Joubert, Liam Kay, Connor Kelley, Iris Lathrop, Riley Lepage, Michael Lulu, Natalie Megas, Isabella Mello, Hayley Phommala, Luciana Piarulli, Ashley Reilly, Nathan Rouille, Jake Rousseau, Tristan Semo, Sarah Starczewski, Angelina Tracey, Meghan Traverso, Chase Vangel, Marina Wahba, Emily Walker, Paige Walker, Alexa Zannotti,

Haylee Zurowski

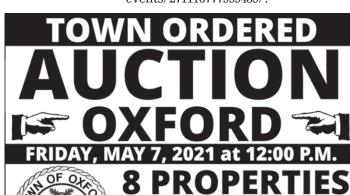
Honors: Jaimon Baillargeon, Nathan Bernard, Madison Blake, Erin Boggio, Riley Bowes, Juan Castaneda Moreno, Ryan Crosby, Aubrey Demers, Felicity Durando, Kendall Ey, Megan Flynn, Sonia Ganski, Molly Grant, Nathaniel Grant, Nicolina Holland, Samantha Hopper, Jacob Lambert, Desmond Laskowski, Arabella Lavigne, Kason LeBlanc, Paige Leone, Carlos Liriano, Jacoby Lorente, Trenten Lorenzen, Julian Marquez, Avery McLaughlin, Bella Meschke, Sebastian Moniz, Avery Montigny, Delaney Navin, Brianna Ndegwa, Benjamin Nocchi, Aiden Perzanoski, Aaron Reddick, Blake Remillard, Charles Rollins, Connor Sanchez Small, Marcelina Sikorski, Jaxon Sitko, Emily Staruk, Paige Werner

High Honors: Jackson Checkosky, Philipe DaSilva, Lillian Deuvour, Ashlev Dickhaut, Lily Durda, Caroline Freeman, Hailee Gelinas, Alex Giarnese, Trinity Gosselin, Alicia Graveson, Jonathan Hutchinson, Harrison Jordanoglou, Madeline Joyce, Timothy Krysinski, Aurora Lavigne, Izabella Lorente, Maggie Montville, Collin Moody, Naya Nayfeh, Sadie Nobert, Lindsey Paradise, Isabel Poplawski, Amber Quadarella, Hazel Rucci, Jonathan Vitkus

Honors: Sarah Arnold, Rose Bell, Audrey Bonaventura, David Boyce, ing link: Christopher Boyd, Caleb Briggs, Kaiden

Brochu, Aiden Caron, Matthew Chatterton, Ryan Choinski, Julianna Croteau, Grace Delisle, Michael Doktor, Emma Dwyer, Lily Falke, Midrose Freeman, Elyana Groccia, Bishoy Ibrahim, Cameron Iwanski, Skylar Johnson-Mello, Isabella Kalmin, Nathan Karalus, Merolla Khalil, Kaitlyn Maklary, Jeffrey Martel, Emma McLaughlin, Brendan Moran, Sullivan Morse, Piotr Nemera, Nathaniel Nocchi, Brooklyn Page, Patel, Krish Brad Piekarczyk, Hannah Roberts, Domadious Tawadrous, Maximous Tawadrous, Zoie Unger, Kaeden Zajkowski

Gonzalez





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STORYTIME ON FACEBOOK LIVE Wednesdays at Noon

Join Miss Lida for a live storytime on Facebook, every Wednesday at noon, and then stop by the library for a free take-and-make craft kit!

No Facebook account is needed for this free program. Just point your browser to https://www.facebook.com/crawfordlibrary to access the video. Can't tune in at noon? Recordings of each week's storytime are available on the Facebook page beginning Wednesday afternoon.

MUSIC AND MOVEMENT

First Friday of every month at

Join Deb Hudgins on Facebook for Music and Movement, one of our most popular programs! Nothing gets kids on their feet and having fun quite like songs, dance and silly stories, and Miss Deb has been

No Facebook account is needed for this free program. Just point your browser to https://www.facebook.com/ crawfordlibrary to access the video.

SEED EXCHANGE

Throughout the month of April

Have leftover tomato seeds you don't know what to do with? Want to try growing flowers? Changed your mind about that kind of squash? The Pearle is hosting a seed exchange during the month of April - take some seeds to try, leave the seeds you don't need, and get gardening, just in time for Earth Day! Exchange boxes will be placed in the library and all are welcome to contribute flower or vegetable seeds or take some seeds for growing in your own garden.

EARTH UP! NATURE TALES AND SONGS FOR THE PLANET

Thursday April 22 2:00PM-2:45PM

Celebrate Earth Day with Storyteller Diane's "Earth UP! Nature Tales and Songs for the Planet!" These interactive stories and songs are fun for the whole family and nature too, so join us and all of nature for this celebration of stories and songs about all the simple things we can do to help the planet.

Earth UP! Nature Tales and Songs for the Planet has participatory tales and songs like "Kate's Acorn." Kate wants to Save the World, but when she starts by saving a bunch of squirmy earthworms she helps a little acorn grow up strong. Before the story is done, the whole audience is acting out a trio of funny bugs as we learn just how important soil creatures are to the life of plants. This original story is complemented by "The Garden Song" by David Mallet accompanied by musical husband Tom Megan on guitar. In "The Tailor" the whole audience is invited to join in as we go on a recycling adventure with a very funny tailor! Diane's retelling of this classic Jewish folktale gives us ideas on ways we can recycle more and more things every day! Lots of fun- the whole audience is telling the story by the end.

About Diane Edgecomb: One of

America's most . storybeloved tellers, Diane is known for transforming into the characters in her tales bringing stories to vibrant life. Whether live in the room or present to her audiences via her beautifully recorded videos and/or Zoom events,

warmth and invitation to participate brings today's family audiences into the heart of the moment. Diane has been featured on NPR and is the winner of the ORACLE award for Storytelling Excellence in the Northeast as well as five Storytelling World awards.

Free; registration is required. Participants will receive a link to the Zoom meeting 24 hours before the event. Sponsored by the Hugh W. and Harriet K. Crawford Endowment.

MAKE A MINI GARDEN

Friday April 23 (multiple sessions for tweens, teens, and adults)

A terrarium is like an aquarium, but for plants instead of fish. It is made in just about any glass container. It is planted to look like a miniature garden or forest enclosed in its own little world. You can easily make a beautiful terrarium yourself. Please bring your own glass container. We will have some to choose from as well.

This activity will take place outside in the side parking lot. We will be roping off a safe area. We will have tables set up 6ft apart and only 5 children We will be disinfecting per session. between sessions.

Free: registration required. Sponsored by the Hugh W. and Harriet K. Crawford Endowment.

A CELEBRATION OF WOMEN **COMPOSERS**

Thursday May 6 6:00PM-7:30PM

Historian Jeffrey Engel will highlight the lives and the music of several distinguished female composers/concert pianists who attained recognition and success during the nineteenth century in this Zoom program.

There have always been women composers. As far back as the seventh century BC, Sappho, the Greek lyric poetess, played her own accompaniments on the barbiton and the pektis. Throughout the twelfth century there were female troubadours and during the sixteenth, madrigal composers. Francesca Caccini (1587-1638) is thought to be the first woman to write an opera and Elisabeth-Claude Jacquet de la Guerre (1663-1729), the author of an early ballet. It is not until the end of the nineteenth century, however, that significantly more women begin to enjoy public performances of their music and become professional composers. Perhaps you've heard of Teresa Carreno, Sophie Menter and Clara Schumann?

Free; registration is required. Participants will receive a link to the Zoom meeting 24 hours before the event. Sponsored by the Hugh W. and Harriet K. Crawford Endowment.

Most Brimfield Antique Show promoters holding off until July

BY KEVIN FLANDERS STAFF WRITER

BRIMFIELD - The Brimfield Antique Show is returning in Diane's a limited capacity next month, with most promoters opting to

wait for July.

In March, the Select Board and health officials authorized all three antique shows to take place this year, with tight health restrictions in place. These include masking, social distancing, and a limit on the number of shoppers allowed on each field.

For many field owners, there wasn't enough time to implement all of the regulations in time for the May 11-16 leg of the show. They plan to return to operations for the July and September shows.

Everything got voted on so late, and we need time to prepare for all of the regulations. We are looking forward to July," said Darlene Burns, who co-owns the Crystal Brook show field.

Added Pam Moriarty, who owns Heart O' The Mart, "We looked at everything and assessed how we could put all

of these regulations in place. We decided [that opening in May] would not work for everyone involved. We felt that if we waited until July, there would be time to implement everything much better.'

The owners of Brimfield Auction Acres, formerly known as J&J Promotions, decided to open for the May show. Most of the other promoters will wait for the July show, which runs from July 13-18.

"Nobody disagrees at all with the regulations. They are looking out for the safety of everyone at the show, but we just didn't feel there would be enough time to put everything in place for May," Moriarty added. Prior to any decisions being

made, most of the show promoters met to discuss the regulations and expectations. Town officials have also been in frequent contact with owners in recent months.

Looking ahead, many promoters remain in a wait-and-see mode in terms of the quality of shows in 2021. COVID-19 conditions, vaccine rates, travel restrictions from other countries, and state regulations will all impact the attendance and overall quality of the program this year.

For promoters, dealers, and shoppers alike, it will be a thrill to hit the showgrounds again this year, regardless of the size of the event.

"It's going to be an interesting process to see how everything develops. We are looking forward to it," Burns added.

following The show fields will not be opening in May: Hertan's, Central Park, Stephen's Place, Quaker Acres, Heart O' the Mart, Mahogany May's, Ridge, New England Motel, Collins Apple Barn, Dealer's Choice, Midway, Brimfield Acres North, Shelton's, Sturtevant's, Crystal Brook, Francesco's Show, Green Acres, and Grand Trunk.

The majority of these show fields will resume operations in July and September. The final leg of the 2021 show will run from Sept. 7-12.

CLUES ACROSS

13

43

- 1. Ocean surface indicator (abbr.) 30. "The Raven" author
- 4. American time
- 7. Satisfaction 8. Diving duck
- 10. Very small amount
- 12. Metrical units 13. An ignorant or foolish person
- 14. Sino-Soviet block (abbr.)
- 16. It may sting you
- 17. Turn outward 19. Perform on stage
- 20. "CSI" actor George
- 21. Localities 25. Make a choice

- 27. One of Thor's names
- 26. Indicates position
- 29. Indian musical rhythmic pattern
- 52. Unhappy

CLUES DOWN

- 2. Heard the confession of
- 3. Capital of Taiwan 4. Fiddler crab
- 5. Brazilian dances 6. Fit with device to assist breathing
- 8. Brother or sister 9. Pastries
- 11. "Lone Survivor" director Peter 36. Addictive practices 14. Boat type (abbr.)
- 15. Apertures (biology)
- 19. Creative endeavor 20. Icelandic poem
- 22. Spanish dances

SOLUTION

PUZZLE

S

- 23. Town in Central Italy
- 24. Cars need it 1. Make unhappy 27. Mimics
 - 28. Rocky peak
 - 29. Cigarette (slang)
 - 31. One point south of due east 32. Soap actress Braun
 - 33. Large domesticated wild ox
 - 34. Island nation 35. Appear
 - 37. Loss of control of one's body 38. Type of poster
 - 39. Greek mountain 40. Funny person
 - 44. One and only 47. Pouch
 - 3 Я N ТХ \forall Τ 8 3 B 0 W A H 2 G A A 9 0 CHBOBHOOD 2 S a A 3 С 3 Λ 0 8 M A О Я \forall С Α Н Α

S

31. Take in solid food 32. Legendary QB

39. Sorrels

41. Organization of nations 42. Texas pharmaceutical

company

43. Mathematical term

44. Expression of disappointment

45. Abba __, Israeli politician

46. Hide away

48. Salad restaurant 49. Daughters of Boreas (mythology)

50. Men's fashion accessory

51. Political action committee

At WPI, all undergraduates are required to complete a research-driven, professional-level project that applies science and technology to addresses an important societal need or issue. Nearly 90% of students typically complete a project in collaboration with partners in communities across the country and around the world, through the university's 50-plus project centers. Students usually travel to the project center for seven-week terms; this spring, however, due to the global coronavirus pandemic, they worked remotely, using video conferencing and other technology

to complete their projects. A signature element of

Rica with Monteverde, Costa Rica.

Webster, a member of the class of 2022 majoring in

Chemical Engineering at Worcester Polytechnic

Thomas Dziechciarz completes intensive research project at WPI the innovative undergraduate experience at WPI, WORCESTER — Thomas Dziechciarz, of

the project-based curriculum offers students the

opportunity to apply their scientific and technical

Institute (WPI), was a member of a student team knowledge to develop thoughtful solutions to real that recently completed an intense research projproblems that affect the quality of people's livesand make a difference before they graduate. ect titled Developing a Digital Marketplace Costa 'The WPI project-based curriculum's focus on global studies brings students out of their comfort zones to apply their knowledge to solve real problems for people in communities around the globe,' said Professor Kent Rissmiller, interim dean of the WPI Interdisciplinary and Global Studies Division. "Students have the opportunity to learn about a different culture, from the way people live and work to the values they hold to the foods they eat - all valuable perspectives for surviving and thriving in today's global marketplace. They also learn the meaning and magic of teamwork;

> professional school application. Worcester Polytechnic About Institute

make a real and meaningful difference; and gain

a competitive edge for any resume, or graduate or

WPI, a global leader in project-based learning, is a distinctive, top-tier technological university founded in 1865 on the principle that students learn most effectively by applying the theory learned in the classroom to the practice of solving real-world problems. Recognized by the National Academy of Engineering with the 2016 Bernard M. Gordon Prize for Innovation in Engineering and Technology Education, WPI's pioneering project-based curriculum engages undergraduates in solving important scientific, technological, and societal problems throughout their education and at more than 50 project centers around the world. WPI offers more than 70 bachelor's, master's, and doctoral degree programs across 17 academic departments in science, engineering, technology, business, the social sciences, and the humanities and arts. Its faculty and students pursue groundbreaking research to meet ongoing challenges in health and biotechnology; robotics and the internet of things; advanced materials and manufacturing;

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ing science; and more. www.wpi.edu



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PRESIDENT AND PUBLISHER Frank G. Chilinski 860-928-1818 ext. 103 frank@stonebridgepress.news

> RYAN CORNEAU 860-928-1818 EXT. 102 ryan@salmonpress.news OPERATIONS DIRECTOR JIM DINICOLA

Business Manager

508-764-6102 jim@stonebridgepress.news Editor BRENDAN BERUBE

508-909-4106 news@stonebridgepress.news PRODUCTION MANAGER Julie Clarke 860-928-1818, ext. 305

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Kaitlyn Curley named to Head of School Scholar Honors List at Pomfret School

POMFRET, Conn. — Kaitlyn Curley of Webster, from the Class of 2022, was named to the Winter 2020-2021 Head of School Scholar Honors list at Pomfret School. To achieve this level of distinction, Kaitlyn earned a grade point average of at least 4.00 and received no grade lower than an A-.

Founded in 1894, Pomfret School is an independent college preparatory school for boarding and day students in grades 9 through 12. We also offer a postgraduate year. Set on 500 acres in the celebrated Last Green Valley of Northeastern Connecticut, our mission is to cultivate a healthy interdependence of mind, body, and spirit in our students. We offer 8 academic disciplines, more than 100 elective courses, 25 athletic options, and numerous opportunities to participate in community outreach and service programs.

Dudley police hosting prescription drug take back event

DUDLEY — On Saturday, April 24 from 9 a.m. to 1 p.m., the Dudley Police Department and the Drug Enforcement Administration (DEA) will conduct another prescription drug "Take Back" event. The public can safely dispose of expired, unused, and unwanted prescription drugs. The service is free and anonymous.

During our previous events, large quantities of prescription medications were taken in. Several communities in our area will also be participating in this event. If you are not from Dudley, check with your local police for a participating location near you. We encourage everyone to mark their calendars and take advantage of this opportunity.





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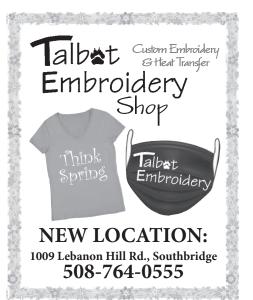
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Timely Garden Tips

After a long New England winter (and surprise April snowstorm), most backyard gardeners are itching to get their hands into some soil right about now! Whether you start seeds indoors, or prefer to wait to transplant commercial seedlings, this week's column will give you a head start on making the gardening chores ahead go a little smoother. Read on for some tried and true garden tips:

Seed Sense: Hard shelled seeds do not always germinate properly. But you can aid the germination process by making an x cut in the hard seed with a sharp knife. Or, to speed germination in without breaking the surface, try soaking hard shelled seeds overnight in water.

Corn Caper: Garden experts recommend this clever method to get a jump start on germinating corn: Place corn seeds in a wet paper towel, and fold over towel, covering the top and bottom of the seeds. Allow to pre-sprout. As a bonus, corn seed treated this way is less likely to rot in cold soil.

To Sprout or Not to Sprout: If you are using last year's seeds, you can easily test the package by viability this way: Wrap a few of the seeds in a moist paper towel and then into a ziplock bag to keep the towel from drying out. Keep it at room temperature and within a week most of the seeds should sprout. If they don't, toss out the old seed package.

Sowing Seeds: Many veteran gardeners mix fine seeds in sand or very loose potting soil to allow for even seed distribution. Just make your row and drizzle the seed evenly. And, when you are planting dark seeds, you can better see where you're sprinkling them if you sprinkle some flour into the package and shake it up for even sowing.

Stamping Out Damping Off Disease: Damping off disease, which causes seedlings to die from fungi, is a gardener's nightmare. Here are some tips to prevent the common plant plague:



TAKE THE HINT

KAREN TRAINOR

Since fungus thrives in moist conditions, a seedling bed provides the perfect source of growth. But you can up the odds of beating damping off disease by watering this way: Thoroughly saturate the soil and then do not water again until the soil is dry but before plants begin to wilt. This procedure keeps the soil dry for the longest time possible without killing the plants. Frequent sprinkling promotes fungal growth.

you know it isn't always necessary to purchase costly plant light bulbs for inside seedlings? It is possible to achieve satisfactory results by utilizing your ordinary shop lights. Simply replace the bulbs with two four watt bulbs, one cool white and one warm white. Hang

Let There Be Light: Did

the lights about two feet squeeze it into a ball. If above the seedlings.

Perfect Peat: The addition of peat moss is necessary to keep window boxes and other container gardens properly watered. But, if you are not wetting down the peat moss before adding it to the soil, you may be doing your garden more harm than good. Peat moss must be moistened before it is used in potting mixes. When dry, the substance actually repels water! Here's how to pretreat it: If you want to wet a full bag of peat moss, poke several holes in the bottom of the bag and open the top. Then pour water slowly into the top of the bag until it seeps out of the bottom holes. Push on the bag and knead it to ensure the peat is getting saturated. To test, scoop out a handful of peat moss and squeeze it. If you can squeeze water out, it is ready to use. If not, keep wetting until you can.

Test Number 2: Here's an easy test to gauge if your garden soil is ready to plant. Simply scoop up a handful of dirt and the ball crumbles when you release your fingers, the soil is all set for digging. If the ball sticks together, the soil is still to wet to work.

Flower bulbs are now plentiful at large garden centers. But, bulbs sold at such places are a bargain only if you know how to avoid poor quality bulbs. Here are some tips: Bulbs should feel solid and heavy. are light, they thev may be dried out. * Avoid bulbs with discolored, dark or moldy spots. * Make sure there are no holes or other signs of insect damage on bulbs. * Pick over bulbs that have sprouted; it is better if they grow roots first.

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!

Please note the contest had been suspended due to COVID restrictions. It is expected to start up again in June. All entries have been collected and will be entered into an upcoming drawing.

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.

Shepherd Hill student receives MIAA Student-Athlete of the Month Award

DUDLEY — Henry Weiland, a senior at Shepherd Hill Regional High School, has been selected as the recipient of the "MIAA Student-Athlete of the Month Award" for March 2021.

An individual who encompasses the core values of Shepherd Hill, "represents Weiland the ideal qualities of a student-athlete driven by the tenets of educational athletics," stated Jim Scanlon, Athletic Director.

Weiland's success in the classroom is evident with his strong 4.48 GPA and his enrollment in Honors and Advanced Placement courses leading to a college acceptance and commitment this fall to attend Harvard University.

According to Jamie Congdon, Class Advisor, "Henry's ability to reflect on his performance, take feedback and improve

upon himself, his work, and talents make him such an extraordinary individual. His humility is not just what makes him a great student, but it makes him a great lead-

Weiland was elected by his peers as the Class of 2021 Treasurer and the National Honor Society Treasurer and he was selected as the 2020-2021 Massachusetts Association of School Superintendents' Certificate of Academic Excellence Award recipient. Athletically, Henry is a multi-year, three-season, Varsity student-athlete on the Cross Country, Indoor Track and Outdoor Track

Len Harmon, Coach, stated, "Having served as Henry's coach for the past four years, I could not have hand picked a better model for what it tually for the Friends of means to be a student-ath-

lete at Shepherd Hill."

A recipient of League and All-State selections, Weiland was also chosen to represent Massachusetts nationally as the 2020 Heisman High School Scholarship State Winner.

Nicole Fasses, Track Coach, said about Weiland, "He is relentabout lessly driven in every aspect of his life, not just in his athletic pursuits. He sets his goals high and doesn't back away when achieving them becomes difficult. If he is struggling, he regroups and finds another way.'

Weiland has led, facilitated, and/or contributed to dozens of community service initiatives. Recently, he worked with his peers to organize, facilitate and implement the first ever "DCRSD New Year's Resolution 5K," which was held vir-John Paire, Inc. Student

Support Fund. This event was a tribute to John Paire, who tragically passed in an accident riding his bicycle after a decade of service to the students of Dudley as a teacher and administrator, and it raised close to \$1,400 to support students in Dudley-Charlton. He is a founding member and Co-President of A Better Hill, a student-run organization "devoted to

promoting the embracement of diversity, reform of the student handbook and curriculum, and propelling the school (and its systemic culture) towards a more inclusive future," according to Scanlon.

Harmon stated, "Henry maximized his potential as an athlete through his motivation, tenacity, diligence, hard work, leadership, attention to detail and focus on growth. As a result, he is our number one distance runner, a role model to his younger teammates and a trusted partner to his coaches. This approach is consistent in his academics, social relationships and community service. It is just part of who Henry is. It has been a privilege to play a small part in Henry's development."

State to conduct review of Webster schools

WEBSTER — During the week of May 10, the Department of Elementary and Secondary Education's Office of Public School Monitoring (PSM) will conduct a Tiered Focused Monitoring Review of the Webster Public Schools.

The Office of Public School Monitoring visits each district and charter school every three years to monitor compliance with federal and state special education and civil rights regulations. Areas of review related to special education include student assessments, determination of eligibility, the Individualized Education Program (IEP) Team process, and IEP development and implementation. Areas of review related to civil rights include bullying, student discipline, physical restraint, and equal access to school programs for all stu-

dents. In addition to the onsite visit, parent outreach is an important part of the review process. The review chairperson from the Office of Public School Monitoring will send all parents of students with disabilities an online survey that focuses on key areas of their child's special education program. Survey results will contribute to the development of a report. During the onsite review, the Office of Public School Monitoring will interview the chairperson(s) of the district's Special Education Parent Advisory Council (SEPAC). Other onsite activities may include interviews of district staff and administrators, reviews of student records, and onsite observations.

Parents and other individuals may call Ms. Alaena Podmore, Public School Monitoring Chairperson, at (781) 338-6706 to request a telephone interview. If an individual requires an accommodation, such as translation, to participate in an interview, the Department will make the necessary arrangements.

Within approximately 60 business days after the onsite visit, the review chairperson will provide the Webster Public Schools with a report with information about areas in which the Webster Public Schools meets or exceeds regulatory requirements and areas in which the Webster Public School District requires assistance to correct or improve practices. The public will be able to access the report at: https://www.doe.mass.edu/psm/tfm/ default.html.

* * Friday's Child



Aaliyah Age 6

Hi! My name is Aaliyah and I enjoy watching Sesame Street!

Aaliyah is an engaging young girl of Caucasian and Guyanese descent. Aaliyah loves music and dancing! She will often mimic dance moves she sees in different videos. Aaliyah also likes playing outside and watching Sesame Street. She particularly loves Elmo!

Aaliyah is diagnosed with Autism Spectrum Disorder and has global developmental delays. She is able to follow verbal and visual commands, and she can also problem-solve very well. Aaliyah's teachers report she does well during the school day and her ability to communicate through picture books has greatly increased.

Aaliyah is legally free for adoption, and because she requires a great deal of atten-

tion and care, a two-parent, childless couple would be her ideal placement. Her family should also be calm, highly structured, and familiar with Autism Spectrum Disorder. Interested families will need to commit to spending a significant amount of time getting to know Aaliyah in person before she is able to transition into their home. Therefore, her social worker is exploring families who reside in Massachusetts or within close driving distance to our state.

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.

Youth Football program accepting registrations

CHARLTON — Charlton Dudley Youth Football and Cheer is accepting registration for the 2021 Season. Our next registration is Saturday, April 24 from 9 a.m. to noon at two locations: New Start Nutrition, 265 W. Main St., Dudley, and Power Nutrition, 109 Masonic Home Rd., Charlton.

This will be a drop off event. All forms must be printed and filled out ahead of time. Forms are available on the Web site.

The cost this year is \$150 and a book of raffle calendars. A \$50 deposit is due at time of registration.

Charlton Dudley Youth Football and Cheer offers Grade based football and cheering for K (at least 5 years old) through 8th Grade boys and girls in Charlton, Dudley, Southbridge and Thompson, Conn. We compete in the Central Mass. Youth Football and Cheer conference, covering primarily Central Massachusetts.

For more information, please visit www.cdrams.com.

Grace Wenzel named to Gettysburg College Dean's List

GETTYSBURG, Pa. — Grace Wenzel of Dudley has been placed on the Gettysburg College Dean's Honor list for outstanding academic achievement in the Fall 2020

Students with a quality point average of 3.60 or higher (on a 4.0 scale) for a semester's work are placed on the College's Dean's Honor List.

Founded in 1832, Gettysburg College is a highly selective four-year residential college of liberal arts and sciences with a strong academic tradition that includes Rhodes Scholars, a Nobel laureate and other distinguished scholars among its alumni. The college enrolls 2,600 undergraduate students and is located on a 200-

acre campus adjacent to the Gettysburg National Military Park in Pennsylvania. Founded in 1832, Gettysburg College is a highly selective four-year residential college of liberal arts and sciences with a strong academic tradition. Alumni include Rhodes Scholars, a Nobel laureate, and other distinguished scholars. The college enrolls 2,600 undergraduate students and is located on a 200-acre campus adjacent to the Gettysburg National Military Park in Pennsylvania.



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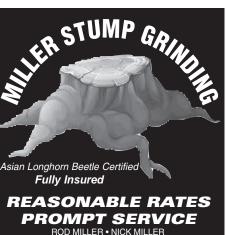
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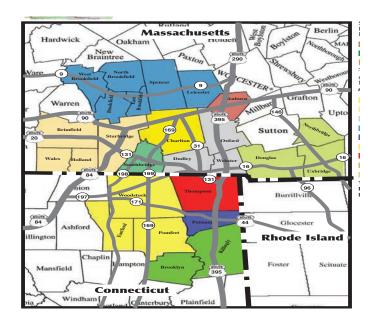
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STONEBRIDGE PRESS PRESIDENT AND PUBLISHER

BRENDAN BERUBE
EDITOR

EDITORIAL

A change must come

"Everyone thinks of changing the world, but no one thinks of changing himself," Russian author Leo Tolstoy wrote in the late 19th century.

Racism continues to rear its ugly head. A black man was recently harassed for walking in the 'wrong' neighborhood. A neighborhood in which he lives. Wouldn't it have been just as easy for the individual who questioned his presence there to simply smile, wave, and go about tending to their own business?

We recently listened to old radio interviews from the 1930's and the 1940's in which former slaves were discussing their lives. One man was talking about needing a pass to leave the property, and needing another pass when he left the store he was sent to in order to walk back home. One woman mentioned watching a female friend be whipped for a trivial 'infraction,' and recalled how she screamed. Another man talked about the day he found out he was free. His family was given one last meal, then sent out on their own. He noted that the family had nowhere to go, did not know how to read or write because they were not allowed to go to school, had no money, and job prospects were nil to zero given their skin color. To have actual audio of those enslaved is a stark realization that this didn't happen all that long ago.

These are not enjoyable topics to bring up, but as we were taught in school, this is our history. It happened. We cannot be afraid to not discuss the truth about the society in which we came from for fear it might offend someone. The fact is, racism should make any reasonable thinking person upset. Knowledge is power, and the more you know, the more you understand, the more you understand, the more you understand, the more you can change the world around you, even if that orbit includes your own personal circle of friends and family.

One of those who quietly but effectively challenged America's prejudiced attitudes was Jackie Robinson, and indeed, Jackie Robinson Day just passed on April 15. This is a day that has been commemorated since 2004. At Ebbets Field, on Opening Day in 1947, Robinson, donning the number 42, made his Major League debut, suiting up for the Brooklyn Dodgers, playing first base. He was the first black baseball player to play in the league, but not without much peril, including death threats. Robinson was harassed by fans and players on opposing teams as well as his own, in the middle of games and at his own home. His perseverance was astonishing.

On this day every year, umpires, coaches, managers and players for both teams wear the number 42. This day has been described as not only a significant day for baseball, but for the country. In 1963, Robinson was inducted into the Baseball Hall of Fame. In 1997, the number '42' was retired across all major league teams.

As Albert Einstein once wrote, "The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking."

VIEWPONI

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

Holy Week and Easter for Orthodox Christians

Although most Christians in America have already celebrated their Easter weekend several weeks ago, one of the oldest expressions of the Christian

Church, the Orthodox Church, is preparing to celebrate their Holy Week and Easter, or Pascha (Passover) as they call it, from April 25-May 2. Many people in the United States are unfamiliar with the Orthodox Church, where there are only 1.5 million believers, yet worldwide Orthodoxy Christianity is one of the largest Christian churches with approximately 300

million adherents. The Orthodox Church remembers this most sacred of weeks as Great and Holy Week because we not only commemorate but we relive and participate in once again the suffering, death and victorious resurrection of Jesus Christ. Through these events Jesus Christ destroyed the power of death so that we no longer fear death! This holiest of weeks will be celebrated by Christians around the world, including many Americans here in central Massachusetts and northeast Connecticut who come from Greek, Russian, Albanian, Romanian, Lebanese, Syrian, Egyptian, Ethiopian, and Armenian backgrounds along with the many converts to

Orthodox Christianity wonder Some may why all Christians don't celebrate these holy days at the same time in the calendar. Easter falls on the same date some years, but other years it is separated by a week or more like this year. Unfortunately, Orthodox Christianity follows the more ancient Julian calendar in figuring out the dates of Easter, while the Catholic, Protestant and Evangelical Christians follow the Gregorian calendar used by our contemporary society.

Christians Although celebrate this great feast on different days this year, the significance of what they celebrate is the same - the greatest event in world history when God Himself, who had become a human being in Jesus Christ, willingly and voluntarily accepted to endure his betrayal by a close friend, his rejection by his own people, and his torture and miserable death by the worldly powers of his day, all as a precursor to His tasting of death, His experience of Hades, His destruction of the gates of hell, and His resurrection from the dead. Through these saving actions, Christians believe that Jesus Christ took upon Himself the sins of the entire world and through the Cross not only forgave the world, but also experienced evil



BEYOND THE PEWS

By Fr. Luke A. Veronis Saints Constantine and Helen Greek Orthodox Church, Webster

in its fullness. We believe in a God that can totally relate with the suffering of the world. Yet in the midst of the greatest darkness, Jesus came forth alive, as a victor over the Evil One, sin, and death itself!

The Orthodox Church vividly relives all these salvation events of through its magnificent divine liturgical services throughout Holy Week. On Lazarus Saturday, April 24, we relive the day that Jesus raised his friend Lazarus from the dead after being in a tomb for four days. We then wave palm branches and join Christ in His triumphant entry into Jerusalem on Palm Sunday, April 25. On Sunday, Monday and Tuesday evenings, we have the Bridegroom Services, where we remember Jesus as the Bridegroom 'who comes in the middle of the night" to meet His Bride, the Church. Holy Wednesday evening we have the Service of Holy Unction, which is a service of healing for our bodies, minds and souls.

Holy Thursday morning we re-live the Last Supper, or Mystical Supper as we call it, where Jesus not only washed the feet of His disciples as an example of how they were to humbly serve one another and all the world in their ministry, but also the moment when Christ told His disciples "a new commandment I give to you, that you love one another; as I have loved you, that you also love one another. By this all will know that you are my disciples, if you

have love for one another."
Holy Thursday evening we participate in the Service of the 12 Passion Gospels. This is a magnificent service that reads every Gospel account of what happened to Jesus through his passion and crucifixion. In the middle of this service the priest leads a procession carrying the crucified Christ around the church and placing Him in the center of the church

of the church. On Holy and Good Friday, we solemnly remember the Royal Hours in the morning service, reading various Gospel accounts connected to Christ's crucifixion. In the afternoon, we have the Vespers Service where we take the body of Jesus off the cross and place Him in a tomb placed in the middle of the church. In the evening, we have the moving Lamentations Service, which is basically a funeral service for Christ. As a part of this service all the congregation will carrying the body of Jesus in procession outside the church. It is reliving the journey of taking Christ from Golgotha and placing him in His tomb.

Holy Saturday morning our service re-lives Jesus' descent into Hades to free all the righ-

teous people who lived in the generations before His coming. In this midst of this morning service the priest throws roses and laurel leaves throughout the church as he cries out, "Arise O God and judge the earth, for You shall inherit all the nations." The Old Testament story of Jonah in the belly of the whale for three days is read as a precursor to Jesus being in the tomb for three days.

This holiest of weeks culminates with the service of Holy Pascha at 11pm on Saturday evening, May 1st. All the lights in the church are turned off as the church enters into the total darkness of death and hell. Precisely at midnight the priest comes forth with one candle singing "Come receive the Light from the unwaning Light and glorify Christ who has risen from the dead." Slowly the light of Christ is shared as the light is passed on to everyone in the church holding a candle, until the entire church radiates with light. Together, the community goes outside the church in the middle of the night and listens to the Gospel story of Christ's resurrection, proclaiming to the world the Good News of Christ's victory over death! "Christ is risen from the dead, trampling down death by His own death, and granting life to those in the tomb." The midnight Liturgy of Easter then follows into the wee hours of the night.

On Orthodox Christian Easter Sunday, May 2, the final service of this beautiful week concludes with what is called the Vespers of Love. At this service, post-resurrection Gospel account of Jesus resurrection is read in a dozen different languages, showing how this Good News is to be proclaimed throughout the world to all people. Christ's victory over death is joyous news for everyone!

For anyone interested in experiencing these moving and inspiring services, "Come and See." We have more than 25 hours of liturgical services during this sacred week. You are welcome to join us in person at any of the services throughout the week at Saints Constantine our Orthodox and Helen Church, 37 Lake Parkway in Webster or via our livestream. You can find the schedule of services as well as the link to our livestream at our church Web site: www.schwebster.

The dangers of distracted driving AAA has asked us to share the following information and



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ing information and remind everyone that April is Distracted Driving Awareness Month. Distracted driving continues to be a significant problem. AAA recently produced Public Service Announcement and asked us to share it on our social media channels and

other public venues. It can be found at https://www.youtube.com/watch?v=0N-H4p0hSvyU. As I mentioned a few weeks ago, handheld cell phone use while driving is prohibited in Massachusetts.

According to the National Highway Traffic Safety Administration (NHTSA), in 2019, distracted driving crashes killed 3,142 people in the U.S., an average of 9 deaths per day. That number was up 10 percent from the year before (2,839 deaths in 2018). In southern New England (RI/MA/CT), 35 people died in 2019 because of distracted driving.

According to a study conducted by the AAA Foundation for Traffic Safety in 2019, most drivers (96 percent) believe typing or reading on a hand-held cellphone while driving to be very or extremely dangerous. However, 39 percent admit to reading and 29 percent admit to typing on a smartphone at least once while behind the wheel within the last month. The survey also found drivers can experience a "hangover effect" where the mind stays distracted for up to 27 seconds after using smartphones for voice-to-text, making phone calls, or updating social media. AAA is encouraging all motorists to eliminate distracted driving by following these tips:

Put it away. Place your mobile device out of sight to prevent temptation.

Know where you're going. If using a navigation system, program the destination before driving.

Pull over. If you must call or text while on the road, pull off the road safely and stop first.

Ask passengers for help. If riding with

someone, seek their help to navigate, make a call or send a message.

Be a good passenger. Speak out if the driver of your vehicle is distracted.

Don't be a distraction. Avoid calling or texting others when you know they are driving.

Activate Do Not Disturb. Setting up

this feature on iPhone or Android device will prevent calls from coming in while you're driving.

Everyone should prevent being "intex-

Everyone should prevent being "intexticated." Just as drivers need to pay attention, so do pedestrians and bicyclists. Never call, text, or play games while walking or cycling.

Everyone should do their part to limit distractions to prevent crashes and injuries.

As the pandemic continues, we ask everyone to stay safe and continue to take the necessary precautions to protect yourselves. Vaccination information can be found at www.dudleyma.gov or by calling 508-949-8036. Hopefully, the end of this pandemic is in sight. We, at the Dudley Police Department, 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.

LETTERS TO THE EDITOR

Continuing the Janet Malser Trust's legacy

To the Editor

On behalf of Catholic Charities-South County, we would like to express our gratitude and acknowledge the integral role that the Janet Malser Humanities Trust has played in our ability to expand upon the vital services provided to our Oxford, Dudley and Webster neighbors during this unprecedented time. It has been a challenging epoch for most, but especially for those amongst us who were previously struggling. Through

no fault of their own, they were thrust into unforeseen hardships. These funds assisted in our Emergency Stabilization and Homeless Prevention program.

We at Catholic Charities are honored and privileged to be given the opportunity to continue the benevolent legacy of Ms. Janet Malser and our mission of strengthening our community and serving those in need.

CATHOLIC CHARITIES SOUTHBRIDGE

Recommendations for a healthier lake

To the Editor:

If the intention of the Historical Commission and the Massachusetts Tercentenary Committee is to preserve the town of Webster and its splendid lake, certain guidelines should be enforced: limiting the number of boats and jet skis from out of state, limiting the number of marinas along its shores,

constant water testing, fining those who leak oil and gas into the lake, limiting the size of watercraft, and the frequency of the cruise vessel.

These recommendations would certainly lead to a healthier lake.

Most sincerely,

FAITH D. RUBIN WEBSTER

Select board candidates to take part in virtual forum

To the Editor:

The Webster Democratic Town Committee is proud to announce that the three candidates for election to Webster's Select Board have been invited to participate in their first ever Facebook Live Forum on Thursday, April 29, from 6 – 7 p.m. This forum is being sponsored by Webster's Democratic Town Committee. Due to Covid concerns, we regret that we are unable to sponsor an in-person gathering event as we have in the past. Webster's Annual Town Election will be held on Monday, May 3.

The three candidates who have been invited to our forum are Carol Anderson, Randall Becker (candidate for re-election), and Robert Miller. We invite all townspeople to sign on and to view/listen to these candidates as they respond to prepared questions about their suggestions and solutions for the betterment of Webster. This will be a one-hour forum and, if time allows, we will be happy to take questions from viewers.

We look forward to having Webster's voters and families view and participate in this event, allowing our voters to be better informed about their candidates. Please join us:

https://www.facebook.com/events/271116777999439/.

JANET E. STOICA WEBSTER DEMOCRATIC TOWN COMMITTEE

Business owners' issues go beyond 'mom and pop' label

If you own a small business, you typically don't get a lot of recognition - so you may be pleased to learn that March 29 is National Mom and Pop Business Owners Day. You might not necessarily think of your business as a "Mom and Pop" operation, but it certainly contributes to the well-being of your family now, and possibly to that of future generations, too – if you make the right

Depending on the nature of your business, you may have spent the past several months more concerned about today than tomorrow, given the serious economic repercussions of the COVID-19 pandemic, which is still placing stress on a great many business owners across the country.

If your business has been adversely affected by the pandemic, you might be eligible for a Paycheck Protection Program (PPP) loan. As you may know, recent legislation provided \$285 billion more for this program. To learn more, and to start the application process, visit

the Small Business Administration Web site at www.sba.gov. You have until March 31 to apply for a PPP loan. Other relief also may be available.

But regardless of whether you apply for one of these loans, you can take other steps

to help maximize the benefits you get from your business - and perhaps even extend its longevity.

Here are a few suggestions:

Establish a retirement plan. If you don't already have a retirement plan, it's never too late to set one up. As a business owner, you have several options, including an "owner-only" 401(k), a SIMPLE IRA and a SEP-IRA. All these plans are fairly easy to establish and can offer potential tax advantages, as well as providing you with a source of retirement income in the future. You



FINANCIAL Focus

DENNIS ANTONOPOULOS

folio. Like most business owners, you may have a great deal of your personal wealth tied up in your business. And, as the past year has certainly shown, this can be risky. Consequently, you'll need to weigh this risk factor when deciding on investing in your retirement plan or in other investment accounts. This doesn't mean you should try to avoid all risk only by pursuing the most conservative vehicles - which would be counterproductive to achieving enough growth to meet your retirement income goals

but you will need to pay close atten-

tion to your investment mix to ensure

it provides you with an appropriate

balance to what you've invested in your

may want to work

with a financial

pick the right plan

Coordinate

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Develop a transition strategy. How will you make the transition from business owner to the next phase of your life? Will you sell the business outright? Will you gradually transfer it to a family member? If so, what mechanism will you use? It' a good idea to have these types of plans in place well before you need to enact them, so you may want to consult with your financial, legal and tax advisors soon.

A "Mom and Pop" business may sound quaint and carefree - but, as you know, running a business of any size can be an all-consuming endeavor and always involves significant financial concerns. Get the help you need to meet these challenges.

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.

Be sure to buy your gear locally

Bad weather did not hamper the Whitinsville Fish & Game Club fishing derby & the Lousia Lake kids fishing derby last weekend! More than 25 anglers fished the Whitinsville fishing derby, and more than 150 kids attended the Lousia Derby. Massachusetts Fish & Game Department stocked Lousia Lake a few days before the derby to ensure everyone had a great time. Webster Lake was also stocked with trout again last week, with some impressive brown and rainbow trout. Stocking of trout by the Mass. Fish & Wildlife in lakes and streams will continue to Memorial Day.

Last week, a large rainbow trout was caught in the West River in Uxbridge by a local angler, and when it was cleaned, it had three rubber worms inside the stomach. Manufactures of these fishing products had been expected to start making biodegradable worm's years ago, but have done very little to address the problem. Hopefully, they will do the right thing and address the probiem soon. It is not omy a problem with freshwater fish, but saltwater fish are also being negatively impacted by these products. Fish cannot digest these products and they can eventually kill the fish that ingest them.

There are so many families that have taken up fishing during the pandemic that fishing equipment is in short supply, at least in the big stores like Cabela's and Bass Pro Shops. Some of the smaller bait and tackle shops do not have the same problem, and order from multiple wholesalers. Before you make the long drive to the big stores, check out the smaller shops. A

THE GREAT **O**UTDOORS

RALPH TRUE

few I visited have their shelves well stocked with fishing gear. Fish finders and GPS units are also in high demand, and have left the shelves empty by the fishing and boating public. Ammunition

extremely hard to get, and when you do find it, it is sometimes double or triple the price. Many shooting ranges are noticing a big drop in target shooting this year, and it is because of the price and unavailability of ammunition. Shotgun shells are also absent from the store shelves, and it may be wise to purchase a few boxes for your bird hunting this fall, if you can find them.

Tautog fishing is starting to heat up, with numerous reports of anglers catching their limits in Rhode Island Massachusetts waters. Green crabs are the number one bait for catching Tautog. An old saying among diehard tautog fishing anglers is, "when the dandelions are out, it is time to fish for tautog." Although a three fish limit is in effect in the spring in both states, overfishing this great eating fish needs to be carefully managed, allowing them to spawn in the spring. Only a few years ago, commercial fishing was stopped in the spring, to allow the fish to lay their eggs. Commercial fishing anglers now have a longer fishing season in the fall, which makes sense. Tautog grow very slow compared to other bottom feeding fish.

Haddock and cod fish-

ing is providing some great fishing for anglers fishing on private boats and charter boats. Limits of 15 haddock and one cod per person are being caught daily. Stripers are starting to show in some areas of Rhode Island and it should explode with action in a week or two in the Providence River. Any person fishing for stripers in Mass & Rhode Island will be required to use circle hooks this year. Only one fish will be allowed daily, and the slot limit will be implemented again this

During the pandemic, many families adopted or purchased a dog, as many people were working from home, and it also gave the kids something to take up the void of socializing & talking with their classmates. Now that many families are returning to work and the kids are back to school, their pets are not receiving the love and attention that they once had. Many dogs and cats are going to be abandoned! Please if you can no longer care for your dog or cat, take them to an animal shelter or find them a good home. Do not abandon them on a street or local woodlot. They will more than likely get hit by a car or killed by wild animals. Many sportsmen are looking for a good hunting companion, and will gladly help you out if you have a hunting breed dog. Contacting your local sportsmen's club could have you sleeping better, if you know your pet is safe and enjoying a happy life!

Last week's second picture was misidentified. Gregory Sabatino was in the second picture holding his two trout. Sorry for the mix up! This guy really loved fishing and was extremely excited with his catch.



Eight-year-old Khloe Hetherington with her brook trout she caught at the Whitinsville Fish & Game Club fishing derby last week while fishing with her dad.



This week's second picture shows Nick Parker waiting to enter his trout into the Whitinsville Fish & Game Club fishing derby last week.

Wild Turkey hunting opens this coming Monday, April 26. The birds are becoming very vocal in the early morning & chances of harvest-

ing a Wild Turkey are very good this year. The mild winter weather and heavy acorn drop this past fall, had birds & deer coming through the winter in good shape. Take a Kid Fishing & Keep Them Rods Bending!

Confessions of a "Barbecue Master Pitster" wannabe...

Last week, I mentioned that I love online cooking tutorials. There are so many great opportunities to learn, but my favorite is a little less refined than most. Barbecue Pit Boys or www.bbqpitboys.com are a cross between ZZ Top

and the Grateful Dead. These "good ol' boys" live for their grills and have created and collected a mass of great recipes, all cooked in their outdoor barbecue pit. In fact, they've become so popular that chapters are popping up all over the world ... so I've started one and begun inviting a close group of friends to join. We are now officially the "Barbecue Pitsters."

Oh, before we go on ... why isn't barbecue popular in Italy? Could it be because the spaghetti keeps falling through the grill? (Lump bump)

The plan is to grill once a month, on a weekend. The guys will assemble at lunchtime, have a few snacks on the grill and plan our evening meal. Our wives will join us around 5:00 for appetizers and dinner, all cooked outside. They can then praise us for our culinary excellence at "the pit." Because Positively **SPEAKING**

GARY W. MOORE

"it's gonna be guud (not just good).

as a true Pitster would say,

Oh ... "What's the difference between South Korean BBQ and American BBQ? South Korean BBQ has more Seoul..."

I'm now in training. Like Rocky Balboa, preparing for Apollo Creed, I'm awake before the sun rises. I grab my phone and begin learning new ways and things to barbecue or smoke. I'm obsessed. I have a beautiful grill and smoker, but as I told you last week, I ordered a new outdoor pizza oven and a special rotisserie grill. I've assembled a variety of wood chunks for smoking ... cherry, apple, pecan, hickory, mesquite, just to name a few. My stomach cancer battle will prohibit me from eating most of what I cook, and that's okay. Through it all, I realize it's the process I love. I'll get little nibbles here and there. Some of the softer foods I can handle, but if I never ate a bite, I'd still love to cook for others.

So, the pantry is quickly filling with a plethora of spices and sauces. My back patio is beginning to look more like an official "Pit." I stand in front of my three grills and I'm an astronaut and my grills are my control panels. I stand outside in anticipation and feel like a "Master of the Barbecue Universe." I'm committed. I'm ready.

Forgive me ... but here's one more. "You know that mouth-watering sensation you get when you're grilling a steak on the BBQ? I wonder ... do vegans get that when they mow the lawn?"

I think my first dinner will be baby back ribs with my special sauce (my recipe), "Red Neck Beans" from the Pit Boys collection, corn roasted on the grill and Hasselback Potato's. And for dessert, my Moms Pineapple Upside Down Cake in an iron skillet, and yes, cooked on the grill. Nothing cooked indoors.

There's just something ... I don't know ... something Neanderthal that emerges from my DNA when I see meat. A barbecue grill seems to assert a man's masculinity. I get this irresistible urge to start a fire and go to work. Primitive? I guess. Channeling my inner macho man? Maybe. All I know is that I love everything involved. Just writing about it has my testosterone flowing.

A friend of mine suggested that slaughtering a cow for food is murder. He is a vegan of course and I respect his choice. I love animals and am very soft-hearted, but uncharacteristically responded, "If God didn't want us to eat cows, He wouldn't have made them out of beef!"

Thank you for reading the meanderings of my "inner-griller." That's right. I'm a shameless "Barbecue Master Pitster" wannabe." I'm firing up the grills and I'm ready for summer. If you're hungry, just step outside and follow your nose to my pit. I'll greet you with a cold drink and a charred chunk of flesh.

My straw cowboy hat is firmly on my head. The charcoal is blazing, and I've got my "Barbecue Shoes" on.

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.

OBITUARIES

Brad J. Smith



Brad J. Smith died unexpectedly Tampa, Florida on April 4, 2021.

Brad was a great friend to many, he had an ability to light up a room with his infectious smile and easy sense of humor.

He was a joyful soul who lived life to the fullest, while also being disciplined and fiercely competitive when it came to athletic endeavors.

Although athletically gifted in many sports, Brad's overarching passion was basketball. At an early age, it was clear he would go onto do great things in the game. At Bartlett High, Brad left his stamp as one of the best guards in the school's history. Brad was selected as a Borden Conference All-Star and a Telegram & Gazette Honor Team member for his junior season. During his senior year, Brad was team captain and continued to excel as a prolific scorer, averaging 26 points per game. Brad joined the elite 1,000 point scorer club and was selected as MVP, he was a Border Conference All-Star, and a Telegram & Gazette Super Team member. He was also selected to participate in the prestigious statewide Best of 48 All-Star Game and was a member of the central MA "Super Team" comprised of the top ten area players. Brad was a member of three Clark Tournament Champion teams, a two-time district champion and a state champion as a member of the Hall of Fame 1978-1979 basketball team. Brad ended his high school career with 1,294 career points at the time, the most in school his-

After high school, Brad attended Eastern Connecticut State College and Southeastern Mass University where he was the starting guard for three years. Brad was a tremendous player in college and had a great college career. His ability to make others around him better was his best attribute. He was a great competitor and had a toughness about him that was second to none. After college he continued his play in men's leagues and competed at a very high level. He also passed on his love for basketball by being a youth basketball coach, which he enjoyed immense-

After college, Brad showed himself to be a man of many talents. He excelled in the family plumbing and heating business, Smith Company, and was his father's right hand man for many years. Brad then moved to Pittsburg,

PA and onto New Mexico, where he helped his longtime partner, Lisa, run an elite hunting and game ranch. Brad, along with Lisa, then moved to Florida. He settled in the Tampa area where he had many friends and lived life to the fullest. He loved the healthy lifestyle of Florida—spending many happy times with friends watching and playing sports, listening to live music, fishing, boating and enjoying the sunshine. Brad had an incredible zest for life—he loved to travel and experience the pleasure of meeting new and interesting people. He always found common ground with those he met, and was always up for an adventure.

Talking about Brad and his life would not be complete without mentioning his loyal companion, Max. Max was a Labradoodle that entered Brad and Lisa's life in 2004. Like Brad, Max was an avid traveler and was always up for adventure. He practically went everywhere Brad and Lisa went, always being a good and obedient boy while making many friends along the way (human and canines alike). Max passed away at the age of 15 back in 2019. He lived a wonderful life and we know he was there to eagerly reunite with Brad at the foot of the Rainbow Bridge.

Coming full circle, in April 2020 Brad was recognized for his exceptional accomplishments in high school by being inducted into Bartlett's prestigious athletic hall of fame. This great tribute meant so much to Brad, and was such a well-deserved honor.

his companion Lisa, Brad leaves his parents Bennett J. Smith Jr. and Carol H.(Breault) Smith of Webster. Brad's mother Barbara Burzycki predeceased him. Brad also leaves his brothers Bruce J. Smith of Webster, David Wasilko of Webster two sisters Heidi Smith of Dudley, and Seana Smith of Irvington, NY; he also leaves many nieces, nephews, relatives and dear friends. Brad was also predeceased by his brothers Bennett J. Smith III and Daniel Wasielko.

Burial services will be private. A celebration of Brad's life will be planned for later this year, when we can safely

Funeral arrangements have been entrusted to the care of the Shaw-Majercik Funeral Home.

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

Charles W. 'Pep' Pepin, 81



WEBSTER- Charles W. 'Pep' Pepin, 81, passed away April 12, 2021 in his home with his family by his side. He leaves his wife Rose Ann (Cacciapouti) Pepin of which they would have celebrated

their 60th wedding anniversary June 24, a son, Scott D. Pepin and his wife Kathleen of Douglas, a daughter Heidi J. Stewart and her husband Robert of Webster, 6 grandchildren, 2 sisters, Lorraine Canty of Webster and Juanita Bennard of Maine.

Pep was born July 18, 1939 in the Bronx, New York, graduated High School, served in the U.S. Army from 1957-1960, also attended Worcester State University and has lived in Webster most of his life adopting the Cacciapouti family as his own. He worked as an electrical engineer for Raytheon Corp. for 43 years before retiring. He was also an accomplished artist doing numerous drawings, most of all Pep was a loving family man to his wife, children, and grandchildren and his

extended family who will miss him the most.

There are no calling

A Funeral Mass will be Saturday at 10 AM in St. Louis Church, 16 Lake St. (Please meet at the church), burial will follow at Calvary Cemetery in Dudley.

Covid-19 protocols will be required in church and at the cemetery.

In lieu of flowers, memorial contributions may be made to the charity of one's choice.

The ROBERT J. MILLER FUNERAL HOME and LAKE CHAPEL, 366 School St. is honored to be assisting Pep's family with arrangements.

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

Richard A. Cournoyer, 85

Richard A. Cournoyer, 85, of Wethersfield, CT, loving husband of Mildred (Frederick) Cournoyer, passed away peacefully at home on April 12. 2021. Richard was born in Webster, MA on October 8, 1935 and was the son of the late Ovide and Annabel (Robbins) Cournoyer.

Richard grew up in Webster and joined the Army in 1952. He served in combat in the Korean War. After his time in combat he continued his service by training soldiers. He proudly served his country for 14 years. A true patriot, he flew his American flag every day, even as he aged and had to climb a ladder to reach it. He was a member of the American Legion, Veteran of Foreign Wars, the Elks and Disabled American Veterans.

Richard worked for many years as a manager of Radio Shack. He truly enjoyed music, dancing, playing cards and connecting with people on the internet.

In addition to his wife of 27 years, he is survived by his stepson Robert Frederick and wife Lillian and stepdaughter Karin Hafner and husband Mark. He also leaves his grandchildren Matthew Frederick and Amy Hafner, his sisters, Annette Hamilton and husband Kenneth, Yvette Alexander. Virginia Gatzke, his brother-in-law Ronald Stachelek, sister-inlaw Linda Cournoyer along with many nieces and nephews.

In addition to his parents, he is predeceased by his brother Ovide Cournoyer, sisters Dorothy Thibodeau and Julieanne Stachelek, brothers-inlaw Bruce Alexander, Ernest Gatzke and his nephew Bruce Alexander, Jr.

Richard's family would like to thank the Hospice staff for their care and compassion.

The family will receive relatives and friends on Thursday, April 15th from 4-6 p.m. at the D'Esopo Funeral Chapel, 277 Folly Brook Boulevard, Wethersfield.

Burial will be held on Friday, April 16th at noon at the Grove Street Cemetery in Putnam, CT. Everyone is asked to meet directly at the cemetery. For online expressions of sympathy to the family, please visit www.desopofuneralchapel.com.

Donna Skowron, 64

Chandler, AZ,/ Webster,MA.- Donna (Dudek) Skowron, 64. Passed away April 8, 2021 at her home in Arizona.

She leaves her husband Rich Skowron, her mother. Joanne (Spitz) Dudek of AZ., a brother, Mark Dudek of AZ., a sister, Dianne of Auburn and nieces and nephews. She was born in Webster, June 6, 1956.

Her father, A. Lee Dudek predeceased her in 2005.

She graduated from Bartlett High School in 1974 and WITI in 1976.Donna

worked for various national and international IT companies and retired from XEROX as a senior system analyst in Donations may be made to: Family

Comfort Hospice, 7975 N. Hayden Rd., Suite A-203, Scottsdale, AZ. 85258. The ROBERT J. MILLER FUNERAL

HOME and LAKE CHAPEL, 366 School St., Webster is assisting locally with arrangements.

To leave an on-line message, please

visit: RJMillerfunerals.net

the first draft of its educational vision would be submitted to the MSBA soon. That calls for "building community hubs in our schools," which, at Bartlett, would mean three zones: an academic area linking advanced manufacturing and health and human

servcies to all other subjects; a zone including the cafeteria, gym and auditorium that's separable for public use: and a zone for adult ed, family resources, guidance and nursing.

Pierangeli said the architects will present five options based on

those ideas, with the town submitting their choice to MSBA in August. She described it as "exciting" to see "how it transforms" Bartlett.

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

BUDGET

continued from page A1

stated, "No one's looking to make reductions in teaching forces.'

She said the in-person return to Park Avenue in early April "was a lot to get ready for," but "went very well on many fronts, with some bumps and bruises." One of those was an uptick in Covid cases; she cited six in the previous week, all at Park Avenue. That's consistent with reports from various parts of the country of spikes among young people. But Mass DPH data as of April 14 still showed that schoolage kids five to 19 combined saw fewer cases in the past two weeks (4,891) than the 20-29 age bracket (5942), which is the state's highest at present.

Send all obituary notices to

Stonebridge Press, PO Box 90,

Southbridge, MA 01550, or by e-mail

to obits@stonebridgepress.news

She said many families have opted to keep their kids home the rest of the year: 18 percent at Park Avenue, 35 percent at the Middle School, and 49 percent at Bartlett. The middle and high schools are slated to return April 28, and all will resume full Friday classes May 14. Over time, she predicted, most of the students will return to class and "our numbers will even out to the 1800s again" (a reference to this year's enrollment of 1,682 when last year's was 1,841).

"Had we not done all this work previously, we would've been in a precarious situation when Covid hit [last year],"

Goguen added. She was referring to investments in student laptops, teacher training and other technology, although they did have to add to it to ensure all students could have remote access.

Demographically, the schools have "a much higher rate of economic disadvantage that the state" (62 percent vs 36 percent), and special ed students (22 percent vs. 18 percent), among other concerns. That prompted Goguen to observe, "These are our students and these are the programs we need to design to make sure our students are successful."

In other business, Goguen and Pierangeli updated the committee on the Bartlett building project process, noting

YARD SALE

continued from page A1

promote social distancing rather than using both sides of the tables as a walkway as in years past. They also inquired about how a line outside would be han-

ing that tables be set up in squares to

dled, to which Ryle said there are several plans in mind for that and confirmed that food would not be served to customers although it will be provided to the scouts and volunteers. Sanitizing stations will also be available at the sale and masks will be required.

The board approved the yard sale to take place for one day on May 29.

DRONE

continued from page **A1**

mal camera in the area," read a statement released by the Oxford Police "Ground Department. units were deployed, and the hikers were guided to an exit gate where they were picked up by

their parents. The hikers required no medical assistance and were in good health when locat-

LEGALS

(SEAL)

COMMONWEALTH OF **MASSACHUSETTS LAND COURT DEPARTMENT OF THE TRIAL COURT**

Docket No. 21 SM 000370 ORDER OF NOTICE

TO:

Nancy Soto and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. c. 50 § 3901 (et seq) Massachusetts Housing Finance

Agency claiming to have an interest in a Mortgage covering real property in Dudley, numbered 15 Hall Road, given by Nancy Soto to "MERS", Mortgage Electronic Registration Systems, Inc., a separate corporation acting solely as nominee for "Lender", Residential Mortgage Services, Inc.

and its successors and assigns, dated July 27, 2018, and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 59163, Page 346, and now held by Plaintiff by assignment, has/have filed with this court a complaint for determination of Defendant's/Defendants' Servicemembers status.

If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at Three Pemberton Square, Boston, MA 02108 on or before 5/17/2021 or you may lose the opportunity to challenge the foreclosure on the ground of noncompliance with the Act. Witness, Gordon H. Piper, Chief Justice

of this Court on 4/1/2021 Attest:

Deborah J. Patterson Recorder April 23, 2021

Commonwealth of Massachusetts The Trial Court **Probate and Family Court Worcester Probate** and Family Court 225 Main Street Worcester, MA 01608 (508) 831-2200 Docket No. WO21C128CA CITATION ON PETITION TO **CHANGE NAME** In the matter of:

Jessica Michelle Stelmach

A Petition to Change Name of Adult has been filed by Jessica Michelle Stelmach of Webster MA

requesting that the court enter a Decree changing their name to: **Skye Avalon Stelmach**

IMPORTANT NOTICE

Any person may appear for purposes of objecting to the petition by filing an appearance at: Worcester Probate and Family Court before 10:00 a.m. on the return day of 05/11/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding. WITNESS, Hon. Leilah A. Keamy,

First Justice of this Court. Date: April 06, 2021 Stephanie K. Fattman Register of Probate

April 23, 2021

LEGALS

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

Premises: 76 Old Douglas Road, Webster, MA 01570

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Susan B. LaRose to Medford Savings Bank, and now held by Citizens Bank, N.A. f/k/a RBS Citizens, N.A. s/b/m Citizens Bank of Massachusetts s/b/m Medford Savings Bank, said mortgage dated February 7, 2002 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 25949. Page 211, for breach of the conditions in said mortgage and for the purpose of foreclosing the same will be sold at Public **Auction on** May 12, 2021 at 12:00 PM Local Time upon the premises, all and singular the premises described in said mortgage, to wit:

The land in Webster, Worcester County, Massachusetts, situated on the southerly side of Old Douglas Road, being shown as Lot #13 on a plan entitled "Plan of Land in Webster, Massachusetts, surveyed for Finecamp K.O.A., 1nc.", dated September 4,1986, by Para Land Surveying, Inc., recorded with Worcester District Registry of Deeds, Plan Book 565 Plan 19, and more particularly bounded and described as follows: BEGINNING at the northeasterly corner of the lot herein described, at a point in the southerly sideline of said Old Douglas Road, said point being at the northwesterly corner of Lot # 14, as shown on said plan; THENCE S. 01° 12' 40" W., by said Lot #14. a distance of 271.88 feet to a point; THENCE S. 18° 44' 31" W., still by said Lot #14, a distance of 166.50 feet to a point at land now or formerly of Beatty; THENCE N. 86° 46' 41" W., by said Beatty land, a distance of 100 feet to Lot #12, as shown on said plan; THENCE 19° 05' 33" E., by said Lot #12, a distance of 163.14 feet to a point; THENCE N. 01° 12' 40" E, still by said Lot #12, a distance of 317.16 feet to a point in the southerly sideline of Old Douglas Road; THENCE S. 64° 20' 00" E., by the southerly sideline of Old Douglas Road, a distance of 109.86 feet to Lot # 14, as shown on said plan, and the point of beginning. Containing 45,246 square feet (1.039) acres, moreorless, according to said plan. For title see Deed recorded Worcester District Registry of Deeds Book 12386 Page 1 and Worcester Probate Court Docket No. 94PR2680VA.

The description of the property contained in the mortgage shall control in the event of a typographical error in this publication.

For Mortgagor's Title see deed dated September 29, 1989 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 12386, Page 1

Page 1. 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 in cash, 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 thirty (30) days after the date of sale.

Other terms to be announced at the sale.

Brock & Scott, PLLC
1080 Main Street, Suite 200
Pawtucket, RI 02860
Attorney for Citizens Bank, N.A. f/k/a
RBS Citizens, N.A. s/b/m Citizens
Bank of Massachusetts s/b/m Medford
Savings Bank
Present Holder of the Mortgage

April 9, 2021 April 16, 2021 April 23, 2021

MORTGAGEE'S NOTICE OF SALE OF REAL ESTATE

401-217-8701

By virtue of and in execution of the Power of Sale contained in a certain mortgage given by Michael K. Schold and Christine M. Schold to World Savings Bank, FSB, dated March 12, 2007 and recorded in Worcester County (Worcester District) Registry of Deeds in Book 40841, Page 278 (the "Mortgage") of which mortgage U.S. Bank National Association, as Indenture Trustee on behalf of and with respect to Ajax Mortgage Loan Trust 2018-A Mortgage-Backed Notes is the present holder by Assignment from Wells Fargo Bank, N.A. S/B/M Wachovia Mortgage, FSB F/K/A World Savings Bank, FSB to PROF-2013-S3 Legal Title Trust IV, by U.S. Bank National Association, as Legal Title Trustee dated November 29, 2016 and recorded at said Registry of Deeds in Book 56468, Page 40, and Assignment from PROF-2013-S3 Legal Title Trust IV, by U.S. Bank National Association, as Legal Title Trustee to U.S. Bank

National Association, as Indenture Trustee on Behalf of and with Respect to AJAX Mortgage Loan Trust 2018-A, Mortgage-Backed Notes dated July 12, 2018 and recorded at said Registry of Deeds in Book 59159, Page 213, for breach of conditions of said mortgage and for the purpose of foreclosing the same, the mortgaged premises located at 10 Pebble Beach Road. Webster, MA 01570 will be sold at a Public Auction at 12:00 PM on May 10, 2021, at the mortgaged premises, more particularly described below, all and singular the premises described in said mortgage, to wit:

A certain tract of land with the buildings thereon of every nature and description, and all the privileges and appurtenances thereto belonging, situated in Town of Webster, Worcester County, Massachusetts and being a portion of Lot #8 as shown on "Plan of Lots At Cazeault Point", Webster, Mass. dated August 10, 1945, plan book 158, plan 47, further bounded and described as follows BEGINNING at an iron at the northeasterly corner of Lot #7 and in the northwesterly side line of Pebble Beach Road; THENCE N. 49° 00' E. by said side line of Pebble Beach Road, ninety-nine and sixty-four hundredths (99.64) feet to a stake; THENCE northwesterly with an included angle of 90° 42' 20" a distance of fifty-five and fifty-five hundredths (55.55) feet to a stake; THENCE westerly with an included angle of 129° 21' 40" a distance of fifty-six and sixty-seven hundredths (56.67) feet to a stake; THENCE northwesterly with an included angle of 193° 20' a distance of one hundred thirty-seven and ten hundredths (137.10) feet to a stake; THENCE on the same course about five (5) feet, more or less, to the Lake; THENCE southerly by the Lake eighty (80) feet, more or less, to an iron pipe at the northwesterly corner of Lot 37; THENCE S. 71° 05' E. by Lot #7, a distance of one hundred seventy-four (174) feet, more or less, to the point of beginning. BEING the same premises conveyed to us by deed of Francis J. Chlapowski et ux dated June 29, 1977, and recorded with Worcester District Registry of Deeds, book 6220 page 52.

For mortgagor's title see deed recorded with the Worcester County (Worcester District) Registry of Deeds in Book 14753, Page 73.

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

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

U.S. Bank National Association, as Indenture Trustee on behalf of and with respect to Ajax Mortgage Loan Trust 2018-A Mortgage-Backed Notes Korde & Associates, P.C. 900 Chelmsford Street Suite 3102 Lowell, MA 01851 (978) 256-1500 Schold, Michael K., 20-037119

Schold, Michael K., 20-0371 April 16, 2021 April 23, 2021 April 30, 2021

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Division
225 Main Street
Worcester, MA 01608
(508) 831-2200

Docket No. WO18P3114EA
Estate of:
Carl Eli Gentile
Date of Death: 07/16/2018
CITATION ON PETITION

FOR ORDER OF COMPLETE SETTLEMENT A Petition for Order of Complete Settlement has been filed by

Jane F Andreoli of Webster MA requesting that the court enter a formal Decree of Complete Settlement including the allowance of a final account, First and Final and other such relief as

may be requested in the Petition IMPORTANT NOTICE You have the right to obtain a copy of the Petition from the Petitioner or at the court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this court before: 10:00 a.m. on the return day of 05/18/2020.

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

Witness, Hon. Leilah A Keamy, First Justice of this Court April 14, 2021

Stephanie K. Fattman, Register of Probate

April 23, 2021

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Division
225 Main Street
Worcester, MA 01608

Docket No. WO19P3742EA
Estate of:
Patricia A Randall
Date of Death: 08/30/2019
CITATION ON PETITION

(508) 831-2200

COMPLETE SETTLEMENT
A Petition for Order of Complete Settlement has been filed by

FOR ORDER OF

Mary-Ann Gajewski of Cottonwood AZ requesting that the court enter a formal Decree of Complete Settlement including the allowance of a final account, First and Final and other such relief as may be requested in the Petition

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this court before: 10:00 a.m. on the return day of 05/18/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

Witness, Hon. Leilah A Keamy, First Justice of this Court April 14, 2021

Stephanie K. Fattman, Register of Probate

April 23, 2021

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Probate
and Family Court
225 Main Street
Worcester, MA 01608
(508) 831-2200
Docket No. W021C0129CA
CITATION ON PETITION TO

In the matter of:
Nicholas Danilidis
A Petition to Change Name of Adult
has been filed by Nicholas Danilidis
of Dudley MA

CHANGE NAME

requesting that the court enter a Decree changing their name to:

Nicholas Papagiotopoulos

IMPORTANT NOTICE
Any person may appear for purposes of objecting to the petition by filing an appearance at: Worcester Probate and Family Court before 10:00 a.m. on the return day of 05/11/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.
WITNESS, Hon. Leilah A. Keamy,

WITNESS, Hon. Leilah A. Keamy First Justice of this Court. Date: April 06, 2021

Stephanie K. Fattman Register of Probate

April 23, 2021

The Trial Court
Probate and Family Court
Worcester Probate and Family
Court
225 Main Street
Worcester, MA 01608
Docket No. WO21P0984GD
CITATION GIVING NOTICE OF
PETITION FOR APPOINTMENT OF

Commonwealth of Massachusetts

CITATION GIVING NOTICE OF PETITION FOR APPOINTMENT OF GUARDIAN FOR INCAPACITATED PERSON PURSUANT TO G.L. c. 190B, §5-304 In the matter of:

In the matter of: Cooper J. Dumas Of: Oxford, MA RESPONDENT

Alleged Incapacitated Person
To the named Respondent and all other interested persons, a petition has been filed by Janeen E Dumas of Oxford, MA in the above captioned matter alleging that **Cooper J Dumas** is in need of a Guardian and requesting

that Janeen E Dumas of Oxford, MA (or some other suitable person) be appointed as Guardian to serve **Without Surety** on the bond.

The petition asks the court to determine that the Respondent is incapacitated, that the appointment of a Guardian is necessary, and that the proposed Guardian is appropriate. The petition is on file with this court and may contain a request for certain specific authority. You have the right to object to this proceeding. If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 A.M. on the return date of 04/20/2021. This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail to file the written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date.

IMPORTANT NOTICE

The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.

WITNESS, Hon. Leilah A. Keamy, First Justice of this Court. Date: March 24, 2021

Stephanie K. Fattman Register of Probate

April 23, 2021

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Probate
and Family Court
225 Main Street
Worcester, MA 01608
(508) 831-2200
Docket No. W021C0132CA
CITATION ON PETITION TO

In the matter of:
Ryanne Krista Oppedisano
A Petition to Change Name of Adult
has been filed by Ryanne Krista
Oppedisano of Warren MA

CHANGE NAME

requesting that the court enter a Decree changing their name to: **Ryanne Krista Nixon**

IMPORTANT NOTICE
Any person may appear for purposes of objecting to the petition by filing an appearance at: Worcester Probate and Family Court before 10:00 a.m. on the return day of 05/11/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.
WITNESS, Hon. Leilah A. Keamy,

WITNESS, Hon. Leilah A. Keamy First Justice of this Court. Date: April 06, 2021

Stephanie K. Fattman Register of Probate

April 23, 2021

TOWN OF DUDLEY
PUBLIC HEARING
RESCHEDULED FROM
4/19/21 TO 5/3/21
PETITION FOR JOINT OR
IDENETICAL POLE LOCATIONS
NATIONAL GRID AND VERIZON
NEW ENGLAND, INC.

In accordance with the provisions of Section 22, Chapter 166, of the Massachusetts General Laws, vou are hereby notified that a Public Hearing will be held at the Dudley Municipal Complex, 71 West Main Street, Dudley, MA on Monday, May 3, 2021 @ 6:35pm in the Veterans' Memorial Hall, Room 321A. The purpose of this Hearing: To act on a Petition from National Grid to relocate one(1) JO Pole on Lyons Road beginning at a point approximately 35 feet southwest of the centerline of the intersection of Lyons Road and Truman Drive. Wherefore it prays that after due notice and hearing as provide by law, it be granted a location for and permission to erect and maintain poles and wires, together with such sustaining and protecting fixture as it may find necessary, said poles to be erected substantially n accordance with the plan filed here with marked – Lyons Road - Dudley, Massachusetts

Anyone wishing to be heard on this matter should appear at the date and time specified or submit their concerns in writing.

Board of Selectmen Kerry Cyganiewicz, Chairman April 23, 2021





Lusignan





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WEBSTER - 69 Minebrook Rd! Conveniently Located 7 Rm Split Entry! 1.04 Acre Lot! House set well off the Road for added Privacy! Open Floor Plant Eat-in Applianced Kit w/Island & Seating, Tile Flr, Tile Backsplash & Ceiling Fan! Din Rm w/Hrdwd Flrs & Slider to the Deck Overlooking the Private Backyard! Frplcd Liv Rm wHrdwd Flr! Ideal for Entertaining! Down the Hrdwd Hall find a Pull Bath wTile Flr & 3 Bdrms w/ Wall to Wall Carpeting! Master Bdrm w/2 Dble Closets, Ceiling Fan & Master Bath w/ Marble Tile Flr & Shower Surround! Hrdwd Stairs, the Finished Lower Level Fam Rm Recessed Lighting, Stone & Tile Hearth wWoodstove, 1/2 Bath w/Tile Fir, Laundry Rm w/Sink & Tile Fir, Utility Rm w/Storage! 2 Car Garage w/Electric Openers & Door to Backvard! Oil Heat! Steel "I" Beam Construction! Shed! Won't Last!! \$349.900.00



WERSTER LAKE - 11 Henry Road! Rates Point - Middle Pond + Panoramic Views + Western Exposure = Reautiful Sunsets! Never 2 the Same! 3 184' 9 Room Fully Furnished Colonial Built from the Ground Up as a New Home in 2005! This Home Features 4 Bedrooms, 2 of which are Master Suites, 1 of which Overlooks the Lake, 4.5 Bathrooms, 2 of which have Separate Showers & Whirlpool Tubs, 3 of which have Double Granite Vanities, 2 Complete Granite/Stainless Kitchens! The First Floor Open Floor Plan with Hardwood Floors Features an Eat-in Kitchen with LP Gas Jenn-Air Range, Double Drawer Dishwasher & Trash Compactor! Spacious Formal Dining Room with Crown Moldings & Chair Rails! Lake Facing Great Room/Living Room with Gas Fireplace Wet Bar with Bottle Cooler, Surround Sound & Slider to Composite Deck! Half Bath with Laundry Closet! The Second Floor with 4 Bedrooms! Comfortable Front 16x16 and Back 17x17 Masters with Tray Ceilings, Recessed Lighting, Ceiling Fans, Surround Sound & Full Tile/Granite Bathrooms! Full Hall Bath for the other 2 Bedrooms! Fully Finished Walk-out Lower Level with Full Summer Kitchen, Family Room with Gas Fireplace, Surround So Paver Patio & Full Bath! Buderus 3 Zone Oil Heat! 3 Zone Air Conditioning! Central Vac! Security! 2 Car Heated Garage! Boat Dock! \$1.099.900.00



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Terrific opportunity for one Large business or Several businesses. 4784 st bldg. Zoned B5. Off I395 exit 1. High Traffic &

June Cazeault * Laurie Sullivan * Matthew Ross * Lori Johnson-Chausse * William Gilmore II * Brian Bohenko

WATERFRONT THOMPSON - BECOLA RD

ON DEPOSIT 5+ Acre Waterfront Land On "Little Pond/

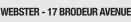
Schoolhouse Pond, Private Setting, Open Field. 250+ feet Waterfrontage. Dead end road! \$179,900

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Beautiful CAPE! Enormous amount of updates. New Asphalt Shingles, & 8 New Skylights!.. 4 Bedrooms! 3 - 1/2 Baths! 24 x 26 Great Rm w/ Gas Firenlace! Master Suite w/"Sna Like" Bath & Snaking Tub!WHAT MORE COULD YOU WANT? INGROUND POOL? OK!! has that TOO!! All Painted! SS Appliances. New Tankless Hot Water Boiler. \$467,000

WEBSTER - 103 UPPER GORE RD



Webster- Douglas Rd (Rte. 16) 29 ACRES on Sugarloaf Hill. 900 feet rd frtg. NEW LISTING! \$200.000 Oxford - 4 Leicester St - Approx. 8.47 ACRES! River Frontage Possible to be Subdivided! ON DEPOSIT \$89,900 Webster - Upper Gore w/View of the Lake! 1+ Acre! Artesian Well, Septic Design & Conservation - DONE. \$115,000.

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Webster - Cooper Road 2 Buildable Lots! Water & Sewer Each \$24,500.



New Listing!

Estate Sale! Scenic View of Beautiful Webster Lake! Kitchen, Dining Rm, Hollywood Bath! Master Bedroom & Master Bath. Fireplaced Living Room! Finished Lower Level w/1/2 Bath, Garage. "Salt Water" Inground Pool.

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large 3 Family- a rare find! 1st Floor spacious apartments Walkout basement to off street park-

On the shores of Lake Chargoggagoggmanchauggagoggchaubunagungamaugg

Webster Lake - 100 Lakeside Ave



WEBSTER LAKE! PANORAMIC VIEWS! BEAUTIFUL SUNSETS! Extraordinary Waterfront Contemporary! Architect designed with Lake Living in mind, Custom Built with Attention to High Quality & Detail. Outstanding open concept, water view from almost every room. 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.

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.



17 Central Ave **Dudley OPEN HOUSE SAT 4/24** NOON-2





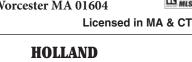




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What is an antique's provenance?

For those of you who collect antiques or even watch antique related television shows, you've probably heard the term "provenance." Merriam Webster's definition is "the history of ownership of a valued object or work of art or literature.'

It is always helpful to have some historical information that has passed been down with your family heirlooms. Most of the information that we hear from family members is valid. Sometimes the stories have been embellished. Other times the facts may be true but there is no way to confirm it and sometimes the family history doesn't line up with the facts.

When I first started this business over 20 years ago, a woman contacted me and said that she had a rifle that family history said was used by a soldier in an African American regiment during the Civil War. The rifle was old enough to have been used then. An expert on antique weapons from New Hampshire accompanied me to view the rifle. He was familiar with the weapons used by Civil War regiments. The rifle was a model that wasn't one used by African American regiments.



ANTIQUES, COLLECTIBLES & ESTATES

WAYNE TUISKULA

or from the Southwestern part of the country contacted us regarding an early desk that he had. He claimed that it belonged to Mother Goose, who is said to have written some of the world's most famous nursery rhymes. Mary Goose was buried in the Old Granary Burying Ground in Boston in 1690, according to the History Channel's Web site. Local legend said that she was the person who penned the famous Mother Goose nursery rhymes. The History Channel said that Mary Goose in Boston isn't the

Another potential consign-

person who wrote the nursery rhymes though. References to Mother Goose date back to the Roman Empire during the 8th century. "Mere l'oye" or "mere ove" (Mother Goose) was a term used in France during the mid-17th century to describe a woman who captivated children with delightful tales," according to the History Channel. There were two problems with the desk that the consignor wanted us to sell. There was no documentation showing that the desk belonged to Mary Goose and evidence shows that Mary Goose wasn't Mother Goose. The desk would have to be sold for what it was, just an antique desk.

Here are some things that you may have that can increase the provenance and subsequent value of your items. We sometimes find hand-written notes along with objects in an estate describing who owned the piece and when it was acquired. An old sales receipt can determine provenance. Sometimes photos can be matched with the item. For example, we've had a photo from the late 1800s of a woman wearing a piece of jewelry that we were selling. A certificate of authenticity by a reputable company is always helpful, but even a signed letter by the person who received an item from a celebrity explaining when and how they received something is beneficial. When we sold a jacket that belonged to Admiral Byrd we had a letter saying that it had been de-accessioned back to the family from the Smithsonian Museum. it's hard to find any better provenance than that.

Our multi-estate online auction ending June 2 features Rock n' Roll memorabilia from a New York promoter who was James Brown's agent. Items include rings that belonged to Elvis Preslev, a Janice Joplin bracelet, along with other pieces owned by Freddie Mercury, and James Brown. There will



Courtesy

A bracelet worn by groundbreaking rock vocalist Janis Joplin.

be letters of provenance accompanying these items. We are still accepting quality consignments for this auction. Our online auction of sports and non-sports cards all from one estate will be running soon. The third session of model trains, die-cast cars, and other toys is now running online. See our Web site for details on upcoming events: https:// centralmassauctions.com.

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



Planting tips for growing success

Increase your growing success by giving your transplants a good start with a few simple planting techniques. Preparing them for the transition outdoors and planting properly will help you grow your best garden yet.

Transplants started indoors from seed or purchased at a local garden center or greenhouse need time to prepare for their outdoor home. Gradually toughen them up with a procedure

Courtesy — Gardener's Supply Company Set tomato stakes or towers in place at the time of planting and make sure they are strong and tall enough to support the mature called hardening off. This process helps them adjust the outdoor growing conditions, so plants will suffer less transplant shock and establish more quickly.

Start by moving the plants outdoors to a sheltered shady location about one to two weeks before

the recommended planting date. Stop fertilizing and water thoroughly when the planting mix is starting to dry. Move plants into an hour of direct sunlight the first day, increasing the time by an hour each day. Make this easier

by placing transplants in GARDEN a wagon, old saucer sled or Gardener's Supply MOMENTS Garden Cart (gardeners. com). Keep frost protection handy or move plants **MELINDA** indoors when frost is in **MYERS** the forecast.

Once the plants are hardened off, move them into the garden. Water the planting mix thoroughly the night before planting. If possible, plant in the morning or on a cloudy day to reduce moisture loss and stress on the plants.

Turn To GARDEN page A14





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Spencer - Point Eastalee - Charming 1 bdrm cabin on Sunden Reservoir with 100 feet of water frontage on this full recreational lake! Vaulted & beamed ceiling with a fieldstone fireplace. Updated roof & artesian well Being sold in "as is" condition. Nice, dead end street



anberry Meadow Lake! 50 feet of water frontage! 2600 sq ft, 3 bdrm, 2.5 ba. Beautifully undated kitchen w/ breakfast bar, open to a formal dining area & living room. Lower level family room & 3 season room perfect for lake front parties! \$525,000



ba, 2600 sq ft. New kitchen w/ custom cabinetry, granite counters & center island w/ bar addition. 2 garages that will fit 8-10 cars! Parking for 40+ vehi-cles! This property is perfect for the car buff, landscaper, mechanic! Zoned for mixed use! \$595,000.



Main St, 4 bdrms, 2 baths. Town water & sewer! 350 ft of road frontage. Great for 1st time homebuyer looking for a mortgage helper or someone who wants to share a house with a relative or friend. \$300,000.





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Amy Nadeau, Realtor Having a full-time realtor in this market is essential for success! I am happy to assist you to buy, sell, or just answer any questions you might have.

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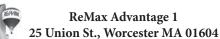
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GARDEN

continued from page A15

Follow spacing recommendations on the plant tags to save money and time. You will need fewer plants to fill the space and allow each plant to reach its full potential.

Press on the sides of the pot to loosen the roots and carefully slide the plant out of the container. Do not pull the plant out by the stem or you may end up with all stem and no attached roots.

Gently loosen any encircling and tightly

bound roots. This encourages the roots to explore the surrounding soil and establish a strong root system. Use fingers to tease apart the roots or a sharp knife to slice through the surface roots in a few places.

Plant tomato transplants several inches deeper or set long leggy plants in a trench. This encourages roots to form along the buried stem. Remove the lowest leaves that will be covered by the soil and loosen the roots on the hardened-off transplant.

Dig a shallow trench two to three inches deep. Lay the leggy tomato in the trench and carefully bend the stem so the upper portion remains above ground. Cover the stem with soil and water.

Set stakes and towers in place at the time of planting to reduce the risk of damaging roots and stems when trying to secure tall plants. Make sure the support is strong and tall enough for the plants. Gardener's Supply Vertex tomato cages and supports are

flexible, lightweight and can be installed around established plants without damage.

Remove any flowers and fruit on the transplants at the time of planting so plants can direct energy into forming roots, resulting in more flowers and fruit over time. If you cannot bring yourself to do this, try removing flowers on every other plant or row at planting. Do the same to the remaining flowers the following week.

Water new transplants often enough to keep the

soil moist, but not soggy wet. Water thoroughly and gradually extend the amount of time between watering to encourage deep, more drought-tolerant roots. Adding a layer of shredded leaves, evergreen needles or other organic mulch will help conserve moisture, suppress weeds, and improve

Implementing these strategies will help increase your enjoyment and reduce maintenance throughout the growing season

the soil as it decomposes.

Melinda Myers is the author of more than 20 gardening books, including Small Space Gardening. She hosts The Great Courses "How to Grow Anything" DVD series and the Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Gardeners Supply for her expertise to write this article. Her Web site is www.MelindaMyers.

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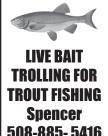
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Town of Charlton seeks a **FT Conservation Agent**

Qualified candidates will have knowledge of Mass General Law relating to the MA Wetlands Protection Act. Working knowledge of soil types; ability to verify wetland boundaries; familiarity with permit and grant writing. Minimum qualifications includes Bachelor's Degree in an environmental field, five years' experience in environment management, land conservation or a related field; or equivalent combination of education and experience.

Engineering Degree a plus. Must be able to lift 30 lbs. and have the physical agility to walk rough terrain and access all areas of inspection sites. Hiring range \$27.43/hr. - \$30.93/hr. dependent on experience and education.

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Town of Charlton seeks to fill a PT (15 hr) **Local Inspector in our Building Department**

Must have thorough knowledge of the State Building Code, local zoning bylaws and other applicable state statutes, rules and regulations. High School diploma and advanced technical training; five years of experience in the supervision of building construction or design; or an equivalent combination of education and experience. State certification as a Local Inspector,

Massachusetts Construction Supervisor's License and Massachusetts driver's license required. Hourly rate: \$25.00 - \$28.00/hr dependent on qualifications.

> Full job description available online at https://townofcharlton.net/158/Human-Resources. Deadline to apply is 5/4/21. The Town of Charlton is an equal opportunity employer.

Town of Douglas Full Time Administrative Assistant / Fire Department

The Town of Douglas Fire Department is currently seeking qualified applicants for the position of Administrative Assistant for the Fire Chief. Requirements include a high school diploma or equivalent, a minimum of the (3) years' experience in office administration, office management, personnel, financial and administrative practices. Applicant must possess strong computer skills, basic knowledge of office equipment, and have the ability to effectively and tactfully interact with personnel and the public on a daily basis. This is a thirty (30) hour a week position Monday - Friday 9am - 3pm with occasional four (4) hour shifts on Saturdays January thru May during

CLOSING DATE: Position will remain open until filled.

Qualified applicants can mail a resume, cover letter, and Town of Douglas Application (found on the town website www.douglas-ma.gov) to Douglas Fire Department Attn: Chief Kent Vinson PO Box 222 Douglas, MA 01516.

AA/EOE

TREES / FIELDSTONE

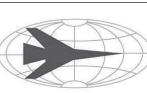
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57 year resident of Webster Married for 37 years to Donna (Fitzback) Becker Proud father of two sons. Andrew (33) and Alexander (31) Graduate of Bartlett High School, '79

Graduate of Nichols College, BSBA '83 in Accountancy and MBA '96 Retired Chief Financial Officer of MAPFRE Insurance

Affiliations:

• Member of the Webster Board of Selectmen (since May, 2015), Chairman since May, 2019 • Secretary and Member of the Police/Fire Station Building Committee (2008-2018) • Director of the Southern Worcester County Communication Center • Chairman of the Board of Directors of MAPFRE Insurance • Trustee and Finance Committee Chair of Nichols College • Director and Treasurer of the Health Foundation of Central Massachusetts • Director and Vice Chair of Harrington Hospital • President of the St. Louis School Endowment Fund which funds All Saints Academy • Couple to Couple Pre-Marital Ministry with my wife, Donna, for over 25 years

Dear Webster Citizens:

My wife Donna and I have been blessed to grow up, live and work in Webster for practically all our lives. Giving back to our community, of time, talent and treasure, is always something we and our families have tried our best to do. I have been honored to serve as one of your Selectmen. Reflecting on all the good that has taken place in Webster these past six years, I truly believe we are in a far better place today. Working together we will continue our upward trajectory of improving our Town for the betterment of its citizens. This past year, COVID-19 dominated our lives, resulting in untold hardships, including the loss of some of our loved ones. In addition to the truly outstanding effort to fight COVID-19 put forth by our Town Administrator, Board of Health Agent and many others, some of the top positive outcomes in Webster these past six years, include: (1) the hiring of Town Administrator (TA) Doug Willardson; (2) completion of the new water treatment plant, coupled with a prioritization of pipe re-lining/replacement in the most acute areas of town; (3) under both the TA's and Town Accountant's leadership, the Town's financial condition is far better than it has been in decades; (4) the Head Start program, sponsored by the Worcester Community Action Council, has taken over the old Senior Center providing needed care for Webster's little ones; (5) the Town has a truly dedicated Opioid Task Force and we also have the CDU and AIC at Harrington's Webster Campus to help combat and treat the terrible disease of opioid/pain killer addiction; (6) significant improvements made to Memorial Beach, many thanks to our Recreation Director and the folks she works with; (7) increased attention to Main Street, including new businesses and the River Walk; and, (8) a higher level of volunteerism and enthusiasm towards our Town. These accomplishments and many others are a testament to a very dedicated group of Town employees, my fellow Selectmen and our citizens. Being a Selectman is a role I've been entrusted with and take most seriously. I believe we have an exceptionally dedicated Board of Selectmen that work extremely well with our TA.

My number one concern, in fact the ONLY reason I am seeking a third term, is the potential break down of our Town's positive direction over the past few years through a disruptive change in the Board of Selectmen. I'm a firm believer in the saying attributed to Bert Lance: "If it ain't broke, don't fix it".

We still have much to accomplish, including: (1) continuing our work with the Water/Sewer Commission on replacement/re-lining of the highest priority water pipes in town; (2) continuing the Board of Selectmen's responsibilities of oversight and providing guidance, while rejecting any desire for interference or involvement in the day to day operations of the Town - after all, that's why we hired TA Willardson to run the Town; (3) reviewing what additional Town services can be streamlined and improved; (4) continuing prioritization of capital plans; (5) continuing the focus on Economic Development, including Main Street, North & South Main Streets and the Shaws/Kmart Plaza; and, (6) listening to the concerns of our citizens.

If re-elected, I will continue to take seriously my oversight and guidance role. I will steadfastly do

my very best to continue moving Webster forward in the most positive way possible.

Thank you for your consideration, Randy Becker

> PLEASE VOTE: We'll need to have a really good voter turnout on May 3rd so please remind your friends and family to get out and vote.

> > Paid for by Donna Becker





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Choice Physical Therapy Clinic Now Open!!

Spring is not only a great time to do a little spring cleaning, but also a good time to address any of those aching body parts that you may have. Hello, My Name is Grant Pattee, founder and owner of Choice Physical Therapy in Spencer Massachusetts. I wanted to take a few minutes to introduce myself and Choice PT.

Like most in my field, I had my first experience with physical therapy after I sus-tained a sports injury as a youth athlete. Three knee surgeries later, and a bunch of bumps and bruises in between, I was hooked on the field of movement science and the bodies amazing ability to heal. My physical therapist was critical in helping get me back to playing soccer, leaving a lasting and positive impression on me. When I took my first job as a rehabilitation aide over 20 years ago I never dreamed what an amazing and rewarding journey this would be!

Our Clinic is located on Route 9 in Spencer conveniently serving our home town as well as North Sturbridge, Leicester, Charlton, and all of the Brookfields. We have ample parking, a bright beautiful clinic, and an extensive collection of rehabilitation equipment. We are currently being credentialed with all major insurances and will work with any patient regardless of financial means. We can accommodate complex scheduling and pride ourselves in prompt courteous evaluation services. Our focus will always be patient centered and goal driven. Although we specialize in post surgical rehabilitation, we are also successful treating patients including athletes, seniors, weekend

warriors, and many other rehabilitative clients.

Don't let that "aching" back, or "bum" knee stop you from doing the things that you love to do. Let our competent, compassionate, and friendly staff help you and your loved ones on the road to recovery. I am grateful to be part of this wonderful community and hope you will consider us for any of your rehabilitative needs. Please feel

free to call anytime or drop in to take advantage of a free injury evaluation. I hope this spring brings all of us a new sense of joy and peace after what was a doozy of a year! Thank you so much for your time and remember it's your Life, your Health, your Choice.

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Homeopathy might be just what you are looking for

Are there medicines that are safe, effective & low in cost? Are there medicines that stimulate the body's natural defenses rather than inhibit the body's attempt to become well? Is there a treatment that helps the body to overcome the obvious problem and also inhibit what originally caused the problem? The answer to these questions is yes. Homeopathy, a system developed more than 200 years ago has such medicines. And the biggest plus is they do not contraindicate with other medicines, so they are a great adjunct to your medicine cabinet. Homeopathy can be safely used

by the general public to treat common, mild acute conditions such as colds, flu, allergies and injury. The possibility of self-care with homeopathy becomes even more valuable in a society with high cost health care.

A homeopathic remedy is one that produces the same symptoms as those the sick person is experiencing, and in doing so stimulates the body into stopping these symptoms. Often the names seem to be the opposite of what you want to achieve. Coffea Cruda, for example, helps with sleep. Arnica, which is for muscle pain a n d

bruising, is probably the most widely known. There are a multitude of remedies for everything including teething, nerve pain, stress, sleep, flu, allergies and sinuses as some examples. I would encourage the reader to look into homeopathy. These products are safe for children, pregnant women and nursing mothers.

Alternatives For Health 426 Main St. Sturbridge, MA 01566. (508) 347-2111.

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HEALTH

Spring 2021

A Stonebridge Press Publication

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If being home alone and not being able to see family and friends this past year has been difficult, we have a really nice solution.



Whitinsville Retirement Home



Our residents have been able to function and maintain some normalcy because they have had each other to lean on. Maintaining independence and not

having to worry about shopping for food, cooking, cleaning, laundry or utilities along with compassion, companionship, and care has made all the difference.

If you, a family member, or someone you know 62 or over could benefit from such an atmosphere call 508-234-6381 or go to Whitinsvilleretirement.org

Notre Dame Health Care Mission-Driven and Resident-Focused

In 1900, the Sisters of Notre Dame de Namur viewed the undeveloped expanse of land that stretched from Plantation Street down to the shores of Lake Quinsigamond as an ideal setting for peaceful contemplation and retreat from the rigors of their teaching ministry. Since the Sisters purchased the property, its purpose has expanded significantly beyond its original intent.

Today, some 100+ years later, this property has become home to Notre Dame Health Care, a non-profit organization that takes a holistic approach to the ministry of healthcare delivery. Following the teachings of Saint Julie Billiart, who founded the Sisters of Notre Dame de Namur, the mission of Notre Dame Health Care reflects the gospel message in every aspect of its programs and services.

The Sisters have driven innovation in health care, recognizing and addressing specific needs as the times have changed. Its first program, a skilled nursing facility for both the Sisters and the greater local community, delivers high quality care with dignity and respect. The success of

this program prompted the addition of other, much-needed programs and services. Through the years, Notre Dame Health Care has enhanced its portfolio of services with assisted living apartments, memory care units, post-acute and short-term rehabilitation, hospice and palliative care for adults and children, and an educational "bridge" center.

Every program at Notre Dame Health Care offers distinct features that engage residents, encourage socialization and promote a better quality of life. Social activities,



such as art and music therapy, along with social dining and field trips, help promote a sense of community for every resident. Notre Dame Health Care also offers daily Mass and the Rosary for its Catholic residents. We acknowledge the spiritual value in all faith traditions through the provision of pastoral care and ecumenical services for all.

The Sisters' influence and "special touches" are reflected in many unique features which are present throughout our facilities. Peaceful gardens and

serene landscaping surround each building; lavish court- yards and green space invite residents to experience the outdoors in a safe, pleasant atmosphere; exquisite photography and multi-medium artwork adorn the hallways. Differences in design abound in each of our facilities, giving each resident space its own distinctive character.

In addition to exceptional health care services, Notre Dame Health Care has created unique educational opportunities for staff and the local community. Emblematic of the Sisters' ministry to educate for life, the Educational Bridge Center was originally founded as a way for employees to advance in their careers. Subsequently, the Bridge Center has become a lifeline for those seeking citizenship, adult basic education programs, or support in attaining a high school diploma or an advanced degree. Drawing upon their years of service in the classroom, retired Sisters tutor students as they embark on their personal academic journeys to a better quality of life.

Not only does Notre Dame Health Care lead the industry in top-rated programs and services, the organization also has an incredible staff retention rate. Every employee exemplifies the organi-

zation's mission and works synergistically to continually raise the bar and operate at the highest possible level.

Going forward, Notre Dame Health Care anticipates changes in the industry that will require innovation, creativity and wisdom to continue serving the spiritual, social, physical and psychological needs of the lay and religious communities through all stages of life. Guided and driven by our mission, our team is poised and ready to embrace the continually changing needs of our community!

Notre Dame Health Care 555-559 Plantation Street Worcester, MA 01605 508-852-5800



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The benefits of eating local meat and produce

Do You Know Where Your Meat Comes From? Is it locally sourced? Do you purchase straight from a butcher? Do you shop at your local grocery store? Now more than ever, self-care is a number one priority. A big part of self-care includes being aware of what you ingest.

Grass fed beef and pasture raised pork are an all-natural source of daily proteins and omega-3 fatty acids. It is the highest quality local product in the area.

~BETTER FLAVOR~

Sustainably raised, local meats and produce are rich in flavors unlike factory farm varieties. In addition to stimulating the local economy and supporting local farmers, eating local has environmental benefits as well. Factory Farms tend to destroy the environment with pollution, water and soil contaminants, while small local farms aid in land preservation and less impact on environment.

~HEALTH BENEFITS~

When purchasing direct from a family farm, there are fewer steps and less hands between your food source and your stomach, allowing the product to hold a higher nutrient value. Grass-fed meat is one of the most nutrient dense proteins you can buy, aside from being delicious!

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Using nature to work with your body

These days, half of any drug commercial that you see tells you about side effects that you may not actually want. At Your Health Matters, we believe using nature to work with your body is a smarter approach than resorting to man made chemicals which force your body to work a

cer-tain way.

Most chronic diseases today are based upon runaway inflammation which overtime leads to almost every chronic disease. Visit us to learn how our top selling, clinically validated and re-searched multi herbal supplement can be like real health insurance in a bottle.

As far as what you put in your body... Are you aware that the skin care industry is unregulated? This means anything can be lurking in the products you apply to your skin. After all, what you put on your body ends up inside your body. Come get acquainted with our all-natural body care selection. Products with ingredients you'll be relieved to recognize.

Do you really know what's in the food you consume? Current research now shows that most chronic diseases stem from poor diet choices over time. Food producers are always cutting corners to cut costs. In the end, your health loses out. From nutritional drinks and healthy snacks, to natural sweeteners and low carb pastas, we can help you improve your

> DAVID TERMINE, CO-OWNER YOUR HEALTH MATTERS BEDROCK PLAZA 139 Main St., Sturbridge MA



Fall Prevention for the Elderly

The incidence of falls among elderly people in our communities is common enough that we are all familiar with the potential consequences. Ask anyone and they will tell you that at some point in their lives they can remember an elderly relative or perhaps an elderly friend who suffered a fall and was injured as a result. The numbers are staggering; data collected in 2014 revealed there were 36 million reported falls in America that year. Of these, 8 million resulted in injury, and 32,000 resulted in deaths. The fact is that on average for every second that passes, an older person falls.

The primary concern driving the medical field to work on preventing falls in the elderly is to maintain the health and well-being of our senior community members. But the ramifications of fall prevention extend to our wallets as well. In 2015 in the U.S., 50 billion dollars in health care costs were spent on treatment for injuries resulting from falls in persons aged 65 and older. And as each year passes this age group becomes a larger demographic. In 1950, the number of person's age 65 and older represented 8.2% of the U.S. Population. This percentage grew to 20% in the year 2020. Now more than ever it is critical to maximize efforts to reduce the risk of falls for our seniors.

For those of you who question what can be done to help keep your parents and grandparents as low risk as possible, the answers are many. One good place to start is an assessment of the home. As a physical therapist, I have a checklist of items I like to ask my elderly patients and their family members. Are their railings on all staircases, whether it be a full flight of stairs or just a few steps into the house? Do they have grab bars to steady themselves when in the shower or for getting into the tub? Tile floors in kitchens and bathrooms can become quite slippery when wet. Throw rugs and clutter should be removed. Proper lighting should be available throughout the house, especially in the bedroom where trips to the bathroom occur during the night, and the bedroom light switch should be easily accessible, preferable so the light can be turned on before the senior gets out of

In our clinics at Baystate Physical Therapy, we look to identify ways in which we can impact fall risk prevention through physical training. To do so effectively, it is important to have a good understanding

of the reasons why the elderly are at such a high risk for falls compared to the vounger population. There are essentially three body structures that people rely on to maintain balance: the inner ear, the nerve endings in our joints, and our eyes. Each of these is responsible for providing our brains the information needed to



maintain balance, and each of these systems slowly degenerates with age.

The good news is that there are interventions which can help mitigate these degenerative processes. For example, as we age the declining effectiveness of our inner ear to transmit instantaneous information to our brains regarding our head's orientation to gravity results in a heightened dependence on our eyesight to give us that same information, which is so crucial to maintaining balance. In this circumstance, failing eyesight will deprive us of that all-important backup system, not to mention making it difficult to spot that object on the floor that then becomes a trip hazard. However, a visit to the eve doctor can result in being fitted with proper glasses, or to receive other interventions such as eye drops or cataract surgery. With such treatment and the addition of proper lighting installed in previously dimly lit areas of their home, vision becomes an asset instead of a liability with regard to fall risk.

Physical therapy can make a difference in training both the nervous and musculoskeletal systems to handle situations in the daily lives of seniors which might otherwise cause them to fall and incur injury.

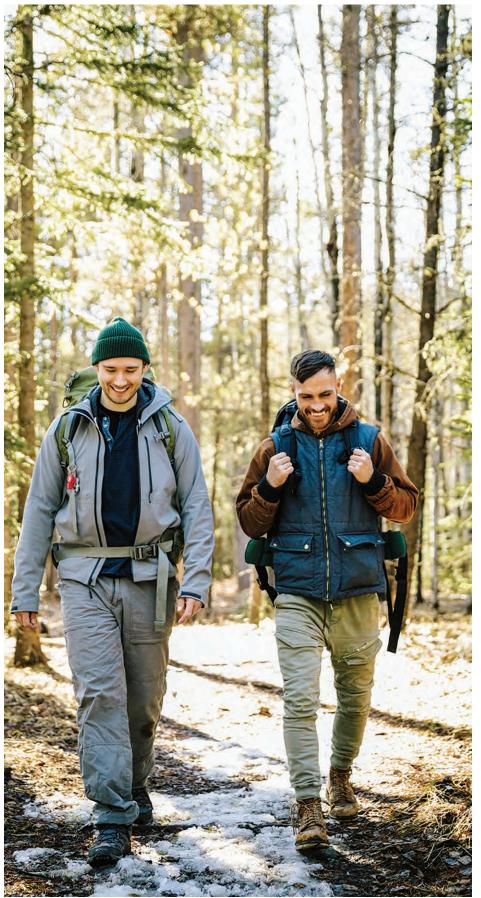
The nerve endings in our joints, called proprioceptors, provide the brain with a continuous awareness of position of our trunk and limbs. This information allows us to maintain our body over our center of gravity when standing and walking on inclines, declines, and uneven surfaces. It also helps insure that if we begin to lose our balance, we will move one foot in the proper direction and distance to right ourselves before we fall. Research has shown that the effectiveness of these nerve endings and the number of proprioceptors

in our joints decline to some extent as we age, and this is especially true when a person adopts a sedentary lifestyle. Research also shows that with balance training and an increase in activity these proprioceptors will proliferate and more effectively transmit those messages to the brain, helping keep us upright and out of the hospital.

And we must not forget the importance of keeping muscles strong with good endurance, as there is a strong correlation between lower extremity weakness and likelihood of falls. The temptation of adopting a sedentary lifestyle in our later years can be high. One study found that only 22% of older adults regularly engage in physical activities. The problem of inactivity becomes even worse among elderly who have suffered a fall in the past, as 42 to 73% of those who have fallen once report a fear of falling again. The result is these individuals are likely to reduce their level of activity, as well as their participation in recreational group activities, and are apt to live a lower quality of life with regard to satisfaction and enjoyment. Physical therapy interventions in such cases include a focus of restoring strength and balance under the controlled conditions within our clinics, with the expectation that this will restore confidence in our patients to resume a more active lifestyle. The combination of the results of physical therapy and regular physical activity at home set up a formula for success in maintaining a low risk of falls and improving quality of life.

BAY STATE PHYSICAL THERAPY 1037 Main Street, Leicester, MA 508-892-1335 23 Ware Street, West Brookfield, MA 508-867-0180 WWW.BAYSTATEPE.COM

How to reduce risk for Lyme disease



When the weather warms up and hours of daylight increase, few people can resist the allure of the great outdoors. Nature beckons each spring, and those answering that call must do so safely

Lyme disease is a potential threat for people who live in certain regions. The Centers for Disease Control and Prevention reports that Lyme disease cases have been reported in nearly every state, though residents in certain states are more vulnerable than others. For example, CDC data indicates that incidence rates were highest in several states in New England, including Maine, New Hampshire and Rhode Island, while rates in Oklahoma, Missouri and Wyoming were especially low.

Lyme disease is spread by the bite of an infected tick. Playing, hiking, camping, or working in wooded or grassy places where instances of Lyme disease are high increases a person's risk of being bitten. But that doesn't mean those in areas like New England, the mid-Atlantic or the upper-midwest must avoid such activities. However, they should take steps to prevent tick bites when going out into the great outdoors.

• Recognize where ticks live. The CDC reports that blacklegged ticks cause Lyme disease and that such ticks live in moist and humid environments. In addition, the Lyme Disease Association notes that ticks are most likely to be in certain areas, including woods, areas where woods meet lawns and where lawns meet fields. Ticks also may be living in tall brush/grass, under leaves, under ground cover, near stone walls or wood piles, or in shady areas. Ticks also may be drawn to areas around bird feeders or outdoor areas designated for pets.

• Wear insect repellent. The CDC recommends wearing insect repellents registered with the Environmental Protection Agency. Repellents should contain DEET, picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol, or 2-undecanone. The EPA even has a tool on its website that can help people choose the right repellent products for them. That tool can be found at https://www.epa.gov/insect-repellents/find-repellent-right-you. The CDC advises people to treat clothing and gear, including socks and tents, with products containing 0.5 percent permethrin, which can remain protective even after several washings. Pre-treated clothing may be protective even longer.

• Check for ticks every day. Ticks can be found anywhere on the body, and the CDC recommends checking for ticks every day. Pay particular attention to underarms, in and around the ears, inside the belly button, the back of the knees, in and around all head and body hair, between the legs, and around the waist.

Ticks pose a threat when spending time in the great outdoors. Various preventive measures can help people reduce their risk for Lyme disease.

How to identify blacklegged ticks

Lyme disease poses a bigger threat to people living in certain areas than it does to others. For example, the Centers for Disease Control and Prevention reports that the highest incidence rates for Lyme disease occur in regions including New England, the mid-Atlantic and the upper midwest. However, no one, regardless of where they live, is immune to Lyme disease.

they live, is immune to Lyme disease.

According to the CDC, blacklegged ticks are the specific type of tick that causes Lyme disease. Nature enthusiasts might be surprised to learn that blacklegged tick bites also can transmit other diseases and infections, including anaplasmosis, babesiosis and Powassan disease.

Various types of ticks pose a threat to human health, but blacklegged ticks may inspire the most fear due to their connection to Lyme disease. Learning to recognize blacklegged ticks can calm those fears and increase the likelihood that homeowners can prevent tick infestations before they get out of hand. According to the pest control experts at Terminix®, the following are some characteristics of blacklegged ticks.

Size: Blacklegged ticks are tiny. Nymphs can be as small as the size of the head of a pin, while adults measure one-eighth of an inch. This size underscores the importance of conducting thorough examinations of your body and the bodies of your children after spending time in the yard. Inspect carefully, as ticks are so small that it's easy for them to go unrecognized.
Color: Ticks are dark brown to

• Color: Ticks are dark brown to black and have dark legs. It's easy to mistake ticks for freckles or moles. Look carefully if you notice any areas on you or your children's skin that seem to have a new freckle or mole.

· Behavior: Ticks need blood meals at each stage of life in order to grow. Though it's possible to find ticks anywhere on the body, the CDC notes that they tend to seek out certain areas. Such areas include under the arms, in and around the ears, inside the belly button, the backs of the knees, between the legs, and around the waist. Ticks also can be found in and around all head and body hair, so it's vital that people ask someone to inspect the hair on their heads and use a mirror to inspect private areas. Parents should carefully check their children's hair and even insist that kids wear hats when spending time in the woods or yards where ticks have been found.

Blacklegged ticks cause Lyme disease. Learning to recognize them is a crucial step to preventing Lyme disease.

EMPLOYMENT OPPORTUNITES



Employment Opportunities



We are looking for a compassionate, detail oriented, team player to cook P.T. for the lovely residence of the Whitinsville Retirement Home.

You will be cooking for approximately 20 people in our bright, well appointed, home style kitchen. If nourishing others with lovingly prepared meals makes you happy, we would like to meet with you for consideration.

Please call us at 508-234-6381 or visit http://whitinsvilleretirement.com

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Individuals looking for a way to incorporate exercise into their lives need look no further than their own feet. Walking offers numerous health benefits to people

of all ages, and it's particularly beneficial to fitness novices. Walking can facilitate a transition between inactivity and increased intensity for those who may

7 surprising health benefits of walking

have been away from exercise for some

According to Dr. Thomas Frieden, former director of the Centers for Disease Control and Prevention, walking is "the closest thing people have to a wonder drug." Any physical activity is a boon to personal health, and walking provides a host of benefits.

1. Strengthens bones: Walking can slow down the loss of bone mass due to osteoporosis. Arthritis.org notes that a study of postmenopausal women found that 30 minutes of walking each day reduced their risk of hip fractures by 40 percent.

2. Boosts cardio endurance: Regular walks can improve cardiovascular endurance, which can help people progress to more rigorous physical activity.

3. Burns calories: People can walk to burn calories and maintain or lose weight. The number of calories burned will depend on how briskly people walk, the distance they cover, their body weight, and the terrain on which they walk.

4. Improves cardiovascular health: The American Heart Association recommends adults get at least 150 minutes of moderate-intensity activity each week. Walking can fit that bill. Walking five days a week can reduce risk for coronary heart disease by roughly 19 percent, according to a report in the European Journal of Epidemiology.

5. Counteracts effects of weight-promoting genes: Researchers at Harvard Medical School looked at 32 obesity-promoting genes in more than 12,000 people who walked briskly for about an hour a day. Walking reduced the effects of weight-promoting genes by 50 percent.

6. Tame cravings: People who have a sweet tooth can take notice that walking may steer people away from over-indulgence. A pair of studies from the University of Exeter found a 15-minute walk can curb cravings for chocolate and reduce the chocolate consumed in stressful situations. Walking also helped to

reduce cravings for other sugary snacks.
7. Reduces joint pain: Walking improves blood flow and helps protect the joints. This can keep people from developing arthritis and other stiffness.

Walking has many health benefits that can support the entire body.

Top contributors to oral cancer



Researchers are not entirely sure what causes the gene mutations that lead to oral cavity and oropharyngeal cancers. While health professionals cannot say for sure why cancer forms, they do know that certain risk factors may lead to cells becoming cancerous.

Oral cancers develop in any of the parts of the oral cavity and throat. This can include the lips, gums, tongue, the inner lining of the cheeks, the roof of the mouth, and the floor of the mouth. According to the American Cancer Society, around 50,000 people will develop cancer of the mouth or throat in 2021. Knowing which behaviors may contribute to cancer formation can help people make changes that lower their risks for oral cancers.

Tobacco use

The Mayo Clinic says tobacco use of any kind, which includes cigarettes, cigars, pipes, chewing tobacco, and snuff, can contribute to oral cancers. Tobacco smoke can cause cancers anywhere in

the mouth or throat. Other products are linked to cancer in the parts of the lips or mouth that touch the tobacco product.

Drinking alcohol increases the risk of developing oral cavity and oropharyngeal cancers. The American Cancer Society says seven out of 10 people who have oral cancer are heavy drinkers.

Excessive sun exposure

Individuals who have had excessive exposure to the sun may develop cancer on the lips. Protecting the skin on the lips by using a sunscreen product for lips can reduce risk.

Skipping dental visits

Dentists perform routine cancer inspections during exams. Failure to visit the dentist regularly may prevent people from getting an early diagnosis and treatment for abnormalities in the mouth.

Human papilloma virus (HPV) Verywell Health indicates HPV is the most commonly diagnosed sexually transmitted disease in the United States. The HPV-16 strain is linked to oral cancer, most commonly at the base of the tongue and in the tonsils.

Learning about the leading risk factors for oral cancer can help people take the necessary steps to change poor habits and behaviors.

What to know about irritable bowel syndrome

It's natural for people to keep issues regarding their personal health private. For example, some people may be hesitant to share information about illnesses they've battled with those outside their immediate families. While that reticence is understandable, it's vital that people be as forthcoming as possible with their physicians, no matter how uncomfortable situations or symptoms may be.

Irritable bowel syndrome, or IBS, is one condition that people may be hesitant to discuss with someone, including a physician. IBS can be marked by symptoms such as diarrhea, constipation and changes in bowel movements. The difficulty in describing such symptoms compels some people to resist discussing them with their physicians, at least initially. But IBS is nothing to be ashamed of. In fact, the International Foundation Gastrointestinal Disorders notes that IBS



is the most common functional gastrointestinal (GI) disorder in the world, with worldwide prevalence rates in the range of 10 to 15 percent.

What is IBS?

The National Institute of Diabetes and Digestive and Kidney Diseases notes that IBS is a group of symptoms that occur together. Repeated pain in the abdomen and changes in bowel movements, such as diarrhea and/or constipation, may be present without any visible signs of damage or disease in the digestive tract.

What is a functional GI disorder?

IBS is a functional GI disorder, which means it is related to problems with how the brain and gut work together. The NIDDK notes that these problems can cause the gut to be more sensitive, changing how the muscles in the bowel contract and potentially leading to diarrhea, constipation or both.

What causes IBS? American Gastroenterological

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IRS

continued from page 8

Association notes that the cause of IBS remains unknown, though it's suspected that various factors can cause it. One such factor is dysmotility, a condition characterized by poor regulation of the muscle contracts of the GI tract. Visceral hypersensitivity, which is a greater sensitivity of the nerves attached to the GI tract, is another potential cause of IBS.

Can IBS be treated? The good news for people with IBS is that various treatment plans have helped people with the condition feel better. The NIDDK notes that there might be some trial and error as doctors try to determine the best course of treatment for each patient. But dietary and lifestyle changes, medicines, probiotics, and mental health therapies are examples of IBS treatments that have helped people with the condition

IBS symptoms can be uncomfortable to discuss with a physician. But people experiencing such symptoms should know that IBS is very common and doctors have a host of treatment options at their disposal to make it easier to live with IBS.



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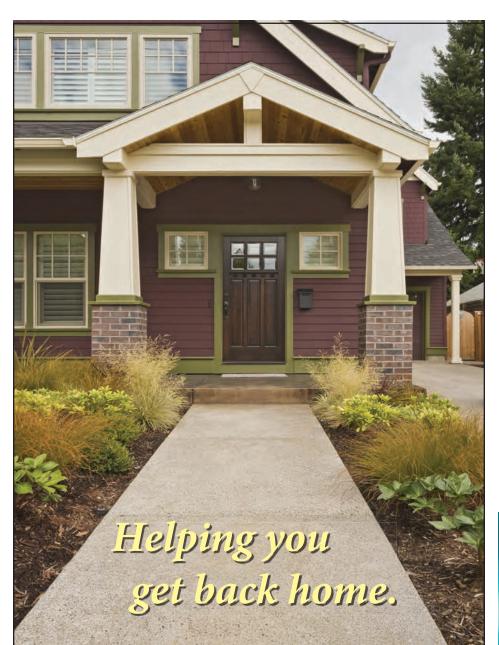
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HOME

Spring 2021

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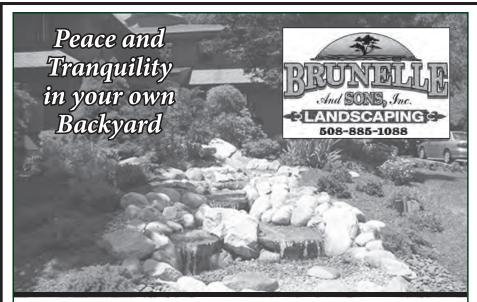
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Lisa Caron Named 2021 Ruby Level Top Producer in the Individual Category at RACM



Auburn, MA— Lisa Caron, with Lisa Caron Real Estate in Brookfield was awarded the 2021 Ruby Level Top Producer Award for Individual Production at the REALTOR® Association of Central Massachusetts Awards Ceremony on Thursday, April 7, 2021 via Zoom.

Top Producers of the Association were recognized for outstanding levels of production in real estate transactions based on dollar volume or units sold in the 2020 calendar year. Only 7% of RACM members were eligible for this award. The Top Producer Levels go as follows: Ruby Level, Emerald Level, and Diamond

Caron, who joined the REALTOR® Association of Central Massachusetts in 2006, resides in Brookfield and can be reached at her office at 508-341-8299.

About Us

The REALTOR® Association of Central Massachusetts has been proudly serving its members of the Greater Worcester and Central Massachusetts areas since 1923. The Association assists over 1,800 real estate professionals, providing the services and resources necessary for a successful career as a REALTOR®. Association members are involved in residential and commercial real estate as brokers, salespeople, property managers, appraisers, counselors and others engaged in all aspects of the real estate industry.

The term "REALTOR®" is a registered, collective membership mark that identifies members as professionals who subscribe to a strict Code of Ethics and Standards of Practice set forth by the National Association of REALTORS®.

For more information, contact Colleen Pappas, CEO of the Association, at 508.832-6600, or via e-mail at cpappas@ realtorscentralma.org. ###end###

Save with the home heating tax credit

There is never a bad time to save money as a homeowner, but especially after the events of 2020, it is a better idea than ever to have some financial security in case things go wrong. Going green and lowering your heating bills is a great place to start. On December 28, 2020, new legislation was signed into law that created an Investment Tax Credit for homeowners who purchase a biomass fueled home heating or hot water system in 2021. This new tax credit opens a wealth of savings for homeowners looking for ways to save money on alternative heating for their homes!

How does this new tax credit work? Purchase a qualifying, high-efficiency biomass fueled home heating or hot water system and receive a 26% federal tax credit. For example, if you purchase a pellet stove for around \$4000 in 2021, you will realize a savings of over \$1000 once the credit is applied to your 2021 tax return!

What is a biomass fueled home heating system? Simply put, biomass is organic matter, such as plant material, that can be burned and used as an energy source or fuel. This means that home heating stoves such as wood or pellet burning stoves qualify as biomass-fueled and may be eligible for the federal tax credit. Higgins Energy Alternatives, located in Barre, Massachusetts, carries many brands of tax credit eligible stoves across a wide price range to suit every home and every budget.

How else can you save? The cost of fuel, operation, and maintenance on a wood or pellet stove can save you hundreds of dollars during the winter heating season alone. For example, two tons (4000 lbs.) of pellets at Higgins can cost an average of \$120 per month in the winter versus paying an average of \$220 per month on oil heat!

Are you ready to save money and heat your home with the best brands on the market? Higgins offers several top-name brands for pellet and wood stoves that meet the criteria for the tax credit to make your home cleaner, more efficient, and warmer. Their purchase and installation process is simple, efficient, and help with the tax credit paperwork is provided.

Start your summer with big savings, and have no worries knowing your home is ready for the next heating season! Give Higgins a call or text at 978-355-6343 or visit them online at HigginsEnergy.com to get started or learn more about the federal biomass tax credit.

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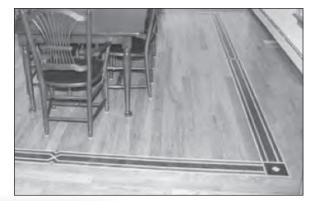


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With Over 1,000 Home Inspections Completed in 2020, HomeTeam of Worcester Owner Charlene Bonzey (AKA "Charley") Joins an Exclusive Club within the franchise world. Worcester, MA home inspection company owner, Charlene "Charley" Bonzey racked up her busiest year ever in the middle of a pandemic, a recession, and the tightest real estate market in decades. No easy feat.

Still, it is not entirely surprising. Bonzey has been growing her Worcester, Massachusetts location every year since she opened this family-owned operation. The mother of three grown sons, including one who is currently part of her inspection teams, Bonzey has kept her nose to the grindstone. By sticking to the HomeTeam playbook, she has managed to grow her business into a budding empire. This Worcester location has expanded to all of Worcester county, North and Western MA, and Northern Connecticut.

"Charley is batting 1,000, that's for sure," HomeTeam Franchise President Adam Long said. "She's smart, has incredible drive and is a true team player who really understands why sticking with a proven business model pays big dividends."

The HomeTeam model is a team concept home inspection company where there is always 2 inspectors or more. The team concept provides a more thorough service for the client and provides a better time commitment for agents/clients. They typically complete an inspection in 1-1/2 hours and with so many teams available they can often accommodate an inspection within 48 hours if necessary. The inspection reports are provided the very same day in full color with 100's of photos. HomeTeam has also come up with tools by providing their own HomeTeam APP to accommodate agents to make their jobs easier. "We all know how tough the market it is today for buyers and agents – we at HomeTeam hope to help alleviate some of the pressures of this tough real estate market with tools we have put in place." says Bonzey.
What accounts for her success? The

What accounts for her success? The booming market or marketing strategies? A little of both. The housing market is very tight. Typically, there are anywhere from 30 to 50 buyers for every single home on the market. That means a lot of buyers will inadvisably consider skipping the inspection to sweeten their offer, so HomeTeam Worcester had to look at new opportunities to keep the business growing and is determined to protect buyers from purchasing homes with big issues.

Charley is often asked how she has overcome the pandemic with such success. Bonzey states, "Before COVID-19 hit, I had been going to real estate offices to give presentations, meet new agents and attend networking groups. That was my strategy, but it had to change because of the pandemic. Offices were not open, agents all working remote meaning access to new agents and clients was getting difficult. I was not going to let the marketing drop off, so I had to learn how to adapt. I started to host networking events once a week via Zoom, available to any real estate agent who wanted to take a class and learn more about homes, how home inspections work and what we are looking for."

The brokers in our area are so excited about the online webinars because it gives them the opportunity to help their newer agents become better home sellers. The zoom class is one hour a week, covering everything from Home Inspection 101 to foundations and leaks. Bonzey also ask the agents — particularly new agents — that if they come across something in a home they don't understand or concerned about, to take a picture and send it to her or someone on her team and they will assist them in troubleshooting the area of concern and provide tips on how to explain it to their client.

In addition to all the new marketing, Charley's sister, Tricia Bonzey joined the organization in spring 2020 with a force to be reckoned with. Trish manages the day-to-day operations and had brought back some old school proven marketing techniques into the mix. "Tricia Bonzey

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In today's world it's no secret that there are many solutions for your personal & business banking needs. Does it matter what you choose? What is the difference between a Digital Bank and a National bank versus a smaller, community focused financial institution? How are we different? At NBSB, We care about our customers. It's about more than just keeping their money safe. It is about providing them with the knowledge, tools and guidance to accomplish their goals, big or small. It's that personalized touch that makes a community bank a great choice.

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We have worked hard to come up with "out-of-the-box" ideas to help our customers through this challenging time and keep employees and customers safe and healthy. We have offered everything from curbside banking, to offering FREE lessons on how to use our App, to our specialized appointment service, we will make sure we are there for you. No matter what stage of life, finance or adventure you may be in, we have a solution

Deposit Products: At North Brookfield Savings Bank, we offer a variety of deposit products to fit all of your financial needs. Whether you are opening a checking account, working to build your savings, or looking to make more out of your

money with a CD, we have a solution that will work for you.

Consumer Loans: North Brookfield Savings Bank has a team of experienced Consumer Lenders who are ready to help you to get the solutions you need. We offer discounts when you sign up for automatic payments or you can make payments right through our online or mobile banking. We work hard to make a quick and simple process for our customers. We welcome you to contact a team member, visit a branch or you can easily and quickly apply online.

Mortgage Loans: The NBSB Mortgage Center has a strong team of residential lending professionals who are ready to help you to get the financing to purchase or refinance your home. We'll be with you every step of the way. We offer a variety of Mortgage and Equity Products with one sure to fit your needs. Whether you're a first time home buyer, looking to refinance your home, or to use your home's equity to complete a renovation, North Brookfield Savings Bank Lenders are here to help you find the product that's the best match for you. We welcome you to contact a Residential Lender or you can quickly and easily apply online when it best fits your schedule. Find the lender for your home purchase or refi-

Business Loans: The Business Center at North Brookfield Savings Bank has experienced Commercial Loan Officers who will work closely with you to provide sound advice along with the personalized service that your business deserves. We offer many business products. Aside from just financing, look to North Brookfield Savings Bank for all your business needs. Our FREE Business Checking Account, includes Mobile Deposit Features, Bill Pay, Mobile Banking, FREE Business Debit Card with 24 hour monitoring and much more. In addition, by partnering with Commonwealth Consulting Group, North Brookfield Savings Bank is able to provide a source for all your payment needs. Whether you need to take debit card payments off-site or need an ATM at your location for a one-time event, we are here to help you and your business grow. Contact a Commercial Loan Officer to get started.

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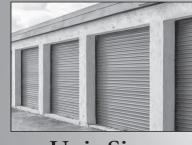
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HOMETEAM

continued from page 6

has been a major part of our success this year by going back to old school marketing methods. A handwritten note and/or a quick phone call goes a long way!" says Charley Bonzey.

Charley is often asked, What has been your greatest source of

satisfaction in this career?

Bonzey responds with, "Here in Massachusetts, there are only about six women in this industry right now, and four of them work with us here at HomeTeam. We get a lot of kudos for that,

and that's gratifying, but it's not just a woman-power thing. We are different in the marketplace. All our inspectors, both men and women have a way of explaining things that is not alarming but educating. We love to educate our clients on how the home functions and how to maintain so bigger issues don't arise. We pride ourselves on the educational aspect of every home inspection".

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