



Bay Path Practical Nursing student to receive scholarship from MARILN

CHARLTON — Tianna Welcome, a Bay Path Practical Nursing Academy student, has been named as the 2021 Massachusetts Rhode Island League for Nursing (MARILN) PN Scholarship. In an email by Sheila Blomquist, MARILN Administrative Director, on behalf of the MARILN Scholarship Committee, Welcome was notified and congratulated. Welcome was also invited to attend the MARILN virtual Spring Conference on March 26.

A resident of Oxford, Welcome plans to use the \$600 scholarship award to further her education. During Term I (ending December 2020), Welcome qualified for induction to the National Technical Honor Society. Welcome and the PN Class of 2021 started in August 2020 with face-to-face learning including clinicals under the strict CDC guidelines of face coverings, physical distancing, and frequent handwashing.

“What is great about the Bay Path Practical Nursing Academy is that there are provisions for remote learning, lectures were seamlessly moved to an online format when needed,” says Welcome.

She is expected to complete the practical nursing certification program in June 2021.

A doting mother to 8-year-old daughter, Natalia, Welcome earned her Medical Assisting Certificate at Salter College, Dean’s List in 2014.

Her future career goals include becoming a Registered Nurse.



Tianna Welcome

“I can see myself as a team leader, taking all the skills I have learned and paying it forward. I want to

continue building trusting relationships with residents, families, and my team,” she stated.

Further, Welcome plans to learn new ways to advocate for people and be their voice.

“I want to be a nurse who can also do sign language. American Sign Language is something I have always found fascinating and is another skill I want to learn and translate,” she adds.

She also is open to the possibility of working in academia.

She concludes, “In about 20 to 30 years from now, I can see myself as a nurse educator sharing my experiences with a class like I am in now.”

The MARILN Scholarship Committee based its decision on the candidate’s potential to contribute to the profession of nursing, the candidate’s ability to maintain satisfactory academic standing (at least an 83 average or 3.0 GPA), and the quality of the references and personal goal statement. The candidate is expected to address his or her goals in a one-two page, typed, statement, outlining how his or her personal nursing career goals concur with the National League for Nursing’s four core values (caring, integrity, diversity, and excellence) and how this award will benefit goal achievement. For more information, visit www.nln.org.

“Start growing a herb garden,” say local gardening experts

BY GUS STEEVES
CORRESPONDENT

REGION — Even though it hit 65 degrees last week, it’s still too early to plant outside. But many people have food, herbs and flowers started indoors, and now is an ideal time to learn something new about gardening.

That’s the energy behind a regional library collaboration to provide online programs from educators at Blackstone Valley Veggie Gardens. It began Feb. 23 and runs every Tuesday at 6:30 p.m. on Zoom through April 20.

Last week’s session looked at growing herbs.

“If you want to do something easy, no muss, no fuss, start growing a herb garden,” said Kathleen Donovan, who has grown them for food, medicine and gifts for many years. Later, she added, “...If you want to be self-sufficient in the Covid and post-Covid age, you want to save your seeds.”

Starting them from seed “can be tricky because herb seeds are tiny,” but it’s easy from cuttings taken from last year’s plants.

Typically, Donovan said, that should be done “at the end of summer, once the plants are big.” She showed two short videos – one with Donna Emery, the other with an unnamed male gardener – talking about how to do it. He described the ideal cuttings as being “semi-ripe,” with the base “slightly woody,” coming from healthy but not yet flowering plants. If you get a clean four- to six-inch cut just below a leaf joint, they can be stored in the fridge up to 12 hours before dipping them in an organic gel (Donovan later noted

unpasteurized honey or cinnamon work well). They generally root in six to eight weeks, but sometimes take up to four months in a greenhouse, cold frame or under a clear plastic bag, provided they’re not in direct sunlight. When the roots form, they can be potted and/or transferred to the garden, he said.

Emery noted best results require pots with a “lightweight cutting mix” of vermiculite and peat (can make it yourself, but it’s also cheap by the bag). That’s also how she starts from seed, a more complex process. Because “many seeds need light to germinate,” it’s very easy to plant them too deep; all they need is a sprinkling of soil atop them and plenty of water, she said.

They should be started indoors in a warm, well-lit area that’s not in direct sunlight until the shoots come up. When outdoor conditions are good, and the plants are big enough, they can be “hardened” over three or four days in warm shade outdoors, but brought back inside at night.

“Basil is probably the easiest herb to grow,” but “it can’t tolerate any cold” and needs night temperatures above 40 degrees, Emery said. Donovan agreed, describing it as “a finicky annual” that comes in many varieties, but is one of the things she “must do every year.”

“I don’t think it’s summer until I’ve had my caprese salad,” made from tomatoes, mozzarella and basil, she said. It’s also a well-known ingredient in pesto (garlic, basil and olive oil with or without pine or other nuts) and can become a tea.

Donovan summarized planting issues and uses of several well-known herbs, both annuals and perennials. One of the former is parsley, which is actually a biennial that is a “reasonably sized plant” which dies with

frost; that year is best for the leaves. The second year it’s “a parsley tree, almost”; that’s when you get the seeds.

Also popular is cilantro, a parsley relative which is a perennial in areas warmer than New England (planting zone 6A). The plant goes to seed rapidly in heat. She noted the seed (called coriander, which she likes) “doesn’t have the least flavor profile of the leaf” (which she doesn’t). The leaf is a well-known part of Mexican dishes. When ground to powder, the seeds are a key ingredient in India’s garam masala.

Medicinally, chamomile is good to have around. Donovan said she “take[s] it every day and it really cut down my migraines;” it also helps reduce inflammation and can make sleep come more easily. She said she only uses the dried flowers, but other sources note the leaves are also safe.

Dill provides a good example of alternative uses. Besides its leaves and seeds being good for flavoring, oil distilled from them is used in soap, she said.

For perennials, Donovan focused on the large mint family, which are “extremely hardy.” She noted they’re “extremely aggressive at the root, so I suggest you grow it in its own pot.” One mint is lemon balm, which isn’t quite as aggressive but a “very prolific spreader. ... You never know where it’ll come up.” Like chamomile, it has mild sedative qualities. Several species of mint grow wild in New England.

She also cited sage and oregano – a “hardy perennial, but loses flavor rather quickly;” when fresh “it’s out of this world.” It also “seems to do a good job on colds,” and other sources note sage has antibiotic traits.

Donovan observed that most perennial herb

Worcester business leaders fund new scholarship at Nichols College

DUDLEY — A new scholarship at Nichols College to benefit transfer students from Quinsigamond Community College has been created through contributions from two long-term Worcester business and community leaders.

R. Joseph Salois, owner and president of Atlas Distributing Inc., and Robert Vaudreuil, retired president and CEO of The Protector Group, have committed to sponsor the Nichols Connect Scholarship, which will assist QCC graduates who pursue a Nichols degree.

“As the scholarship’s name implies, this effort will connect our institutions in a meaningful way and enhance our longstanding partnership

with QCC through the Affordable Business and Leadership Education initiative,” said Bill Boffi, Nichols College vice president for enrollment. “We are grateful to Joe Salois and Bob Vaudreuil for strengthening our bridge to Worcester and extending Nichols’ exceptional educational opportunities to its students.”

Students enrolled in a minimum of six credits at Nichols are eligible for the Nichols Connect Scholarship. Award amounts will vary based on status as a resident student, undergraduate evening or commuter student, or student in the Affordable Business and Leadership Education initiative.

“From my experience

as a non-traditional student, I understand the motivation of students who want to take their education to the next level and the importance of a scholarship that offers them the means to reach it,” said Salois, a 1998 graduate and past trustee of Nichols College.

Vaudreuil, a 1977 graduate of Nichols College and former chair of its Board of Trustees, added, “I see this scholarship as a win for QCC, for Nichols, and for the Worcester business community which will continue to be strengthened by the opportunities and educational resources provided by this partnership.”

Turn To **SCHOLARSHIP** page A6

Rams receive coaching expertise Atlanta Falcon Chris Lindstrom

SHEPHERD HILL ALUM ON RAMS SIDELINE THIS SEASON

BY KEN POWERS
SPORTS CORRESPONDENT

DUDLEY — On an unseasonably warm and sunny late winter day in early March, Chris Lindstrom, 23 months removed from being the 14th overall pick in the 2019 National Football League (NFL) Draft, was at Richard Carmignani Memorial Field, giving back to his alma mater.

The 24-year-old Lindstrom, a standout at Boston College during his collegiate career, was not there just to meet and greet the latest edition of the Shepherd Hill Regional football team, take a few pictures and give some kind of motivational speech, however. He was there as a member of the Rams’ 2021 coaching staff.

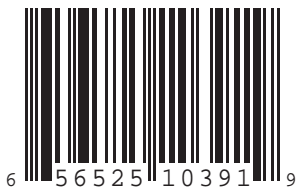
The six-foot-four-inch, 307-pound former First Team All-ACC offensive



Ken Powers

Brothers Ryan Dugan and Chris Lindstrom will work the sidelines together as part of the Shepherd Hill Regional varsity football team. Dugan is the head coach while Lindstrom, who currently plays for the Atlanta Falcons of the NFL, has the opportunity to be an assistant this spring due to the Fall II season as a result of the Coronavirus pandemic.

Turn To **LINDSTROM** page A6



Spring comes to Hitchcock Academy

BRIMFIELD — Who doesn't look forward to Spring? This year the season offers a special promise of hope and optimism. At Hitchcock Academy plans are underway for life outside the cocoons forced on us by COVID. Plans to learn new skills, to get into shape, to meet old friends, to make new acquaintances and to develop new routines. Be assured that HFA continues to follow guidelines for social distancing and sanitizing and, as guidelines change,

Hitchcock will work to develop new programming. Now is the right time to work out whatever kinks inactivity might have inflicted on your body with a Pilates Class. Pilates promotes flexibility, good posture, and balance while strengthening the core muscles. Beginning March 24, instructor Karen Larsen will insure all Covid protocols are followed while guiding you to build a stronger, healthier body.

On March 28, Let's Cake Decorate with Sue Gaulin is back to teach you the art of using sugar to create an Easter themed Bunny Tree Stump cake. With the promise of more social gatherings on the horizon, now is the time to develop the basic decorating skills to make your confections the centerpiece of any event. Sue's provides everything you'll need for the class and when you're done you'll be taking home your own perfect creation.

On March 30, Hitchcock is pleased to present Thrive, United Way's personal financial coach-



ing program, created to help people get ahead with an array of free and confidential services. This online, one hour, free program is designed to introduce consumers to the various programs offered by Thrive such as money skills classes, budget creation, credit repair and debt reduction. You must register ahead of time online at hitchcockacademy.org for the free link.

As the season progresses Hitchcock Academy is looking forward to expanding their roster to include Astronomy and fencing, while offering new sessions for yoga, dog training, piano, viola, and violin. Martial Arts with Sensei Israel Lopez are a pathway to develop balance, coordination, confidence, and teamwork. Twice a week sessions in this Olympic sport are

now being offered at special pricing. On Saturday, May 1, students aged 11 to 15 can enroll in Babysitter Training Class, which will provide instruction in child development, fire safety, emergency procedures, coping with difficult situations, and Heimlich.

With Spring comes the 15th Annual Farmer's Market, which runs from April 17 through October on Saturdays from 9 a.m. to 2 p.m. For the latest information regarding class schedules and special events such as the Farmer's Market follow Hitchcock Academy on Facebook and on their Web site, hitchcockacademy.org.

Auburn resident named to UConn Dean's List

STORRS, Conn. — The University of Connecticut congratulates Caroline Saltz of Auburn on being named to the Dean's List for the fall semester of 2020.

At the end of each semester the Dean of each school and college names to the Dean's List those students who (1) were registered for at least 12 credits calculable for grade points, (2) received no grade below "C", including the actual letter grade awarded in any course under the Pass/Fail option, (3) earned at least 3.0 times as many grade points as the number of calculable credits recorded by the Registrar, and (4) were in at least the upper quartile of their school or college.

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

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— Lynnea T. (CNA)

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Fiske Hill plans face environmental review

BY GUS STEEVES
CORRESPONDENT

STURBRIDGE — The state took a look at the large multi-use Fiske Hill project last week, as a handful of local officials and the developer's representatives went for MEPA review online.

According to Mass Environmental Protection Act analyst Purvi Patel, the proposal's scale "exceeds several MEPA review thresholds." Among them are the fact it will have more than 300 parking spaces, alter more than 25 acres, and create more than five impervious (paved) acres. She noted the latter's 9.8 acres comes very close to triggering a full Environmental Impact Review, which is at the agency director's discretion, and urged developer Matt Sosik to investigate ways to reduce it.

At issue are plans to create three commercial lots totalling about 12 acres near Main Street and two large residential lots of 79.4 and 41.4 acres, respectively, in land that's now wooded. The smaller one is slated to become a 65-lot senior mobile home park similar to the newer part of the Co-op on Kelly Road. As a very long dead end, it will have emergency access to Idlewood Street in Southbridge (not Proulx Ave., as erroneously stated in a previous story).

Sosik said the larger lot "is not yet being proposed for development now; it's conceptual." The plans eventually call for the southern part of it to become an assisted living facility, but he'd like to "subdivide off the back and connect the dots back to [Mass.] Fish and Wildlife."

"We've owned it a long time, and Fish & Wildlife is interested in it," Sosik said.

He noted they still "need to work it out," but it could be "a nice natural extension of protected land they already own and manage." He's referring to the McKinstry Wildlife Management Area next door.

Patel noted she'd much rather see that than one alternative allowed by its Rural Residential zoning — "several single-family houses."

Although legal, that use is unlikely because of the access difficulties. Sosik noted it "has no frontage." His engineer Peter Engle added they'd have to extend their proposed access road beyond the town's 1,500-foot limit, plus provide some kind of emergency access.

Engle, of McClure Engineering, summarized the project's six alternatives required by the DEP. One was simply leaving it unbuilt; he noted it was proposed for a medical use years ago and has been recently logged, but nothing else has happened for 13 years. The second was to extend the proposed road off Main Street (planned as a cul-de-sac) to Fiske Hill Road, but Engle noted that would create traffic problems on Fiske Hill which is already "a contentious issue. ... Any disruption to Fiske Hill we can avoid, we want to avoid." A third called for building the road to the mobile home park directly from Fiske Hill, which would've required a variance because it starts in a different zoning district that doesn't allow such a use and runs off a scenic road. A fourth would've built two roads, with similar issues. A fifth would've shortened the commercial road to reduce pavement, but that wouldn't reach the back residential zone. The sixth considered "find[ing] a new location for this 55+ use," but Engle said there aren't many large vacant tracts with utilities and access to a main road.

Sosik said he did not expect the assisted living facility to reach the proposed 120 units, but was using that figure as a maximum for calculations of traffic, utility usage and other things. As proposed, the entire project gets public water and sewer, with the latter provided by Southbridge to the tune of about 31,000 gallons a day. Engle noted there are still "issues that need to be worked out between the property owner and both towns."

Engle said the original plans called for a retail building/small strip mall, medical arts building and small office building in the commercial section. The latter got nixed "due to constraints with the wetlands and stormwater, to keep lot 5 as a buildable lot," while the mall is likely to have the largest traffic impact, he added.

Wetlands issues — specifically, a study of potential vernal pools — are now before the Conservation Commission. Because of that study, the Planning Board recently extended its review deadline to June 30.

When Patel asked Sturbridge representatives for their comments, Planner Jean Bubon said similar 55+ proposals have "been before the Planning Board several times now," with an assisted living facility as early as 2006. She said the town is "anxiously awaiting" such a site "because we have nothing like that." Furthermore, she said Sturbridge recently amended its zoning to allow such uses, and the proposed conservation donation fits into the open space plan, and is willing to work with Sosik on pavement alternatives.

Conservation Agent Becky Gendreau noted the ConCom discovered an issue with an old, defunct culvert that drains a small wetland near Main Street. Engle said he's working with MDOT on what to do with it.

Patel noted the overall project will also need Department of Transportation approval for access to Route 131, but she said they'll probably want "sidewalk connectivity" to what's now on Main Street (probably meaning a crosswalk, since the sidewalk is now on the opposite side). She noted she'd also like to see a "Complete Streets" design within the project and also encouraged Sosik to include rooftop solar, solar hot water or geothermal.

MDOT review is now at about 25 percent complete because the agency is awaiting the results of MEPA review. Patel noted she plans to issue her certificate March 26.

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



ACCURACY WATCH

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School officials lay out timeline for return to classrooms

BY JASON BLEAU
CORRESPONDENT

DUDLEY/CHARLTON — As of March 15, the Dudley-Charlton Regional School District began the process of inviting students back into the classroom for full-time in-person learning.

Since moving to remote learning nearly a year ago due to the COVID-19 pandemic the district has, at most, embraced a hybrid system combining days of in-person learning with designated remote learning days in order to prevent large groups of students from being in the schools at the same time. On March 15, students returned to the classroom for their first full week of in-person learning in the current school year, albeit with a string of five half days. This is just the start for the district as Massachusetts continues to loosen COVID restrictions with the roll-out of a vaccine.

District Superintendent Steven Lamarche explained in a letter to parents that the district will reopen slowly starting in the month of April when kindergarten and elementary school students will become the first to reenter the classroom for full days of in person learning.

"All K-4 elementary students are now scheduled to return to full in-person learning five full days per week starting Monday, April 5, 2021. elementary principals will provide more information as we prepare for this transition. For ques-

tions about your child's school, contact your student's respective principal," Lamarche wrote.

Next in line will be middle schoolers who will return to the classroom for full in-person learning on April 26. Like the elementary schools, parents will be provided more information on that transition from their respective principals as the date draws near.

Finally, high schoolers will transition last with Shepherd Hill expected to return to full-day in-person classes on May 3.

"The state has not provided regulatory guidance for full in-person learning five full days per week for high schools, therefore we will maintain the prior School Committee approved date of return to full in-person learning five full days per week starting Monday, May 3, 2021 for Shepherd Hill," Lamarche wrote. "This date is subject to change, and will be revisited at future School Committee meetings. Principal Chaplin will provide more information as we prepare for this transition."

With the transition to full-day in-person learning inevitable before the end of the school year the district is also imploring parents and students to continue to exercise safe practices as the COVID-19 pandemic persists. The district's COVID Trees and Protocol document has been made available on the district's website as well as a COVID dashboard with related information about the virus. Parents and students

are also requested to continue to complete daily self-certification and screen forms which are also available on the district's Web site.

"This is a critical first safety step in the daily management of our schools. We are not just asking families to complete this, it is a staff requirement," Lamarche said of the screening forms. "As a participant, I can share, once the habit is established it is quite easy to remember to do it before entering our schools. Therefore, I plead with all of you to do the right thing to help the advancement of increased in-person learning in the Dudley Charlton Regional School District for the remaining months of school. Help keep COVID out of our schools as much as humanly possible."



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PET of the WEEK



Meet Bella a 3 year old female, mixed breed 65 lbs. She loves playing with stuffed toys or chasing a ball, and If Bella could play ball all day long, she would! She enjoys going for walks, and would love to have a home with a yard to play in! Bella can be nervous when she first meets new people, but once she warms up she will be your best friend! Men tend to scare her more, but she warms up to them with time and treats! She can also be frightened by cars and new things, so she is not looking to live in the city or in an apartment setting. Bella wants to soak up all the attention in her new home, so she is looking to be the only animal. She would do well in a home with teenagers and adults. If you think Bella is the girl you've been waiting for, please email adopt@baypathhumane.org today!

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Michael J. Simon, 79



Simon, Malinda Vonderahe and her

AUBURN – Michael J. Simon, 79, of Whitney Circle, died Wednesday, February 24, 2021, in his home. He is survived by his wife of 23 years, Sheila (Cole) Simon of Auburn; three children, Matthew

husband Tom, and Tammy Normandin and her husband Ron; four siblings, Barbara Ballinger, Ruth Ann Stokes, John Simon, and Marie Dickman; and five grandchildren, Jessica, Kevin, Emily, Brandon, and Tyler. He was predeceased by eight siblings, Dorothy Cochran, August Simon, Mark Simon, Daniel Simon, Jim Simon, Malinda Simon, Joe Simon, and Edward Simon. He was born in Cincinnati, OH, son

of the late Joseph F. and Marie B. (Eckstein) Simon, and lived in Auburn for nine years. He was a U.S. Air Force veteran of the Vietnam War. Mr. Simon was a distributor for Casual Male in Canton for many years prior to retirement. He enjoyed wood-working and cooking. Services will be held privately by his family. In lieu of flowers, memorial contributions may be made to Care Central

VNA and Hospice, 191 Pakachoag St., Auburn, MA 01501. Paradis-Givner Funeral Home in Oxford is directing the arrangements. paradisfuneral-home.com



Country Bank announces virtual Credit for Life program

WORCESTER — Country Bank, a full-service financial institution serving central and western Massachusetts, proudly announces it has partnered with eight local banks to transform the Credit for Life program from an on-site event to a virtual event! Credit for Life, a popular financial literacy program, has been offered for more than a decade within many Massachusetts public schools. With most, if not all, schools adopting a virtual learning model for students, Credit for Life organizers connected last summer to explore a virtual experience in 2021. As part of the virtual transformation, organizers enlisted FitMoney.org, a non-profit financial literacy organization, to serve as the key fis-

cal agent, and Stackpole & Partners of Newburyport, for the design and implementation of an interactive website. Contributing partners are Country Bank, Institution for Savings, Cape Cod 5, Bay Coast Bank, HarborOne Bank, The Savings Bank, Rockland Trust, and Westfield Bank.

During the half day online Credit for Life Fair, students will assume the role of a 25-year-old adult and be asked to make financial decisions on how to spend their money.

“The Credit for Life Fair is one of the most important and impactful events we offer every year,” stated Jodie Gerulaitis, Vice President of Community Relations at Country Bank. “We are honored to be able to partner with other local banks to make the fair a reality again for students. The interactive website is a tool that educators and others can use in the current learning environment. Teachers are being asked to do so much right now, this is just one small way we can offer our support.”

Development of the Web site is in the final stages; the group is hopeful that the site will be ready for use by high schools towards the end of March. In addition, the partnership group is also in the process of establishing a 501c3 that will allow for the ability to raise funds and plan for future school financial literacy initiatives similar to cred-itforlife.org.

For more information, please contact Jodie Gerulaitis, Vice President of Community Relations at 800-322-8233 or jgerulaitis@countrybank.com.

About Country Bank Country Bank is a full-service mutual community bank serving central and western Massachusetts with 14 offices in Ware, Palmer, West Brookfield, Brimfield, Belchertown, Wilbraham, Ludlow, Leicester, Paxton, Charlton, and Worcester. Country Bank is a member of FDIC, DIF, and the SUM network. Country Bank can be reached at 800-322-8233 or online atcountrybank.com.

CLUES ACROSS

- 1. __ fi: popular genre
- 4. Curved shape
- 7. Defunct airline
- 10. Beverage receptacle
- 11. Corporate bigwig
- 12. Belong to he
- 13. They cover cuts
- 15. Cost per mille
- 16. Walk into
- 19. Power-producing machine
- 21. Part of one’s character perceived by others
- 23. Emotionally appealed to
- 24. Protected
- 25. Wrestling icon Okerlund
- 26. Thailand’s former name
- 27. Muscle weaknesses
- 30. Chooses
- 34. American film studio.
- 35. Expression of satisfaction
- 36. Mythical winged horse
- 41. Ballplayers
- 45. Edible seaweed
- 46. Chinese politician
- 47. Tested for fertility
- 50. Glove worn with medieval armor
- 54. Basaltic lavas
- 55. Small shoaling fish
- 56. Surrendered
- 57. Taxi
- 59. Potato part
- 60. Female sheep
- 61. Trouble or difficulty
- 62. Put into service
- 63. Soviet Socialist Republic
- 64. 17th letter of Greek alphabet
- 65. Type of student

CLUES DOWN

- 1. Frighten
- 2. Partner to corned beef
- 3. Parts
- 4. Agrees to a demand
- 5. Elected official
- 6. Navigator’s tool
- 7. Relating to heat
- 8. Attractive
- 9. Wealthy US merchant
- 13. Engine additive
- 14. A passage with access only at one end
- 17. Midway between northeast and east
- 18. Cool!
- 20. Brazilian NBAer
- 22. NW Pennsylvania city
- 27. Young dog
- 28. Mimic
- 29. Large truck
- 31. The NFL’s Newton
- 32. One and only
- 33. Diego, Francisco, Anselmo
- 37. Julie __, actress
- 38. More nourishing
- 39. Compound
- 40. A small carrier attached to the side of a motorcycle
- 41. Object of fear or alarm
- 42. __ Ladd, actor
- 43. Sacred place
- 44. A way to express enjoyment
- 47. Trigonometric function
- 48. A team’s best pitcher
- 49. Intersecting points
- 51. Roundishly shaped
- 52. Adam’s partner
- 53. God of battle (Scandinavian)
- 58. Human hormone

PUZZLE SOLUTION

		D	E	M		O	H	R		R	S	S			
		E	S	U		O	D	V		E	M	E			
R	E	B	U	T		B	V	C		D	E	D	E	C	
Y	A	O	H	C	N	V		E	V	I	R	O	C	S	
T	E	L	T	N	V	G		D	E	T	D	N	V	C	
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		S	I	H		O	E	C		N	V	C			
		V	W	T		C	R	V		I	C	S			

CRYPTO FUN

Solve the code to discover words related to the workplace. Each number corresponds to a letter. (Hint: 8 = E)

A. 26 1 1 20 13 8
Clue: Place to work

B. 8 4 12 10 26 24 8 16
Clue: Boss

C. 12 22 24 13 9 8 13 21
Clue: Compensation

D. 10 22 7 26 16
Clue: Work

Answers: A. office B. employer C. paycheck D. labor

Friday's Child

Hi! My name is Mariyah and I have a contagious laugh!

Mariyah is a playful girl of African American, Hispanic, and Caucasian descent. Those who know Mariyah best would say she is helpful, bright and very caring. She has strong communication skills and is a great advocate for herself. Mariyah has a wide variety of interests which include arts and crafts projects, dance classes, puzzles, and reading. In school, she is very social and has made quite a few friends. Mariyah is legally freed for adoption and would do well in a one or two parent family. If there are other children in the home, it is recommended that they are high school aged or older. Mariyah would do best in a home where there is previous parenting experience. The placement should also have a predictable and consistent schedule for Mariyah but also maintain flexibility. Interested families should be open to maintaining visits and contact with Mariyah's birth parents and siblings.

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.ma-reinc.org. The sooner you call, the sooner a waiting child will have a permanent place to call home.

New contract signed with CCL Landscaping

BY JASON BLEAU
CORRESPONDENT

CHARLTON – Charlton will be sticking with a familiar name to maintain its recreational properties for the next few years after signing a new contract with CCL Landscaping to continue providing mowing and snow removal services.

Selectmen approved the new contract during a meeting on March 9 with CCL Landscaping being the only bidder for the service. Town Administrator Andrew Golas detailed the cost and length of the new contract which will begin immediately.

“This bid is for three years, effective Feb. 1, 2021 to Jan. 31, 2024. Mowing services only is for \$60,000 each year for three years. Snow removal is based upon the size of the storm and there’s a bid sheet for those rates. CCL Landscaping has been maintaining the mowing and snow removal services for the last three years,” Golas said.

When asked to detail the changes in the contract Golas said the town will be paying less for mowing, but potentially more for snow removal. Taking into account all three years of the contract, the total cost of mowing comes in at \$180,000, while snow removal, which could change depending on the number of storms, is projected at \$37,000. The previous contract that expired in January cost the town \$183,000 for mowing over three years and \$33,150 for snow removal.

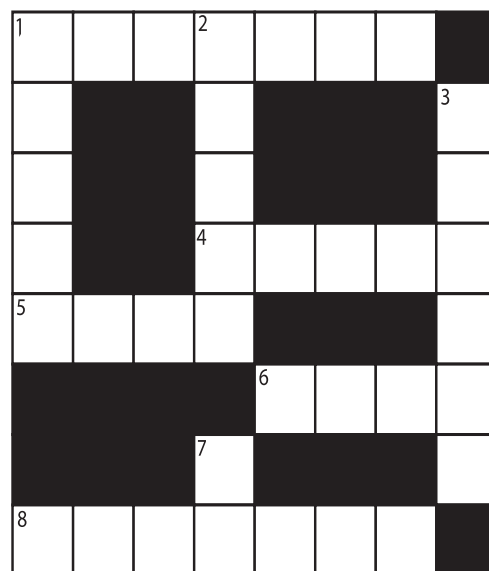
Selectman Stephen Koronis commented that he would have liked to see more than one bidder come forward to provide cost comparisons to the town. However, selectmen noted that the bidding process was an open process for any interested party and that it’s not uncommon for only one bidder to show interest in a project. CCL Landscaping is a local business based in Charlton which means that the town is staying local for its mowing and snow removal services.



THIS HOLIDAY HONORS A PATRON SAINT OF A EUROPEAN NATION, BUT IT IS WIDELY CELEBRATED AROUND THE WORLD.

ANSWER: ST. PATRICK'S DAY

Crossword Puzzle



ACROSS

1. Festive day
4. Sweet ingredient
5. Slang for “yes”
6. A story
8. Irish patron saint

DOWN

1. Joyous
2. From Ireland
3. ____ beef and cabbage
7. Area of a hospital (abbr.)

ANSWERS: 1. Happy 2. Irish 3. Corned 4. Holiday 5. Yeah 6. Tale 7. ER 8. Patrick

THIS DAY IN...



HISTORY

• **1762:** THE FIRST ST. PATRICK'S DAY PARADE IN NEW YORK CITY TAKES PLACE.

• **1941:** U.S. PRESIDENT FRANKLIN D. ROOSEVELT OFFICIALLY OPENS THE NATIONAL GALLERY OF ART IN WASHINGTON, D.C.

• **1963:** MOUNT AGUNG ON BALI ERUPTS.



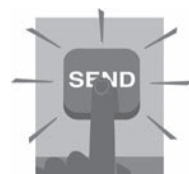
GAELIC

culture and language associated with Ireland and Scotland

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How they SAY that in...

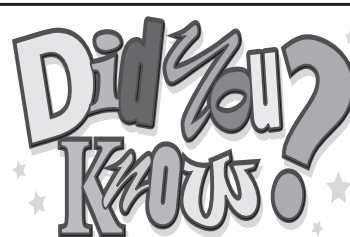
ENGLISH: Irish

SPANISH: Irlandés

ITALIAN: Irlandese

FRENCH: Irlandais

GERMAN: Irisch



ACCORDING TO LEGEND, LEPRECHAUNS WILL PINCH ANYONE WHO IS CAUGHT NOT WEARING THE COLOR GREEN ON ST. PATRICK'S DAY.



Can you guess what the bigger picture is?

ANSWER: CORNED BEEF & CABBAGE

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Old master paintings — and issues of art restitution — the focus of new exhibit at Worcester Art Museum

WORCESTER — This spring, the Worcester Art Museum (WAM) will present an exhibition of works from the collection of Dr. Richard Neumann (1879-1959), a discerning and prolific Austrian businessman of Jewish heritage who was committed to promoting the important role of the arts in civic life—and whose collection of more than 200 paintings and sculptures was confiscated by the Nazis through forced sales or outright theft.

Titled *What the Nazis Stole from Richard Neumann* (and the search to get it back), the exhibition includes 12 Old Master paintings and two sculptures and will trace his and his family’s efforts to reclaim these works over the last 70 years. The exhibition opens April 10, and will continue through Jan. 16, 2022, after which the loans will be integrated into WAM’s existing Old Master collection galleries, further enhancing the Museum’s presentation of such works—and in keeping with Dr. Neumann’s lifelong desire to have great art accessible and enjoyed by the public.

Born in Vienna to a well-to-do family of textile manufacturers, Richard Neumann was both president of his family’s company—which had mills throughout Austria and Bohemia—and a lover of the arts who earned his Ph.D. at the University of Heidelberg. By the age of 42, he had assembled a grouping of works of such quality that 28 of the pieces were given the status of Viennese “landmarks” in 1921. Among these were the left and right wings of a 16th-century triptych by the Dutch painter Maerten van Heemskerck and two sculptures by Alessandro Algardi and Guiseppe

Sanmartino. Also included in this exhibition and the loan to WAM are works by Alessandro Magnasco, Giovanni Battista Pittoni the Younger, and Alessandro Longhi.

Following Nazi Germany’s annexation of Austria in 1938, Neumann’s collection was inventoried in accordance with anti-Jewish laws put in place by the Nazis and most of it was seized through a series of forced sales and the denial of requests for export licenses. Art historian Sophie Lillie documented some 50 of the stolen works in her book “Was einmal war” (“what once was”) based on inventories of art works recovered by the “Museum Men” at the end of the second World War. In 1938, Richard Neumann and his wife Alice fled from Vienna to Paris, taking with them some 38 works from their collection. They lived in Paris for a while after the Nazi invasion of France, but in 1942 they managed to escape to the unoccupied zone and eventually to Cuba. At that time, they lost the remaining works of art in their possession.

As a refugee in Cuba during and some years after the end of WWII, Dr. Neumann initially worked as a foreman at a textile factory, while lecturing on art in the evenings to both other escapees and Cuban audiences. Realizing that Cuba lacked a world-class museum, he undertook a major role in the creation of Havana’s Palacio de Belles Artes. During this period, he also began an effort to recover his collection but was consistently thwarted by various Austrian museum and cultural officials. In the early 1950s, Dr. Neumann relocated from Havana to New York City

to be closer to his daughters. He died in New York in 1959. In the late 1990s, when museums around the world had come to agreements on restituting works of art stolen by the Nazis, his grandchildren resumed the fight for the recovery of his collection. To date, some 16 pieces have been returned to the family, of which 14 are in this exhibition.

“Richard Neumann was clearly a discerning collector with an eye for fine works of art and, at the same time, a connoisseur who believed in the obligation to promote the role of the arts in civic life,” said Claire Whitner, the James A. Welu Curator of European Art at the Worcester Art Museum. “While his family’s struggle for the restitution of his collection is all too emblematic of the challenges faced by many other Jewish collectors of that period, we are tremendously grateful to his family for their generosity in committing to this long-term loan of these works, which will make it possible for a new generation of audiences to admire them, as well as for us to conduct new research and scholarship.”

“My grandfather had a deep love and understanding of timeless fine art, and of its importance to a civilized society,” said Tom Selldorff, grandson of Richard Neumann. “It’s been a privilege to work on recovering some of his collection and to pass his passion on to our children and grandchildren.”

Recognizing the very personal nature of the works in *What the Nazis Stole from Richard Neumann*, the design of the exhibition will emphasize that the collection was private property

kept in the home, by creating a space that evokes what a family parlor in Vienna of this period might have looked like. A floor-to-ceiling reproduction will be created, made from a photograph of the family’s Vienna home. Period-appropriate seating will also be included, so that visitors can view part of the collection from the vantage point they would have had as guests of the Neumann’s. There will also be books in this parlor seating area that relate to the topic of Nazi-era provenance and restitution claims, underscoring the challenges that many families have faced since the end of World War II.

Throughout the exhibition, information will be presented that engages art history, historical context—in particular, how these works were seen and presented at the time Neumann lived in Vienna—and the process by which the Neumann family was deprived of these works. Because Neumann wrote extensively on aesthetic theory in European art and art historical trends, the exhibition is an opportunity to explore attitudes towards Old Master paintings from the early 20th century—just as Vienna was becoming a center for modern art. Supporting the exhibition’s focus on restitution, and the research required for that process, a couple of paintings will be installed so that visitors can view both the front and back, to illustrate how the backs of frames and backing boards can be used as keys to trace a work’s provenance.

“What the Nazis Stole from Richard Neumann (and the search to get it back)” is sponsored by Fallon Health. Additional support has

been provided by the Jewish Federation of Central Massachusetts, The Strassler Center for Holocaust and Genocide Studies at Clark University, the PEACE Fund, Marlene and David Persky, Carol and Michael Sleeper, Dr. and Mrs. Herbert Dean, Dr. Shirley S. Siff, Johanna D. Drooz Yoffie and Alan S. Yoffie, Carol Seager and anonymous donors.

WAM’s exhibition builds on an earlier presentation that included two other restituted works from the Neumann collection. In 2010, Martin Johann Schmidt’s Saint Florian and Saint Neopomuk—the two outer panels of a triptych by the prolific 18th century artist who was known as the “Kremser Schmidt” after his hometown of Krems—were featured in the exhibition *The Secret Life of Art: Mysteries of the Museum Revealed* at the Currier Museum of Art in Manchester, N.H. More recently, the large format works (which are not included in WAM’s exhibition) were sold to an Austrian museum by Neumann’s heirs.

About the Worcester Art Museum

The Worcester Art Museum creates transformative programs and exhibitions, drawing on its exceptional collection of art. Dating from 3,000 BCE to the present, these works provide the foundation for a focus on audience engagement, connecting visitors of all ages and abilities with inspiring art and demonstrating its enduring relevance to daily life. Creative initiatives—including pioneering collaborative programs with local schools, fresh approaches to exhibition design and in-gallery teaching, and a long history of studio

class instruction—offer opportunities for diverse audiences to experience art and learn both from and with artists.

Since its founding in 1896, the Worcester Art Museum has assembled a collection of 38,000 objects: from the ancient Near East and Asia, to European and American paintings and sculptures, and continuing with works by contemporary artists from around the world. WAM has a history of making large scale acquisitions, such as its Medieval Chapter House, the Worcester Hunt Mosaic, its 15th-century Spanish ceiling, and the Flemish Last Judgment tapestry. In 2013, the Museum acquired the John Woodman Higgins Armory Collection, comprising two thousand arms and armor objects. It continues to commission and present new works, such as 2019’s exhibition *With Child: Otto Dix/Carmen Winant*, which objectively explored pregnancy and birth in works by the German artist Otto Dix (1891-1969), and contemporary American visual artist Carmen Winant (b. 1983).

The Worcester Art Museum, located at 55 Salisbury Street in Worcester, MA, is open Wednesday through Sunday from 10 a.m. to 4 p.m. Admission is \$18 for adults, \$14 for seniors 65+ and for college students with ID. Admission is free for Museum Members and children ages 0-17. On the first Sunday of each month, admission is free for everyone. Museum parking is free. Admission is by timed ticket only, which must be purchased in advance at worcesterart.org.

LINDSTROM

continued from page A1

guard was taking his coaching responsibilities seriously, too. During the 90-minute practice Lindstrom was in constant motion, coaching all aspects of the game, from the offensive line — his specialty — to the linebackers to the punt team. He could be seen on several occasions taking kids aside following a specific play to provide tips and pointers.

“The kids are the best thing about this; I absolutely love the kids,” Lindstrom said about his coaching stint. “It’s so fun working with them every day. They’re giving me more than I’m giving them. Their mindset coming to work every day, the adversity they’re overcoming, it’s really inspiring.”

Because of COVID-19 and the global coronavirus pandemic, high school football this academic year was switched from its traditional place in the fall to March and April, in a season that has been designated as Fall II by the Massachusetts

Interscholastic Athletic Association (MIAA). Preseason practice began Feb. 22 and the five-game regular season started March 19.

“The love of the game these kids are showing by coming up here and working hard every day is amazing,” Lindstrom continued. “It’s freezing and they’re wearing a mask. High school football is just completely different than it ever has been for them. To see them come in and take hard coaching and get better every day makes me — and the whole coaching staff — feel incredible.”

Lindstrom, who is the younger brother of Ryan Dugan, Shepherd Hill’s varsity football coach, is only able to coach this season because the high school season was moved to this time of year, which is part of the NFL’s off-season.

“During last season there was a rumor there would be a Fall II season in the spring and that high school football would be played during that Fall II season,” said Lindstrom, who explained he gets his daily workouts in prior to practice. “I joked around

with Ryan about it, saying I would help him coach if he needed it. He asked me if I was serious and I said, ‘yeah, absolutely.’”

Dugan said Lindstrom is completely engaged and invested in being a member of the Shepherd Hill coaching staff.

“When Chris first suggested joining the staff, I said to him, ‘Because of COVID our coaching staff is going to be limited to six coaches. So, if you want to come aboard, you have to be a real coach.’ He was all for it,” Dugan said. “Chris is a football junkie, so it’s an opportunity not only to be around the game, but also to give back to the community, and to give back to our program. His knowledge, expertise and experiences in the game of football are off the charts.”

Lindstrom didn’t deny that his coaching position with the Rams could very well be a sneak peek of what his post-playing days may look like.

“I would love to coach when I’m done,” Lindstrom said. “Along with coach Dugan and the rest of the staff, I’m giving the kids everything

(“repellant to many pests”) and several mints (repels fleas and squash bugs).

When harvested, most of them can be dried simply by hanging loose bundles of them or laying them flat on a cookie sheet. But the catch is to make sure “they’re bone, bone, bone dry,” because storing them afterward in any container will allow mold to develop otherwise. You can also use a dehydrator on the lowest setting, but that will require frequent checking.

“I grow a lot of things I don’t like [to eat],” Donovan added. “I have to grow things just to see I can do it.”

People can sign up for future gardening forums by going to the websites of the Southbridge, Sturbridge, Charlton, Oxford or Sutton public libraries.

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

I have. I’m giving them all the knowledge I have and all the intensity I can give them to be completely prepared to go out and play their best on Friday. That’s what I’m trying to do.

“This is only possible because of this Fall II season,” Lindstrom continued. “This is a unique, fortunate circumstance that I’m so glad happened. If [football in the spring] was the case year-round, I would definitely be coaching year-round because I love football and love

sharing my knowledge of the game with the kids.”

And Shepherd Hill’s players love receiving the aforementioned football knowledge from Lindstrom.

“It’s super special,” Rams senior captain George Karamanakis said. “Chris Lindstrom has been on a pedestal for so many of us for so long, and now with him actually here coaching us, we’ve kind of bridged that gap. It’s an even closer relationship now.

“The things he’s teach-

ing us are insane,” the starting linebacker continued. “He’s letting us in on the things they talk about in the NFL. He’s explaining techniques to us, and how in the NFL the players are always thinking about the smallest details. But it’s not just about the insights he provides. It’s about the relationship that we’re getting to build with him. He’s one of the best players, if not the best player, ever to come out of Shepherd Hill.”



Courtesy

Chris Lindstrom of Dudley was a 2019 first round pick of the NFL’s Atlanta Falcons.

GARDEN

continued from page A1

seeds are “very small,” showing a photo of dozens of them dwarfed by a dime. Herbs generally “don’t have huge roots ... they’re very fragile.” That often makes them hard to transplant, and means they do best in “light and fluffy” soil (“far less than a quarter inch”) rather than denser dirt or pure compost. Likewise, “if you plant [the seed] down too much ... before it pops up, it’s going to run out of steam.”

“It’s good to grow herbs right with your veggies, not only because you get the benefits, but herbs also help repel pests,” she noted. She listed several examples, including dill (repels aphids, squash bugs, cabbage loopers), basil (repels flies and mosquitoes, as do several lemon-scented plants), oregano

SCHOLARSHIP

continued from page A1

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OPINION/COMMENTARY



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BRENDAN BERUBE
EDITOR

EDITORIAL

Ice safety tips

Naturally, warmer temperatures in the afternoon means the lakes, ponds and rivers will start to melt; however, the cooler mornings could be deceptive as to how thick the ice actually is. More people fall through ice this time of year than in any other.

We wanted to offer some awareness, and a reminder of what to do should you find yourself or anyone else in this unfortunate situation, albeit, completely unavoidable.

First, remember to stay calm. Try not to let the shock of the freezing water take over, it'll take your breath away and is painful, which is frightening. At this time, you will have roughly ten minutes before you get too cold to pull yourself out. Experts say to leave your winter clothes on and let them act as a buoy. These clothes tend to hold onto warm air and can help you float.

Next, turn back toward the direction in which you came and use solid ice to try to pull yourself out. The ice is likely thicker where you were just standing, meaning chances are it is strong enough to hold you while you pull yourself out. If you find that your clothes have trapped too much water, lift yourself up part way and lean on your elbows while the water drains out. You then want to extend your arms flat on the ice and start to shimmy yourself back onto the surface. Remember the two words "kick and pull."

If you do find yourself in a situation where ice could be an issue, carry an ice pick. Avid fishermen have been known to carry screwdrivers or nails on them just in case, as they make for better claws then gloved or bare hands.

Remember to stay flat when you are back on the surface, and don't stand up too soon, as you may cause the ice to crack again. Begin to roll away from the spot where you fell through to keep your weight distributed across the ice.

Once you are in the clear, get into dry clothes and a warm place immediately. Hypothermia kicks in roughly after 30 minutes of being submerged in ice water. Seek medical attention as your body may go into shock as the cold blood from your extremities can reach your heart, causing a heart attack.

If you are with someone who falls through the ice, do not get too close as you may be the next one to fall through. Instead yell instructions to them, on what to do, to get to safety and remain encouraging.

Reaching out to the victim without stepping onto the ice is best if at all possible. Use anything you can such as a pole, ladder or anything else that you can extend to them. If you can't reach the victim this way, try throwing them a rope or anything that you might be able to use to pull them to safety.

If none of the above are options, try to find something to float on so that you can reach the victim yourself. If a floating device is not available, do not walk upright to the victim, try instead to lay flat and roll out to the edge.

Whatever situation you are in, it will require fast action and quick thinking. The best advice is to be prepared with the proper knowledge and equipment if you do plan on spending time on the ice.

LETTERS

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So, what are you waiting for? Start writing!

Expand your planting space



Courtesy — Gardeners Supply Company

Some raised beds have built-in water reservoirs to extend the time between watering.

When your plant list is longer than the available gardening space it is time to expand your planting options. Create new gardening space by adding raised bed gardens, elevated planters, and containers wherever space allows.

Convert the end of the drive or edge of the patio into raised bed gardens. Just use a raised bed liner to contain the soil. Raising the garden makes planting, maintaining and harvesting easier on the back and knees. It also allows you to create the perfect soil foundation by filling your raised bed with a quality planting mix.

Long lasting cedar is a traditional choice for raised beds. Now you can also find them made of a wood and plastic composite or metal and in a variety of shapes and sizes. Finding one to complement your gardening style and space is much easier these days.

Reduce time spent watering with a self-watering metal raised bed (gardeners.com) or similar product. Self-watering raised beds have built-in water reservoirs to extend the time between watering. Or use a raised bed drip or soaker hose irrigation system to easily apply water right to the soil where it is needed.

Elevated gardens are just containers on legs. They are perfect for patios, balconies and other hard surfaces. Use them to define space, create privacy and of course grow ornamental and edible plants. Those on wheels can easily be moved out of the way when guests arrive. Or wheel them into the gathering, so everyone can harvest and dress up their meals with garden-fresh herbs and veggies.

Just pull up a chair and start planting or weeding your elevated garden.



GARDEN MOMENTS
.....
MELINDA MYERS

Grow vines in those with built-in trellises and extend the season by protecting plantings with frost and insect covers. Select elevated planters with a shelf below to conveniently store gardening tools and accessories.

Even small space gardeners can expand their planting space with the help of containers. You'll find plenty of attractive options to fit your front steps, patio, balcony or deck.

Railing planters and window boxes don't take up floor space yet dress up any outdoor area. Grow herbs in planters located near the kitchen and flowers wherever additional color is needed. Add a few pollinator-friendly plants to attract butterflies and hummingbirds to watch and enjoy.

Extend your time outdoors with outdoor lighting. Or look for multi-functional options like solar illuminated planters. Powered by the sun and with a flip of a switch, you can choose a single or multi-changing light color display.

Don't let the thought of frequent watering stop you from growing in containers and elevated gardens. Self-watering options are available in a variety of shapes and sizes including the classic, yet curvy self-watering Valencia window box.

Once you select your raised bed, elevated garden, or container, you will need to fill it with a planting or potting mix. Figure out exactly how much is needed with a soil calculator. Just plug the size and shape into the form. It tells you how many cubic yards or cubic feet of soil are needed for raised beds and the number of quarts for containers and elevated gardens.

Expanding the garden doesn't have to mean a lot more work. Selecting the right option that provides convenience and ease of care can help you grow more flowers and garden-fresh produce this season.

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.com.

Is hope the anchor of our soul?

One of my first business lessons came after explaining my sales plan to my father. He asked for the details and at the end I said, "I hope it all works." Dad smiled and said, "that's fine, but hope isn't a plan."

Dad was right. Hope isn't a plan but is an essential part of living a happy life. Hope is the foundation to making your dreams come true. So, what is hope and why is it important?

Having hope is wanting an outcome that makes your life better in some way. We all hope for a better life. Not only can hope help make a difficult present situation more bearable but it can also eventually improve our lives. Envisioning a better future motivates us to take the steps to make it happen. Hope alone isn't enough, but hope inspires belief and action. As my dad said, hope isn't a plan, but having hope for a better outcome is the beginning of a happier life.

I also believe that hope is where your body and soul begin to conspire to make your hope become your reality. Hope is more than just looking at the bright side of issues. Hope is where dreams are born, and our desires begin to take root.

A life without hope is a sad life. As a history buff, I've read numerous



POSITIVELY SPEAKING
.....
GARY W. MOORE

accounts of Jewish life in Nazi internment camps. Almost every retelling of their time in captivity mentions that it was only hope that drove them to remain alive. I cannot imagine living a hopeless life.

While writing this, Arlene asked me what the difference was between hope and optimism. I believe hope is wishing for a better outcome and optimism is believing a better outcome will happen. I believe hope is the beginning that inspires optimism, which creates the plan to make our hopes our reality.

Hope, Optimism, Plan and Execute = H.O.P.E.

Hope for a better outcome, creates optimism that tells you that one is available, followed by the plan to achieve what you hope for, finally followed by executing the plan to make it so. As I said, it all begins with hope.

I hope to beat cancer and extend my life to spend more time with my family. My hope has driven me to seek out a world-leading expert at a world-renown

cancer center to have access to cutting edge information and treatment. My hope and optimism created the beginning of the plan that brought me to Dr. Kasi and the Holden Comprehensive Cancer Center at the University of Iowa Hospitals. There, Dr. Kasi created the plan to extend my life and together we are now executing our plan.

Beware of those who will try to steal your hope. We all have naysayers in our lives, so we must be strong enough to cling to our hope. I've run across several in the medical profession who have tried to extinguish my flame of hope. So far, I've proven them all wrong and defied the odds. And why not? Someday, someone will be the first to beat stage four gastric cancer. Why not me? And if not, I can certainly go the distance and continue to surpass their predictions. No one has the right to steal your hope and shame on those who may try.

Now to you ... what is it you hope for? Longer life? Better health? Higher income? A new career? Regardless of where hope leads you, life is more enjoyable and fruitful with hope. Without it, you have accepted status quo and have no dreams of a brighter future.

Tips for some financial spring cleaning



FINANCIAL FOCUS
.....
DENNIS ANTONOPOULOS

In just a few days, we will experience the vernal equinox – one of the two times in the year when the sun is exactly above the equator. Apart from this astronomical anomaly, though, the equinox is mostly known as the beginning of spring – a fresh beginning and the time to spruce things up. This year, as you tidy up your home and surroundings, why not also consider some financial spring cleaning?

Here are a few ideas for getting your financial house in order:

"De-clutter" your portfolio

Over the years, many of us tend to pick up duplicate items that find their way into the nooks and crannies of our homes, gathering dust and remaining unused. Over time, your investment portfolio can also accumulate redundancies – that is, you might own several investments that are essentially similar. It might be appropriate to replace some of these and broaden your holdings.

Own your investments purposefully

You own certain things for certain reasons – a broom to sweep the floors, a microwave to heat the food and so on. As an investor, you should be following a goal-based strategy that includes the matching of certain investments with certain objectives. For example, you might own stocks or mutual funds to eventually provide the capital appreciation potential you'll need to retire comfortably. But you might also own other vehicles, such as bonds or other fixed-income investments, to provide you with a source of regular income.

"Dust off" your investment strategy

Over a long winter, your windows can get dirty and grimy, so, when spring arrives, you may want to get out the glass cleaner – and when you're done, you'll be able to see out more clearly. Over time, your investment strategy may get somewhat "dusty," too, especially if you've experienced significant changes in your life, such as a new job, a new child or even a new plan for retirement. By periodically reviewing your investment strategy, you'll be able to clarify your vision for the future.

Protect yourself from hidden dangers

If you poke around your garage, shed or other storage area, you may well find some objects – gardening tools, paint thinners and engine fluids, leaning ladders and so on – that could be dangerous, either because they aren't stored properly or they're hard to see and can cause trips and falls. As part of your spring cleaning, you'd want to get these objects out of harm's way to safeguard yourself and your family. But when you think of your financial situation, are you also exposing yourself and your loved ones to risk? If something were to happen to you, could your family members stay in their home? Could your children still go to college? To help keep their lifestyle intact if you weren't around, you'll need adequate life insurance. And to avoid burdening your grown children with potentially huge expenses should you ever need some type of long-term care, such as an extended nursing home stay, you may want to talk to a financial advisor about protection strategies.

By taking some spring cleaning measures, you can brighten your living space for the seasons ahead. And by applying some of the same principles to your financial environment, you can help improve the prospects for meeting your important goals.

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.

Preparations for spring fishing

Now is the time to start planning your spring fishing trips, weather it will be salt-water or freshwater. Making sure all of your fishing gear is ready, and what type of bait you will be using, cuts the cost of your fishing trips. Freshwater anglers are finding live bait is becoming very expensive, and there is a way to cut the cost dramatically. Catching shiners only requires a little bit of research to locate a body of water that still has a good population of shiners. Purchasing a small shiner trap at a local bait & tackle shop, will run you around \$12. A piece of light rope will need to be attached to the trap, and a small amount of bread placed into the trap before lowering it into the water.

You should place the trap a foot or two from the bottom of the pond or river, and secure the rope to something solid so that you can easily pull the trap up. After a couple of days, you need to check the trap for any shiners. If the trap is empty, you should find another spot. It may take a few try's before you locate them, but once you do you will have plenty of live bait to fish with. If you can locate a place to store them, you will need to build a small box with wire on all four sides, that you can keep them in. Running water like a brook or small stream is ideal, but you will need to place it out of the way, from other fishermen.

Locating worms and Nightcrawlers is another way to save money. They are easy to catch after a day of rain in the springtime, after the frost leaves the ground. All that is needed is a small pail and a flashlight. After dark, you need to find a good lawn or golf course to pick your nightcrawlers on. Be sure to ask for permission before going on private property, and be sure to bring the youngsters along. They will have



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a great time trying to catch them. The trick is not to shine the flashlight directly onto the crawlers or they will quickly retract themselves back into their hole. After picking a couple hundred crawlers, you need to properly store them. A small refrigerator like they use for college is ideal. Locate a couple of Styrofoam boxes that will fit into the refrigerator.

There are many small refrigerators at yard sales that can be purchased cheap. Using a few sheets of damp newspaper on the bottom of the box, you will need to add a few inches of good top soil. Be sure not to get the soil too wet. Place the nightcrawlers on top of the soil and cover them with a piece of an old ragbag, slightly moistened. Set the temperature at 45 degrees, and check them regularly. Adding a few used coffee grounds to the mix works very well.

With trout season starting any day now, many anglers prefer to practice catch & release. Trout need to be handled very carefully if they are going to be released. Try to keep the trout in the water after they have been netted. Anglers that handle the trout that are going to be released, often do not realize that handling them removes the slime coat of the trout leaving them vulnerable to fungus and disease. Saltwater fish like haddock suffer high mortality after being handled and then released. Catch and release of stripers, has fishermen questioning the practice.

Studies have shown a high mortality after releasing big fish. They are often fought and played with until they are exhausted. Reviving the stripers to be released, has proved to still have a high mortality, especially if the angler has a



period of photo shoots before releasing the fish! Allowing anglers to catch and keep a big striper makes more sense than catching and releasing numerous fish which some will die, until he catches and retains his legal striper. It looks as though the same regulations on all species of saltwater fish will remain the same as last year, in Mass. & Rhode Island. Circle hooks may be required for both commercial and recreational anglers fishing for stripers in both Mass. & Rhode Island!

Charter boats are hoping for a good season this year, after strict regulations from last year on limited patrons per trip. Unfortunately, some charter boats went out of business, and will not be reopening. The Clipper Fleet in Salisbury sold their boats and will not return. It had a great family business for many years, and was run by the Grady family, originally from Millville. Many local anglers including this writer, fished many years with Captain Joe Grady. Unfortunately,



many of his patrons decided it was not worth the expense and time to fish, because of the limits placed on legal size fish, and daily bag limits.

Catching numerous limits of haddock which needed to be released because of their size, and a complete shutdown of cod and wolffish left little for anglers to retain for the dinner table. We do have great memories of the good times, as this week's two picture show. First picture shows a huge wolffish taken aboard the Clipper Fleet and the second picture shows some local boys that caught some huge cod aboard the "Challenger" which was also part of the Clipper fleet. Only one cod is allowed in the daily bag limit this year, and the season is short. Haddock limits have been relaxed somewhat and there populations are higher than in previous years.

Take A Kid Fishing & Keep Them Rods Bending!

Blooming Signs of Spring: Part II

Last week's column reviewed two flowering signs of spring: Forsythia and Pussywillows. Expanding on that theme, this column with highlight two more favorites, crocus and my all-time favorite - lilacs! Read on for more on these nostalgic favorites:

Crocus
Crocus, dubbed "the little princess of the garden," has a long heritage in New England, as the favored flower is among the first to be brought to North America by settlers. Popping up in gardens in mid-March, the sight of crocus bulbs are cause for celebration by winter weary Easterners. In fact, the crocus has been known to bloom while snow is still on the ground, offering a visual promise of the upcoming season.

The humble flowers, boasting an array of

hues from pale yellow to deep purple, open their cup shaped blooms fully only on sunny days. Perhaps the popularity of the humble flower is attributed to its easy going nature. Requiring only a light alkaline soil and plenty of sunlight, and it will reward the eye with many colorful, low growing flowers that multiply each spring.

Crocus
in Mythology: The crocus famously appears in a legendary Greek tragedy of Crocus (Krocus) and Smilax. According to the legend a young mortal named Crocus headed into the Athens forest in pursuit of the nymph Smilax. Catching her attention, Smilax is smitten but only briefly, by the handsome Crocus. Soon she becomes bored and spawns his amorous advances. When crocus persists in pursuing the beauty against her wishes, the gods transform him into a safe from Crocus flower, its orange stigmas symbolizing his



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Planting
Crocus: Spring crocus bulbs are best planted in the fall when the soil is below 60 degrees, but well before the first hard frost. Plant pointy side up about four inches apart. For the best visual affect plant in clumps of about a dozen bulbs. Water well and cover with a few inches of mulch for cold weather insulation. Since moles and mice are also attracted to crocus, those who have such pests in the garden are advised to plant in buried wire cages or other devices designed to repel the hungry critters.

Lilacs
Fragrant clusters of lilacs adorned colonial yards and gardens of early America. Lilacs were grown both for their beauty and their medicinal properties. In fact,

in the late 18th century, both Thomas Jefferson and George Washington wrote about their lilac plants. The species is so hardy that early lilac bushes, in a testament of survival, have continued to thrive in colonial homesteads, long after the homes were abandoned or destroyed. Lilacs have been known to survive hundreds of years, making them a true heirloom flower. The Governor Wentworth Estate in Portsmouth, NH boasts the oldest surviving lilac bushes, said to have been planted circa 1750. While there are many strains of the flower, the most nostalgic is the common lavender hued lilac (Syringa Vulgaris), which was brought to America in the mid 1700s from eastern Europe.

Lilac Legends: Legend has it lilac drives away evil wherever it is planted or strewn. It is said that lilac bushes were planted on the homestead by colonists in an effort to protect the inhabitants from bad forces.

Immigrants from Europe brought tales of lilac folklore from the "old country" to America, including the belief that finding

a white lilac blossom with five petals is a sign good fortune would follow. Meanwhile, in certain sections of England it was considered bad luck to bring blooming Lilacs into the house and all white Lilacs were especially banned from display inside the home.

Growing Lilacs: New England is the perfect climate to grow lilacs, as it is very cold hardy, requiring a frost to prompt bud blooming. For optimum blooms, a lilac bush should be planted in areas that receive full sun (at least six hours per day). Lilacs like a slightly alkaline soil. Spread roots out vertically and cover with topsoil. A newly planted lilac bush should be kept well watered. Add a loose mulch above the roots to help with water absorption. Keep in mind different varieties of lilacs bloom at different times. When lilac flowers have finished blooming, prune the dead flowers back to just above where new buds are forming. Be prudent with pruning, as over cutting can result in a decrease of blooms next year.

Win Dinner for Two at

the Publick House
Your tips can win you a great dinner for two at the historic Publick House Historic Inn in Sturbridge! Simply send in a hint to be entered into a random drawing. One winner per month will win a fabulous three course dinner for two at the renowned restaurant, located on Route 131 across the town common in historic Sturbridge. Because I'm in the business of dispensing tips, not inventing them (although I can take credit for some), I'm counting on you readers out there to share your best helpful hints!

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

POSITIVELY

continued from page A1

Hope brings beauty into our lives. Never give up your hope. Hope is the seeds of greatness living within you waiting to be planted and nurtured. Your dreams can become your reality beginning with hope.

I hope for more time with family. I hope for more time to write to you.

I believe hope is the anchor of our soul.

What do you hope for?

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

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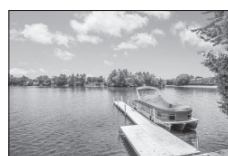


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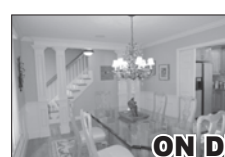
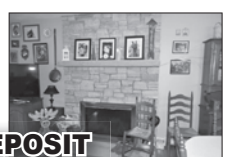


WEBSTER LAKE – 7 Cedar Drive! Middle Pond! 8 Rm English Tudor across the street from w/Direct Waterfront Lot – Full Lake Access! Offering the Option of an In-Law Apartment or Plenty of Room for Family & Friends! Entry Foyer enters from 3 Sides w/locked door access into the house, stairway to the lower level In-law and the convenience of a Half Bath! The 1st Floor features Applianced Kit w/Breakfast Bar, Open Floor Plan – Frplcd Beamed Cathedral Ceiling Great Rm (Dining & Living Rms), Comfortable Bdrn & Hall Full Bath w/Laundry! Upstairs to the Spacious Master w/Master Bath & Slider to Lake View Deck! Additional Bdrn w/Built-ins! Lower Level with 2nd Kitchen, Open Dining & Living Area w/Brick Hearth, Full Bath & Possible (4th) Bdrn! Central Air! Huge Carport! Detached 3 Car Garage! Lakefront Lot w/Deck, Concrete Patio & Boat Dock! Take Advantage of the Low Interest Rates & make this House Your Home! Summer's Just Around the Corner! **\$489,900.00**

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

WEBSTER – 31 Park Street! 3 Family! 6/6/6 Rooms! 3/3/3 Bedrooms! 1/1/1 Bathrooms! Each Unit is nearly 1,300' Featuring Spacious Kitchens, Living Rooms & 3 Good Size Bedrooms! Remodeled 10 Yrs Ago! Updated Electric! Tile Flrs Throughout! LPGas Heat & Hot Electric Heat! **\$284,900.00**

WEBSTER – 44 Sunny Ave! Sought After Neighborhood! 7 Room 1,632' Colonial! 1st Flr Features Open Flr Plan, Kit w/IsL, Din Area, Fam Rm, Frplcd Liv Rm, 1.5 Baths! 2nd Flr w/3 Bedrooms & Bathrm! 2.5 Baths Total! Tile Flrs Throughout! LPGas Heat & Hot Water! Town Services! **\$289,900.00**



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 Plan! Eat-in Applianced Kit w/Island & Seating, Tile Flr, Tile Backsplash & Ceiling Fan! Din Rm w/Hrwd Flrs & Slider to the Deck Overlooking the Private Backyard! Frplcd Liv Rm w/Hrwd Flr! Ideal for Entertaining! Down the Hrwd Hall find a Full Bath w/Tile Flr & 3 Bdrms w/Wall to Wall Carpeting! Master Bdrn w/2 Dble Closets, Ceiling Fan & Master Bath w/Marble Tile Flr & Shower Surround! Hrwd Stairs, the Finished Lower Level Fan Rm w/Recessed Lighting, Stone & Tile Hearth w/Woodstove, 1/2 Bath w/Tile Flr, Laundry Rm w/Sink & Tile Flr, Utility Rm w/Storage! 2 Car Garage w/Electric Openers & Door to Backyard! Oil Heat! Steel "T" Beam Construction! Shed! Won't Last!! **\$349,900.00**

WEBSTER LAKE – 11 Henry Road! Bates Point - Middle Pond + Panoramic Views + Western Exposure = Beautiful 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 Sound, Slider to 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**

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



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Featured New Listing!

WEBSTER - 99 UPPER GORE ROAD



LOCATION! SCENIC Upper Gore Rd! Amazing "BIRD'S EYE VIEW" of beautiful Webster Lake! Spacious Hip Roof Raised Ranch. 2,279 SF +/-, 4 BRs, 1-Full Bath, 2- Half Baths, 0.73 Acre Lot! 18x36+ INGROUND POOL, STORAGE SHED, LG 24x36+ DETACHED 3 CAR GARAGE! 12x26+ 1 CAR GARAGE UNDER! **\$275,000.**

WEBSTER - 155 THOMPSON ROAD



Zoned General Business 5 Terrific Opportunity for one large business or divide it up into smaller businesses. 4,784 sq building on 0.8 acre just off I-395 exit 1, with high traffic & visibility. Excellent location! assisted sale **\$695,000.**

THOMPSON - 5+ ACRE WATERFRONT LAND - BECOLA ROAD



5+ Acre Waterfront Land - on "Little Pond". Also known as Schoolhouse Pond. Private, pastoral setting. Open Field surrounded by tree line. 250+ feet waterfrontage. At the end of a Dead end road! **\$179,900**

WEBSTER • 9 BIRCHWOOD DRIVE



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 Fireplace! Master Suite w/"Spa Like" Bath & Soaking 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



Home "Sweet" Home! TOTALLY Renovated! New Roof – Updated Electrical – New Heating System! 1 Bedroom, 1.5 Bath – 2 Story Conventional Home. Dead-End St. Rare find, Large Lot. 77 Acre – Inside -Neutral Palette of Complimentary Paint Colors throughout the Entire House! Loads of Character **\$319,000.**

LAND

WEBSTER/OXFORD/DUDLEY/DOUGLAS

Oxford - 4 Leicester St - Approx. 8.47 ACRES! River Frontage Possible to be Subdivided! **\$89,900**

Webster - Upper Gore w/View of the Lake! 1+ Acre! Artesian Well, Septic Design & Conservation - DONE. **\$115,000.**

Webster - Cooper Road 2 Buildable Lots! Water & Sewer Access. Zoned Lake Res! **Each \$24,500.**

Douglas-Mount Daniels 2.5 Acres abuts Douglas State Forest! **ON DEPOSIT! \$132,900**

Featured New Listing!

WEBSTER - 17 BRODEUR AVENUE

To Be Built or Build to Suit - 2000+ Sq Ft Custom Cape! 3 large bedrooms, Master suite, Central air, 2 Fireplaces! 2 car garage. All town services. **\$425,000.**



DUDLEY - 22 ROBERTS ROAD



Lovely 3 bedroom Ranch! Single door 2 car garage with storage! Eat-in kitchen. Fieldstone Fireplaced Living Room! 3 bedrooms, hardwood floors, Remodeled bathroom! Lower Level fieldstone walls/ fireplace! In-ground pool! - 3.58 ACRES includes extra lot. **\$312,000.**

WEBSTER • 233 - 235 NORTH MAIN STREET



Large 3 Family a rare find! Occupied by the owner for many decades. Entire 1st floor is one spacious apartment with 2 bedrooms. 2 - 2nd floor apartments have 3 bedrooms each. 30' x 44' beautiful Fieldstone Foundation, with walkout basement to off street parking. **\$289,900.**

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 Colonial! 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.**

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14 Chestnut Hill Drive, Webster
\$399,900



ON DEPOSIT

Dudley: Duplex, Oversized 2+ Garage, Workshop, 2-3 Bedroom ea. unit, 2.5 Baths
7 Village - **\$449,900**



Webster: 4 Units, 6 car garage, 4 rooms each unit, roof 1 year old, updated mechanical systems- electrical, heating
22 Nelson Street- **\$399,900**

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The Town of East Brookfield is seeking qualified applicants for the position of Assistant Assessor.

This is a full-time, salaried position (24 hours/week) with benefits. Candidates must possess experience in the assessment of real and personal properties, thorough knowledge of Mass. General Laws and practices and familiarity with computer appraisal systems. Responsibilities include appraisal of properties to determine the fair market value, assessment of taxes, sales verification, building permit tracking and abatement reviews. Certificate of municipal assessing (M.A.A.) is preferred or must be obtained within two years from the start of employment. A valid driver's license is required.

Please submit resume with cover letter and salary requirements to the Board of Assessors, 122 Connie Mack Dr., East Brookfield, MA 01515.

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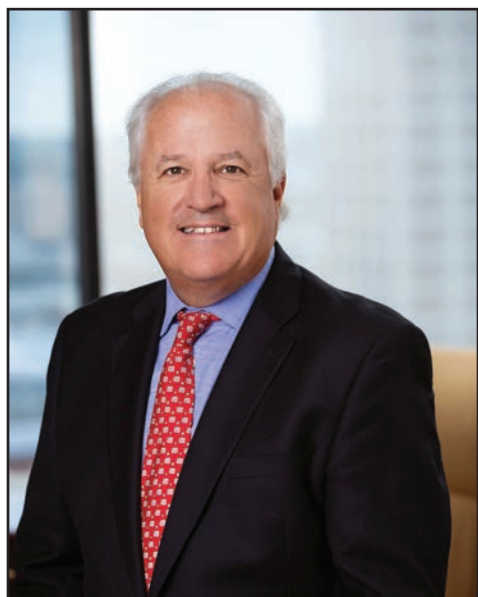
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Thomas J. Bartholomew of Bartholomew & Company named to Barron's list of top financial advisors



Thomas J. Bartholomew

WORCESTER — Bartholomew & Company, a provider of financial services in Worcester, Massachusetts, announced that its President & CEO Thomas J. Bartholomew, AIF® has been named to Barron's list of America's Top 1,200 Financial Advisors for 2021. The list is published on barrons.com.

According to Barron's, a leading financial publication, "the rankings are based on data provided by around 4,000 of the nation's most productive advisors. Factors included in the rankings are assets under management, revenue produced for the firm, regulatory record, quality of practice and philanthropic work".

"I am pleased to have been named to this prestigious list for the eighth consecutive year—a recognition that, to us, speaks to our firm's commitment

to excellence," said Mr. Bartholomew. "I am grateful for the trust our clients place in us, and we remain committed to providing the guidance and support they need to achieve their unique financial goals."

About Bartholomew & Company
Bartholomew & Company has been providing individuals and organizations with financial guidance since 1994. Located at 370 Main St.,

Suite 1000, Worcester, MA 01608, with branch offices in Bedford, Chatham, and Framingham, Bartholomew & Company's advisors pride themselves on crafting customized strategies for each client. For more information, please visit www.bartandco.com. Securities and advisory services offered through Commonwealth Financial Network, Member FINRA/SIPC, a Registered Investment Adviser.

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Emily Wambach welcomed into Alpha Lambda Delta National Honor Society

SPRINGFIELD — Emily Wambach, of Auburn, was among over 20 students from the Western New England University College of Engineering inducted into Alpha Lambda Delta National Honor Society in a virtual ceremony held on March 5. Wambach is working toward a BSE in Biomedical Engineering.

Alpha Lambda Delta recognizes the best and brightest members of the nation's first-year college students. The mission of the Society is to encourage superior academic achievement, to promote intelligent living and a high standard of learning, and to assist students in recognizing and developing meaningful goals in society. Students in Alpha Lambda Delta must have a grade point average of at least 3.5 after their first semester of full-time enrollment.

University President Dr. Robert E. Johnson, Interim Provost Dr. Curt Hamakawa, and Vice President for Student Affairs Kerri Jarzabski joined with the Deans of the College of Arts and Sciences, College of Business, and College of Engineering in awarding certificates to new inductees, who recited the Alpha Lambda Delta pledge:

"I pledge myself to accept membership in Alpha Lambda Delta with the understanding that in doing so I accept the responsibility of maintaining its standards of Service, of Industry and of Integrity. I shall do all in my power to maintain high scholarship throughout my life and to use my education always, for the benefit of the Community, my Nation, and the World in which we live. In this spirit I

accept the membership into Alpha Lambda Delta."

Alpha Lambda Delta first-year honor society was founded in 1924 at the University of Illinois and has over 280 chapters in the United States.

Having just celebrated its Centennial, Western New England University is a private, independent, coeducational institution. Located on an attractive 215-acre suburban campus in Springfield, Massachusetts, Western New England serves 3,690 students, including 2,486 full-time undergraduate students. Undergraduate, graduate, and professional programs are offered through Colleges of Arts and Sciences, Business, Engineering, Pharmacy and Health Sciences, and the School of Law.

Jacob Benoit welcomed into Alpha Lambda Delta National Honor Society

SPRINGFIELD — Jacob Benoit, of Auburn, was among over 30 students from the Western New England University College of Business inducted into Alpha Lambda Delta National Honor Society in a virtual ceremony held on March 5. Benoit is working toward a BSBA in Sport Management.

Alpha Lambda Delta recognizes the best and brightest members of the nation's first-year college students. The mission of the Society is to encourage superior academic achievement, to promote intelligent living and a high standard of learning, and to assist students in recognizing and developing meaningful goals in society. Students in Alpha Lambda Delta must have a grade point average of at least 3.5 after their first semester of full-time enrollment.

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"I pledge myself to accept membership in Alpha Lambda Delta with the understanding that in doing so I accept the responsibility of maintaining its standards of Service, of Industry and of Integrity. I shall do all in my power to maintain high scholarship throughout my life and to use my education always, for the benefit of the Community, my Nation, and the World in which we live.

In this spirit I accept the membership into Alpha Lambda Delta."

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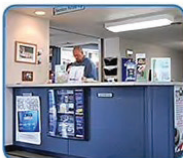


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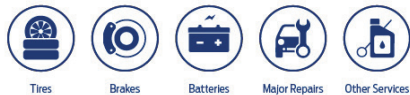
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