

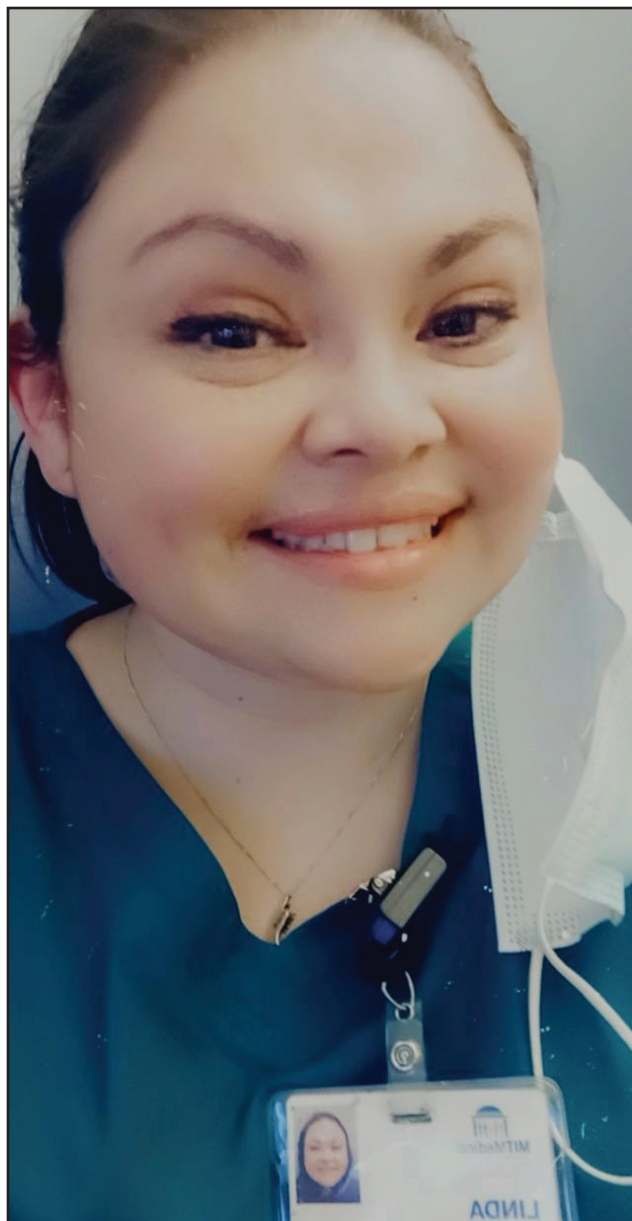
# Auburn News

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Friday, May 7, 2021

Newsstand: 75 cents

## Bay Path alum lands position at MIT



Linda Chavez

CHARLTON — In many hospitals across the nation, entry-level nursing requires a Bachelor's in nursing degree. At Massachusetts Institute of Technology (MIT) Medical, Bay Path Practical Nursing Academy alumna Linda Chavez, LPN, class of 2019 is shining! MIT Medical provides further training which is encouraging for Chavez.

Working the front lines of health care, Chavez cannot help but remember how her nursing journey started.

"I was working with the Chief Medical Director at Spectrum and he suggested I become a nurse," said Chavez.

"He said it would be a good career change for me and that I would be great at it," Chavez added.

At the time, Chavez was at the Health Care System in various capacities. Her educational background was Sociology and administration of justice from Rutgers University. She had been a Correctional Recovery Academy

Counselor, Medicated Assisted Treatment Case Manager, and a Medical Coordinator. She was, however up for the challenge.

Chavez said, "Why not become a nurse? I highly respected all the nurses at my job and figured it would be a great opportunity."

She added enthusiastically, "Best decision I ever made!"

As an LPN at MIT Medical, she is one of the nurses who can spot opportunities for improving medical devices or creating new ones. Like many health professionals, COVID-19 has impacted her work.

In her own words, "Having to help patients virtually and via telephone. . . at the beginning of the pandemic, the medical building closed for all services except urgent care, ob/gyn, and pediatrics. I had to learn new skills in other departments. I also covered the COVID hotline. I had to always be prepared with the latest information to give to patients. Doing the

hotline helped me determine what questions to ask to get the information I needed from patients and how to better learn the computer system at work. I also had to develop a plan on how to better serve our patients in my department i.e., pertinent information was needed for the medical providers to have before each visual visit."

Chavez credits Bay Path Practical Nursing Academy for much of her success.

"Thank you, Bay Path Nursing Academy for helping me reach my goal. Every Nurse that graduated from Bay Path leaves with the skills necessary to be successful at any job," she continued. "The education I received at Bay Path has helped me out so much in my career. The skills I learned in clinicals and labs are still used to this day. I learned time management and making time where there is none!"

With a smile, she expressed that "The professors at Bay Path empower their students, and always encourage them to reach their goals. I remember that for one of my clinicals I had school nurse observation at Bay Path RVTHS. That is where I realized that I wanted to become a school nurse."

She explains, "And here I am working for one of the top colleges in the world in their medical department as a nurse!"

Chavez plans on continuing her education to become an RN. For aspiring nurses, Chavez's advice is to "always strive to reach your goals, no matter how long it takes."

In a separate piece of good news, Chavez was featured in a presentation from P.E.O. (Philanthropic Educational Organization) for Massachusetts State Convention for Program for Continuing Education (PCE). As a nursing student at Bay Path Practical Nursing Academy, Chavez was a PCE \$3,000 grant recipient, volunteer for Medical Reserve Corps, officer for the UNICEF Club, certified in Dementia Care, Mental Health First Aid, and Infusion Therapy/Central Line care; and District Champion in Medical Terminology earning a bronze medal at SkillsUSA.

## Historical Society to host Winfried P. Sommerfeld photography exhibit

AUBURN — The Auburn Historical Society and Museum is proud to be hosting the Winfried P. Sommerfeld photography exhibit created by Fred Miriani from the Photographic Preservation Center in Cambridge.

Winfried P. Sommerfeld emigrated from his native Germany in 1945. Following his tour of duty in the US Army, he settled in Auburn. When stationed in Texas he photographed his army buddies who, impressed with his photographic skills, encouraged him to pursue a career in photography. Sommerfeld, returned to Auburn and established Sommerfeld Photo Film on Southbridge Street. He traveled New England's country roads photographing the vernacular architecture of motels, restaurants, and the rapidly growing automobile industry.

His photographs were printed as postcards and as advertisements and publicity. The Photographic Preservation Center which, with support of Mass Humanities, The Dr. Arthur Pappas and Dr. Martha Pappas Foundation and the Auburn Historical Museum is preserving over 1,000 of Sommerfeld's historic photographs. Many of these photographs are on display at the Museum at 41 South St. Admission is free to the public on Saturdays and Tuesdays from 9:30 a.m. to 12:30 p.m.

## Local veteran brings military precision to new cleaning business



CHARLTON — Local business and homeowners in need of a professional deep cleaning have a new resource to turn to in Charlton-based Buffone Cleaning Services.

Founded in December of last year by Stephen Buffone, the veteran-owned and operated cleaning company is committed to providing military precision and attention to detail, offering a range of services for both residential and commercial customers, including post-construction cleanup, routine office building cleanings, move-in and move-out cleaning, and disinfections.

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keep clients' health, property, and working environment protected.

"I take pride in the services I render, and would like the opportunity to show you and your company how I can add that finishing touch to your project," he added. "Military service instilled the focus and dedication that I have to my craft, ensuring that all jobs are completed with the highest degree of professionalism and attention to detail."

Buffone Cleaning Services can be reached by phone at (774) 230-7235 or by e-mail at buffonecleaningservices@gmail.com.

## Charlton Police Chief praises officers for arrest of suspected car thief

BY JASON BLEAU  
CORRESPONDENT

CHARLTON — Charlton's Police Chief is praising several individuals from within his department for helping catch a young suspect responsible for a car theft in nearby Brookfield.

During an April 27 meeting of the Charlton Board of Selectmen, Town

Administrator Andrew Golas read a letter from Police Chief Daniel Dowd that discussed an ongoing issue with a local gang plaguing the tri-state area. For nearly two years a Hartford, Conn.-based group of young and older individuals have taken to stealing cars in Connecticut, traveling to Massachusetts and Rhode Island where they target unlocked vehicles in the early morning hours and then return to Connecticut in different stolen cars. On the morning of April 17, three members of the Charlton Police Department helped apprehend a suspect who may have been

part of the gang.

On April 17 at 5:01 a.m., Dispatcher Shawna Tankersley, Officers Brian Condant and Anthony Gribbons were working the overnight shift when they learned of a stolen vehicle in Brookfield. Chief Dowd said this is when his employees went into actions.

"Officer Gribbons located the vehicle at a business on Route 20 as the suspect was fleeing on foot. Dispatcher Tankersley was instrumental in correcting some misinformation and getting officers to the scene," Chief Dowd said in his letter. "Sturbridge

Police, Massachusetts State Police and Charlton Police then established a perimeter while awaiting K-9 response. The Massachusetts State Police k-9 was quickly able to locate the 17-year-old responsible for this theft."

The official report from the Charlton Police Department said the vehicle was spotted at 5:15 a.m., and that an attempted traffic stop led to the suspect fleeing on foot into the woods near Sampson Road. The suspect was eventually apprehended attempting to reach the Massachusetts Turnpike Eastbound Plaza. No

officers were reported injured during the incident, but Dowd said that due to reports of the gang stealing firearms from vehicles officers understood the risks when helping apprehend the suspect.

"I would like to acknowledge the hard work and dedication and potential danger the police department personnel exposed themselves to that morning and that these men and women are deserving of the recognition of a job well done," said Dowd.

Following the reading of the letter, Selectman David Singer added his own word of thanks for

the police personnel involved.

"I have said repeatedly, and I always will, that Charlton's finest are not just Charlton's finest," Singer said. "They are the finest in New England really and I'm very proud of the team we have in Charlton. They always go above and beyond. I'm sure everyone in this community is very proud of them."

The name of the suspect has been withheld as they are considered a minor being under the age of 18.







See the corresponding Crossword Puzzle in this issue.

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An artist's rendering of the proposed refrigerated warehouse planned by New England Cold Storage in Sturbridge.

Courtesy



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New England Cold Storage  
secures financing for  
Sturbridge warehouse

STURBRIDGE — New England Cold Storage, LLC (NECS) announced today that the company has secured debt financing with Rockland Trust Company for its first cold storage warehouse facility. The \$22.9 million loan will go towards their new 120,000-square-foot public refrigerated warehouse that will provide cold storage and logistics services to food producers, processors, wholesalers, and importers.

“Rockland Trust is thrilled to be working with New England Cold Storage to support their vision of offering flexible, temperature-controlled storage space. Their facility is unlike any we’ve ever seen, and we’re committed to ensuring they’re successful in their field,” said Brian Griffin, Senior Vice President of Commercial Lending at Rockland Trust.

Site work began this month on a 120,252 square foot warehouse in the Sturbridge Industrial Park. Centrally located in New England, and two miles from the entrance ramp to both I-84 and I-90, the facility will offer one-day round trip access to/from New York City and the New England ports, as well as an ideal distribution location for the Boston, Providence, Hartford, and Springfield markets.

The building will feature three temperature-controlled rooms, and fifteen dock doors opening into a 65-foot-deep refrigerated loading dock. With a fifty-foot top of product and an automated mobile racking system, NECS will have easy access to its 25,000 pallet positions. The 18-acre site will feature a one way loop traffic pattern, ample area for truck maneuvering and parking, and a convenient trucker lounge for drivers. In addition to developing the project from the ground up, NECS will also operate the facility. Industry veteran Vernon Rose is leading the operations team.

“I’m really excited about this project because the whole program has been customer focused from the beginning. As a result, I’m confident we’re going to provide superior service for a wide range of customer needs. If you have storage needs in New England, I would encourage you to get in touch now because I expect this facility to fill pretty quickly,” said Rose.

NECS is entering a demand-driven market sector in which modern, efficient cold storage space is at nearly full occupancy nationally, while food companies’ increasing storage requirements are expected to continue to outpace supply growth for the foreseeable future.

“We recognized a need in the cold storage sector several years ago and we believe this facility, in this location, is an ideal solution,” says NECS President Chris Bailey. “We saw two major barriers to entry: big ticket real estate development and food logistics expertise, and we’ve assembled a team that excels in both areas. We’re proud of the flexible design of our facility, and the operating company we’re putting together to service our customers.”

Atlanta based ARCO Design-Build has been a crucial contributor to that design, and will lead the construction process.

“The role we’ve played in helping NECS bring this project to reality has been a very rewarding experience for us. They have maintained a laser focus on the goal of the best facility we can build, and that’s exactly how we like to work,” said Brian Osterloh, ARCO Vice President of Business Development and Principal.

About New England Cold Storage, LLC

New England Cold Storage, LLC (NECS) is a real estate development company and a third-party logistics company, founded by three partners Robert Chamberlain, Jeffrey Eklund, and Chris Bailey. They thoroughly researched the industry opportunity and chose Sturbridge for their first

facility because of its broad appeal to several different types of customers. They are assembling a team with the experience and expertise necessary to provide consistent service at a fair price. NECS intends to develop and operate additional facilities in the next few years.

About ARCO Design Build (WWW.ARCODB.COM)

ARCO Design/Build is a leader in the industrial construction industry with hundreds of associates across the nation and offices in all major markets. ARCO offers the strength, presence, and resources of a \$2.5 billion national builder but with the responsiveness of a local company. The Atlanta team specializes in the design and build of industrial warehouses/distribution centers, cold storage facilities, light industrial manufacturing, self-storage, as well as office and tenant improvement projects. With a team of project managers, superintendents, engineers and in-house architects, their Southeast office delivers an enhanced design-build construction process with turnkey centralized project management.

About Rockland Trust Company

Independent Bank Corp. (NASDAQ Global Select Market: INDB) is the holding company for Rockland Trust Company, a full-service commercial bank headquartered in Massachusetts. Rockland Trust was named to The Boston Globe’s “Top Places to Work” 2020 list, an honor earned for the 12th consecutive year. In addition to this recognition, Rockland Trust was ranked the #1 Bank in Massachusetts, according to Forbes 2020 World’s Best Banks list. Rockland Trust is deeply committed to the communities it serves as reflected in the overall “Outstanding” rating received in its most recent Community Reinvestment Act performance evaluation. Rockland Trust offers a wide range of banking, investment, and insurance services. The Bank serves businesses and individuals through approximately 100 retail branches, commercial and residential lending centers, and investment management offices in eastern Massachusetts, including Greater Boston, the South Shore, the Cape, and Islands, as well as in Worcester County and Rhode Island. Rockland Trust also offers a full suite of mobile, online, and telephone banking services. Rockland Trust is an FDIC member and an Equal Housing Lender. To find out why Rockland Trust is the bank “Where Each Relationship Matters®,” please visit [RocklandTrust.com](http://RocklandTrust.com).

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REGION — Our local United States Coast Guard Auxiliary Tri-State Flotilla, Massachusetts will be instructing a special boating safety class through the Zoom video conference platform on Thursday, May 20 from 7-9:30 p.m. for a \$5 fee.

Imagine you are out on the water when the boat's captain somehow is incapacitated or falls overboard and can't swim back to the boat. Are you prepared to take basic actions to get help, stop or start the engine and take the helm? A little knowledge could save lives and make you feel more comfortable boating when you're not generally at the helm.

Misfortunes can and do happen while on that fishing, diving, adventure, or party charter. Being out on your own boat with that significant other at the helm, or going out on a friends' pontoon boat can also turn to horror if the skipper is suddenly out of commission. This is a boating safety primer for those not generally at the helm but would like to know what to do, to be better prepared.

Registration is managed through the Milford Community School Use Program, Spring-Adult-Boating, at <http://mcs.milford.ma.us> or (508) 478-1119, register by May 17; keeping in mind that availability is limited and you will receive course materials prior, covered by the registration fee. Participants under the age of 16 must be accompanied online by a registered parent/guardian. For additional USCGAux. information: [phil.uscgaux@verizon.net](mailto:phil.uscgaux@verizon.net) or (508) 478-3778.



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## Center of Hope celebrates 65 years

SOUTHBIDGE — 2021 marks the Center of Hope Foundation’s 65th anniversary. Since its inception in 1956, the Center of Hope (CoHF) has continued to support and advocate for individuals with intellectual and developmental disabilities.

The CoHF began as a small school for children with disabilities and has since grown to provide day services for adults, employment supports, in-home supports, youth services, recreational services and emergency relief services. Now serving more than 700 families from 64 towns in Massachusetts and Connecticut, the CoHF is one of the largest employers in the town of Southbridge and is a vital part of the community.

You have probably seen their vans all over, transporting individuals to one of the five-day habilitation or employment programs. You may have also seen many of their staff and program members out in the community, whether they are volunteering at local non-profits or cleaning up the local streets and parks.

The CoHF also has an employment supports department which allows individuals the opportunity for meaningful employment, whether it’s in the community or in one of their nine small businesses. The small businesses include Just the Details, Hope’s Treasures Thrift Store, Vivid Print, Noress Corporation, Cans of Hope, Shred of Hope, Janitorial, Fair and Square Construction and The Festive Home. All these businesses offer

employment opportunity while providing quality services to the community.

The CoHF continues to grow and has plans to open another day program along with residential housing soon. These plans will allow individuals to learn to live independently and be provided the help needed to grow, flourish and become contributing members of their community.

The CoHF would like to thank everyone who has been a part of this milestone in making a difference in the lives of so many and encourage you to share your stories on their Web site, [www.thecenterofhope.org/stories](http://www.thecenterofhope.org/stories).

## Springfield Urban League CEO to deliver Nichols College Commencement address

DUDLEY, Mass. — Nichols College has announced that Henry M. Thomas III, JD, president and CEO of the Urban League of Springfield, Inc., will deliver the keynote address at the college’s Commencement exercises for the Class of 2021 on Saturday, May 15 at 1 p.m., and for the Class of 2020 on Sunday, May 16 at 1 p.m. Both ceremonies will be held on Vendetti Field at the Nichols College campus.

Thomas, who will receive an honorary doctoral degree in social welfare from Nichols, has worked in the Urban League movement for 49 years, becoming the youngest person appointed president and CEO of a national Urban League affiliate at the age of 25. He has served at the helm in Springfield, Mass., since

1974, and is also CEO of Camp Atwater, the oldest African American overnight youth camp in the U.S.

In 2007, Thomas was appointed by Governor Deval Patrick to the University of Massachusetts Board of Trustees, which he chaired for three years, and currently serves as vice chair of the UMass Building Authority. He was on the Massachusetts Board of Higher Education for seven years and was vice chair of the state’s Board of Education.

He is also a board member of the Edward M. Kennedy Institute for the United States Senate, the Blue Cross Blue Shield Foundation, and the Hampden County Regional Employment Board Executive

Committee.

Thomas has been deeply involved in education equity and excellence from a grass roots and public policy perspective, and has served on local, state, and national boards advocating for youth development and ensuring that all students receive the benefit of a quality education.

“Through the Urban League, Henry Thomas has devoted his life to improving educational and economic prospects for the Black community,” said Nichols College President Susan West Engelkemeyer, Ph.D. “His message of empowerment in the face of difficult times will enlighten and further prepare our graduates, the newest generation of business and civic leaders.”

Thomas earned a BA

degree in psychology and an MA degree in human resource development from American International College; and a JD degree from Western New England University School of Law.

He has been recognized for his efforts with several awards and honors, including the President’s Medallion Award from Western New England University; the Human Relations Award from the National Conference for Community and Justice; the Uborra Award for Excellence from the Springfield Museums; the Service Above Self Award from the Basketball Hall of Fame & Springfield Rotary; the Distinguished Service Award from the Massachusetts Legislative Black Caucus; and the Citizen

of the Year Award from the Omega Psi Phi Fraternity. He has also received honorary doctorates from Bay Path and Westfield State universities.

A native of Springfield, Thomas is the former chair of the Springfield Fire Commission and the Springfield Police Commission, as well as the co-founder of New Leadership Charter School. He is an inductee of both the Springfield High School Sports Hall of Fame (football, track, and gymnastics), and the National Football Collegian Hall of Fame.

He and his wife, Devonia, a recently retired vice principal in Springfield Public Schools, have two children.

About Nichols College Nichols College is a col-

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

## Four QCC Students named to Phi Theta Kappa All-Massachusetts Academic Team

W O R C E S T E R — Four Quinsigamond Community College Phi Theta Kappa (PTK) students, Edmilse Diaz, Alexander Riopel, Vincent Carl Strzelecki and Bradley Sylvestre, have been recognized for their outstanding achievements as members of the 2021 Phi Theta Kappa All-Massachusetts Academic Team.

Each year, the highest academic achievers in the state’s 15-member community college system are selected for the team. Students are chosen for their high academic achievement, as well as their exceptional student service and are honored by the Massachusetts Association of Community Colleges (MACC). Due to the COVID-19 pandemic, the ceremony is being held virtually, as opposed to its traditional venue of the Massachusetts State House. Each student is currently being spotlighted through MACC’s social media, through a virtual “PTK Community College Excellence Week,” during the last week of April.

“This is an honor not only for these outstanding students, but also for QCC. These students have worked hard to get to where they are. Their dedication and perseverance are an inspiration to everyone who dreams of a better life through higher education,”

said QCC President Luis G. Pedraja, Ph.D.

Edmilse Diaz is a member of the Class of 2022 Dental Hygiene program. Originally from the Dominican Republic, he moved to the U.S. as a child.

“I received a Bachelor’s in Psychology from Saint Michael’s College in 2015. Throughout my life, I have continued to pursue learning and challenged myself. I came to QCC when I decided to pursue a career in dental hygiene, because I wanted to help raise awareness on the importance of oral health and its affect on a person’s overall health,” Mr. Diaz said.

Alexander Riopel chose QCC because of its MassTransfer program with UMass Amherst.

“I am currently a business transfer major and plan on pursuing a finance degree at a four-year university in the fall. QCC has done a great job preparing me for a four-year university,” Mr. Riopel said. “As the former president of QCC’s PTK Honor Society, I was fortunate to be part of a group that affected real change within the community.”

Vincent Carl Strzelecki came to QCC to pursue a degree in Computer

Science.

“My life’s goal is to help as many people as I can, and I am working hard to build a career in video game development, so I can create games that are inexpensive, highly accessible, and very enjoyable,” he said.

Bradley Sylvestre is in QCC’s Nurse Education program and is a member of the Class of 2022.

“Despite classes being online with limited time in a physical classroom, I have been able to learn from the best and apply that knowledge in my clinical settings. I was able to go to a local nursing home in Westborough and make a difference with the elderly; see a birth at UMass Hospital in Leominster, and have been able to bond with patients in need of companionship. I was able to do all of this thanks to the hardworking educators at QCC, who were constantly advocating for me and my fellow nursing students, despite the grueling process of running a nursing school during a pandemic,” Mr. Sylvestre said. “QCC is a community college, and for me, a new nursing student from Rhode Island, QCC has become my community.”

According to Bonnie Coleman, QCC’s manag-

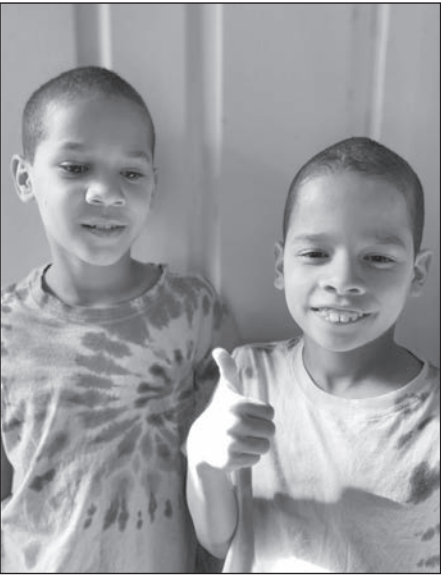
er for Student Resources and PTK advisor, the Spring 2021 class of new inductees is the largest group in the College’s history, with 240 new students becoming PTK members. There are 555 total active PTK mem-

bers at this time.

“The four students honored are a part of a large and impactful student organization. It is an honor to work with such amazing students,” she said.

For more information about QCC, contact Josh Martin, Director of Institutional Communications at 508-854-7513 or [jmartin@qcc.mass.edu](mailto:jmartin@qcc.mass.edu)

✿ ✿ ✿ Friday’s Child ✿ ✿ ✿



**Allen and Alvin  
Age 10 & 10**

**Hi! Our names are Allen and Alvin and we want to stay together!**

Allen and Alvin are twin boys of African American and Native American descent. Allen has a very outgoing personality. Allen likes video games, outdoor sports, coloring, and being active in the community. He has a special gift when you engage in conversation with him. Allen has the ability to make you feel special and optimistic! He also has a contagious laugh! Allen reports that he loves school. He enjoys keeping busy and does well with listening and following directions.

Alvin is known to be very courageous and daring. He can be very curious at times and asks a lot of questions. He is very interested in how things work. He is also very affectionate and does well with lots of one-on-one attention, hugs, and kisses. Some of Alvin’s interests are using his iPad and playing sports. His favorite sport is soccer, and he’s very good at it!

Legally freed for adoption, Allen and Alvin should be placed with a single-parent or two-parent family with or without other children in the home. Pets are okay as long as they are outgoing and friendly just like them. It is very important to Allen and Alvin that they are able to maintain their connection with their five siblings which requires six in-person visits per year and other communication between visits.

**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.mare-inc.org](http://www.mare-inc.org). The sooner you call, the sooner a waiting child will have a permanent place to call home.

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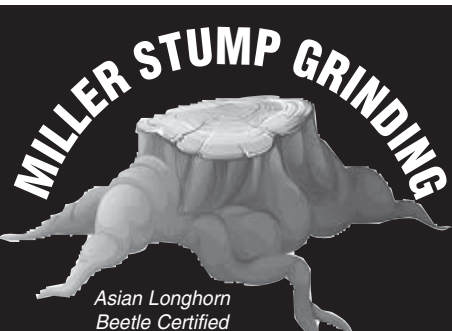
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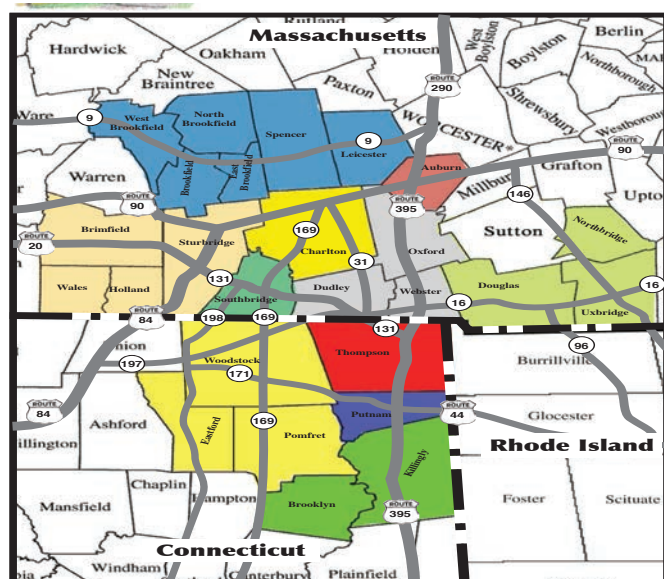


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# OPINION/COMMENTARY



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**BRENDAN BERUBE**  
EDITOR

## Spring cleaning is about more than tidying up

It's been a rainy week, which means that spending time inside organizing and cleaning — along with watching the Red Sox hold steady in first place — was top on our to-do list. Spring cleaning, a chore that happens every year, feels great when complete. Why is it that something so tedious and boring could be so good for us?

Did you know that cleaning actually supports your immune system? Cleaning is of huge benefit especially to those with allergies. Getting rid of dust, pet dander, mildew and mold can trigger the immune system causing unnecessary illness. Those with cluttered homes tend to suffer the worst. To avoid indoor allergies, vacuum regularly, this to include your furniture.

Cleaning reduces stress. While cleaning, your brain is able to relax. This mindless activity can give you a chance to de-stress. Experts say that cleaning for as little as twenty minutes can reduce anxiety by up to 20 percent. It's a win-win — sure, it's no day at the spa, but constructive relaxation is always good. Using products with scents said to induce relaxation such as lavender is also an expert tip.

Heart health can be improved by cleaning by way of exercise. Just a half an hour of vacuuming can burn up to 100 calories. It's a known fact that people who like to keep their homes clean tend to take more interest in their overall health and well-being.

A tidy bedroom is said to help you sleep better. Individuals who make their beds are roughly 20 percent more likely to get a more restful night sleep. Seventy-five percent of people polled sleep better on clean sheets, in a room with less clutter.

When you are in a tidy area, your production increases. Less clutter means less distraction, which is said to clear up mental space. A study from 2011 published in the Journal of Neuroscience used MRI's to track the brain's response to cleanliness. More clutter was found to significantly limit the brain's processing capability.

Checking off the cleaning to do list can make you feel more satisfied and can boost your mood. A clean, fresh house is said to naturally boost endorphins and boost energy levels which leads to a decrease in depression.

Cleaning and organization can have a domino effect in that it can lead to sprucing up other areas of your life. Interesting, was the one finding that stated when individuals were placed in a clean, well-organized space they were more likely to choose healthier menu items.

Perhaps William Morris put it best: "Have nothing in your house that you do not know to be useful, or believe to be beautiful."

## Two More Nostalgic Favorites from the Heirloom Garden

Lofty daylilies swaying in a summer breeze, and dainty purple Hosta buds rising above lush greenery - such are the things an heirloom garden is made of! Generations of New England gardens have been graced with the beauty and simplicity of these historic plants. Heirloom flowers and plants invoke nostalgia, while offering both beauty and sentiment to an outdoor garden.

Daylilies, and Hosta are two perennial New England favorites. In some cases, plants grown a century ago continue to thrive and bloom today, serving as living antiquities in the garden.

Read on for an overview of these hardy garden favorites!

**Hardy Hosta**

Hosta plants are a common throughout the New England landscape. The plants abundant lush, green foliage and sprouting blue flowers have made them a favorite for over a century. Originally from Japan, the, Hosta was brought to America from Europe in the mid 19th century. Doctor and botanist Englebert Kaempfer (1651-1715), is named as the pioneer researcher of Japanese plants, including Hosta, which led to the plants eventual import to this country. Hostas were an important element in the Victorian garden, a tradition that continues today as the border plant is often found along pathways to historic New England homes.

**Growing Hosta:** The Hosta is a very self sufficient plant, requiring little or no sun, fertilizer, or tending. A shade tolerant plant, Hostas are very low maintenance and easy to grow, making them a favorite for shady rock gardens, walkways and lawn borders. Little bell shaped blooms emerge from center spikes of the plant in summer. Hosta boasts a variety of different strains, offering various leaf size, texture and color, including an array of variegated leaves. While Hostas are known as shade plants, they should not be planted in deeply shaded areas. For best results, choose an area with morning sun and afternoon shade. Dig a hole one and a half times the width of the root ball, as the plant's roots with grow and spread horizontally.



TAKE THE HINT  
**KAREN TRAINOR**

Hostas grow and spread fast, making them a popular offering at spring garden club sales, as members typically divide and share their plants. Hostas are best divided in early spring as the plants are just beginning to sprout. Dig out the whole plant clump to separate the plants.

**Hosta Uses:** While Hosta is a gorgeous, lush plant, its usefulness may not be limited to its spectacular eye appeal. According to some gardeners, Hosta is an edible plant, with young leaves best enjoyed steamed in the same manner as dandelion greens.

**Dazzling Daylilies**

The historic orange Day Lily, which blooms but one day, is a common sight along New England back roads, flourishing within the confines of picket fenced yards as well as sprawling through countryside fields. Daylilies, originally from Asia, made their way to Europe and arrived in this country with the colonists where they became a backyard reminder of their homeland.

Did you know? Daylilies belong to the genus Hemerocallis, which translates from Greek to "beautiful for a day." While many new colors and varieties of the Day Lily are offered today, the heirloom flowers of our ancestors are the orange Tawny Day Lily (Hemerocallis Fulva) and the yellow Lemon Day Lily (Hemerocallis Lilasphodelus). Daylilies were another mainstay of the Victorian garden, often lining a path through a garden gate or walkway. The familiar orange Day Lily still serves as nature's mark of summer today. In New England, the tubular's blooms begin to open between the start of school summer vacation and 4th of July.

**Growing Daylilies:** The Day Lily is easily established, growing quick and vigorously. It enjoys full sun, which will maximize blooms, but also adapts to light shade well.

Daylilies are tolerant of most soils, but do best in ground that is slightly acidic. The plants should be well tilled and hole should be large enough to accommodate roots without crowding. When planting, be sure the crown of the plant is at least an inch below the ground and water thoroughly. The plant is hardy and very forgiving, usually flourishing with little effort. Daylilies grow and multiply vigorously, so they should be divided about every three years. Divide and transplant plants in early spring or just after flowering. Be sure divisions have two to three stems or leaves with roots intact.

**Day Lily Uses:** The flowers of Daylilies are edible, and are typically served cooked in Asian dishes and soups.

**Win Dinner for Two at the Publick House**

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

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

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

## Here's a long-lasting Mother's Day gift



FINANCIAL FOCUS  
**DENNIS ANTONOPOULOS**

Mother's Day has almost arrived. As an adult, you can fully appreciate all your mother has done for you, so, on this occasion, you may be happy to give Mom flowers, candy, jewelry or something similar. But Mother's Day is here and then it's gone. Is there a longer-term gift that can make a real difference in your mother's life?

Actually, there is – the gift of knowledge for her financial future.

Specifically, there are two key areas in which you may be able to provide valuable help to your mother: long-term care and estate planning. But don't panic – you don't have to be an expert in either one of these subjects. You can, however, steer Mom – and possibly your other parent, too, if one is in the picture – in the right direction. Let's take a quick look at both these topics.

First, consider long-term care. If your mother is in good health, you may not have thought much about whether she would eventually need an extended stay in a nursing home or the services of a home health aide. But the odds aren't necessarily in her favor: About 70 percent of adults who reach 65 will eventually require some type of long-term service and support, according to the U.S. Department of Health & Human Services. And this type of care is expensive: The annual median cost for a private room in a nursing home is more than \$100,000, and it's nearly \$55,000 per year for the full-time services of a home health aide, according to a survey by the insurance company Genworth.

Unless your mother has accumulated a great deal of financial resources, she likely won't be able to pay these costs out of pocket without jeopardizing her financial independence. Furthermore, Medicare typically pays only a small portion of these expenses.

To help your mother deal with this potential financial threat, you might want to suggest she meet with a financial professional, who can explore possible strategies and products designed to address long-term care. And the sooner, the better, because these solutions will become more expensive and challenging the older your mother gets.

The second topic you may want to bring up with your mother is her estate plan. Has she drafted a will? Has she safeguarded her wishes by creating the necessary legal documents? These could include a durable power of attorney for finances, which allows her to name someone to manage her financial affairs if she becomes incapacitated, and a durable power of attorney for health care, which allows someone to make medical decisions for her if she is able to do so herself.

Having her estate plans in order can help protect your mother's finances and ensure her legacy is honored – which is almost certainly an outcome she would keenly desire. So, if your mother doesn't already have a comprehensive estate plan, encourage her to see a legal professional to start the process.

Helping your mother protect herself from the catastrophic costs of long-term care and the chaos of an inadequate estate plan may not sound like a typical Mother's Day offering, but your actions can help keep Mom in a good place in life – and that's a pretty valuable gift.

*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.*



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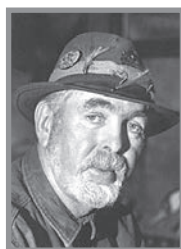


# Turkey season off to a great start

Massachusetts Wild Turkey season got off to a great start, as this week's photo shows. Ken True harvested two birds back-to-back only minutes apart. The big tom sported one-inch spurs, and a 10-inch beard. Steve Rondeau harvested his 22-pound Tom on Saturday morning which also sported one-inch spurs and a 10-and-a-half-inch beard. Both men observed numerous birds in the area that they hunted. The heavy winds on Friday & Saturday afternoon caused destruction to numerous ground blinds that were left for the next day of hunting.

Saltwater fishing was also impacted by the high winds of this past week-end, keeping most boats tied up at the dock. It normally takes a few days of good weather to bring back fishing to what it was before the big blow. New England has been experiencing a lot of windy days in the last few weeks. Hopefully, things will start to calm down so that fishing can get back to normal, whatever that is.

The Uxbridge Rod & Gun Club will hold their annual kids fishing derby



THE GREAT OUTDOORS  
.....  
RALPH TRUE

this Saturday starting at 8 a.m., with breakfast being served free to kids only. Breakfast will be available for adults for a small fee. The club pond was stocked with a huge load of trout this past week, with some trout over four pounds! Every youngster in the derby will receive a prize just for fishing, so be sure to bring your kids to this great day in the outdoors and enjoy the morning fishing with the family. You may just get hooked on fishing yourself. You all deserve it after this winter and the pandemic is in our rear-view mirror!

Freshwater fishing for trout continues to have anglers catching some real nice fish, but bass anglers are also enjoying some great fishing for

smallmouth bass and largemouth bass. The number one bait for shore fishermen is shiners. Shad fishing should also pick up in the days ahead. Fishing for shad in the Connecticut River in Holyoak & surrounding areas can provide some great fishing for the entire family. Using freshwater rods and shad darts can have the entire family enjoying the shad fishing on the Connecticut and Merrimack Rivers. Shad are not a good eating fish, unless you plan on pickling them, but many people love the fish eggs (Roe) from the females. Poor man's caviar. Check out the recipes online.

Tautog fishing on the Westport River continued to be very poor up until this past Saturday on the Westport River. Hopefully, it is going full blast by the time you read this column. The water temperature was still at 50 degrees this past Saturday, and only a few more degrees should have the fish entering the river to feed and spawn.

Courtesy

Steve Rondeau with his big Tom.



# Community Connection

Your area guide to local businesses!

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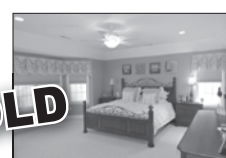
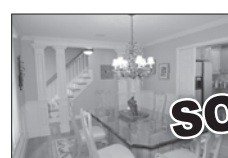
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ON DEPOSIT

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time to list



# Baseball antique and auction news

There is some promising news for local antique shows. After all three Brimfield shows were cancelled last year due to the pandemic, Brimfield will be reopening, although it will be on a limited basis. Many of the fields have opted to remain closed for the May show. The website thebrimfieldshow.com lists Brimfield Auction Acres (formerly J & J) as the lone May show. It will open from May 12 through May 15. Expect to see more fields open for the July and September shows.

There has been a lot of recent antique news from outside of our area as well. A 1794 "No Stars Flowing Hair Dollar" far exceeded expectations when it sold at auction last month. ESPN reported that "while it closely resembles silver dollars that were later minted in Philadelphia, it gets its name because it is missing stars." It sailed past the \$350,000 to \$500,000 estimate, reaching \$840,000. The reason that ESPN reported on the sale of a rare coin is because it was previously owned by Texas Rangers co-chairman Bob Simpson.



ANTIQUES,  
COLLECTIBLES  
& ESTATES  
• • • • •

WAYNE TUISKULA

In other baseball related auction news, a Honus Wagner T206 tobacco baseball card will be offered with a \$1 million starting bid in an auction ending this month, according to a Bleacher Report article. David Sax of Smithsonian Magazine told the Bleacher Report that, "it's believed that Wagner demanded the ATC pull his card from circulation because he didn't want anyone else profiting from his likeness." Other sources have reported that Wagner didn't like tobacco and refused to allow his image on tobacco cards. NJ.com reported that a different Honus Wagner card sold for \$3.25 million at auction last year.

There is more baseball memorabilia news closer to home. I have loaned many pieces from my personal collection of local baseball historical memorabilia to the Worcester Red Sox to be displayed in Polar Park. A large display piece of the 1880 Worcester Worcesters team will be the highlight of the exhibit. Lee Richmond is pictured who pitched the first perfect game in baseball, along with the rest of his team. I have also loaned the

Worcester Red Sox a letter from the 1880 Worcester team requesting to be admitted to the National League. There are many other items with Hall of Famers Jesse Burkett, Gabby Hartnett, Connie Mack, and Sliding Billy Hamilton. Other great local players photos, programs from the Blackstone Valley League, and local industrial league teams will also be included. People who tour Polar Park will be able to see the exhibit in the DCU Club. I am always looking to acquire local baseball memorabilia from major league, minor league, and industrial league teams for my collection. I hope to see you in the stands at Polar Park this summer.

Our online auction of sports and non-sports cards all from one estate will soon be running. Our multi-estate online auction with Rock memorabilia from James Brown, Elvis Presley, Janice Joplin, Jimi Hendrix, and other famous performers will begin this month and end on June 9. We are nearing the deadline for accepting quality consignments for this auction. The third session of model trains, die-cast cars, and other toys is currently running and ends on May 12. See our Web site for details on upcoming events: <https://centralmassauctions.com>.



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

## Grow Edamame for better health and nutrition



Melinda Myers

Edamame pods are ready to harvest when they are plump, green, rough, and hairy.

Add a bit of fiber to your garden and diet. Consider growing edamame (edible soybeans) in this year's garden.

Soybeans help promote overall health reducing the risk of high cholesterol, diabetes,

heart disease, and high blood pressure. Plus, the high fiber in soy helps fight colon and some other cancers.

Edamame is an ancient Asian vegetable and is often

eaten right from the pod like peanuts. Edible soybeans are also used for making tofu, tempeh, soy nut snacks and more. In addition to their high fiber content, soybean's high protein content has made them a popular meat substitute.

Soybeans can be grown in a variety of soils and climate. They tolerate adverse conditions but perform best in warm temperatures, full sun, and moist well-drained soils. Add organic matter to less-than-ideal soils to improve drainage in heavy clay soils and increase the water holding capacity in sandy and rocky soils.

Try growing one of the edible soybean varieties such as Agate, Chiba Green, Midori Giant, and Envy. These have a better flavor and are more suited to your garden and recipes than field varieties.

Wait for the soil to warm for quick germination and increased success. Grow edible soybeans in a sunny spot. Plant and care for them the same as you would lima beans. Plant seeds three inches apart and



GARDEN  
MOMENTS  
• • • • •  
MELINDA  
MYERS

one to one and a half inches deep in rows 24 to 36 inches apart. Once the plants sprout and grow, thin them out by removing the weaker seedlings, so the remaining plants are six inches apart.

Harvest the soybeans when the pods are plump, green, rough, and hairy. They are usually ready to harvest in 80 to 120 days, depending on the variety. Check frequently and pick when the seeds are fully enlarged but before they get hard. Waiting too long to harvest the seeds reduces the flavor and quality. Since all the seed filled pods usually ripen at the same time, you can pull up the whole plant and harvest the seeds from pods while sitting on a chair in the shade.

Use edamame within two to three days of harvest for the best quality. Store fresh edamame in the refrigerator in a perforated plastic bag.

Cook edamame by steaming, boiling, or microwaving the pods. Allow them to cool, then pop out the seeds to enjoy. Don't let any surplus go to waste. Blanch, then freeze whole pods or the seeds. Or dry the shelled edamame in the oven or dehydrator to use throughout the year.

Purchase seeds and carve out some space in your garden or containers for this nutritious vegetable.

Melinda Myers has written more than 20 gardening books, including *The Midwest Gardener's Handbook* and *Small Space Gardening*. She hosts *The Great Courses* "How to Grow Anything" DVD series and the nationally-syndicated *Melinda's Garden Moment* TV & radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine. Her Web site is [www.melindamyers.com](http://www.melindamyers.com).



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# Who says my “Smart TV” is so smart?

We are told that life as we know it has been forever changed by the computer. The most complicated equations are solved. We started at a desk, then moved to a mobile laptop. A few years later our phones became computers and now it can be as small as a watch on your wrist. (Calling Dick Tracey?). Technology is instantaneous and we are told it's made our lives easier, and it has in many ways, while complicating it in others. Who is it that's telling us this life in general is made easier by technology? Is it true?

Then, why do I have three remotes sitting on my coffee table to operate one so called “Smart TV”?

If it's so smart, shouldn't I only need a single remote ... or no remote at all?

As most of you know, we recently downsized and moved into town. The building I live in

doesn't allow a dish to be installed so I called the local branch of the ‘mega-cable’ service. I found in my call for installation that I could easily install it myself. They pushed the do-it-yourself option hard. It was obvious they didn't want to send anyone out, so I finally said yes.

The box of wires and devices arrived, and I was lost. I called my son-in-law Jeff (an engineer) and he made it look easy. It was ready to go ... but not so fast.

Jeff handed me five remote controls and said, “These three are for the living room and these two for the bedroom. The third for the living room operates your sound. The other two operate the TV.”

Huh?

Easy for Jeff. He actually is a “Rocket Scientist.” I think he can send us all to Mars using his telephone, an umbrella, and a Red Ryder Wagon. He



POSITIVELY  
SPEAKING

GARY W.  
MOORE

gave me a quick tutorial and was out the door ... yet I wasn't even sure how to turn either TV on.

If they are so smart, why can't they figure out how to run on a single remote? If they are intelligent, why is it every time I talk into the voice activated feature on the remote, it answers, “There is no channel called ...” no matter what channel I choose. If they are smart, why did I walk out of the bedroom this morning to find Arlene holding one remote over her head and the other at knee level. “What are you doing,” I asked. “Trying to turn on the TV,” she responded.

Oh, before you ask, no, there was no instruction

manual. I called to get one and was told I could access it on my smart TV. Right.

Over the last seven months, I've learned the basics of managing my TV with these remotes. We never get too old to learn and after I figured it all out, it's not that hard. But why should I have spent the first four months only watching Netflix because I couldn't figure out how to leave the streaming services and over to cable? And please do not tell me a really smart TV can't figure out how to operate with a single remote.

I'm sure my grandsons could have taught me. The nine-year-old down the street probably knows. I'm just not wired that way. I'm heavy on the creative side and exceptionally light on the technical, detailed stuff. I can write a column, book, or screenplay ... but if my screenplay was turned into a movie, I may miss

the first half of the show while I struggle with the remote to find the channel.

So, what is positive about all this? I didn't give up and figured it out. We are never too old to learn and if we are optimistic and keep working on the problem, we can solve it.

And what did I learn from all this? Well ... I don't think the term “Smart TV” is fully accurate. I find both of my televisions to be less intelligent than Alexa (Amazon) or my iPhone. I guess my TVs could be classified as learning impaired, but that's okay. They both now perform as needed when I have all the remotes at my disposal.

The world is constantly changing around us, and we can choose to be lost within it or to keep up. I decided to keep up. What about you?

I encourage all of us that were born before the

computer boom to continue learning. You're never too old and your certainly smarter than my two TV's. Learn a game or a task your phone can do. Get on a computer and learn something today you didn't know yesterday.

Although my television experience has been a struggle, and still is at times, the computer in its many forms is here to stay. Get online, stumble around and learn to do something fun. You can expand your horizons ... and your grandkids will be impressed!

*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 @GaryW Moore721 and at www.garywmoore.com.*

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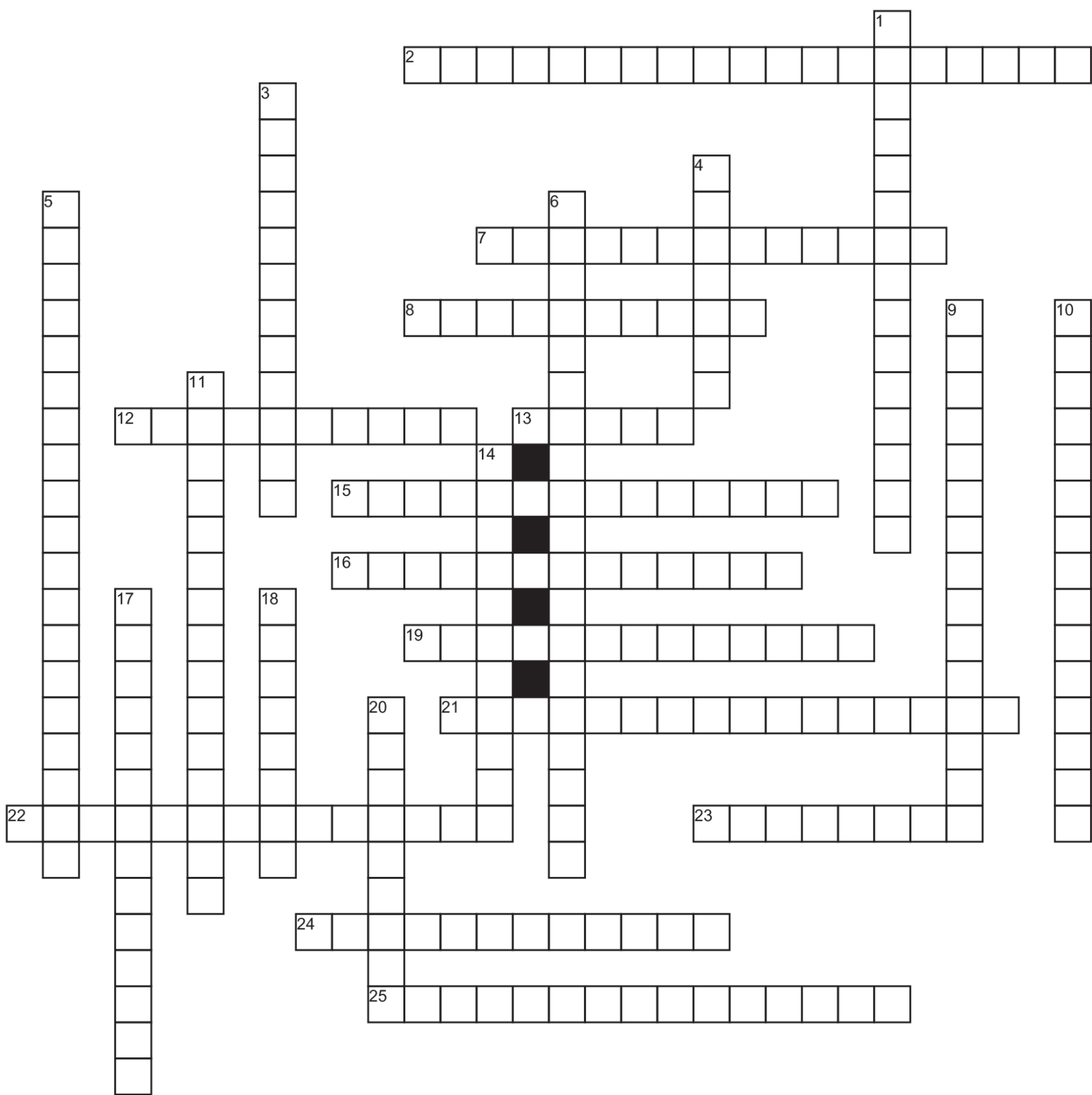
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# 3rd Annual ABC's of the Seasons

## Spring Edition 2021

Please find the answers to this crossword puzzle on the ABC's Page



ACROSS

- 2. Treat your yard before they take over
- 7. Best sales experience
- 8. Balance Transfer
- 12. USDOT# 2407387
- 13. We can save you time and money!
- 15. Help wanted, real estate, legals
- 16. Save you money on your energy bill
- 19. Great gifts for Mothers Day
- 21. Quality content
- 22. Weber Grills
- 23. Beautifying America one vehicle at a time
- 24. I'll beat any of my competitors prices
- 25. Arborcoat

DOWN

- 1. ...flowers that will last a lifetime
- 3. Come work for us!
- 4. Salon & Spa
- 5. New patients welcome
- 6. Use promo code palmer123
- 9. Always going the extra mile for our customers
- 10. Fresh local eggs
- 11. Grove & Main
- 14. Family owned and operated since 1967
- 17. AAA Roadside Assistance
- 18. Patient first, goal oriented
- 20. 15 Years...experience

3rd Annual ABC'S OF THE SEASONS, SPRING EDITION  
Hint... answers don't always include the entire business name.

Name: \_\_\_\_\_  
Address: \_\_\_\_\_

Circle which paper you found this in: *Spencer New Leader, Webster Times, Charlton Villager, Sturbridge Villager, Auburn News, Blackstone Valley Tribune, Southbridge News*  
Daytime Phone: \_\_\_\_\_  
Email address (optional) \_\_\_\_\_  
Comments: \_\_\_\_\_  
\_\_\_\_\_

Please find the answers to this crossword puzzle on the ABC's Page. Enter to win a \$25 gift card to an ABC business by mailing in your completed crossword to ABC Crossword Puzzle, Stonebridge Press, P. O. Box 90, 25 Elm Street, Southbridge, MA 01550 OR scan & email or take a picture and email it to jsima@stonebridgepress.news by Wednesday, May 19th. Random-drawing for winner of all correct entries to be announced in the May 28 issue. One entry per person. Please support these ABC's businesses and tell them you saw their ad in your local paper! Good luck!



# *Dudley police respond to late night shooting*

**BY JASON BLEAU**  
**CORRESPONDENT**

**DUDLEY** – The Dudley Police Department is seeking any information related to the shooting of a town resident at around midnight last Wednesday.

According to a press release out of the Dudley Police Department, officers responded to a reported shooting victim at 12 Green St. around the midnight hour. Upon arriving, they located

a 26-year-old male resident who had suffered a gunshot wound to the chest. Police Chief Steven Wojnar said in an interview that several entities from Dudley arrived on the scene and responded effectively with the initial focus on stabilizing the victim.

“Our officers responded, as well as the fire and EMS personnel. Everybody did a great job with acting quickly with first aid. They really saved that gentleman’s

life. They were able to transport him to UMass and he went into surgery and is in the process of recovering from his injuries," said Wojnar.

The initial reports from the scene indicated that there may have been several suspects who forced their way into the first-floor apartment of the building and confronted the victim. Wojnar said this is not believed to be a random act and they are using all available resources to identify the

culprits.

“We’re still trying to determine what, if anything, was taken from the scene, and we’re trying to piece together what we have for suspects,” said the chief. “We are still in the process of gathering that information and following leads. We’re trying to get descriptions. We know that the individual or individuals fled on foot. We believe they might have gotten into a vehicle at some point along the way. We

brought in a K9 unit to assist in the search. We canvassed the area and obtained some video evidence from some folks. We're looking for anybody with information or those who have video to check for anything suspicious around that time."

The chief confirmed that a female resident and two children were home at the time of the shooting however none of them were injured during the incident. The Massachusetts State

Police is assisting Dudley Police with the investigation which, as of this report, is active and on-going. Anyone with information or possible video evidence is asked to contact the Dudley Police Department a 508-943-4411. Det. James Annese is leading the investigation. Dudley Sgt. Marek Karłowicz, and Officers Keith Remillard, Luis Pacheco, and Mariano Conte also responded and are assisting with the investigation.

# Charlton election sees low turnout

**BY JASON BLEAU**  
**CORRESPONDENT**

CHARLTON – Only 715 voters turned out for the 2021 annual town election in Charlton on May 1, electing representatives of numerous boards, committees and commis-

sions including a new school committee representative, a new Board of Health member and a new selectperson.

The turnout was only just over 7 percent of the 9,986 registered voters in town, and is less than the 837 voters who cast their

ballot for the delayed election in June of 2020 during the pandemic. The ballot did contain numerous uncontested seats however three contested elections were decided.

The first, and most significant, decision of

the day was for a new selectperson with Karen Spiwak choosing not to run for reelection to pursue other endeavors. Scott Alan Neri and Barbara M. Zurawski were the two candidates seeking Spiwak's seat with Zurawski edging out Neri to become the newest Charlton Selectwoman in a 371 to 334 vote. Incumbent Selectman David Singer was also elected back to the board in an uncontested election for his seat.

Another seat with a contested battle was the Board of Health. Incumbent Board Chair Kathleen Walker sought to maintain her seat against contender Peter J. Lancette II, and when the numbers were tal-

lied it was Lancette who earned the victory by a large margin of 462 to 229. The third contested election of the night was for a seat on the Housing Authority where incumbent Cedric S. Flower won over contender Susan F. Mix in a 341 to 312 vote.

The rest of the seats up for grabs were all uncontested elections with some new names joining the town's elected bodies. Jeanne Renaud Constello will join the Dudley Charlton Regional School Committee with incumbent Stephanie Reed choosing not to run for reelection. Jordan Evans will also return to the committee after an uncontested battle to retain her seat.

Brett Moore was named Assessor after facing no competition. Willis S. Bond, Jr. rejoins the Cemetery Commission. Russell George Jennings and write in candidate Cameron Coleman were elected to the Water and Sewer Commission. William T. Fontaine was elected to the Planning Board, Diane Doherty maintains a seat on the Recreation Commission, Frances M. Mower and Stefan D. Sage were both reelected to the Library Board of Trustees, and Donald J. Montville was elected to represent the town in the Southern Worcester County Regional Vocational School District.

*Summit Agency announces  
expansion supporting  
autism community*

**WORCESTER** — Building on its successful day school for students with autism, Summit Agency, Inc., is expanding its programs to provide more comprehensive services to Worcester County.

Summit Agency is a non-profit organization that provides educational and community supports to individuals with autism and related diagnoses. Summit has been a leader in the community for 14 years, operating Summit Academy school, a licensed therapeutic school alternative for students ages six to 22.

to include Summit Campus, the Summit Health and Wellness Center and Summit Behavioral Services. This new programming, along with our day school, allows Summit to meet individuals and their families where they are on their journey. We want our students to reach their full potential for independent living.”

Summit Campus (at 37 Fruit St.) is a dormitory experience for college students with autism attending any of the consortium colleges and universities in Worcester. The program is designed to foster personal growth, academic success and independent living. These supports will empower students with the transition skills necessary to live a productive, rewarding and successful life.

"Summit has had some of the most creative ideas of any of the programs I've worked with," says attorney Henry Clark, first executive director of MAAPSS and an advocate for special needs schools. "This project in Worcester has been a long time coming and presents a wonderful opportunity for individuals on the autism spectrum to receive the array of much-needed services to be successful in school and beyond."

The Summit Health and Wellness Center, opening on July 1 at 59 William St. will offer counseling, speech therapy and social skills groups. Psychiatrist Oliver Joseph, M.D., will be the chief medical officer of Summit Agency.

Summit Behavioral Services will operate out of the Health and Wellness Center. SBS will provide in-home one-on-one services utilizing Applied Behavioral Analysis (ABA).

Summit Agency has committed to a longterm occupancy for the buildings, which have been beautifully restored by Russ Haims of Hampton Properties.

For more information about Summit Agency, contact Nikki Koppel at [nkoppel@summitacademiesma.com](mailto:nkoppel@summitacademiesma.com) or visit [summitagencyma.com](http://summitagencyma.com).

“April is Autism Awareness Month, so I’m thrilled to share the news about our new programs,” said Daniel DiMezza, Summit Agency’s CEO and the executive director of Summit Academy. “We are expanding our services and supports

Cornerstone  
Bank welcomes  
new Assistant  
Vice President,  
Commercial Lender

WORCESTER — Cornerstone Bank, a community bank with 12 locations throughout Central Massachusetts, recently welcomed Klara Carter as its new Assistant Vice President, Commercial Lender. Carter has worked in the banking industry for more than 20 years specializing in helping small businesses with financing.

"Klara will be a great fit in our organization," said Cornerstone Bank CEO Todd Tallman. "She already has an incredible track record assisting business owners in acquiring the financing they need, which we hope to apply to many of the great small businesses we serve across our community."

A resident of Danielson, Carter graduated from Nichols College with a degree in business administration and management, focusing on general administration and finance.

"I am eager to begin my role with Cornerstone Bank as the next chapter of my career," said Carter. "This past year has been so difficult for our area businesses and I look forward to helping them get back on their feet and supporting their future growth."

About Cornerstone Bank  
Cornerstone Bank is an independent mutual savings bank serving residents, businesses and communities throughout Central Massachusetts. Our customer promise, Built on Trust, is not just a brand, but also a corporate focus. Whether a business or personal partnership, Cornerstone Bank rests on the foundation that relationships are built on trust. Deposits are insured in full by a combination of the Federal Deposit Insurance Corporation and the Depositors Insurance Fund. The Bank is an Equal Opportunity Employer, Equal Housing Lender and SBA Preferred Lender. To learn about Cornerstone Bank's personal and business banking offerings, please visit [cornerstonebank.com](http://cornerstonebank.com) or call 800-939-9103.

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