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Friday, May 7, 2021

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

Brimfield bosting Community Clean Up Day

BRIMFIELD — Help keep Brimfield clean by tak-ing part in a Community Clean Up Day Saturday, May 8 from 8 a.m. – noon.

Join in this community event to help pick up litter on the area streets and beautify the town. Clean your own street or join a team. Supplies such as gloves, bags and safety vests will be given out at the Congregational Church that morning. For more details, or to sign up visit Brimfieldma.org.

This program is supported with a grant from the Last Green Valley as well as the Hitchcock Academy, Brimfield Congregational, St. Christopher and Friendship Baptist Churches, Opacum Land Trust, Boy Scouts, Girls Scouts, Brimfield show Promoters, LeBoeuf Rubbish and Apple Barn Café.



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

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,

Turn To COLD STORAGE, page A10

Center of Hope celebrates 65 years

SOUTHBRIDGE - 2021 marks the Center of Hope Foundation's 65th anniversary. Since its inception in 1956, the Center of Hope (CoHF) has





\$2,000 to Relay for Life



Courtesy

Employees from both SCHOTT Southbridge locations Lighting and Imaging and Electronic Packaging.

SOUTHBRIDGE — With the motto, "your opinion counts AND helps fight cancer!" SCHOTT in Southbridge funded a contest from Feb. 3 to 23 to encourage participation in their Employee Survey

SCHOTT committed to donate to the American Cancer Society, through its SCHOTT for a Cure Relay for Life team, based on the survey participation percentage. The higher the participation, the more money would be donated. The final result was an 85% participation rate! Based on this strong level of employee involvement, SCHOTT donated \$2,000 to the American Cancer Society. The donation will support breakthrough cancer research to advance lifesaving treatments and critical support for patients and their families.

Team "SCHOTT for a Cure" includes employees from both SCHOTT locations in Southbridge, with employees raising funds individually and/ or jointly with the team. The team is part of the Southern Worcester County Relay held each June in Southbridge. In recent years the team, with SCHOTT's support in terms of both allowing numerous fundraisers as well as its annual sponsorship, has been a top fundraising source for this Relay.

"We are honored to work with such a great, caring workforce. SCHOTT is an essential manufacturer in the Medical Device and Defense industries and has stayed open during the pandemic. The COVID-19 situation has taken a toll on everyone emotionally, but this did not stop our employees from stepping up to join the Relay for Life again this year. It is amazing to see the commitment from our employees and we are proud to have such a great workforce supporting this cause and we fully support them in return,' James P. Gareau, President of SCHOTT North America, Inc. said.

SCHOTT is committed and proud to give back to the community in a meaningful way. Each year, depending on the amount the team raises, SCHOTT offers a sponsorship level company match and this \$2,000 received now is on top of that!

"We are very excited, especially during these tough fundraising times, seeing everyone so passionate to this cause and community. We feel our presence and involvement is important, so we all can make a difference," said Vicki Shrewsbury, Director of Human Resources of SCHOTT in Southbridge.

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.



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.

"Buffone Cleaning Services has the equipment, knowledge, precision, and skill to clean, sanitize, and disinfect your space," Buffone says. "Our disinfection services ensure that your facility is operating in a safe and healthy environment."

The company, he explained, has the proper supplies to disinfect any type

of surface, and to provide a safe and well-maintained space with passion. He promises to exceed customers' expectations for routine and specialty needs such as COVID-19 disinfection services, and is proud to use only safe choice and green sealed certified cleaning products that 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.



Family Services of Central Massachusetts awarded grant to implement child care development specialist apprenticeship program

WORCESTER — Family Central Services of (FSCM), Massachusetts an affiliate of Seven Hills Foundation, was recently awarded funding through a grant program administered by the Massachusetts Executive Office of Labor and Workforce Development. The \$200,000 funding is for FSCM to implement a Child Care Development Specialist Apprenticeship Program in Central Massachusetts. This initiative is designed to run until the end of June 2022, with an option to continue the program for an additional year.

The goals of the Child Care Development Specialist Program are to 1) Build competency in child development and classroom management and curriculum in entry level workers working in the private sector (not public schools), including workers with English as a Second Language; 2) Provide meaningcredentials includful ing the Apprenticeship certificate, the Child Development Associate credential (nationand Massachusetts al) Department of Early Education and Care Teacher Certification; 3) Provide a career pathway including a track into higher education at the community college level; and 4) Improve retention of entry level, new workers including building a path on a compensation scale that leads to a self-sufficiency wage. Apprenticeship "The program is a strategy to build child development knowledge and competency in unskilled, entry level workers and also provide a career pathway in the field to enhance retention and quality of care," said Jim Regan, Vice President of Family Services of Central Massachusetts.

The field of early education and care is new to using the apprenticeship model. In addition, child care providers are currently considered "Essential Workers" during the COVID-19 pandemic. Working families with young children who cannot work remotely must depend on child care services. Child care programs have remained open during most of the pandemic to support other essential workers in health care, government, the supermarket industry, etc. The existing workforce has been stressed by departures of workers due to health concerns or family responsibilities.

For 130 years, Family Services Central of Massachusetts has been serving the greater Worcester community as a valuable resource providing high quality support. guidance and counseling. FSCM offers a diversity of programs and services that include individual, child and family counseling; employee assistance; home care; community mediation, senior volunteer and companion opportunities, and professional development for the early child care industry. On Jan. 1, Family Services of Central Massachusetts (FSCM), headquartered in Worcester, became an Affiliate of Seven Hills Foundation.

ACCURACY WATCH

The Sturbridge Villager is committed to

accuracy in all its news reports. Although

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TOWN OF BRIMFIELD HIGHWAY DEPARTMENT Request for Bids

Various Road Materials, Equipment Rentals, Crack Sealing-Polymer & Crumb Rubber Modified (PCRM) Asphalt Compound with Reinforcing Fibers and Bituminous Concrete-Type I for Fiscal Year 2022

Sealed bids, appropriately marked, will be received, publicly opened and read on Thursday, May 27, 2021 at 1:00 p.m. in the Brimfield Town Hall Annex, 23 Main Street, Brimfield, MA. The following items for Fiscal Year 2022 will be awarded by the Board of Selectman on Tuesday, June 7, 2021:

- I. Various Road Materials
- II. Equipment Rental with Operator
- III. Crack Sealing-Polymer & Crumb Rubber Modified (PCRM) Asphalt Compound with Reinforcing Fibers
- IV. Bituminous Concrete Type I

Bid specifications will be available for pickup beginning May 4, 2021 at the Brimfield Highway Department, 34B Wales Road, Brimfield, MA from 9:00 a.m. to 3:00 p.m. Monday through Thursday or by emailing the Procurement Officer at <u>selectmen@brimfieldma.</u> <u>org</u>. Questions with regard to various locations and other matters relative to this bid are to be posed to the Brimfield Highway Surveyor, Zachary Lemieux at the Brimfield Highway Department at 413-245-4103.

Envelopes must be clearly marked as stated on the Bid Sheet with Item and Number and include the date and time of the bid opening. Where required, bids must indicate a single cubic yard multiplier (dollar amount per cubic yard) and/or price per ton on the appropriate bid form attached.

Bituminous Concrete-Type I bids must indicate all prices, both pick up at plant (not more than 15 miles of the Brimfield Highway Garage, 34B Wales Rd) and to be delivered to the Town of Brimfield, Town Yard, or, the job location in the Town of Brimfield. Bids shall include the current base price for liquid asphalt. The price adjustment of hot mix asphalt mixtures containing liquid asphalt shall apply as per scheduled posted on Massachusetts Highway Department website: www. mass.gov/mhd and "Special Provisions" as attached.

Contractors intending to bid on Bituminous Concrete – Type I, Full Depth Reclamation with Calcium Chloride and Crack Seal must be pre-qualified by the Massachusetts Highway Department and the pre-qualifying form from the State must be presented at the time the bid package is picked up from the Town of Brimfield. A bid deposit of 5% of the total price bid must be submitted.

All work/items must meet Massachusetts Department of Transportation, highway standards specifications.

Prevailing Wage Rates have been established by the Department of Labor and Industries under the provision of Chapter 149, M.G.L., Section 26-27D. Bids submitted for Full Depth Pavement Reclamation with Calcium Chloride are subject to the provisions of General Laws, Chap 534, 30B, Section 30M inclusive as amended, (Public Works Construction).

Executed Certificates of Non-Collusion and Tax Compliance (attached) and Corporate Authority (MUST) be included in all bid submissions. Bids received without the executed certificates will not be considered.

Duration of the bid contract is July 1, 2021 through June 30, 2022; otherwise, please state on bid sheet any exceptions.

Payment terms: Net term, 30 days.

The Board of Selectmen reserve the right to reject any and/or all bids, or, accept that bid deemed to be in the best interest of the Town of Brimfield.

Zachary Lemieux

Highway Surveyor Town of Brimfield Brimfield, MA 01010 (413) 245-4103

Town of Brimfield Highway Department Request for Bids FY22 Heating Oil, Diesel, Gasoline and Boiler Maintenance

Sealed bids, appropriately marked, will be received, publicly opened and read on Thursday, May 27, 2021 at 1:00 p.m. in the Brimfield Town Hall Annex, 23 Main Street, Brimfield, MA. The following items for Fiscal year 2022 will be awarded by Board of Selectman on Tuesday, June 7, 2021:

- I. Fuels:
- *Must hold an Ultimate Vendor's License 1. Gasoline – Unleaded
 - 2,000 gallon capacity
- 2. Diesel Ultra Low Sulphur
 - 2,000 gallon capacity
- 3. Heating Fuel
- 1,000 gallon capacity
- 4. Boiler Maintenance

nce See Below*

*Boiler Maintenance: The Town of Brimfield has a total of four (4) furnaces/boiler systems in its municipal buildings that require annual cleaning and periodic repairs. Bids are to include the per hourly labor rate for this work. Materials will be paid for as necessary.

The Town of Brimfield will consider bids based only upon "mark up over daily rack price"

Bid specifications will be available for pickup beginning May 4, 2020 at the Brimfield Highway Department, 34B Wales Road, Brimfield, MA from 9:00 a.m. to 3:00 p.m. Monday thru Thursday or by emailing the Procurement Officer at <u>selectmen@</u> <u>brimfieldma.org</u>. Questions with regard to other matters relative to this bid are to be posed to the Brimfield Highway Surveyor, Zach Lemieux at the Brimfield Highway Department at 413-245-4103. Envelopes must be clearly marked Heating Oil, Diesel, Gasoline and Boiler Maintenance with bid opening date. All bids must be submitted on Town of Brimfield Bid form (included in bid packet). No bids will be accepted after the time and date specified.

Duration of bid is for Fiscal Year 2022; otherwise, please state on bid sheet any exceptions. Payment Terms: Net term, 30 days. Executed Certificates of Non-Collusion and Tax Compliance (attached) and Corporate Authority <u>MUST</u> be included in all bid submissions. Bids received without executed certificates will not be considered.

Prevailing Wage Rates have been established by the Department of Labor and Industries under the provisions of provisions of Chapter 149, M.G.L., section 26-27D. Bids submitted for heating oil, diesel and gasoline are subject to the provisions of the Prevailing Wage law where applicable.

The Board of Selectmen reserve the right to reject any and/or all bids, or, accept that bid deemed to be in the best interest of the Town of Brimfield.

Zachary Lemieux Highway Surveyor Brimfield, MA 01010 (413) 245-4103



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

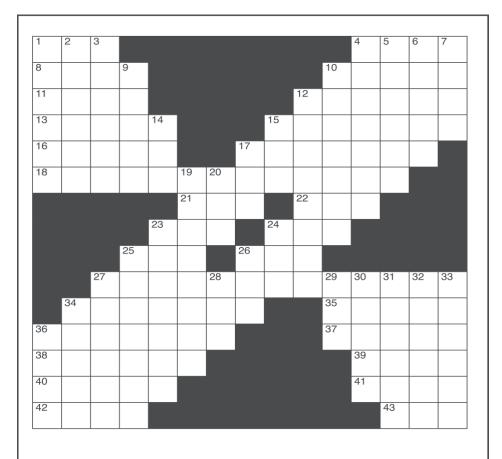
WORCESTER — Four Quinsigamond Community College Phi Theta Kappa (PTK) students, Edmilse Diaz, Alexander Riopel, Vincent Carl Strzelecki and Bradley Sylvestre, have been recognized for their outstanding achievements as members of the 2021 Phi Theta Kappa All-Massachusetts Academic Team.

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



CLUES ACROSS

- 1. Engine additive
- 4. A hearty laugh
- 8. Restrain
- 10. Dried coconut kernels
- 11. Nefarious
- 12. Elderly
- 13. Central part of a church building
- 15. Throw into confusion
- 16. Intestinal
- 17. Qualities of being religious
- 18. Live up to a standard
- 24. Bowling necessity
- 25. One point east of due south
- 26. Japanese honorific
- 27. A way to induce sleep
- 34. Makes cash register rolls
- 35. A city in S Louisiana
- 36. Make more cheerful
- 37. Manicurist
- 38. Consents
- 39. Network of nerves
- 40. Mocking smile
- 41. It covers the body

43. Perform in a play

42. Partner to pans

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 pursing 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.

VILLAGER Almanac

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Weekdays 8:30 - 12:30 and 2:00 - 4:30 and Sat. 9:00 - 12:00

Real Estate

BRIMFIELD

\$450,000, 25 Tower Hill Rd, Simonzi, Mark, to Saunders, Daniel. \$365,000, 45 Apple Rd, Keating, Morgan, and Keating, Benjamin, to Devlin, Ryan.

HOLLAND

\$45,000, 10 Cove Rd, Scheyd, Susan, to Scheyd, Richard.

STURBRIDGE

\$650,000, 63 Fiske Hill Rd, Turner, Lynne C, to Schiro, Debbie. \$550,000, 38 Draper Woods Rd, Santangelo, Stephen A, and Santangelo, Catherine D, to Windsor, Roy C, and Windsor, Kelley L. \$290,000, 8 North Dr, Harvey, Bryan M, and Harvey, Abbty, to Wisinesy, Matt, and Gardner, Olivia. \$206,000, 28 P

"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 manager 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 members 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

Coast Guard boating safety course offered May 20

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 or (508) 478-3778.

- 21. Seize
- 22. Go quickly
- 23. Automated teller machine

CLUES DOWN

1. Beautiful

- 2. Polynesian island country
- 3. Shrub of the olive family
- 4. Self-governing Netherlands
- territory
- 5. Shared one's view
- 6. Tailless amphibians
- 7. Charge passengers must pay
- 9. Sound sheep make
- 10. Known for sure
- 12. Filled with unexpressed anger 32. Induces vomiting
- 14. Student (abbr.)
- 15. Criticize
- 17. Gathering place
- 19. Informal alliances

- 20. One's mother (British)
- 23. Landholder
- 24. Peter's last name
- 25. Parties
- 26. Title of respect
- 27. Red wine
- 28. Pearl Jam's debut
- 29. Shaft horsepower (abbr.)
- 30. Frosts
- 31. Cry of joy
- 33. Mother or father
- 34. Dal __: Musical navigation marker
- 36. Door fastener part

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The Sturbridge Villager (USPS#024-955) is published weekly by Stonebridge Press, Inc., 25 Elm St., Southbridge, MA 01550. Periodical postage paid at Southbridge, MA 01550. POSTMASTER: Send address changes to Sturbridge Villager, P. O. Box 90, Southbridge, MA 01550

STURBRIDGE VILLAGER PUBLISHED BY STONEBRIDGE PRESS PRESIDENT AND PUBLISHER

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Bay Path honor roll

CHARLTON — Bay Path Regional Vocational Technical High School has released its honor roll for the third quarter of the 2020-2021 academic year.

Grade 12

High Honors: Nathaniel Beauchesne, Dylan Bellerive, Maya Bond, Victoria Bonneau, Kaitlyn Brindle, Matthew Brown, Gabriella Emma Caron, Lauren Chase, Christian, Andrew Colson, Christian Consiglio, Cheyenne Courtney, Bailey Creeron, Kelli Devlin, Jessi Escoto-Cifuentes, Benjamin Gelineau, Isabella Gonyea, Alexis Gosselin, Isaac Josti, Samantha Labelle, Eliana Lasell, Alicia Lempitski, Samuel Messier, Zachary Messina, Owen Ostromecki, Luis Perez, McKenzie Robinson, Kyle Sadusky, Kiana Tonkin, Jared Torosian, Nikko Vitkos, Caitlin Young, Louis Zanca

Honors: Emma Abbascia, Bryanna Andino, Graciela Antunez-Flores, Erika Apher, Ivy Ballou, Dominic Beauchesne, Cameron Blake, Skyler Bond, Dani Borci, Aaron Correira, Megan Costa, Brianna Cote, Natalie Courtney, Olivia Courville, Jordan DeFosse, Hayden Dube. Calissa Ferschke, Sean Flynn, Sarah Gosselin, Molly Hoefler, Abigail Joesten, Elin Kaufman, Jodie Kendall, Juliannah Kolofsky, Savannah LaBranche, Karma Lama, Julio Lopez-Torres, Curtis Lussier, Grant Maffei, Bryan Malone, Nicholas Marcotte, Chase McKenney, Kevin McManus, Ty Dimitrios Mironidis, Millette, Nicholas Moulton, Michael Mullaly, Joshua Natale, Robert Nichols III, Meagan Peck, Madison Poole, Keith Reardon, Nicholas Reil, Christina Rivera, Steven Schoenfeldt, Dylan Smaltz, Ryan Steiner, Kyleigh Sutherland, Maynard Sweet-Giglio, Joshua Turcotte, Cullen West, Genevieve Williams, Ashley Wilson, Katie Wroblewski

Principal's List: Adrian Aguilar, Kyle Bacon, Brent Burlingame, Leigha Clifford, Timothy Crowell, Leah Dingui, Evan Duffey, Parker Gilspin, Damien Grassey, Chloe Grenier, Evan Hall, Devin Hanlan, Cristal Hernandez, Elena Hopkins, Jayce Hutchinson, Susanna Krantz, Set Lawendowski, Matthew Livsey, Ullysses Logan, Evan Maldonado, Madison McKeon, Elizabeth McLam, Douglas Poirier, Troy Pollone, James Rivera, Andrea Rogan, Madison Rynne, Johnathan Tucker

Grade 11

High Honors: Justin Barton, Hayden Bourgeois, Alexia Brawn, Dvlan Butkus, Diego Canovas, Jackson Chaffee, Lillian Dolan, Izabella Coughlin, Jack Dalton, Lillian Dolan, Erin Donahue, Cody Douglas, Genesis Gonzalez, Zachary Hinman, Nicholas Hunter, Morgan Ivory, Logan Johnson, Tiffany King, Cole Komssi, Amber Mercon, Aaron Mitchell, Jovanni Morales, Olivia Morin, Rachael Plaud, Lukas Rafferty, Luzyvette

Thomas Benoit, Dominic Benvenuti, Jayde Berthiaume, Brian Bonnette, Catalina Burden, Patric Campbell, Andrew Cannon, Isabella Capuano, Harmony Caranci, Stephanie Chege, Connor Clardy, Yadriel Colon Vega, Anaya Compres, Chynna Cote, Carter Coughlin, Aleysha Cruz Merced, Kevin Cunningham, Hayden Dery, Harmony Desrosiers, Chloe Dexter, Nathan Dreitlein, Lillian Dunkerton, May Emsiranunt, Johnathon Garabedian, Ferreira, Brady Danielle Gautier, Isabella Gervais, Alex Gilfoy, Gavin Gillet, Nicholas Gosselin, Ashley Hamel, Brandie-Lea Heck, Molly Johnson, Ryan Kempskie, Kevin Kilcourse, Ryan Komssi, Jason Kozlowski, Taylor Labrecque, Anthony Lang, Bethany Lasell, Andrew Leach, William LeCuyer, Lexie MacDonald, John Marchetti, John Martinek, Anthony Martins, Brandon Martocci, Boru Masiello, Alannah Matthews, Cadie Miller, Samuel Murillo, William Ofori, Angelina Ortiz, Samuel Parker, Michael Pashoian, Aaliyah Perez, Ilias Perez, Hunter Pocis, Krystal Quadarella, Xavier Rodriguez-Bradley, Alex Saad, Anthony Seymour, Chloe Sicari-Swinimer, Katrina Somers, Kyra Stevens, Isabella Tanacea, Scarlet Taveras, Francheska Toribio-Polanco, Jalissa Torres, Aaliyah Tremblay Collins, Rohan Vaidya, Kyle VanCott, Tyler Verrier

Nathaniel Principal's List: Anderson, Lucas Aubucon, Thomas Becker, Sadie Bickford, Brianna Bond, Graham Carbonneau, Hailev Cournoyer, Nathan Cuff, Kurtis Davis, Marlee Donohoe, Tricia Gallien, Adelina Giaquinto, Lucas Grant, Amie Grenier, Nathan Gulkin, Cameron Hafner, Declan Johnson, Kailey Jones, Chloe Jordan, Lucas Kaufman, Aidan Oosterman, Gabrielle Packard, Jackson Philion, Anyse Pinto, Caleb Renaud, Adalius Rivera, Evanie Rodriguez, Nicholas Smith, Aaron Swank, Kristina Sylwanovicz, Jomar Torres, Aaron Trahan, Mackenzie Tupaj, Anthoni Venditti

Grade 10

High Honors: Jake Aho, Ronald Desrosiers, Elizabeth Dreitlein, Aiden Gelardi, Evan Gelineau, Emma Hesselton, Samantha Inangelo, Aiden LaFrance, Erika Melendez, Mackenzie Morrisey, Kiyana Perez, Hilary Queirolo, Abrahm Routhier, Wyatt Sadusky, Arminda Simoes, Naomi Soriano, Emily Westwell

Honors: Samuel Audunsson, Lukus Bachand, Sincere Bailey, Olivia Beaudette, Cauy Beaver, Quinn Beck, Dillon Beckwith, John Begg, Alexander Besaw, Benjamin Besaw, Samuel Boria, John Boyle, Dennis Brunelle, Miranda Burden, Arriana Cabana, Joshua Carignan, Matthew Casati, Daniel Chaffee, Amanda Christianson, Isabella Coleman, Makayla Collins, Grace Comeau, Gage Conroy-Laboeuf, Caleb Jude Corpuz, Ryan Davis, Cam'Ron Desrosiers, Noah Dipadua, Cheryl Dolson, Ty Dupuis, Amanda Englund, Jacob Farnham, Lucas Farnham, Zachary

Nicky Antwi, Connor Barton, Finizza, Jayden Flanders, Zachary Ford, Evan Frost, Casey Gallagery, Emily Gelineau, Adrian Gonzalez. John Guerin, Julius Guillen, Barry Hanson, Lauren Hennessy, Luke Hill, Matthew Hoyt, Mariah Hurtubise, Michael Jalbert, Tatyanna Johnny, Grace Jones, Calista Kalil-Johnson, Matthew Kallgren, Tyler Kasprzycki, Anna L'Esperance, Madison Lamica, SydneyLamontagne, JamesLeProhon. Ayden Letourneau, Gianaleze Lopez, Angus Mackenzie, Judly Maignan, Connor McCarthy, Dylan McDonald, Rachel McMenemy, Yerilian Miranda-Colon, Kyle Moody, Merissa Murray, Stephen Ngaruiya, Cameron Nolette, Gabrielle Oikle, Michan Pacheco, Joelle Peluso, Damien Petrie, Trevor Phillips, Georgios Pirperis, Madison Poirier, Jenisey Ramos, Emma Rannikko, Rozlyn Robillard, Jazlynn Santana, Cameron Scobie, Terry Simon, Emma St. Francis, Evan St. Cyr, Damion Szafarowicz, Brayden Therrien, Yadiel Vazquez-Molina, Lucas Welton, Jacob Wilga, Jonathan Young

Principal's List: Aleana Brayton, Evanise Calo Resto, Julia Canty, Hailey Carlson, Anthony Comforti, Ryan Couture, Troy Cyr, Samantha DeCell, Tori Fonatine, Amber Girard, Noah Gilspin, Devon Goulet, Sumner Jordan, Delaney Kirkorian, Sara Malaney, Matthew Marchetti, Dylan Morrison Ilvonen, Jonathan Norman, Kylie Novia, Jonathan Nussey, Damon Provencal, Sabrina Rodrigues, Kyngel Rosario, Kieya Santerre, Sawyer Smith, Lucas Soloperto, Walfry Torres-Rodriguez, Yahil Vega-Cortes, Kaydence White-Owens, Wade Wolanski, Jackson Wright, Makenna Zella

Grade 9

High Honors: Sophia Balestracci, Angeliz Beltre Colon, Alex Beshiri, Rachel Carpenter, Eyan Chase, Meredith Clark, Yanieris Colon Vega, Kirsten Congdon, Mariselle Cosme, Kyleigh Czechowski, Daniel Daige, Emma Davidson, Jabril Erraihani, Jonathan Forget, Jenna Gajewski, Rachel Gormley, Simon Greening, Lucas Hafner, Tristan Hanson, Bridget Hast, Isabelle Herholz, Valerie Hernandez, Carly Impey, Stanislaw Janusz, Jordan Kippax, Anna Lehtola, Sarah Martin, Jenna McLeish, Kayla Nguyen, Peter Nhan, Stephanie Njenga, Nason Omasta, Wendy Ramirez, Amanda Seidler, Catherine Sirard, Jacob Sirard, Victoria Tinsley, Jack Ugrinow, Landon Walker, Charlotte Worster, Stone Zink, Gabrielle Zopatti Honors: Alexander Adki9ns, Aiden

Anderson, Kaidra Anderson, Kasey



Babkauskas, Avarie Beauchamp, Luke Boliver, Alec Borelli, Madelynn Bounphasaysonh, Ryan Bray, Samantha Buchanan, Caitlyn Burke, Oliva Carrier, Madyson Chicoine, Evan Christiano, Jomar Cintron-Perez, Petru Cojocaru, Zachary Cournover, Peter Courville, Leeann Dagnese, Wyatt Daoust, Emma Dejong, Edwin Delacruz Davila, Jeffrey Denhamn, Jonathan Desmarais, Dylan Dietlin, Jayden-Janes Dunston, James Ferreira, Kacey Flanagan, Robert Fleck IV, Madison Fournier, Ethan Gallant, Devin Gavaletz, Makayla Graham, Bradley Graves, Brandon Grenier, Kendal Griffin, Samuel Hampton, Riley Heenan, Alba Henriquez Baez, James Heywood, Derek Hosley, Ian James, Jadyn Katz, Abigail Kibaru, Madisyn Kozlowski, Alyssa Kutzko, Matthew Lach, Braeden LaPointe, Emma Levasseur, Kristina Liberty, Albert Luciano, Patrick Luperchio, Ryan MacCormack, Catherine Magnusson, Jadier Maldonado, Logan McCann, Shaun McLaughlin, Vincent Messier, Maggie Mullaly, Dorina Muska, Benjamin Nashawaty, Adrianna Navarro, Christian Nguyen, Madison Nolin, Noah Okolita, Vanessa Paddock, Noalani Perez, Colin Plante, Nicholas Pollone, Ismael Porrata, Logan Powers, Evan Provost, Emily Quental, Ryatt Rafferty, Jayden Remillard, Harrison Renaud, Chase Rupert, Daniel Russell, Samantha Russell, Cody Savary, Caterina Schiappa, Connor Sentence, Paige Seymour, Sydney Seymour, Ryan Sinkewich, Noah Speight, Gerald Splaine, Kaileigh St. Germain, Adriana Stanley, Lacey Sullivan, Kyle Sylwanovicz, Trent Szela, Isabella Taiste, Liberty Tanksley, Colton Tittle, Christopher Verdolino, Nathalie Walker, Ryleigh Warchal, Marc Watroba, Timothy Welch, Thomas Wilk, Hailey Williamson, Sebastian Winer

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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 financ-

ing. "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.'



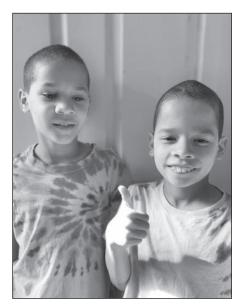
We Are Now Open and Can't Wait to See You! A resident of Danielson, Carter graduated from Nichols College with a degree in business administration and management, focusing on general administration and finance.

"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 or call 800-939-9103.

* * Friday's Child



Allen and Alvin Age 10 & 10

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 our 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.mareinc.org. The sooner you call, the sooner a waiting child will have a permanent

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

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LEGALS

Notice of Public Hearing The Brimfield Zoning Board of Appeals will hold a public hearing on the request of MDW, LLC, Michael Woloshchuk, regarding lots 2 & 3, Brimfield Parcel ID Map 10 Block C Lots 1.12 and 1.13. The Board will consider whether the proposed construction of a multiuse building and future addition in the business district will be detrimental to the neighborhood. Intended business uses include vehicle/equipment maintenance and storage, as well as automobile restoration/customizing services. Abutters are invited to consider the proposals and provide public input. The hearing will be held on Thursday, June 3, 2021,6:00 pm, at the Town Hall. 21 Main St Brimfield, MA 01010 May 7, 2021 May 14, 2021

Town of Holland Zoning Board of Appeals Notice of Public Hearing

The Zoning Board of Appeals will hold a public hearing on Wednesday June 09, 2021 at 7:15 pm at the Holland Town Hall, 27 Sturbridge Rd, Holland MA 01521 or remotely for more information please refer to the town website at https://town.holland.ma.us under Zoning Board of Appeals under agendas for the date specified above. The purpose of the hearing is to consider a request from Paul and Tracy Pannier for a variance according to Bylaw section 7. Relief requested: Owners would like to add a sunroom. The property is located at: 41 Shore Drive, Parcel ID # R01/A/21.

Don Beal, Chairperson, Zoning Board of Appeals April 26, 2021

May 7, 2021 May 14, 2021

THE COMMONWEALTH **OF MASSACHUSETTS MASSACHUSETTS DEPARTMENT OF TRANSPORTATION HIGHWAY DIVISION** NOTICE OF **A PUBLIC HEARING MEETING** Project File No. 602659

A Live Virtual Design Public Hearing meeting link will be published on the MassDOT website below to present the design for the proposed Route 20 Roadway Reconstruction project in Charlton-Oxford, MA.

WHEN: Thursday, May 13, 2021 @ 6:00 PM

PURPOSE: The purpose of this hearing is to provide the public with the opportunity to become fully acquainted with the proposed Charlton-Oxford Route 20 Roadway Reconstruction project. All views and comments submitted in response to the hearing will be reviewed and considered to the maximum extent possible.

PROPOSAL: The proposed project consists of improvements to Route 20 roadway safety conditions in Charlton and Oxford through proposed modifications to roadway geometry, roadway widening, installation of a median barrier and enhanced traffic operations at intersections. Design will include considerations for bicycle and pedestrian accommodations, signage, pavement markings, guardrail, retaining walls and storm drainage. Bridges carrying Route 20 over the Little River in Charlton and the French River in Oxford will be replaced.

A secure right-of-way is necessary for

this project. Acquisitions in fee and permanent or temporary easements may be required. The Commonwealth of Massachusetts is responsible for acquiring all needed rights in private or public lands. MassDOT's policy concerning land acquisitions will be presented in the hearing.

Project inquiries, written statements and other exhibits regarding the proposed undertaking may be submitted to Patricia A. Leavenworth, P.E., Chief Engineer, via e-mail to dot.feedback. highway@state.ma.us or via US Mail to Suite 6340, 10 Park Plaza, Boston, MA 02116, Attention: Major Projects, Design-Build Project File No. 602659. Statements and exhibits intended for inclusion in the public hearing transcript must be emailed or postmarked no later than ten (10) business days after the hearing is posted to the Mass-DOT website listed below.

This hearing is accessible to people with disabilities. MassDOT provides reasonable accommodations and/or language assistance free of charge upon request (e.g interpreters in American Sign Language and languages other than English, live captioning, videos, assistive listening devices and alternate material formats), as available. For accommodation or language assistance, please contact MassDOT's Chief Diversity and Civil Rights Officer by phone (857-368-8580), TTD/TTY at (857) 266-0603, fax (857) 368-0602 or by email (MassDOT.CivilRights@ dot.state.ma.us). Requests should be made as soon as possible prior to the meeting, and for more difficult to arrange services including sign-language, CART or language translation or interpretation, requests should be

made at least ten business days before the hearing.

This Live Virtual Design Public Hearing or a cancellation announcement will be posted on the internet at www. mass.gov/massdot-highway-design-public-hearings. JONATHAN GULLIVER HIGHWAY ADMINISTRATOR PATRICIA A. LEAVENWORTH, P.E. CHIEF ENGINEER April 30, 2021 May 7, 2021

Wales Planning Board **Public Hearing**

In accordance with the provisions of M.G.L. Ch 40A §11, the Wales Planning Board will hold a Virtual Public Hearing on May 17, 2021 at the Wales Town Offices at 6:30 PM, re-holding the hearing to correct a defect in the posting of the meeting and in regards to the acceptance of a new section to the Town of Wales Zoning Bylaw, known to be Section 7.9: Medical/Adult Use Marijuana. A copy is available on the Town of Wales website and is on file with the Town Clerk's office where it is available for inspection during regular business hours. Any person interested and wishing to be heard on the acceptance of this bylaw should refer to the town website (www.townofwales. net) under Planning Board agenda for the above date to participate virtually. If you have any questions or concerns please email planning@townofwales. net

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> FRANK G. CHILINSKI PRESIDENT AND PUBLISHER

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EDITORIAL 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

OPINION Views and commentary from Sturbridge, Brimfield, Holland and Wales

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. 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.

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

JEFF BURDICK

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 med 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.

TAKE THE HINT KAREN TRAINOR

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."



Contact Your Sales Representative Today. 508-764-4325 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

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

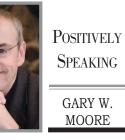
later our phones became computers and now it can be

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 installa-



tion 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.

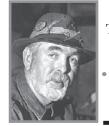
Jeff handed me five remote controls and said, "These three are for the living room and these two for the bedroom. The third for the living room operates your sound. The other two operate the TV."

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 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 intelliThis article was written by Edward Jones for use by your local Edward Jones financial advisor. Please contact Jeff Burdick, your local Edward Jones Advisor in Sturbridge at 508-347-1420 or jeff.burdick@edwardjones.com.

Turkey season off to a great start



THE GREAT OUTDOORS RALPH TRUE

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 weekend, 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 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

MOORE

continued from page A8

gent, 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.



Courtesy

(Left) Steve Rondeau with his big Tom.

fishing yourself. You all deserve it after this winter and the pandemic is in our rearview 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 fan 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.

Grow Edamame for better bealth and nutrition



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 welldrained 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



Melinda Myers

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

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

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 @GaryWMoore721 and at www.garywmoore.com.

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 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

ANTIQUES,

COLLECTIBLES

& ESTATES

WAYNE

TUISKULA

There is some

promising news

for local antique

shows. After all

three Brimfield

shows were can-

celled last year

due to the pan-

demic, Brimfield

will be reopening,

although it will

be on a limited

remain closed for

fiedshow.com lists

Acres (formerly

J & J) as the lone

May show. It will

open from May

12 through May

15. Expect to see

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.

seedlings, so the remaining plants are

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.

six inches apart.

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

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.

Baseball antique and auction news



for the July and September shows.

There has been a lot of recent antique news from basis. Many of the outside of our area fields have opted to as well. A 1794 "No Stars Flowing Hair the May show. The Dollar" far exceedwebsite thebrimed expectations when it sold at auc-Brimfield Auction tion last month. reported ESPN that "while it closely resembles silver dollars that were later minted in Philadelphia, more fields open 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 previouslv was owned by Texas Rangers co-chairman Bob Simpson. 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 that reported didn't Wagner 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 Turn To ANTIQUES,

page **A10**

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COLD STORAGE continued from page A1

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 enter-

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ing a demand-driven market sector in which modern, efficient cold storage space is at nearlv 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 compa-

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ny 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 developcompany ment and a third-party

MasslerCard

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partners Robert Chamberlain, Jeffrey Eklund, and Chris Bailey. They thoroughly researched the industry opportunity and chose Sturbridge their first facility because of its broad appeal to several different types of custom-They ers. assembling a team with the experience and exper-

tise necessary to provide consistent service at a fair price. NECS intends to develop and operate additional facilities in the next few years.

logistics company,

founded by three

for

are

а

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 com-

pany. 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 in-house and architects, their Southeast office delivers an enhanced designbuild construction process with turnkey centralized project management.

About Rockland **Trust Company**

Independent Bank Corp. (NASDAQ Global Market: Select is the INDB) holding company for Rockland Trust Company, 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 mercial and res-

ANTIQUES

continued from page A9

league,

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 There League. are many other items with Hall of Famers Jesse Burkett, Gabby

the 12th consecutive year. In addition to this recognition, Rockland Trust was ranked the #1 Bank in Massachusetts, according to 2020 Forbes 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, com-

idential 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 ser-

land development, equipment financvices. Rockland Trust is an FDIC ing, commercial member and an mortgages, and Equal Housing Lender. To find low-income housing loans. In addiout why Rockland tion, the team can Trust is the bank meet all the finan-"Where Each cial needs of its Relationship customers with additional services Matters®, please visit such as business RocklandTrust. deposit products, com. merchant RocklandTrust's foreign exchange services, and cash

Commercial Banking Group has more than 50

hope to see you in the stands at Polar Park this summer. Hartnett. Connie Our online Mack, and Sliding auction of sports Billy Hamilton. and non-sports Other great local cards all from one players photos, estate will soon programs from the be running. Our Blackstone Valley multi-estate online League, and local auction with Rock industrial league memorabilia from teams will also be Brown, James included. People Elvis Presley, who tour Polar Janice Joplin, Park will be able Hendrix, Jimi to see the exhibit and other famous in the DCU Club. performers will I am always lookbegin this month ing to acquire local and end on June baseball memora-9. We are nearing bilia from major the deadline for minor accepting qualileague, and industy consignments trial league teams 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.

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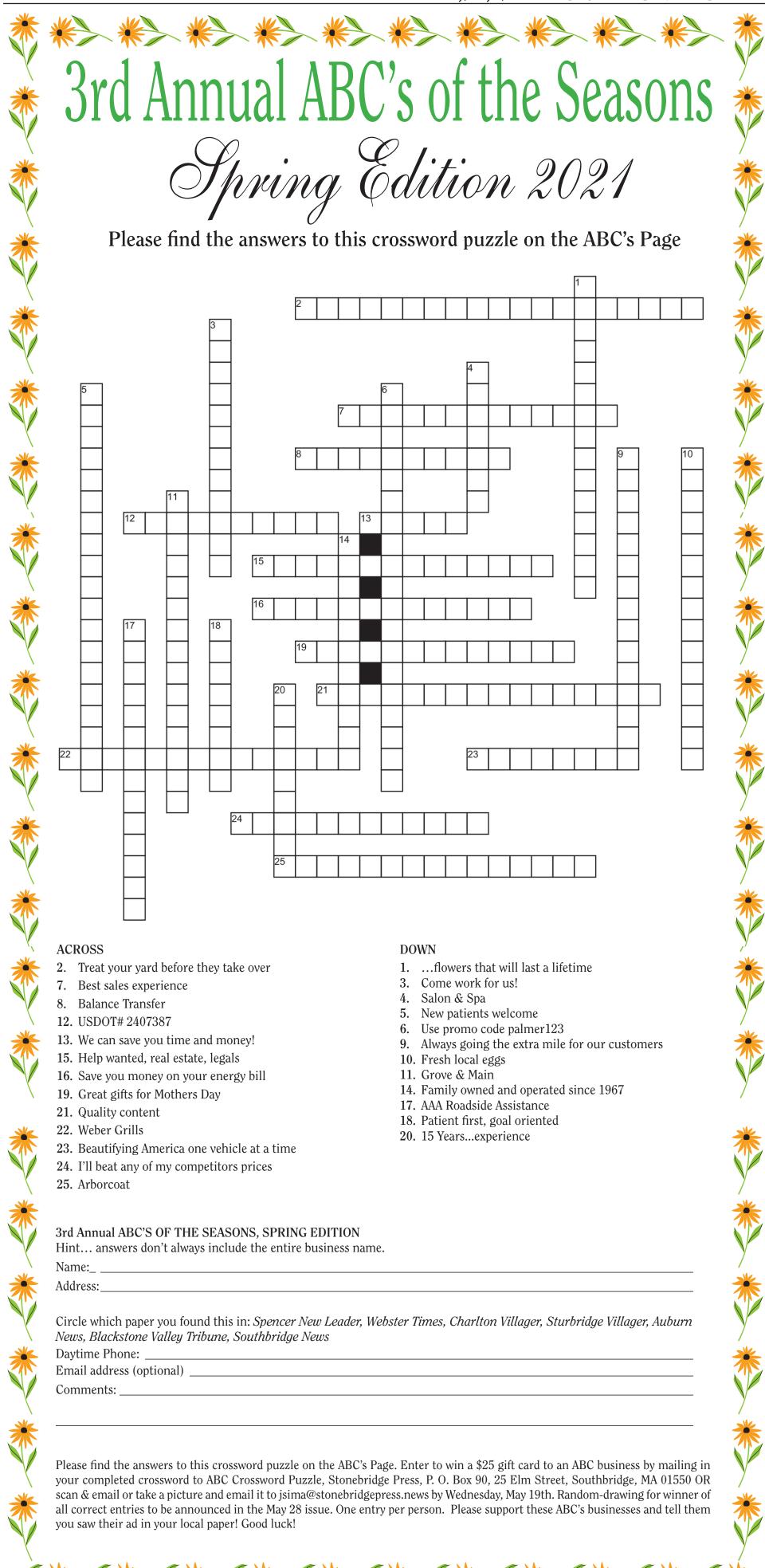
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Memorial Day Window Sales Event & Door Sales Event



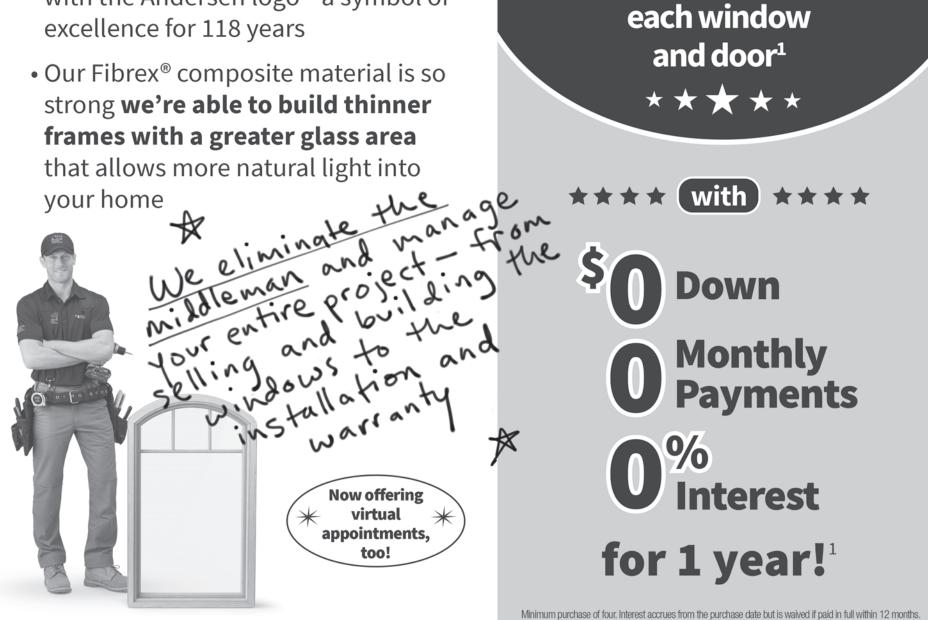
 Renewal by Andersen has installed 330,934 windows in MA and Southern NH, and each one is etched with the Andersen logo—a symbol of excellence for 118 years This special holiday sales event ends on May 31st!

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¹DETAILS OF OFFER: Offer expires 5/31/2021. Not valid with other offers or prior purchases. Buy one (1) window or entry/patio door, get one (1) window or entry/patio door 40% off, and 12 months \$0 down, 0 monthly payments, 0% interest when you purchase four (4) or more windows or entry/patio doors between 5/2/2021 and 5/31/2021. 40% off windows and entry/patio doors are less than or equal to lowest cost window or entry/patio door in the order. Additional \$50 off each window or entry/patio door, minimum purchase of 4, taken after initial discount(s), when you purchase by 5/31/2021. Military discount applies to all active duty, veterans and retired military personnel. Military discount equals \$300 off your entire purchase and applies after all other discounts, no minimum purchase required. Subject to credit approval. Interest is billed during the promotional period, but all interest is waived if the purchase amount is paid before the expiration of the promotional period. Financial institutions without regard to age, race, color, religion, national origin, gender or familial status. Savings comparison based on purchase of a single unit at list price. Available at participating locations and offer applies throughout the service area. See your local Renewal by Andersen location for details. License number available upon request. Some Renewal by Andersen Corporation. @2021 Andersen Corporation. @2021 Andersen Corporation. All rights reserved. @2021 Lead Surge LLC. All rights reserved.

Creative Mother's Day celebration and gift ideas

On Sunday, May 9, 2021, millions of people will celebrate the special women in their lives, particularly the mothers, grandmothers and stepmothers who often tirelessly care for those they love.

Created by Anna Jarvis in the early 20th century and designated an official United States holiday in 1914, Mother's Day is a special day in many families. Apart from birthdays, primary female caregivers may not always get the recognition they deserve, nor be entitled to a day to kick back and relax and let others take the helm. Mother's Day entitles them to something special.

Even though the way people have been living has changed during the COVID-19 pandemic, Mother's Day may be the first holiday on the calendar when the world can finally regain some sense of normalcy. But caution should still prevail during Mother's Day celebrations. Thankfully, there are plenty of creative ways to celebrate mothers and mother figures this year.

The ways to celebrate mothers and mother figures this year.
Dine truly "al fresco." Outdoor dining has become commonplace, and even before it was a safety measure, enjoying a meal on a sunsoaked patio or overlooking a body of water was popular. If you're worried about limited restaurant space or crowds, plan a picnic at a scenic location, such as a botanical garden or county park. Include Mom's favorite foods and enjoy the fresh air and delicious foods together.

• Create a photo slideshow. Digital photos have eclipsed prints in many people's hearts. But too often digital photos never get seen after they're initially taken. That can change when you compile a slideshow of favorite photos from childhood and even present-day photos that Mom is sure to appreciate. Use sentimental music or Mom's favorite songs as the soundtrack, and include some inspirational quotations or personal voiceovers. This is one gift that can be shared in person or over group





meeting apps.

• Get involved together. An especially meaningful way to honor a mother who is always giving her time and love is to become involved in a difference-making organization. Joint volunteerism is a great way to spend more time together working toward a worthy goal.

• Enjoy her hobbies and interests. Devote a day or more to trying Mom's interests and hobbies, whether they include hitting the links, knitting, singing in the church choir, or digging in her garden.

• Send an edible gift. If you can't be there to celebrate with Mom in person, have a special meal delivered to her door. Then enjoy the same foods with her via Google Meet, Facetime or Zoom. Don't forget a tasty cocktail so you can toast the special woman in your life.

Mother's Day celebrations can be unique, heartfelt and customized based on family needs.

How to approach travel during an uncertain summer

Vacation season is right around the corner. For the second straight summer, travelers may have to contend with uncertain circumstances as the world continues to confront the challenges posed by the COVID-19 pandemic.

Many individuals and families postponed or canceled their summer travel plans in 2020. Restrictions on travel and concerns about safety drove those changes. Though the pandemic is ongoing, the development and distribution of various vaccines has reopened the possibility of travel for millions of people across the globe.

It could be safer to travel in the summer of 2021 than it was a year ago, but travelers should still take a cautious approach before heading off for parts unknown in the months ahead.

• Monitor vaccine distribution. In early March, the three pharmaceutical companies behind the vaccines that had been approved up to that point, Moderna, Pfizer and Johnson & Johnson, updated their projections regarding the availability of vaccines. Estimates suggested the three companies would be capable of providing hundreds of millions of vaccines by the end of July 2021. That would seem to suggest that travel should be considerably safer by mid- to late-summer 2021 than it was a year ago. However, those were just projections. Travelers concerned about COVID-19 can monitor how many vaccines have been distributed by visiting the Centers for Disease Control and Prevention website at https://covid.cdc.gov/ covid-data-tracker/#vaccinations. Prospective vacationers who hope to travel domestically can even utilize the CDC's interactive map to determine how many vaccines have been distributed in the areas they hope to visit. Such knowledge can help travelers make the most informed decisions as they ponder whether or not to travel this summer.

• Learn about restrictions prior to booking any trips. Restrictions at your ultimate destination are another factor to consider before booking a trip. Thankfully, the CDC also makes it easy to learn about such restrictions within the United States. Prospective travelers can visit https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-planner/index.html and simply plug in a city, ZIP code or address to learn about potential visitor restrictions in their destinations. Travelers who don't want to be limited during their vacations can utilize the tool to find places with limited or no restrictions.

• Read the fine print before signing on the dotted line. In 2020, many people learned the hard way why it's so important to read the fine print on vacation contracts. Pay particular attention to cancellation policies and whether or not they're flexible. Travelers have every right to be concerned about traveling during a pandemic, but they may have no right to refunds if they signed contracts with inflexible cancellation policies. Travelers who suspect they may travel this summer but aren't entirely sure about safety should only sign contracts that allow them to cancel trips without paying any penalties. In addition, before booking hotel rooms, ask which amenities will be available to guests. Chances are you will spend more time at the hotel than normal, so access to pools, restaurants and other amenities takes on heightened importance.

Traveling in the summer of 2021

will be unique. Would-be vacationers should do their homework and consider a host of factors prior to booking a trip.



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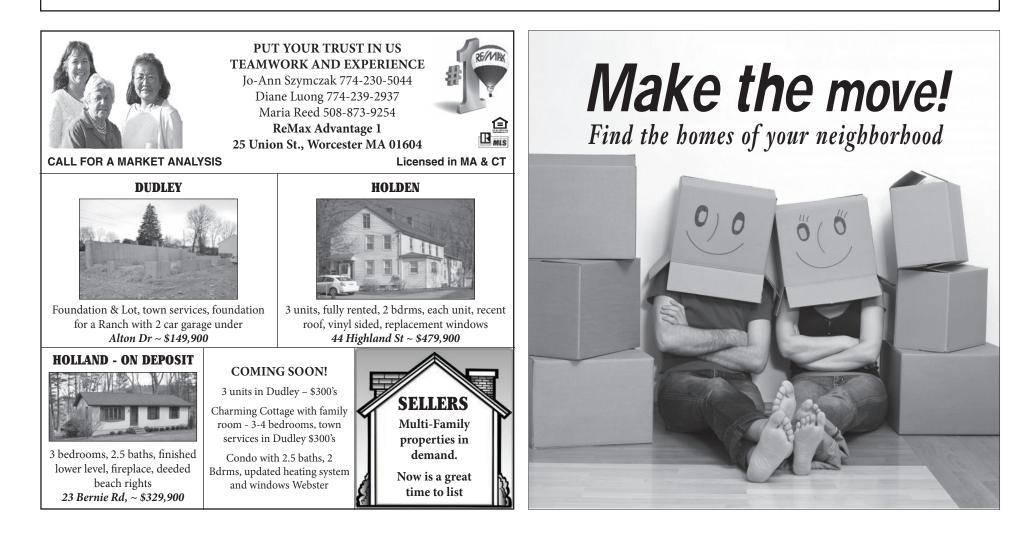
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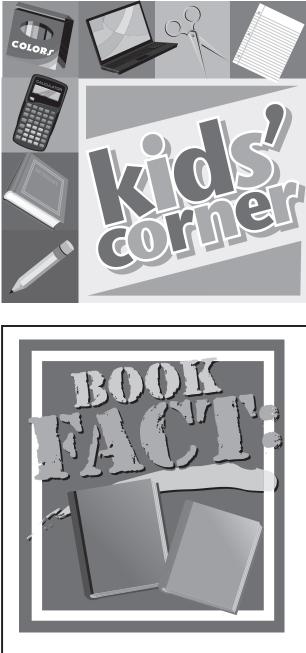
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THIS CHILDREN'S BOOK AUTHOR HAS WRITTEN ABOUT A PIGEON WHO WANTS TO DRIVE A BUS AND NEEDS A BATH.

ANSWER: MO WILLEMS



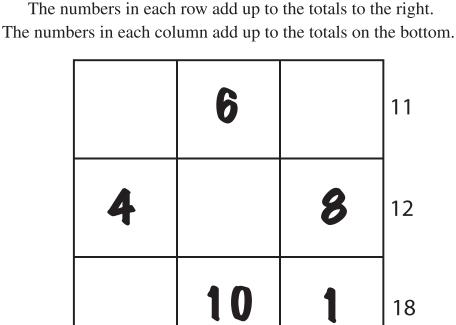
ENGLISH: Child

SPANISH: Niño

ALIAN: Bambino



13



16

Get Scrambled

Unscramble the words to

determine the phrase.

Math Blocks

Fill in the missing blocks with numbers between 0-10.



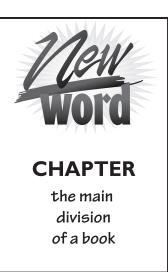
12

THIS DAY IN... YAM 6 HISTOR

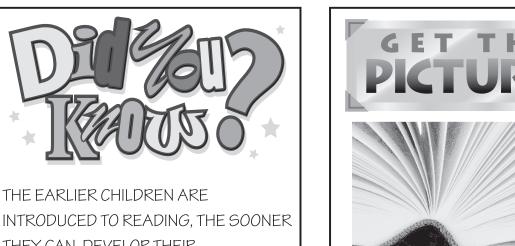
• 1937: THE GERMAN AIRSHIP HINDENBURG **BURSTS INTO FLAMES** OVER LAKEHURST, NJ.

• 1940: JOHN STEINBECK IS AWARDED THE PULITZER PRIZE FOR "THE GRAPES OF WRATH."

• 1994: THE CHANNEL TUNNEL BETWEEN ENGLAND AND FRANCE OFFICIALLY OPENS.



Answer: Children's book



FRENCH: Enfant

GERMAN: Kind

THEY CAN DEVELOP THEIR

THE EARLIER CHILDREN ARE

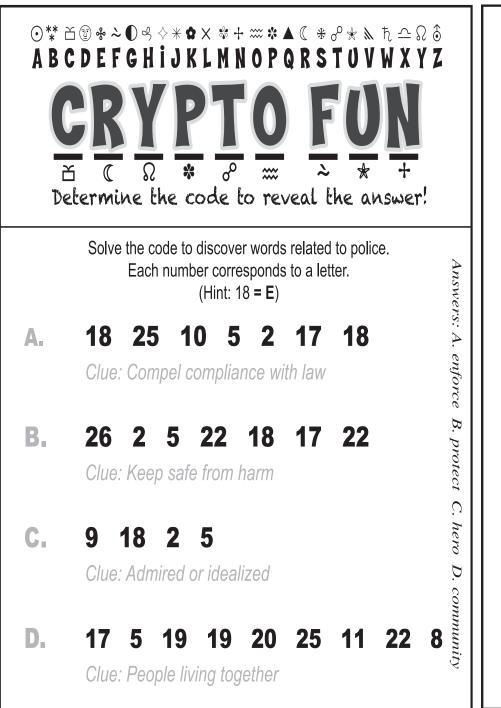
VOCABULARIES AND OTHER HELPFUL SKILLS.

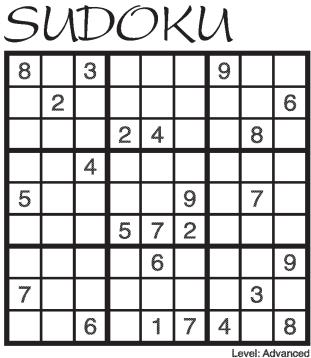




Can you guess what the bigger picture is?

ANSWER: BOOK





Fun By The Numbers

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

Here's How It Works:

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

8	S	7	2	k	ε	9	S	6
ç	З	9	4	2	6	and the second	8	L
6	mh	٢	ç	9	8	2	4	3
Þ	9	8	2	٢	ç	6	3	acodb
mada	L	S	6	ε	\mathbf{b}	8	9	S
ε	6	G	nnah	8	9	\$	L	2
٢	8	madu	3	Þ	S	ç	6	9
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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.

"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 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 col-lege 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 pro- M.D., will be the chief medical offiductive, 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 MAAPS 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,

cer 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 or visit summitagencyma.com.



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• Pamper mom

with a gift card for

her favorite nail

salon or massage

• Prepare a jar

sentiments writ-

· Compile a play-

list of songs and

artists mom pre-

fers and download

• Begin a charm

ten on them.

therapy location.

Each and every day a new woman becomes a mother for the first time or all over again. Being a mother changes a person's life in dramatic ways.

Mother's Day is a great time of year to honor mothers and attempt to give back just a portion of the tireless love and devotion moms offer their children. Some children provide large gestures, while others feel it's the little things that can help a mom to feel appreciated. For those needing a little inspiration on treating their mothers in special consider wavs. these ideas.

· Make mom a breakfast in bed with her favorite morning treats.

 Enjoy a movie at home with mom. Let her pick the flick and share her favorite film with you.

• Agree to not bicker for the entire day, especially if you are prone to getting into arguments with siblings.

• Put together a collage of photos from moments



you have shared with mom or your cious dessert that family. mom will abso- Cook a meal lutely devour.

together and learn about everyone's favorite recipes or the family history. • Give her a locket with your photo

inside and have a duplicate you can wear containing her photo. Customize a

coffee mug, tote bag or a blanket with a meaningful sentiment or photo.

• Treat mom to them to her phone. a day off from her chores. Tackle all bracelet tradition of the jobs she norby purchasing a mally does for the charm bracelet family. and a new charm

Campsite safety tips

each year that represents a meaningful memory you both shared.

• Write a new email each day with an inspirational quote or special words of love for mom.

of mom's favorite Tackle a task that she may not candies wrapped in pieces of paper want to do herself. such as washing that have loving the exterior of her car and vacuuming the interior.

Mother's Day gift ideas should come from the heart and can show mothers near and far how much they are appreciated and loved.



Knock on up to 43,000 doors with an ad or insert in Stonebridge Press Newspapers. The Charlton and Sturbridge Villagers reach close to 10,000 households in Charlton, Sturbridge, Brimfield, Holland, Fiskdale, and Wales.

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1/2 page 10"x 10.5" Full Page 10"x 21"

> These are sample sizes...any size is available for political advertising.

Full Color Space is available on the Front Page

The appeal of camping is undeniable. According to The **Business Research** Company, a market research and intelligence company, the global camping and caravanning market is expected to grow from just under \$40 billion in 2020 to more than \$45 billion in 2021. Estimates suggest the market will grow even more in the coming years, reaching \$56.6 billion by 2025. Camping has long been a popular pastime for outdoor enthusiasts, but it may have developed an entirely new group of devotees in 2020. Traditional vacations may not have been possible in 2020, when governments across the globe urged citizens to avoid conventional travel as the world found easy walk from the itself in the throes of a global pandemic. In an effort to overcome cabin fever, many people viewed camping as a safe way to get out of the house while still limiting contact with people from other households. That no doubt inspired new generations of camping fans, many of whom will continue to pitch their tents and sit around campfires long after the pandemic has ended. The National Park Service recognizes the popularity of camping and urges people to stay safe. Veteran campers and novices alike can benefit from reviewing these safety tips, courtesy of the NPS. · Plan ahead. Camping trips may not require hours of scouring travel websites in an effort to find the best deals on flights and hotels. But camping trips still require ample planning. When



take into account coming who's along. Assess their camping skills and physical fitness to determine the nps.gov. most appropriate

at all times. More information about what to do should anyone be injured during your trip is available at www.

blankets), shelter, flashlights and headlamps, first aid kits, extra food and water, firestarters, repair

• Bring the right place to camp. gear. The NPS Campers with limnotes that each ited mobility may camping trip will be best suited for have its own equipment needs, which accessible campsites. The NPS will be dictated by the setting, the urges campers to time of year of the consider if everyone in the group trip, the difficulty will be able to of the terrain, and make a long hike the duration of the from the parking trip. Navigational lot to the campsupplies, sun and site. If not, choose insect protection. a site that you can insulation (i.e., pull right up to extra clothing and or is just a short,

parking lot. · Research the campsite and surrounding area. Know as much as possible about the campsite prior to embarking on your trip. Learn about everything from the local wildlife you may encounter while camping to the condition of surrounding areas, including the altitude, the difficulty of nearby hiking trails and where to go in case of emer-

gency. • Develop an emergency plan. The NPS urges campers to develop an emergency plan, noting that it's always wise to expect the unexpected when camping. Bring a first aid kid along when leaving the campsite to engage in activities like hiking or fishing. Go over safety protocols before going on a hike, including the need to stay together and remain on the trail

kits and tools, and communicaа tion device like a smartphone or satellite phone are the essential necessities that should be brought along on all camping trips. Camping is a

great way to get away. Campers of all skill and experience levels can make the most of their trips by emphasizing safety at all times.



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Bay Path alum lands position at MIT

CAMBRIDGE 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. cannot Chavez help but remember how her nursing journey started.

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

"He said it would be a good change career for me and that I would be great at it," Chavez added. At the time, Chavez was at the Health Care System in varicapacities. ous Her educational background was Sociology and administration of justice from Rutgers University. She had been a Correctional Recovery Academy Counselor,

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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 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.

added

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 pertinent i.e.,

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 graduated that from Bay Path leaves with the skills necessary to be successful at any job," she con-tinued. "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 continuing on 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 news, featured was in a presentation from P.E.O. (Philanthropic Educational Organization) for Massachusetts State Convention Program for Continuing for Education (PCE). As a nursing student at Bay Path Practical Nursing Academy, Chavez was a PCE \$3,000 grant recipient, volunteer for Medical Reserve officer Corps. for the UNICEF Club, certified Dementia in Care, Mental Health First Aid, Infusion and Therapy/Central Line care; and District Champion Medical in Terminology earning a bronze medal at SkillsUSA.

Courtesy Linda Chavez In her own to help patients virtually and via "Having words.







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