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Friday, April 30, 2021

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Local author hopes to help others heal through poetry

BY KEVIN FLANDERS STAFF WRITER

STURBRIDGE – A local author is using her recently published book to help inspire and empower readers on their healing journeys. Sturbridge's Liza Stone, a freshman at the University of Massachusetts-Amherst, recently published her nonfiction poetry book, "That's (not) All She Wrote." Split into two parts, the book features a pow-

Baker administration opens vaccinations to general public

BY KEVIN FLANDERS

REGION – People age 16 and older who live, work, or study in Massachusetts can now sign up to get vaccinated against COVID-19.

After months of prioritizing various groups within the state, officials opened vaccinations to the general public last week. Residents can preregister online to receive their vaccines at one of the state's mass vaccination sites, or they can sign up to schedule appointments at a regional collaborative location.

Also last week, the Baker-Polito Administration announced the expansion of preregistration services to include more regional collaborative sites. The state's preregistration portal also features new tools meant to streamline the booking process.

"The Amherst-Northampton and Marshfield regional collaboratives will be the first to come online, and more regional collaboratives are working with the Command Center and tech teams to ensure they meet the operational and technological requirements to be added to the preregistration system," read a statement released by Gov. Charlie Baker. Next week, residents seeking to book appointments will have the opportunity to select their vaccination location before proceeding to select from available appointments. This will help cut down on travel times and enable residents to be vaccinated where they feel most comfortable, officials said.



erful collection of poems fueled by Stone's childhood trauma and her eventual triumph over adversity. For readers who have experienced trauma in their own lives – or for those seeking to better understand the challenges a friend or family member is facing – the book delivers healing insights that confront painful subjects.

"As a child, I was a victim of sexual abuse, and when I began my healing journey, I began writing poems as an outlet, Stone said. "I didn't always feel ready to share what I was experiencing out loud, so I wrote it down instead. I began writing the poems in this book at about fourteen, and continued until I was eighteen."

Stone chose to compile her poems into a book after she was unable to find many poetry books dealing with sexual abuse. Her creations will now help provide a needed light for readers seeking comfort or inconvention

inspiration. "I couldn't find what I

To date, around 1.5 million people have Turn To **VACCINATIONS,** page **A10**

Courtesy

Sturbridge's Liza Stone is helping to inform and inspire readers with her recently published book.

needed to help my healing, so I decided to write one myself; that was about three years ago. However, I wasn't ready at the time," Stone said. "I officially began compiling the book on March 1, 2021, and published it on April 8. When I finally felt ready to share my story, I just wanted to get it out as soon as possible. I hope that sharing my story serves as a way for others to know that they are not alone. If my story can help one other person on their healing journey, the years of

Earth Day in the sun



Rusty the Crayfish encourages a young visitor to let a crayfish crawl on her hand.

REGION – Local activists from Grassroots Central Massachusetts invoked their nature spirits last weekend to celebrate Earth Day at Hardwick's Petrill Hollow Preserve. At both ends of the park's looping trail, visitors encountered water spirits – the Lady of the Vernal Pool (Maureen Doyle) and Rusty the Crayfish

Turn To EARTH DAY, page A14

Sturbridge Legion Baseball hosting tryouts May 16 & 17

STURBRIDGE — Any baseball players interested in playing Sturbridge Legion Baseball that were born on Jan. 1, 2002 or later are eligible to play. Signup date will be held on Saturday, May 8, 10 a.m. to noon at Champeau-Vilandre Sturbridge Legion Post, 507 Main St., Fiskdale. Players should bring a photocopy of their birth certificate when they register at signups to insure their eligibility. All players that live in Sturbridge and or

All players that live in Sturbridge and or attend Tantasqua Regional High School are all eligible to play for the Sturbridge team; also, players from surrounding towns may also be eligible to play. The team will conduct tryouts Sunday, May 16 from 10 a.m. to noon and Monday, May 17 at 5:30 p.m. Both tryout dates will be held at Tantasqua Regional High School varsity baseball field.

For more information, you can contact team manager Jim Rosseel 774-230-1784, email: jimrosseel@hotmail.com or coach Rich Wetherbee 508-981-0897, email: qcards@aol.com.

Turn To **STONE,** page **A11**







Farmers to Families distribution serves hundreds

BY JASON BLEAU VILLAGER CORRESPONDENT

CHARLTON - The United States Department of Agriculture's Farmers to Families Food Boxes have proven to be an important resource for families nationwide providing food during the COVID-19 pandemic including fruits, vegetables, dairy products and meat items to those in need.

Through five rounds of box distributions tens of millions of boxes have been given out each month with the most active months being July and August of 2020 at 50.8 million nationwide. From January through April of 2021 nearly 30 million boxes have been handed out and for the first time the USDA program was offered on the local level with a distribution in Charlton through a partnership with the Chip-In Food Pantry.

Chip-In Pantry Director Darlene Emco-Rollins confirmed that on April 15, the first of two distributions in the month of April in Charlton, Chip-In and their volunteers and partners passed out between 300 and 400 USDA Farmers to Families Food Boxes to residents of nine different communities and all three states in the tri-state area.

"We offered it up to anybody," Emco-Rollins said. "We had a big outpouring of people who came by. With almost 400 boxes we had a few people who didn't show but we gave some to the fire department and any leftovers were used well. The program has been excellent."

The USDA food boxes have been available to residents for nearly a year, but distributions have mostly been confined to cities including Boston and Worcester. The April 15 distribution brought the boxes to local residents with 508 International, a 22-acre action



Volunteers for the Chip-In Food Pantry in Charlton prepare to load a USDA Farmers to Families Box into a waiting vehicle.

sports venue in Charlton, serving as the host location.

"It's a lot of work. It was a massive crowd," Elco-Rollins said. "The Community Emergency Response Team showed up and helped right to the end. The police were a big help. Our volunteers here at Chip-In were a big part of this. For the first time we did something so big here in Charlton and it was great. We wanted to do it all summer because there's no feeding program in town during the summer months."

Chip-In and the town of Charlton hosted a second distribution on April 29, but sadly the program will not last into the summer months. The USDA and President Joe Biden announced that the program will be concluding in May of this year as COVID numbers begin to decline.

Chip-In and Emco-Rollins would like to thank all the volunteers that played a part in making the distributions a success including Dave Singer, Ray Desile, Brian Beck. Mike McGrath, Tiffany Bernier, Don Clay, Amy Rivera, Stacey Yovan, Ray Glynn, and Charlton Police Department Auxiliary Officers Wilk, Ryan, Betossi, and Gaylord. They also thank 508 International for hosting, Slim's & Berthiaume Sewer Service for

the lavatory facilities, Charlton Police Chief Dowd, and Food Box supplier Katsiroubas Bros. Food Distributors as well as the USDA and their partners for providing the program.



ACCURACY WATCH

The Sturbridge Villager is committed to accuracy in all its news reports. Although numerous safeguards are in place to ensure accurate reporting, mistakes can occur.

Confirmed fact errors will be corrected at the top right hand corner of page 3 in a timely manner.

If you find a mistake, call (508) 909-4106 or email news@stonebridgepress. news during normal business hours. During non-business hours, leave a message in the editor's voice mailbox. The editor will return your phone call.

OPEN

Tuesday/Wednesday 8am-2pm Thursday/Friday 8am-8pm Saturday and Sunday 7am-2pm (BREAKFAST ALL DAY)

Cornerstone Bank to hold Young Professionals Day May 1

Professional development and networking event at Old Sturbridge Village

Bank, a community bank with 12 locations throughout Central Massachusetts, will host Young Professionals Day on Saturday, May 1 from 10 a.m. to 3 p.m. at the Bullard Tavern at Old Sturbridge Village. The event is geared towards people starting or changing their career, looking to network, opening a small business or looking for a better work-life balance.

"This event is a great opportunity for people just starting out or looking to make a career change, said Cornerstone Bank CEO Todd Tallman. "Networking and other professional development opportunities took a big hit during the pandemic and young professionals suffered the most. Following safe social distancing protocols, we are proud to bring this event to the Central Massachusetts community." Young Professionals Day will feature a TEDx talk about money and relationships, interactive budgeting activities, a panel of small business owners, a discussion about health insurance and benefits options and an overview of the best-selling talent assessment tool, CliftonStrengths. Attendees will also have the opportunity to speak with Cornerstone Bank employees about career opportunities and personal bank-

STURBRIDGE — Cornerstone ing options. Every participant will please visit cornerstonebank.com or receive a Yeti tumbler and padfolio, and there will also be raffles throughout the event for other prizes.

Entry into Old Sturbridge Village is \$28 for adults and \$14 for college students. Tickets must be purchased on their website in advance. There is no additional fee for entry to Young Professionals Day. The first 25 people to register will receive free entry to Old Sturbridge Village. Email ndigregorio@cornerstonecall 800-939-9103.



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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,

Town of Sturbridge **Building Inspector/Zoning Enforcement Officer Building Department**

The Town of Sturbridge is recruiting for a full-time Building Inspector/Zoning Enforcement Officer in the Building Department. This is a Exempt position and the successful candidate will be responsible for reviewing plans for building construction, alterations, or any designated structures, issuing building permits, calculating/collecting fees, superving the maintenance of associated records, and inspecting buildings, among other responsibilities. A unrestricted Massachusetts Construction Supervisor's License, certification as a Local Inspector and must be able to obtain certification as a Building Commissioner or Inspector of Buildings within 18 months of hire is required. This also requires a valid Massachusetts Class D Driver's License. The pay range for the position is between \$67,774 to \$94,884 per year. For a copy of the complete job description and an application please go to https://www.sturbridge.gov/ your-government/pages/job-opportunities. Interested parties should send a letter of interest and completed application to Alex McConnon, 308 Main Street, Sturbridge, MA 01566 or amcconnon@sturbridge.gov. Position open until filled. The Town of Sturbridge is an EOE.



ESSENTIAL local NEWS

508-765-5800 OPEN BREAKFAST AND LUNCH • DINNER THURSDAY & FRIDAY TIL 8PM

* * * Friday's Child in the second se



Hi! My name is Shane and I love sports and animals!

Shane is a cheerful, sweet and playful young man of Caucasian descent. He is very observant, and likes to feel included and a part of everything. Shane is active and enjoys being outdoors, exploring and going on new adventures. He is very gentle and loves being with and caring for animals. He especially likes dogs who will run and play with him. Shane likes to play football and is always eager to participate in any group sports activity. He also enjoys building with Legos.

Shane Age 15

Shane looks forward to going to school each day and does well in class. Legally freed for adoption, Shane will do best in a two-parent family with ei-

ther no children in the home or with children older than he is. An ideal family will be patient, and be able to provide him with reassurance, consistency and support.

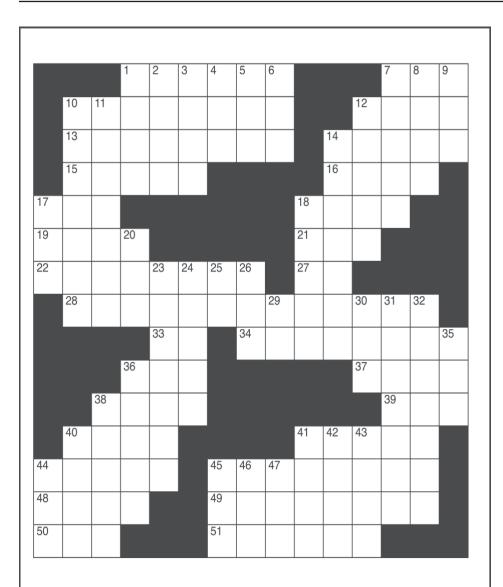
Who Can Adopt?

Can you provide the guidance, love and stability that a child needs? If you're at least 18 years old, have a stable source of income, and room in your heart, you may be a perfect match to adopt a waiting child. Adoptive parents can be single, married, or partnered; experienced or not; renters or homeowners; LGBTQ singles and couples.

The process to adopt a child from foster care requires training, interviews, and home visits to determine if adoption is right for you, and if so, to help connect you with a child or sibling group that your family will be a good match for.

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





CLUES ACROSS

- 1. Switches
- 7. Legal financial term (abbr.)
- 10. Sweeties
- 12. Competition
- 13. Measures electrical resistance 38. The best pitchers
- 14. Psychotherapy researcher
- 15. Causes injury to
- 16. Open
- 17. Polish peninsula
- 18. Hebrew calendar month
- 19. Whale ship captain
- 21. Children's accessory
- 22. Unknown point
- 27. Exists
- 28. Extremely confident

CLUES DOWN

- 1. Partial
- 2. "Mad Men" leading man
- 3. The ____ of March

- 33. Expression of disgust
- 34. The government has many
- 36. Small constellation
- 37. Northern Indian city
- 39. Naturally occurring solid
- 40. Apple computers
- 41. Portuguese city
- 44. Ancient Greek war dance
- 45. More reliable
- 48. Sailboat
- 49. Newspapers
- 50. Frequently flooded area
- 51. They dig for coal

24. US battleships circa 1939

- 25. Greek alphabet letter
- 26. When you hope to get there

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

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

Thomas, who will receive an honorary doctoral degree in social welfare from Nichols, has worked in the Urban League movement for 49 years, becoming the youngest person appointed president and CEO of a national Urban League affiliate at the age of 25. He has served at the helm in Springfield, Mass., since 1974, and is also CEO of Camp Atwater, the oldest African American overnight

VILLAGER Almanac

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Weekdays 8:30 - 5:00 and Sat. 9:00 -12:00 BRIMFIELD: 413-245-3451

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

WALES: 413-245-9808 Weekdays 8:30 - 12:30 and 2:00 - 4:30 and Sat. 9:00 - 12:00

REAL ESTATE BRIMFIELD

\$420,000, 50 Dix Hill Rd, Hurt, Ryan C, to Mcqueen, Peter, and Ortega, Sandra.

HOLLAND

\$110,000, 187 Brimfield Rd, FNMA, to Kirschner, Daniel P, and Hand, Lauren P.

STURBRIDGE

\$385,000, 54 Old Farm Rd, Hall, Steven R, and Hall, Janet C, to Lacroix, Nicole E. \$275,000, 67 Fairview Park Rd, Lundberg, Kevin, and Lundberg, Elizabeth, to Almeida, Dean.

vouth camp in the U.S.

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

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

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

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

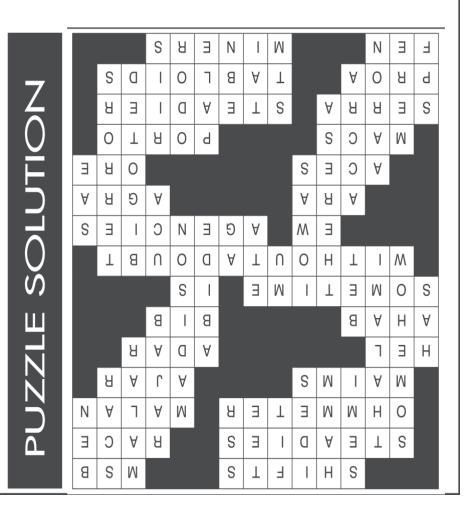
Thomas earned a BA degree in psychology and an MA degree in human resource development from American International College; and a JD degree from Western New England University School of Law.

He has been recognized for his efforts with several awards and honors, including the President's Medallion Award from Western New England University; the Human Relations Award from the National Conference for Community and Justice; the Ubora Award for Excellence from the Springfield Museums; the Service Above Self Award from the Basketball Hall of Fame & Springfield Rotary; the Distinguished Service Award from the Massachusetts Legislative Black Caucus; and the Citizen of the Year Award from the Omega Psi Phi Fraternity. He has also received honorary doctorates from Bay Path and Westfield State universities.

A native of Springfield, Thomas is the former chair of the Springfield Fire Commission and the Springfield Police Commission, as well as the co-founder of New Leadership Charter School. He is an inductee of both the Springfield High School Sports Hall of Fame (football, track, and gymnastics), and the National Football Collegian Hall of Fame. He and his wife, Devonia, a recently retired vice principal in Springfield Public Schools, have two children.

- 4. Healthy
- 5. Where golfers begin
- 6. Soviet Socialist Republic (abbr.)
- 7. Of the cheek
- 8. Injury reminder
- 9. Statesman Franklin
- 10. For an unknown reason
- 11. Brain parts
- 12. Islamic calendar month
- 14. Avenue where ad men work
- 17. Possesses
- 18. Accept
- 20. Stake
- 23. Former British PM May

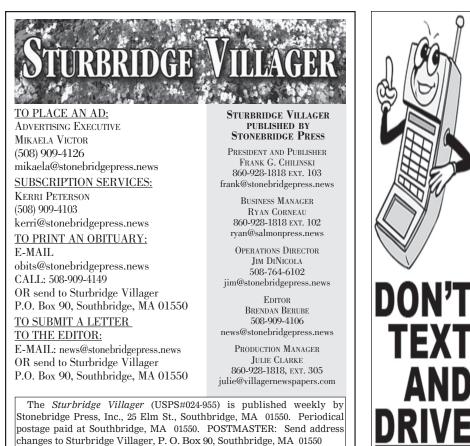
- 29. Top lawyer
- 30. Fiddler crabs
- 31. Intolerant
- 32. Persons that cause extreme fear
- 35. Car mechanics group
- 36. Capital of Ghana
- 38. Famed ballplayer Hank
- 40. Emphasizes insignificance
- 41. Light-colored
- 42. Distinctive smell
- 43. Muckraking journalist Jacob
- 44. Sunscreen rating
- 45. Short-term memory
- 46. Japanese delicacy
- 47. One point north of due east





About Nichols College

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



Arbor Day Foundation recognizes Notre Dame Health Care as a Tree Campus Healthcare Facility



Courtesy

Some members of Notre Dame Health Care's (NDHC) Committee for "Care of Creation" with their new Tree Campus Healthcare banner. Left to right: Sue Strandberg, Workforce Development Manager for NDHC's Educational Bridge Center; Angela Lajoie, Payroll & Benefits Administrator; Mike Randone, Director of Mission Integration; Sister Rosemary Fay, SNDdeN; Jose Alvarez Rodriguez, Housekeeping for du Lac Assisted Living Residence; Shelley DePalo, Office Manager for At Home (Hospice and Palliative Care).

WORCESTER — The Arbor Day Foundation has named Notre Dame Health Care a Tree Campus Healthcare facility. This one-of-a-kind program aims to transform community health and wellness and ultimately save lives through the health benefits provided by trees, as well as recognize healthcare institutions that make an impact on wellness through tree planting, education and community engagement.

Notre Dame Health Care has earned recognition in the Foundation's second year of the program. To receive Tree

Campus Healthcare recognition, Notre Dame Health Care met five program standards: have an advisory committee, facility tree care plan, community forestry project, a celebration event and a financial investment toward a tree care plan or projects. Notre Dame Health Care is the first Tree Campus Healthcare recipient in the Commonwealth of Massachusetts.

"Tree Campus Healthcare celebrates the efforts of healthcare facilities creating a healthier and greener property," said Dan Lambe, president, Arbor Day Foundation. "Trees can play an important role in patient recovery and overall community wellness. This designation is a sign of healthcare facilities' commitment to the connections between nature and health.'

Tree Campus Healthcare strives to improve human health outcomes by connecting inpatient healthcare facilities of all sizes with local community forestry programs, while improving the extent and condition of the community forest. Facilities in the U.S. delivering inpatient healthcare services are eligible for Tree Campus Healthcare recognition, including hospitals, senior care and other residential rehabilitation properties.

Karen M. Laganelli, Notre Dame Health Care, Chief Executive Officer said, "We are so honored to be among those recognized by the Arbor Day Foundation and their Tree Campus Healthcare Program. This past year has taught us all to appreciate the majestic beauty of nature all around us and the healing power of our green environment for those we serve. We are blessed to have a beautiful campus surrounded by trees, young and old, to help nurture the body, mind and soul.²

For more information or to apply, please visit www.treecampushealthcare. org.

Samantha Frost inducted into the Honor Society of Phi Kappa Phi

Dylan Johnson of Sturbridge awarded gold stars for

BATON ROUGE, La. — Samantha Frost of Brimfield was recently initiated into The Honor Society of Phi Kappa Phi, the nation's oldest and most selective all-discipline collegiate honor society. Frost was initiated at Framingham State University.

Frost is among approximately 30,000 students, faculty, professional staff and alumni to be initiated into Phi Kappa Phi each year. Membership is by invitation only and requires nomination and approval by a chapter. Only the top 10 percent of seniors and 7.5 percent of juniors are eligible for membership. Graduate students in the top 10 percent of the number of candidates for graduate degrees may also qualify, as do faculty, professional staff and alumni who have achieved scholarly distinction.

Phi Kappa Phi was founded in 1897 under the leadership of undergraduate student Marcus L. Urann who had a desire to create a different kind of honor society: one that recognized excellence in all academic disciplines. Today, the

Society has chapters on more than 325 campuses in the United States and the Philippines. Its mission is "To recognize and promote academic excellence in all fields of higher education and to engage the community of scholars in service to others."

More About Phi Kappa Phi

Since its founding, more than 1.5 million members have been initiated into Phi Kappa Phi. Some of the organization's notable members include former President Jimmy Carter, NASA astronaut Wendy Lawrence, novelist John Grisham and YouTube co-founder Chad Hurley. Each year, Phi Kappa Phi awards more than \$1 million to outstanding students and members through graduate and dissertation fellowships, undergraduate study abroad grants, funding for post-baccalaureate development, and grants for local, national and international literacy initiatives. For more information about Phi Kappa Phi, visit www.phikappaphi.org.

fall 2020 at The Citadel

CHARLESTON, S.C. - Dylan Johnson of Sturbridge is one of the more than 650 cadets and students recognized for their academic achievements during the fall 2020 semester.

Gold stars are awarded to cadets and students at The Citadel who achieved a 3.7 grade point average or higher. Cadets and students who achieve gold star recognition are also placed on The Citadel's dean's list.

The Citadel offers rigorous academic programs through its sixteen academic departments that are organized into five schools. One of the newest departments is The Citadel Department of Intelligence and Security Studies which is also becoming one of the most popular programs overall. With its commitment to ethical leadership as well as excellence in the classroom, The Citadel is uniquely qualified to offer a curriculum in the emerging field of Intelligence and Security Studies.

About The Citadel

The Citadel, with its iconic campus located in Charleston, South Carolina, offers a classic military college education for young men and women focused on leadership excellence and academic distinction. The approximately 2,400 members of the S.C. Corps of Cadets are not required to serve in the military, but about one-third of each class earn commissions to become officers in every branch of U.S. military service. Citadel alumni have served the nation, their states and their communities as principled leaders since 1842. The Citadel Graduate College, founded more than 50 years ago, offers dozens of graduate degree, graduate certificate and evening undergraduate programs in the evening or online. Consecutively named Best Public College in the South by U.S. News & World Report for ten years and No. 1 Best Public College for Veterans in the South for three years.



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Bay Path UNICEF Club organizes can/bottle drive fundraiser



The Bay Path Practical Nursing Academy UNICEF Club held a can/bottle drive, a "green," environmentally conscious and friendly way to fundraise for UNICEF USA.

CHARLTON — The Bay Path Practical Nursing Academy UNICEF Club held a can/bottle drive, a "green," environmentally conscious and friendly way to fundraise for UNICEF USA. The can/bottle drive was simple and helped the earth while cleaning up the local landscape and taught the UNICEF Club a bit more about responsibility.

According to UNICEF Officer Isabela Boateng of Manchester, Conn., "UNICEF keeps increasing its efforts to reach the most remote villages and communities all over the world, to ensure that all children have adequate education in the pandemic."

The UNICEF Club members are thrilled and enthusiastic to be a part of projects such as the distribution of solar-powered radios in conflict-affected areas to vulnerable households and listening groups. Boateng adds that the solar-powered radios "deliver an educational support for those who might otherwise be cut off from traditional classroom due to conflict and the COVID Pandemic.'

UNICEF club member Brianna Laforest of Webster said that a tremendous amount of gratitude goes to UNICEF club advisor, Professor Cheryl Cahill, "for her creative fundraising ideas during this pandemic."

According to Laforest, "Professor Cahill made it easy for us to help

UNICEF although the many barriers we faced with social distancing, and not being able to fundraise like we normally would."

To date, the UNICEF Club has raised more than \$500. The can/bottle drive naturally injects a community service element into fundraising efforts, and they perfectly complement the UNICEF Club's focus on community and global living, leadership, and building awareness.

The dos and don'ts of fire pits

Many homeowners relish any opportunity to retreat to their back yards, where they can put up their feet and relax in the great outdoors. That retreat-like escape is made even more relaxing when sitting around a fire pit.

Fire pits can be found in millions of suburban backyards across the globe. Fire pits have become so popular that a 2016 survey of landscape architects conducted by the American Society of Landscape Architects revealed they were the most sought after outdoor design element. Fire pits remain wildly popular a half decade after that survey. Homeowners who are only now joining the fire pit revolution can keep these dos and don'ts in mind as they plan their summer s'mores sessions.

DO keep the fire pit a safe distance away from the home. Fire pits should be located a safe distance from the home at all times, but especially when they're in use. Home design experts recommend keeping fire pits a minimum of 10 to 20 feet away from a house or other structure, such as a shed or a detached garage. The further away the fire is from houses and other structures, the less likely those structures are to catch on fire.

DON'T place the fire pit beneath Association advises homeowners that embers blowing from a backyard fire trees or next to shrubs. Though fire pits should be kept safe distances pose the same threat to homes as if away from a house and other structhey are from a wildfire. DON'T let fire pits burn near flamtures, it's important that they're not placed beneath trees or next to shrubs. mable materials. Store firewood piles Shrubs and low hanging branches can a safe distance away from the fire pit

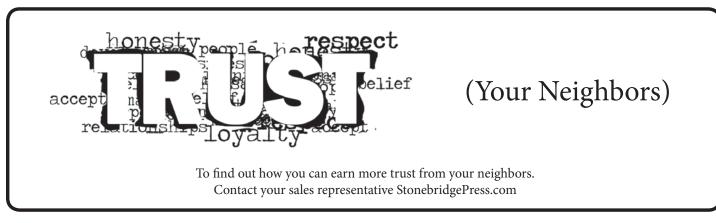
easily catch embers and be lit ablaze, so make sure fire pits are not placed in locations that increase that risk.

DO clean out seasonal debris. It can be tempting to let seasonal debris resting inside the fire pit burn away during the season's first s'mores session. But burning debris poses a serious safety risk, as embers can easily be blown out of the fire pit and catch nearby trees or shrubs or even a home on fire. The National Fire Protection

while it's in operation. It may be convenient to keep firewood right next to the fire pit while the fire is burning, but that increases the risk that embers will land on firewood and start a fire outside of the pit.

DO check the weather report prior to starting the fire. Windy weather increases the risk of embers blowing around and potentially landing on the house, other structures around the property or trees. If the weather report is calling for gusting winds, burn a fire on another night.

DON'T leave a fire pit fire burning. Unattended recreational fires are illegal and incredibly dangerous. Homeowners should never leave fire



LEGALS

pit fires burning unattended or allow fires to slowly die out overnight. Always extinguish the fire before going inside and stop adding wood to the fire roughly one hour before you plan to go inside. Water or sand can be poured on ashes to extinguish the fire. Once homeowners are confident a fire has been extinguished, ashes can be spread around to ensure there are no hot spots still burning. If there are, start the extinguishing process over again.

A night around the fire pit is a summertime tradition in many households. Safety must be as much a part of such traditions as s'mores.

Town of Holland Zoning Board of Appeals Notice of Public Hearing

The Zoning Board of Appeals will hold a public hearing on Wednesday May 12, 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 David and Susan Tremblay for a special permit according to Bylaw section 7. Relief requested: Owners would like to renovate and remodel existing structure. The property is located at: 306 Mashapaug Road, Parcel ID # R07/D/5

Don Beal, Chairperson. Zoning Board of Appeals April 23, 2021 April 30, 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. <u>net</u>

April 30, 2021 May 7, 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



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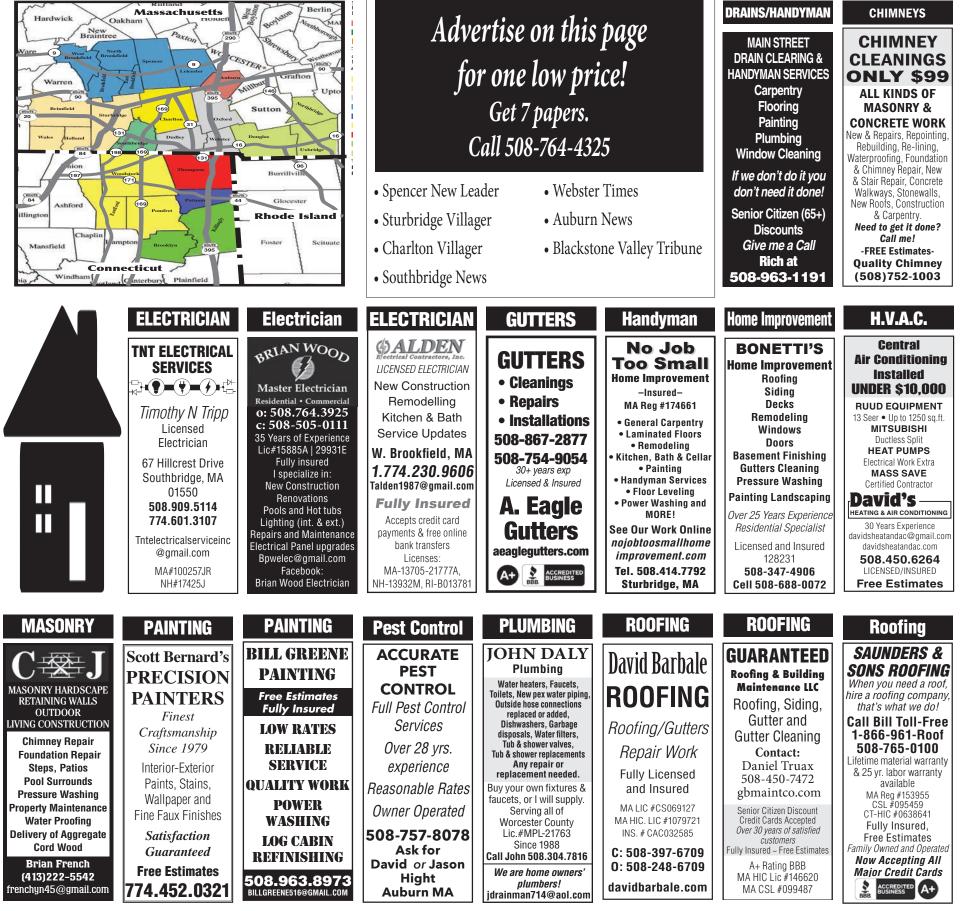
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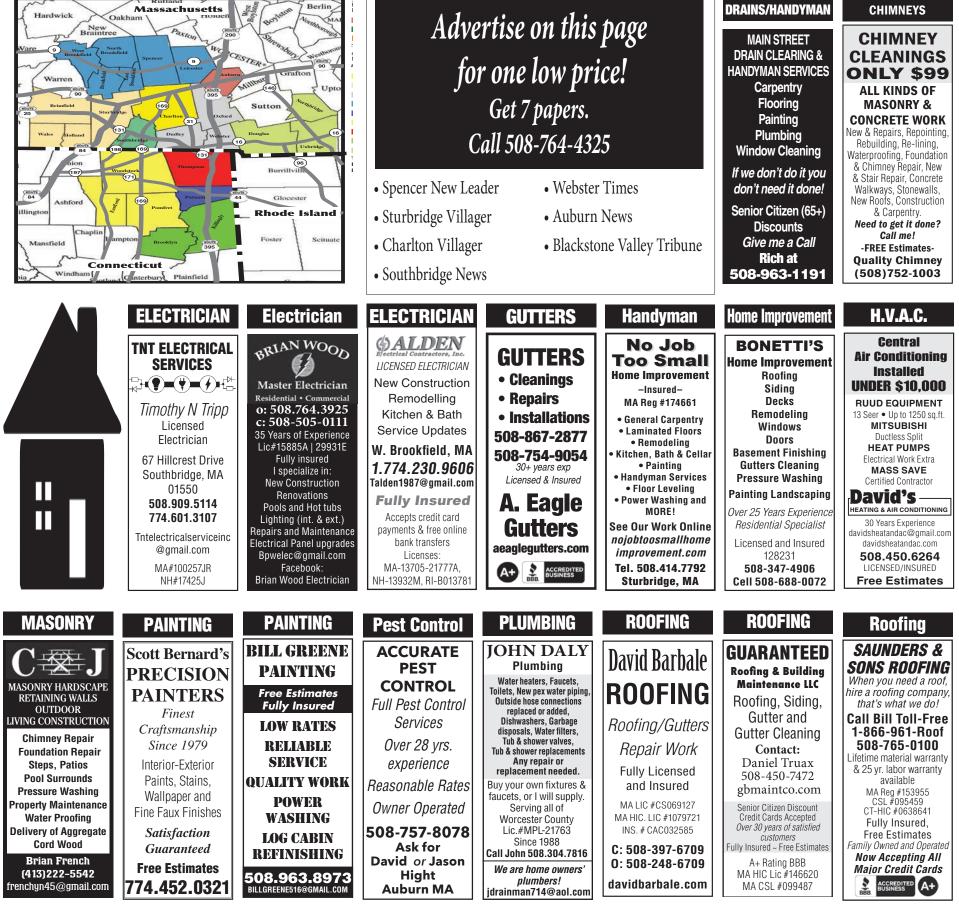


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> FRANK G. CHILINSKI PRESIDENT AND PUBLISHER

> > **BRENDAN BERUBE** Editor

EDITORIAL Fighting pandemic fatigue

While more and more people are getting vaccinated, and hospitalizations and deaths are down, the numbers of COVID cases, especially in some rural areas, are climbing. This pandemic is not over, as much as we all want it to be. Life seems to be slowly getting back to normal, however many restrictions, including travel bans and masking are still in place leaving some of us a bit deflated a year later. The number of individuals choosing to vaccinate is hope that there is a light at the end of the tunnel, yet COVID fatigue is still affecting many.

One thing to remember is that we're all in this together, and will all make it through together. Many of us have learned quite a bit about ourselves having been faced with this once in a lifetime scenario. We now know just how extroverted or introverted we all are. Perhaps changes have come by way of new or different opportunities.

Silver linings are still a part of the chatter about town. This is a good sign; however, for those who are gripped by pandemic fatigue, we have a few tips to share. We've all felt it at one point or another over the past year, you are not alone.

Last year, everyone was isolated as businesses and schools closed. We all stayed home for months as the virus took hold of the world. During that difficult time, we all found ways to cope, together. The summer months brought some reprieve, with outdoor events being dubbed 'OK' as long as safety protocols were adhered to. During the winter



Do-It-Yourself Painting Pointers

This season, with everything fresh and new, inspiration ranks high for revamping the home. Since nothing transforms a space quicker or cheaper than paint, it's a natural choice for a mini makeover. Whether you're

painting an entire room or a piece of furniture, the following ideas and techniques can help ensure paint perfection!

Paint is one the easiest, cost effective ways to alter and enhance the spaces you live in. The golden rule to painting walls is that dark colors absorb light, making a room appear smaller, and whites and pastels reflect the light, creating a spacious feel. To expand a small room, paint the walls a color from the cool end of the color wheel. In fact, paint company Sherwin-Williams recommends choosing blue, green or violet hues to make walls appear to recede.

Paint can also be used to visually correct architectural flaws. To widen a long narrow room, use a slightly darker color on the shorter walls and a lighter color on the longer walls. To make a low ceiling appear higher, be sure the ceiling is a lighter color than the walls. A long hallway can be shortened by painting the wall at the end a dark color to bring it closer. And rectangular rooms can instantly appear more symmetric by painting the two short end walls a darker shade.

The proper paint finish can be used to camouflage imperfect walls. For example, Paints that have no sheen, also known as "flat" or "matte" finishes absorb the light. These porous finishes are ideal for hiding flaws in ceilings and walls and are especially appreciated when working with old, plaster surfaces. The downfall is they cannot withstand cleaning and scrubbing so they are not practical for kitchens, bathrooms, children's rooms or other high traffic areas.

Eggshell finish has a slight sheen, similar to that of an eggshell, so it is still somewhat effective at hiding flaws. Its velvety look makes it a popular choice and eggshell finish is a bit more reflective than flat paint so it doesn't show every scuff and can tolerate light cleaning.

Satin finish paint is more durable han matte or eggshell finishes. It h light sheen, and resists moisture, which makes it a popular option for kitchens and bathrooms. Semi-gloss finishes reflect light and offer a bright, glossy finish which can really add to a room's appeal. Surfaces are easily cleaned, however the shiny finish shows surface imperfections, making it impractical for many applications. Newer trims and moldings are ideal candidates for semi-gloss paint. A glossy finish provides a high gloss shine, is very durable and easy to clean. The brilliant shine is typically used for small accent areas, as the finish is very reflective and too distracting for most area applications.



for each average-sized window in the room. The figure you end up with is a pretty close estimate of the actual wall area. Keep in mind, you can expect one gallon of paint to cover approximately 350 square feet.

Want to know the

trim, cabinets, and doors.

Quick Tips For a quick patch job on walls, simply use items on hand: Mix equal parts of starch and salt, with just enough water to make a thick paste. Apply and smooth over cracks or small holes.

most efficient order of painting a room?

Experts advise painting ceiling, walls,

When mixing up commercial plaster, you'll reduce lumps if you add the powdered plaster to the water instead of adding water to the plaster.

Sanding is a tedious chore. To reduce sanding on plastered walls, simply go over freshly applied joint compound with a wet paint brush for a smooth finish.

Ensure a smooth surface: Before painting over an old bureau or other piece of furniture, you can easily clean the finish by wiping it down with a lint free cloth dampened with straight turpentine. This method picks up any stray dust and helps smooth out the surface to prepare it for painting.

When painting new plaster, or other porous surface, paint on a solution of water mixed with PVA glue first. This seals the surface and stops the paint from soaking into the plaster, giving a better finish and making the paint go further!

When painting with a brush, always keep a wet edge as you paint, and work away from that wet edge. If you paint over a dry edge, you will get overlap marks.

Aerosol paint is a popular choice for revamping furniture and small accessories, but it can be frustrating when the paint does not dispel evenly. Here's a trick to ensure a finer and more even coat of paint: Simply place the can in warm water several minutes prior to spraying. The higher temperature helps the paint to flow out more easily, and smoothly.

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 Sturbrid Simply! 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.

Look at your financial situation holistically



FINANCIAL FOCUS

> JEFF BURDICK

What's the biggest financial mistake you can make? Choosing the wrong investments? Waiting too long to save for retirement? Underestimating the costs of retirement? All these are reasonable answers, but the biggest mistake you might make is not looking at your financial picture holistically that is, not bringing into the picture all the elements of yourself.

Let's consider some of them:

• Your views on helping your family - Your decisions about helping your family are clearly going to be a major part of your financial strategy – and this is true at virtually all stages of your life. When your children are young, you'll need to decide if you're going to put away money for their college education, and, if so, how much, and in what investment vehicles. When they're young adults, you may also need to decide how much financial support you're willing to provide for things such as the down payment on a new home. And when you're drawing up your estate plans, you'll need to consider how to distribute assets to your children, grandchildren or other family members.

• Your personal beliefs - As someone with civic, ethical and moral concerns, you want to positively affect the world around you. And

months we saw another surge that made us all feel as though it would never end.

It's important to talk about and acknowledge just how tough things have been for each and every one of us. The unexpected changes the pandemic delivered were a doozy. Over the past year, we have all worried about loved ones and the burden that comes along with potential changes in finances. Isolation is never easy either. Despite these challenges we are all here, in this together and accolades should be given to everyone who did what they could to help stop the spread, encourage friends and family and for keeping yourselves upbeat as much as possible.

Remember to check in with yourself and take note if you feel impatient, angry, depressed or irritable. Those feelings are normal and make sense given the circumstances, but experts say it's important to be aware.

Breathing exercises are always suggested as they are the fastest and easiest way to reduce stress. Relax your shoulders and slow your breathing. The physiological response centers on the nervous system.

Limit your screen time. We say this often. Some call it 'doom-scrolling.' Think of the good old days before social media when it was your choice about what you read. Seeing too much negativity can increase that feeling of dread and uncertainty. If you need some good news, simply Google "good news"; we promise, it's out there. If you're trying to unwind, listen to music or watch shows that remind you of simpler times. Some of our favorites include The Beach Boys, Led Zeppelin and The Doors. For a good reset, nothing beats watching re-runs of Three's Company, one the best sit-coms to come out of the 1970's.

In the words of Bernard Beckett, "Human spirit is the ability to face the uncertainty of the future with curiosity and optimism. It is the belief that problems can be solved, differences resolved. It is a type of confidence. And it is fragile.³

Not sure how much paint to buy? Most major paint companies and home centers offer easy to use paint calculators on their websites for precise measuring. Or, to estimate the amount of paint you need in order to cover the walls of a room, multiply the perimeter of the room by the ceiling height to get square feet. Subtract 20 square feet for each door and 15 square feet

that's why you may feel compelled to make charitable gifts throughout your life and then make philanthropy part of your legacy. To accomplish these objectives, you'll want to include gifting techniques in vour financial strategy today and your estate plans for tomorrow. Of course, for the estate planning component, you'll need to work with your tax and legal advisors.

• Your purpose in life when you retire - When you retire, you may be stepping off a career path, but you're also entering a world of possibilities. How will you define, and live out, your new sense of purpose at this stage of your life? Do you seek to broaden your horizons by traveling around the world? Do you want to give back more to the community by volunteering? Can you spend more time pursuing the hobbies you enjoy? Each of these choices will carry different financial implications for how much you'll need to accumulate for retirement and how much you will need to take out each year from your retirement accounts, such as your IRA and 401(k).

• Your health – Your physical and mental health can play big roles in your financial plans and outlook. On the most basic level, the healthier you are, and the better you take care of yourself, the lower your health care bills will likely be during retirement, which will affect the amount you need to put away for health care. And you also may need to prepare for the costs of longterm care, which can be enormous - in fact, a private room in a nursing home can easily cost \$100,000 per year, according to the insurance company Genworth.

It can be challenging to weave all these elements into a single, unified vision, so you may want to get some help from a financial professional. But, in any case, be prepared to look at your situation holistically because, when putting together a lifetime's financial strategy, every part of your life matters.

This 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.

It's not where you are that's important...

I have always looked at the thought of a "bucket list" in a negative light. The idea that I'd want to begin compiling a list of things I wanted to do before I die just seemed... well... negative.

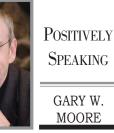
This week,

received an email from a reader saying, "I've been following your cancer journey through your column and social media with great interest. I'm on a similar health path and I'm wondering what's on your bucket list to do before it all ends.'

Ι

I began responding that my intentions are aligned with my hopes, plan, and actions and that I'm not expecting nor planning on dying from this cancer. But I fell asleep last night and awoke feeling differently and realized that I've already aligned my intentions on a partial bucket list, and it may be fun to compose one.

First, from the moment of my cancer diagnosis, my family, close friends, and I have come together and



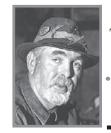
consciously decided to be more deliberate about being together. Arlene and I have spent more time with our children and grandchildren over the last year than we have on the last five years and plan even more.

I have two incredible sisters and brothers-in-law and once again, I've seen them more often this year and plan to do even more. I've seen friends I haven't seen in forty years. It's really been a beautiful year of seeing loved ones and catching up. My life has been dominated by being with those I love.

But what else? My mind swirled all night with a combination of things I've seen and done and want to do again, and things I've never seen nor done. My list may be passive ... no jumping out of airplanes or alligator wrestling... yet things I want to experience.

In the things I want to do again group... I want to visit San Antonio,

Turkey season is upon us



THE GREAT OUTDOORS RALPH TRUE

The opening of Wild Turkey season this past Monday, April 26, had many hunters out hoping to bag a turkey on the first day. The birds were extremely vocal in some areas and less vocal in others. This year, many sportsmen are concerned about the few sightings they encountered in the last couple of weeks, while scouting there hunting area for opening day. I do agree that fewer sightings in fields and local woodlots were reported than in past years, but that does not mean that they are not there. I was reading an article by Andrew McKean on turkey hunting that was interesting! South Carolina New York and other states started noticing a down-ward turn in their Wild Turkey populations, which has biologist concerned. They still have not figured it out!

The introduction of Wild Turkeys into Massachusetts and other states was a huge success back 30 or 40 years ago. Their populations grew so fast in the last 10 years or so, they have become a nuisance in many areas of the Massachusetts. They sure are a bit wacky at times as they stroll through small towns chasing people down the street, often holding up traffic. Hunting Wild Turkeys looks easy until you try to outsmart one in the wild during hunting season. There keen eye site can spot the slightest movement sending them hightailing it out of the area. Hunting them is a lot of fun, but you need to have a lot of patience if you want to bag a big tom bird.

Setting up early in the morning before daybreak can increase your chances of har-vesting a turkey, but while you are waiting observing other wildlife can provide some exciting moments. Suddenly, a loud gobble a couple hundred feet from your setup of turkey decoys, breaks the crisp morning air. After a few more gobbles, the flapping of wings from a turkey as he leaves the roost has your heart pumping loudly. After making a few hen calls with your turkey call, you often hear a few loud gobbles from the bird. I have a preference to hunt from a ground blind, which al-lows me to stay comfortable, warm and dry away from ticks and other ground feeding bugs.

Poking the barrel of my Browning shotgun out the window of my blind, I quickly spotted a couple of hens heading

.....

MOORE continued from page **A8**

Texas. San Antonio is probably my



my way. Suddenly, a huge Tom turkey appears in full strut. My mouth becomes dry as the bird heads closer to my blind and setup of turkey decoys 20 or 30 yards away. It seems like a half hour has gone by, but it is only 10 to 12 minutes. Because I am using three-and-a-half-inch turkey loads, I am comfortable taking a shot of 30 to 40 yards from my blind. Carefully taking aim, I slowly squeeze the trigger until the discharged shotgun sets me back in my chair. The roar of the discharged shell echoes through the valley, and the smell of burned gunpowder fills the air. The big bird lays almost motionless in the grass filled field. Time to pick up my prize and head for home!

That is the story of a previous hunt a few years earlier. You can harvest two tom birds on the same day, and still have another permit to harvest a turkey in the fall. Some states like Ohio are reporting a substantial drop in their turkey popula-tions, and they do not know why. They have already started to revise their permits for turkey hunters. Hopefully, they do not have a bird flu problem. Keeping our wildlife healthy falls in the hands of our wildlife biologist. At least for now, deer and turkey populations in Massachusetts are thriving, and will hopefully stay that way.

Using the proper shotgun shells for turkey hunting will help insure a fatal blow to the head. Some shells cost close to \$10 each. After harvesting a wild turkey, you should cut the tail off. Saving the tail and drying it out on a piece of cardboard should be done as soon as you return home. Shaking some Twenty Mule Team bo-rax on the meaty part of the tail, will help preserve the tail for your next hunt. Fan the tail out with a few pins to hold it in place. After the tail is dry, you can remove the tail from the cardboard and attach a small piece of wood and a 20-inch piece of quarter-inch metal pipe to stake the tail in your decoys on your next hunt. It works great.

No complaints this year on trout stockings, at least for now. Most everyone agrees that the size and stocking numbers of trout are receiving high marks from the states fishing public. A 12-pound brown trout was caught last week, and there are reports of many trout in the three-to-four-pound class being caught. The West Riv-er in Uxbridge has been giving up some impressive trout, and Harrington's Pool is still being stocked with trout, even though the entrance road is still blocked. Access to the pool can be made from the dam area, but efforts to the pool by Quaker Street are still being planned. Veterans and the disabled public will need to wait a bit longer for the new easy access.

The ocean waters are still a bit cool and a week of warm weather are needed to jump start the tautog bite. Tautog fishing in the Westport River had still not mate-rialized as of last Saturday. The surface water temperature was still at 47 de-grees. A water temperature of at least 50 degrees should start the bite. Hopefully, this week! Party boats are also making a long run to the haddock grounds to catch fish, but when they get there, the action is hot.

Take A Kid Fishing & Keep Them Rods Bending!

Dress up the landscape with spring flowering shrubs



Add a burst of color to the start of the garden season with spring flowering shrubs. Small or large, these beauties add color, support pollinators, and help attract birds to the landscape.

Make room in mixed borders and gardens for these spring bloomers. Use varieties with slightly different bloom times to create continuous color throughout the spring. Complement these with spring flowering perennials and bulbs. Once the shrubs finish flowering, they add some nice greenery to the border. Plant a few compact varieties in containers for added color on patios and decks. Add seasonal color with annuals, pansies or other cool weather tolerant flowers for spring and fall. Replace these with petunias, lantana, or other suitable heat tolerant flowers for summer. Forsythia and lilacs are traditional spring favorites. Forsythia's bright yellow flowers signal spring for many. The showy flowers have a slight fragrance, and the plants are basically pest free. Select varieties whose flower buds will survive cold winter temperatures, so there will be blossoms from the tip of the stem to ground level. Lilacs fragrant flowers may generate wonderful childhood memories. Select the preferred white, pink, or purple color and varieties that will fit the growing location when mature. These will brighten any spot later in the spring.

Look for other easy-care, spring-blooming shrubs to include in the landscape. The spring blooms of viburnum are sure to provide plenty of enjoyment not to mention its attractive foliage, fall color, and fruit that attracts birds. Use them to create an attractive screen, hedge, or mixed border. Several viburnum varieties, like Korean Spice and doublefile, make great specimens or impressive small groupings in the landscape.

Brighten those shady spots with azaleas. These spring bloomers thrive with afternoon or dappled shade. Grow them in moist, rich, acidic soil in a sheltered location for best results. Make sure there is a good view to enjoy the blossoms and hummingbirds they attract.



favorite place on the globe... history, music, food... I find it all alluring. I've been there dozens of times, but want to go again. I want to dine on fajitas, with a margarita and listen to live mariachi music played table-side with friends and family at Market Square. After dinner, we'll stroll by the Alamo and I'll ramble on about my life-long fascination with Texas history. I love Texas. I love the Texas attitude. And we'll end the night listening to George Strait singing "I'll be Somewhere Down in Texas if you're looking for me" ...on a jukebox at the original Lone Star Cafe.

I remember the first moment we parked our motor home... I am guessing 1987 or so... taking the hands of my little family, walking up the long walkway and seeing Mount Rushmore for the first time. It was an unexpected breath-taking experience. I think I need to see it again. Not because I'm dying... I'm not... but just because I want to see it again.

I have two books burning inside of me that I feel driven to finish and another that is finished that my agent is seeking a publishing deal. I'm also thinking about a simple book that's a compilation of a few of my columns.

I also find that I want to spend more time talking with and listening to God through my prayers. As time passes, I'm understanding how important this is to my attitude, optimism, and mental well-being.

Those are my must do's. In the category of things not required but I'd love to do is visit the Holy Land. It's a long trip. If we can make it happen, great, but no regrets if not.

My list is short and simple. Really, all I want is time with family and friends. I've already travelled the world and realize my new life philosophy can be summed up by the following simple statement of truth.

"It's not where you are that's important, but who you are with."

If I can spend the rest of my life, anywhere, place or time, being with those I love and those who love me in return, I'll be deliriously happy.

What could be more important?

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. Light up the spring garden with Garden Glow dogwood. The bright chartreuse foliage turns a burgundy red in fall. The white flowers give way to blue fruit and the red stems are a welcome sight in winter.

Other dogwoods, like red twig and gray dogwoods, are native shrubs with flowers that support pollinators and fruit that feeds the birds.

Fothergilla's fragrant white spring flowers are a favorite of hummingbirds. This beauty ends its season with a colorful mix of yellow, orange, and scarlet fall color often on the same leaf.

Add an evergreen backdrop of boxwood, arborvitae, and junipers to showcase these spring beauties. The spring blossoms, fall color, and winter interest will shine when positioned in front of greenery.

Take a walk through the landscape now to identify places that would benefit from some spring color. Select the right plants that are suited to the

Courtesy — Pasquesi.com

This Show Off[®] forsythia signals early spring for many with its showy, bright yellow flowers and slight fragrance.

growing conditions and complement the garden design. Then plant and enjoy these colorful additions for years to come.

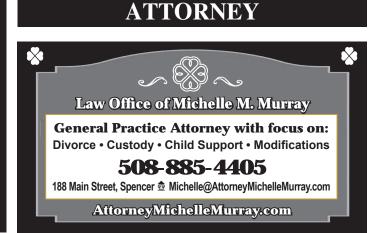
Melinda Myers has written more than 20 gardening books, including The Midwest Gardener's Handbook and Small Space Gardening. She hosts The Great Courses "How to Grow Anything" DVD series and the nationally-syndicated Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor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

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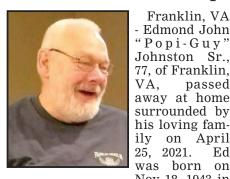
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OBITUARIES

Edmond John "Popi-Guy" Johnston Sr., 77



Seminary.

Miffitt, Timothy Franklin, VA Edmond John Johnston "Popi-Guy' Johnston Sr., and 77, of Franklin, VA, passed away at home surrounded by his loving family on April

was born on

Nov 18, 1943 in

Stamford, CT to Edmond C. and

Mabel Smith Johnston. He received

his GED while in the Navy and was

ordained as a minister after attend-

ing the Southern Baptist Theological

Ed is survived by his six children, Nena Winslow and husband

Wayne of Sturbridge, MA; Kerri

Peterson and husband Michael of

Dudley, MA; Scharri Loader and

husband Jamie of Woodstock, CT;

Nikki Kustak of Webster, MA; Erin

Johnston and husband Christopher

Miffitt of Arthurdale, WV; and

Edmond "JR" Johnston Jr. and wife

Alicia of Franklin, VA. He is also

survived by his nine grandchil-

dren, Nya Winslow, Colin Johnston,

Jamie Loader, Brett Loader, Kyle

Kustak, Christopher Kustak, Noah

and Sophie Johnston; brother, Robert Johnston and wife Theresa of Greensboro, NC.

In addition to his parents, he was preceded in death by his wife, Donna Gayle Johnston.

Ed had many interests. He had an eclectic taste for cars, turning trash into treasures, writing stories and in his final months he found comfort in drawing. He was also a spiritual man and attended many churches over the years; he found great joy in studying and sharing his beliefs and the word of God. He touched many lives by opening his heart and home. His outspoken and teasing nature will be remembered by all.

Ed will be laid to rest next to his loving wife of over 33 years in Woodstock, CT.

Although flowers are appreciated, the family suggests memorial contributions be made to Hospice of Virginia, 2235 Staples Mill Rd Suite 100, Richmond, VA 23230.

www.wrightfuneralhome.org





away on Monday, April 19th, in UMass Memorial Medical Center, University Campus, after a brief illness.

McClain; her son, Ryan R. McClain and his wife Meaghan Sullivan of North Brookfield; her daughter, Megan C. McClain and her husband Matthew Pion of Southbridge and her beautiful granddaughter Maeve; her mother, Georgette R. (Palardy) Caron Dupont; a brother, Paul E. Caron of East Longmeadow; and a sister, Jeanne Croteau of Springfield.

She was born in Sanford, ME the daughter of the late Fernand A. Caron.

Elaine worked as a librarian for

VACCINATIONS continued from page A1

preregistered for vaccinations using the state's system, with more than 800,000 having been contacted with the opportunity to book appointments.

State leaders are proud of the many improvements that have been made to the system since the chaotic launch of vaccinations this past winter. Back in January and February, long lines and frequent website issues deterred residents from signing up, but with each week the state continues to improve its efficiency and organization in the registration process.

Looking ahead, Baker's team has pledged to keep finding ways to improve the system now that far more residents are able to register for their vaccinations.

"We will continue to make

Elaine M. McClain, 67

.....

STURBRIDGE-Elaine M. (Caron) McClain, 67, of Allen Rd., passed

She leaves beloved her husband of 48 vears, Robert R. Sturbridge for 20 years where she was well loved and dedicated to the people she served. She enjoyed sharing her skill and love of arts and crafts with not only her children and granddaughter but also with the children of the library. Elaine looked forward to her weekly visits to the Hitchcock Academy were she and her friends would get together and enjoy painting with water colors. She loved stitching and creating wedding and baby announcements for friends and family. Yearly family vacations to Wells Beach provided Elaine with cherished moments catching up on the latest family happenings with her many cousins. She was a member of St. Anne - St. Patrick Parish in Sturbridge, MA.

the Joshua Hyde Public Library in

Funeral Services and burial for Elaine will be private. There are no calling hours.

Daniel T. Morrill Funeral Home, 130 Hamilton St., Southbridge is directing the arrangements.

www.morrillfuneralhome.com

improvements to the system in the weeks ahead, which will make the process even easier as more people become eligible," Baker said.

State leaders remind residents that limited weekly vaccine allocations from federal officials may cause extended delays between registration and a person's actual scheduled vaccination. Several residents have had to wait multiple weeks after scheduling their vaccines online.

For the Pfizer and Moderna vaccines, residents typically need to wait approximately two to three weeks between receiving the first and second doses of the vaccine. If you are vaccinated at a mass vaccine clinic, you will be scheduled for your second vaccine immediately after receiving the first dose.

To learn more about the registration and vaccination processes, visit www.mass.gov.



S



Brittany Klotz makes Goodwin Dean's List

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EAST HARTFORD, Conn. — Brittany Klotz has earned a spot on the Goodwin University Dean's List for Fall 2020.

Klotz, a student from Holland, is one of 1,128 students to make the Dean's List, reserved for those who demonstrate great academic performance.

Dean's List inclusion requires a student to earn a minimum 3.5 GPA, the equivalent of an A- average, during a given academic session. The student must also be enrolled in a minimum of six academic credits to qualify.

Goodwin University congratulates Brittany on making the Dean's List and demonstrating such a high standard of excellence in the classroom and beyond!

Goodwin University in East

vative learning community that empowers hard-working students to become sought-after employees. We tailor our programs to address the needs of employers, and we shape them to fit the lives of students. Classes are conveniently offered year-round - days, evenings, weekends, and online. Degrees may be flexibly layered across certificate, associate, bachelor's, and master's programs in a variety of in-demand fields. Better still, we surround our students with the personal support and the professional guidance they need - not just to earn degrees, but to change lives for themselves, their families, and their communities. For more information, please visit www.goodwin.edu.

Hartford, Connecticut, is an inno-



Courtesy

TRINITY CATHOLIC ACADEMY PRE-K SWINGS INTO SPRING FOR EARTH DAY

This fun group led by Mrs. Hilli & Mrs. Lomme have been learning about ways to take care of the earth that God gave us. These ambitious four-year-olds have been talking about ways to recycle, plant trees and conserve energy whenever they can. To recycle paper, these young conservationists grabbed paper from projects, newspapers, and other scraps, and ripped them into tiny pieces. They then let the paper soak and whirled it into paper pulp. Next the children pressed the pulp into a heart shaped mold and added seeds so they could plant them outside during school vacation to grow some pretty spring flowers.

.....

STONE

continued from page A1

writing will all be worth it."

Readers who have experienced abuse in any form are able to use the poetry in Stone's book as a tool for personal healing and hope, or to help a loved one cope.

For many readers, the book provides an important lens into subjects that are often shunned or ignored. Countless victims of abuse feel like they do not have a voice to convey their pain, but Stone's book and others like it are helping to break the silence.

"It is full of the real pain, shame, and guilt that comes from such a traumatic experience," Stone said. "The second part is my way of showing people that the pain is possible to get through, and that no one is alone. It's how I keep moving forward, and what I hope will inspire others to do so, as well."

During the book's editing process, Stone asked a few people to read her work, some of which went through similar traumatic experiences. She appreciated their supportive reception to the book.

"Hearing their feedback and gratitude for writing something that they can relate to really solidified the fact that sharing my story was exactly what I wanted to do. I really look forward to hearing from other people who read it," Stone said.

After much consideration over

whether to self-publish her book or pursue traditional formats, Stone opted for self-publication to ensure that she would retain full artistic control of the project. She often spent over six hours a day working on the book, in addition to focusing on her college coursework.

"I think the most meaningful part of putting the book together was being able to see all the years of suffering and healing amount to something that I can physically hold," Stone said. "It was being able to take hold of my past and say that I made it into something beautiful. Also, being able to share the proofs with my parents and sister was really important to me. They have always been so supportive of me and my healing, so finally sharing my writing with them made all the difference."

Looking back at her completed project, Stone is able to see how much she has transformed along her path toward healing. She hopes readers will also be able to come away from the book with new insights, inspirations, or the reassuring knowledge that they aren't alone.

"It was so meaningful for me to go back and read painful poems that are now five years old and realize that I am not there anymore. I have come so far in my healing journey that I can read them and smile, knowing that I am safe and happy," Stone added.

The book also serves as an inspiration for young creators who are apprehensive about sharing their own stories through fiction, nonfiction, poetry, music, or art.

For Stone, seeing her work in book form was the ultimate triumph. Her road to healing now has the opportunity to inspire readers throughout the world.

"Receiving the first proof was honestly a feeling I will always remember. Holding a physical copy and seeing my name on an actual book was both exhilarating and relaxing," Stone said. "I felt like I could finally let out a breath I had been holding in since I was a little girl."

The book is available on Amazon, both in paperback form and the Kindle e-book edition. Looking ahead, Stone hopes to sell her book at local bookstores.



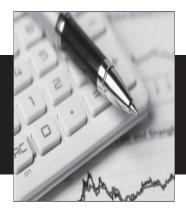
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EVERY APRIL PEOPLE ACROSS THE GLOBE SPREAD AWARENESS ABOUT THE ENVIRONMENT, CONSERVATION AND OTHER ECO-FRIENDLY TOPICS. THE ENTIRE MONTH IS CALLED THIS. HTNOM HTAA3: SAWENA

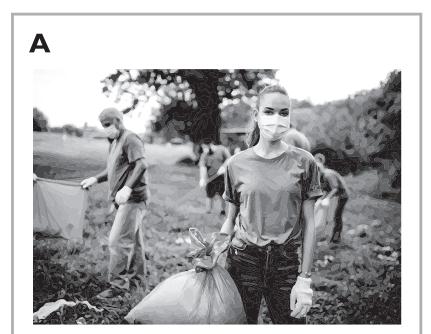


ENGLISH: Planet

SPANISH: Planeta

What's the Difference?

There are four differences between Picture A and Picture B. Can you find them all?





səsspj8uns 8uinpəm noM.4 thain no norvag gaissim. E vooft no heavt Answers: I. Woman wearing necklace 2. Extra



EARTH DAY OCCURS EVERY YEAR ON APRIL 22. IN 2020, THE WORLD

CELEBRATED THE 50TH

DAY.

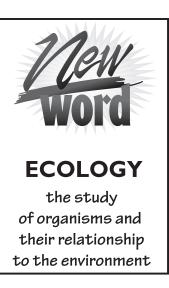
ANNIVERSARY OF EARTH



• 1901: NEW YORK BECOMES THE FIRST STATE TO REQUIRE LICENSE PLATES ON CARS.

• **1944**: THE UNITED NEGRO COLLEGE FUND IS INCORPORATED.

• **1990:** VIOLETA CHAMORRO TAKES OFFICE AS PRESIDENT OF NICARAGUA **BECOMING THE FIRST** WOMEN TO HOLD THE POSITION.





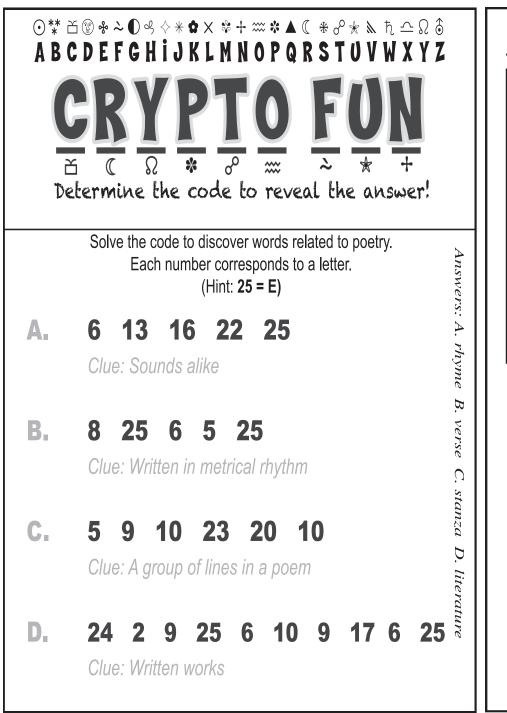
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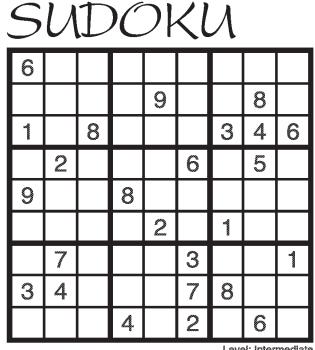
FRENCH: Planète

GERMAN: Planet

Can you guess what the bigger picture is?

ANSWER: PLANT BUD





Fun By The Numbers

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

Level: Intermediate

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!

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WEBSTER - 103 UPPER GORE RD



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age Possible to be Subdivided! ON DEPOSIT \$89,900 Webster - Upper Gore w/View of the Lake! 1+ Acre!

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Each \$24,500.

large 3 Family- a rare find! 1st Floor spacious 2 bedroom apartment. 2 - 2nd floor, 3 bedroom apartments Walkout basement to off street park-\$289,900.

On the shores of Lake Chargoggagoggmanchauggagoggchaubunagungamaugg

Webster Lake - 100 Lakeside Ave



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Gus Steeves The lichen walk emphasizes the lifeforms' antiquity - hundreds of millions of years.



Lichens, colonies of algae and fungi, live almost everywhere, and are commonly found as colorful coatings on New England rocks.



A woodsy family hangs out with Rusty.

Gus Steeves



Gus Steeves

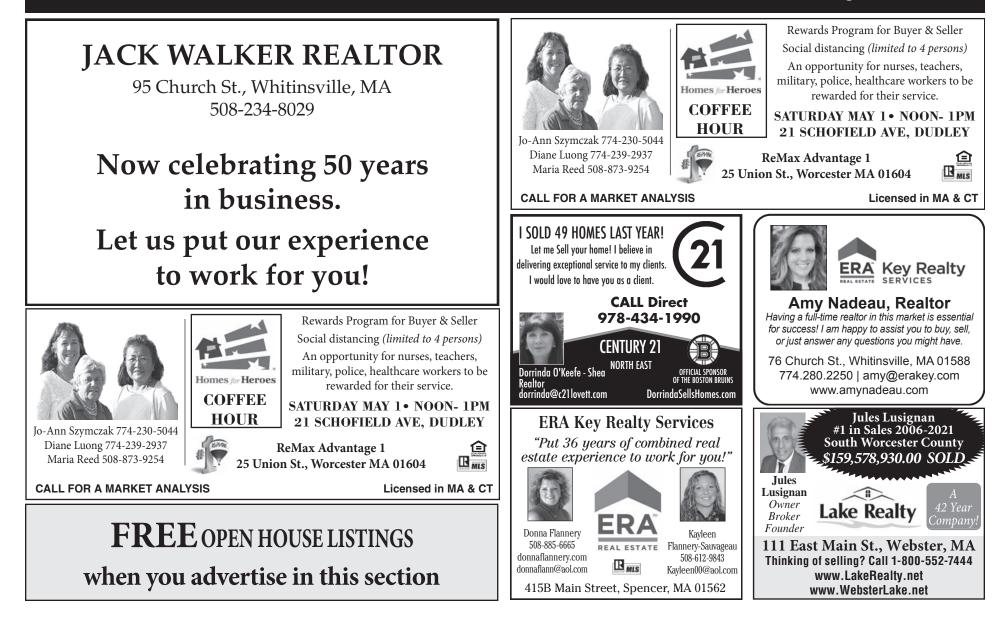


Having had time to dry off from her early morning emergence, the Lady of the Vernal Pool points out some of the



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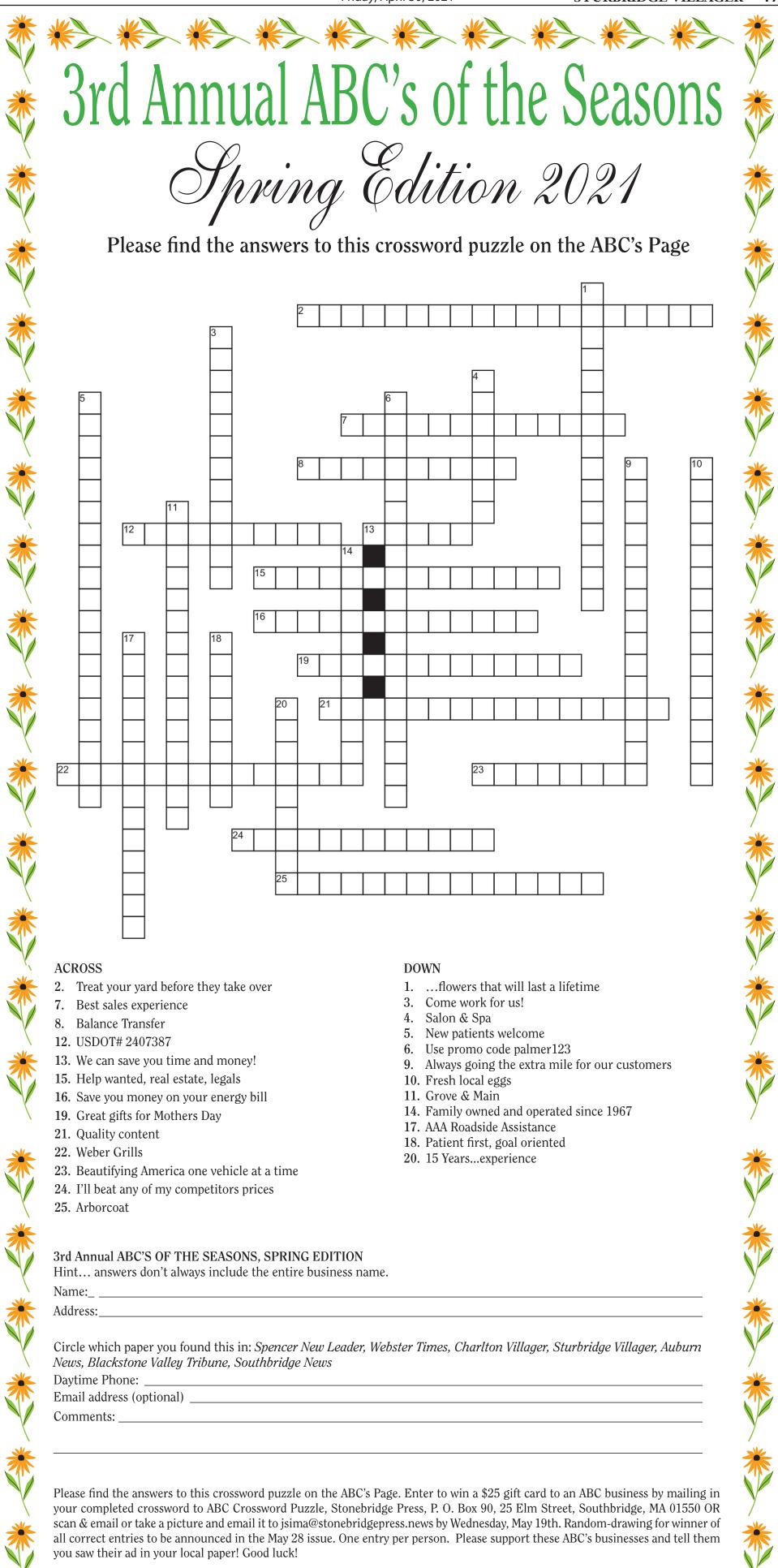
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