

SPENCER NEW LEADER

Free by request to residents of East Brookfield, West Brookfield, North Brookfield, Brookfield, Leicester and Spencer

SEND YOUR NEWS AND PICS TO News@StoneBridgePress.news Friday, April 23, 2021

Grigg is no stranger to public service

BY KEVIN FLANDERS
STAFF WRITER

SPENCER – Select Board candidate Jared Grigg may be new to town, but he is no stranger to service and leadership.

Grigg moved to town last June with his girlfriend, Alyssa. In addition to his decade of employment as an EMT/firefighter, he has also served in the Army National Guard as a military police officer for 13 years, completing two tours in the Middle East.

Grigg's military service and his career as a first responder combined to provide him with extensive leadership skills. If elected, he looks forward to using that experience to Spencer's benefit.

"The Army has taught me how to balance mission accomplishment with soldier care, prioritizing the overall wellbeing of everyone involved," Grigg said. "This translates to the duties of selectman, as the overall wellbeing of the town and the Spencer community is prioritized while balanced with the individual needs of the town's residents. The Army has also taught me leadership experience and how to collaborate with different groups to come together for a functional and analytical solution."

Before launching his campaign for selectman, Grigg put in significant research on town departments and committees. He was committed to gaining a detailed understanding of how the town operates prior to announcing his bid.

Grigg also spent several months



Photo Courtesy
Jared Grigg is running for a seat on the Spencer Select Board.

establishing connections with local leaders, business owners, and residents.

"I have tried to make sure everyone knows I am new to this community, as it is not something I want to hide. I have been working extremely hard to study and understand the decisions that have been made throughout the town's committees, boards, and departments," Grigg told the New Leader. "I've met with most department heads already, as well as most businesses in the downtown area. I want to talk to everyone as much as I can to get a fuller, more complete picture of Spencer."

Grigg recently earned a degree in business management, with a concentration in entrepreneurship. Throughout his campaign, he has been impressed with the leadership shown by Spencer's officials and business owners during the pandemic. Looking ahead to the May 11 election, Grigg hopes to have the opportunity to assist residents and business owners as an elected official.

"I will always have a focus on listening to the citizens of Spencer because, ultimately, that is my job as selectman. I cannot say I will always agree, but I will always listen. I want to bring in new ideas while respecting the town's history," Grigg added.

Many residents have been curious to learn what inspired Grigg to run for the Select Board as a new member of the community. Having served his

Turn To **GRIGG**, page **A2**

Gebo brings a passion for public service to selectmen's race

BY KEVIN FLANDERS
STAFF WRITER

SPENCER – A life-long resident of Spencer, Danielle Gebo has served her community in a number of ways over the years. Now she is hoping to continue her service as a member of the Select Board.

Gebo is one of two candidates vying for the Select Board seat to be left by Selectwoman Wendy Berthiaume, who is not seeking re-election.

The Annual Town Election will take place on May 11. For Gebo, it's an opportunity to expand into an even broader arena of municipal service.

"I care about my town and community. I am extremely passionate, and want to be more involved. I want what is best for our town," Gebo told the New Leader.

With a range of volunteer and career experiences across multiple venues in town, Gebo is well-prepared to handle the many challenges facing Spencer. She has served on the Spencer Rescue Squad as an EMT/administrative assistant. During her employment with the squad, she helped implement the in-house medical billing system.

Gebo also drove school buses for the Spencer-East Brookfield Regional School District for eight years. Additionally, she has served on the Old North Street Cemetery Commission for the past 11 years.

Having worked in the sectors of emergency services and transporta-



Photo Courtesy
Danielle Gebo is running for a seat on the Spencer Select Board.

tion, Gebo is an advocate of keeping staffing levels strong throughout town to provide high-quality service to residents. Senior services are also a major priority for her.

"I would love to see all our town services restored back to full-time – and all departments adequately funded," said Gebo, who most recently spent a few years in retail store management. "Our seniors finally have a place to call home, and I would like to make sure that we continue to support their needs, as they deserve our full support."

Gebo married her high school sweetheart and went on to raise three children in town. She has always appreciated the opportunity to live in a tight-knit community, and she hopes to have the chance to support residents as a member of the Board.

"In Spencer, community is our greatest strength," Gebo said. "In times of tragedy or need, you can always count on people to pull together and help each other."

Gebo has seen community solidarity on full display during the pandemic. If elected, she would be focused on working with the other Board members to continue supporting the community's emergence from COVID-19.

"I feel Spencer has great systems in place for dealing with COVID-19," Gebo said. "I would like to see a focus on more support services like counseling and outreach to those who are home-bound or are struggling with access for support."



Photo Courtesy

State Representatives Donnie Berthiaume, right, and Peter Durant recently stopped by Knox Trail Middle School to celebrate this year's Project 351 ambassadors.

State legislators visit Knox Trail's Project 351 ambassadors

SPENCER – Knox Trail Middle School's Project 351 ambassadors recently received a few special visitors to celebrate their accomplishments.

KTMS eighth graders Adison Daoust and Alivia Sauvageau were selected as the school's Project 351 representatives. Each year, the statewide program features one eighth grader from each of the 351 communities in the Commonwealth.

Earlier this month, Daoust and Sauvageau received visits from State Representatives Donnie Berthiaume and Peter Durant. The students were presented proclamations celebrating their achievements.

Project 351 is a yearlong program of service learning, leadership development, and civic engagement. The program typically involves students taking part in a day of community service projects in Boston.

This year's Project 351 schedule had to be altered due to COVID-19 regulations, but youth ambassadors still enjoyed plenty of virtual learning and service opportunities. They will also be able to return as mentors next year. "Educators select ambassadors who have demonstrated an exemplary ethic of service and the values of kindness, compassion, humility, and gratitude," read a statement released by KTMS. "We place a special premium on unsung heroes and quiet leaders, and the rich diversity of our Commonwealth."

To learn more about the program and how local students are getting involved in community service, visit www.project351.org.

Spencer officials salute departing Town Administrator

BY KEVIN FLANDERS
STAFF WRITER

SPENCER – Selectmen were officially informed last week of Town Administrator Thomas Gregory's imminent departure.

The administrator's resignation was formalized during the April 12 Select Board meeting. After accepting a position as Hudson's new executive assistant, Gregory's last day of employment in Spencer will be June 6.

"I'm grateful for the confidence the Board of Selectmen placed in me during my tenure in Spencer, and I wish the town success as it looks to the future," Gregory said.

Between May 24 and June 6, Gregory will use accrued vacation time. Town officials thank him for his service, which began in 2018.

"I thought he served our town very well. He is professional, a good communicator, and he carried the ball for us on a lot of critical projects," said Selectman Tony Pepe. "Hudson is getting a very good administrator."

Selectmen haven't determined the process that will be used to replace Gregory. Multiple board members told the New Leader they support hiring an interim administrator, which would allow for adequate time to take the next steps in the replacement process while continuing high-level services.

The board expects to vote on the candidate acquisition process for the next full-time administrator during its April 26 meeting. Members could elect to form a town administrator search committee, or a firm could be hired to identify strong candidates.

News of Gregory's departure comes at a busy time for Spencer, with residents set to vote at the Annual Town Election on May 11. Two candidates are vying for the Select Board seat to be left by Wendy Berthiaume, who is not seeking re-election.

Due to accrued vacation time, it is possible that Gregory's last day of work could be in late May, although his employment extends into June. Following his departure, town officials would like to immediately transition to the next phase of leadership to ensure continuity.

In the coming weeks, calls will likely be made to inquire about the availability of potential interim administrator candidates, selectmen said. During the town's last transition between administrators in 2017, William Ross was chosen to hold the position in an interim capacity.

Officials highlighted the importance of having a smooth transition during a time of major personnel changes in town. Spencer is also currently utilizing an interim town clerk, who will be replaced by a full-time clerk at the election. Several other new faces were added to the municipal roster this past year, including the Town

Turn To **GREGORY**, page **A3**



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North Brookfield Water Department to flush mains

NORTH BROOKFIELD — The North Brookfield Water Department will be flushing water mains throughout town beginning Monday, May 3 through Friday, May 21.

The purpose of the flushing is to remove sediment buildup in the mains. The flushing may result in temporary discoloration of the water, caused by small particles dislodged during the flushing. This discoloration might stain your laundry, especially white materials.

Flushing is performed between the hours of 7:30 a.m. and 3:30 p.m. We post our daily flushing schedule on the North Brookfield Water Department Facebook page. If you would like additional information, please call the Water Department at (508) 867-0207.

GRIGG
continued from page A1

nation and also worn the uniform of a first responder, he has a strong understanding of what it means to serve and assist. That same inspiration also applies to involvement at the local level, he said.

“I believe that being a member of a community comes with a responsibility of being an active part of that community,” Grigg said. “Maybe that is by voting, or by raising money for a community effort; being an active part of a community can happen in many ways. Spencer is my future, and I want a great future for Spencer.”

Grigg listed several projects and issues he would like to see addressed in upcoming years, including the improvement of sewer issues; addressing unoccupied buildings and structures; and promoting continued downtown development.

“As COVID becomes less of a threat to our community, I really look forward to being a part of a lively and welcoming downtown,” Grigg said. “If you look around Spencer, it is very easy to see all the things that make Spencer a beautiful place to live. We have a small-town vibe with historic landmarks and a recreational outdoor space that is just so refreshing. Ideally, people from surrounding towns will come to Spencer for a day outdoors, or to unplug and then join us downtown for lunch or some shopping.”

As the election nears, Grigg is keenly focused on COVID-19 recovery efforts and finding ways to accelerate momentum for businesses. This will require teamwork and creative ideas, he said.

“As we come out of COVID restrictions, it is important to focus on speed and versatility in order to build momentum toward recovering our economy,” Grigg said. “We need events that highlight our outdoor recreational resources and our downtown area. We are still going to have to operate within the state’s guidance for COVID, but the town should not be imposing any additional restrictions and we should be helping residents and businesses navigate those rules. Partnering with the Fire Chief and the Board of Health with these initiatives to help businesses open safely and effectively will be essential.”

Additionally, deferred taxes for new and expanding businesses could help encourage private investment into the town, Grigg said.

“I believe it is essential that government approach business as a partner for success,” Grigg added. “I would also like to see increased outreach of the town’s outdoor recreational resources. If we can keep these resources engaged, it will help to increase visitors to town and increase revenues without taxing town residents. I believe the first community to open and engage the public will see the quickest recovery, so being the first is critical to the town’s recovery.”

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COVID creates opportunity for upgrades at Brookfield Congregational Church

BY KEVIN FLANDERS
STAFF WRITER

BROOKFIELD – Members of the Brookfield Congregational Church family are celebrating the recent completion of several major improvement projects.

Church member Art Jay joined many other volunteers on the projects, which took place despite the numerous challenges of the COVID-19 pandemic. Utilizing a full range of safety measures, volunteers were able to spend countless hours upgrading the church at a time when it was largely unused during the pandemic.

“Due to COVID restrictions, the sanctuary was closed to in-person services. The COVID storm created a perfect opportunity to take advantage of long-awaited repairs,” read a statement prepared by church members.

Over the last 20 years, the church family and volunteers have tackled several projects to improve the building and grounds. These included replacing the steeple; correcting the foundation; and performing other external work on the property. Funds for these projects were

provided through capital campaigns and grants from the Massachusetts Historic Commission.

Most recently, church officials knew that additional internal repairs to the church would require major staging efforts in order to reach the ceiling. Art Jay and other volunteers immediately stepped forward to come up with a plan, and they were able to capitalize on days when the church was closed due to COVID-19.

“Let’s take advantage of our church closure and renew all that is needed to offer a new and bright light to all that come when the doors are open again,” said Art Jay ahead of the projects.

Determined to also use the most recent projects as a way to honor his late mother, Alice, Art Jay got to work right away with his family. Alice Jay, who passed away last year at 104, enjoyed church visits for many years, both at her apartment and at Quaboag Rehabilitation Center. She was particularly fond of the Spirit Lifters, a church mission service provided to homebound residents who are unable to attend services. The Spirit Lifters deliver flowers and cards on major holidays, in addition to distrib-

uting 39 bouquets to celebrate Easter this year.

“Alice knew them as the ‘flower girls,’ and had a close kinship with them and the church,” read the BCC statement.

In honor of his mother, Art Jay worked hard with the other volunteers to complete the projects. The church also relied on assistance from Kevin Leacock, a steeplejack who made repairs and painted the steeple.

“Kevin offered advice on staging the sanctuary, allowing repairs and a fresh coat of paint from floor to ceiling,” the BCC statement read. “A new carpet was added, as well as new seat cushions. The original cushions were filled with horsehair which dates back to the last time the pew cushions were replaced.”

With its new and improved look, the church is ready for the eventual end of COVID-19 restrictions. This will enable the extended community to see the improvements firsthand, officials said.

“The Brookfield Congregational Church issues an invitation to anyone who wishes to visit,” the BCC statement read.



ACCURACY WATCH

The Spencer New Leader 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 or email.



Bay State Physical Therapy takes on new identity

BY KEVIN FLANDERS
STAFF WRITER

REGION – A local physical therapy business recently adopted a new name and affiliation, but patients can still rely on the same high-quality services.

Bay State Physical Therapy, formerly known as Comprehensive Physical Therapy, has locations in Leicester (1037 Main St.) and West Brookfield (23 Ware St.). The business operated under the Comprehensive Physical Therapy name for 30 years, but the staff is excited about its next chapter.

“In 2020, we began a search for a partner that would help us continue providing the patient-focused care that our patients deserve, while also helping us reinvest in our staff and facilities,” said James Buzzell, a managing partner of the Leicester and West Brookfield locations. “In July 2020, we officially joined the Bay

State Physical Therapy family.”

The business is not affiliated with Baystate Medical Center in Springfield. The Bay State Physical Therapy locations in Leicester and West Brookfield belong to a network of more than 70 clinics, each operated at a local level.

As a managing partner, Buzzell oversees the Leicester and West Brookfield clinics while working with the broader team to ensure that patients receive elite care and services.

“Our team is committed to helping patients overcome pain and injury to lead a full and active life,” Buzzell said. “Our therapists are trained to treat a wide variety of conditions, including back, neck, or joint pain, post-surgical conditions, sprains, strains, tendonitis, bursitis, plantar fasciitis, TMJ disorders, and neurological disorders, among others.”

Clinical teams are also trained in a rehabilitation program developed

at Mount Sinai Hospital that is aimed at helping patients recover from post-COVID syndrome. These patients are commonly referred to as “long haulers,” as they continue to display symptoms of the virus long after their initial infections.

“We also recently were trained by a board-certified geriatric clinical specialist in the evaluation and treatment of balance and gait disorders for patients who are unsteady on their feet and at risk of falls,” Buzzell added.

Throughout the month of April, the business is offering free balance and fall risk assessments to anyone who may be worried about the safety of themselves or a loved one. You are welcome to call the Leicester office at 508-892-1335, or the West Brookfield office at 508-867-0180.

You can also call those numbers for more information about any additional services, or to schedule an evaluation or a free balance screen.



ECONOMY SHOP NOW OPEN

The Economy Shop of the First Congregational Church, 207 Main Street, Spencer, MA is open within Covid restrictions and regulations. Spring and Summer Clothes will be available starting April 21st. Regular hours Wed-Fri 9am-1pm

NOTICE HYDRANT FLUSHING TOWN OF SPENCER

The Town of Spencer Water Department will be flushing fire hydrants throughout the distribution system starting April 5 thru April 30, 2021. Flushing removes sediment from the water mains to help maintain water quality. When the Water Department staff is in the immediate area, residents could experience loss of pressure and short periods of rusty water. We are sorry for any inconvenience this may cause. If you have any concerns, please feel free to contact the Water Department office at 508-885-7525. Thank you.

GREGORY

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Planner.

The changes also coincide with several large-scale projects and proposals, including the Lake Street School conversion that is currently under review by Town Counsel. Additionally, the town continues to monitor developments on a controversial proposal for a new CVS in the town center. Officials are also in the process of revising bylaw language during a yearlong solar moratorium.

“We have a lot of important projects going on that need to be managed,” Pepe added.

Experienced town administrators are always in high demand, but the hiring process is expected to be even more competitive this year. Brookfield will be choosing its first ever administrator this summer, and several other central Mass. communities are eager for strong leadership in various positions.

To learn more about upcoming town events, including the election, visit www.spencerma.gov.

Spencer seeking applicants for police position

SPENCER – Following a recent retirement, the town is accepting applications for the position of full-time police officer.

The officer will be responsible for keeping public order, responding to emergency and non-emergency calls for service, preventing and investigating crimes, arresting offenders, assisting victims, enforcing traffic laws, and assisting with fire and medical emergencies.

The officer must be able to work in all types of weather conditions. Shift assignments and hours may vary and include holidays as necessary.

Candidates must be a graduate of a basic full-time Massachusetts Police Training Committee Academy. In addition, candidates must be 21 years of age, possess a Massachusetts driver’s

license, and have a high school education or equivalent.

Final candidates will be subject to a background check, along with physical and psychological examinations and a drug test.

Interested candidates should submit a cover letter and resume to: David Darrin, Chief of Police, Spencer Police Department, 9 West Main St., Spencer, MA, 01562.

You may also email your materials to: ddarrin@spencerma.gov. Resumes will be accepted until the position is filled.

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Sex: Male
Age: 6 years, 1 mo



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PERSON of the WEEK

Pam Woodbury and the SPENCER SENIOR AND COMMUNITY CENTER

For helping Spencer residents get appointments to get vaccinated for COVID, and keeping us updated on Facebook as to where appointments may be available. They also inform us of scams to avoid by phone, and provide other good information for the town of Spencer and all who follow their Facebook page.

Thank you for all you do to help not only the seniors, but the entire community.

— A grateful Spencer resident

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Sex: Male
Age: 6 years, 1 mo

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Drone aids local police in locating lost hikers

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

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

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

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

search for the lost hikers.

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

“The two hikers were immediately located after the call out, as they had been observed using a thermal camera in the area,” read a statement released by the Oxford Police Department. “Ground units were deployed, and the hikers were guided to an exit gate where they were picked up by their parents. The hikers required no medical assistance and were in good health when located.”

Photo Courtesy

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



Annual conservation restrictions imposed on outdoor water use

Spencer — A mandatory water use restriction for Spencer Public Water Supply Users, which includes mandatory water use restrictions effective May 1 until Sept. 30, was announced on April 13 by the Spencer Water Department.

The conservation restriction prohibits the following non-essential outdoor activities from occurring between hours of 9 a.m. and 5 p.m.: irrigation of lawns via automatic sprinkler systems (all types of above and below ground sprinkler

systems); washing of vehicles except in a commercial car wash; and washing of exterior building surfaces, parking lots, driveways or sidewalks, except as necessary to apply paint, preservatives, stucco, pavement or cement.

The restriction does allow for lawns, gardens and plants to be watered by a hand-held hose or bucket any time. The restriction also allows for irrigating newly established lawns and plantings in the months of May and September; and in public parks or recreational fields with automatic sprinklers before 9 a.m. or after 5

p.m.

The DEP requires conservation conditions related to the Town’s permitted water withdrawals under the Massachusetts Water Management Act.

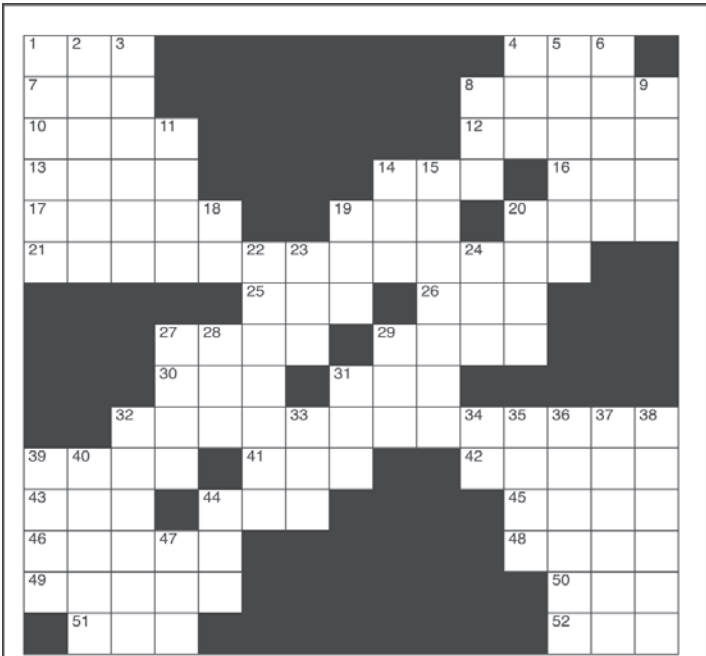
According to William Cundiff, Spencer U&F Superintendent, “The conservation restrictions imposed merely represent good water conservation practice. They are easy to comply with and generally should be practiced by everyone all the time whether or not an enforceable water conservation restriction has been imposed.”

Anyone violating the bylaw will be issued a warning for the first offense, a \$100 fine for the second offense, and a \$250 fine for each subsequent offense.

A complete copy of the Town of Spencer’s 2021 Water Use Restriction Notice can be found at the Spencer website: spencerma.gov.

The above Town of Spencer web site also provides useful links to water conservation tips to help save money and preserve the environment.

If any questions, contact the Spencer Utilities and Facilities Office at (508) 885-7525.



CLUES ACROSS

1. Ocean surface indicator (abbr.)

4. American time

7. Satisfaction

8. Diving duck

10. Very small amount

12. Metrical units

13. An ignorant or foolish person

14. Sino-Soviet block (abbr.)

16. It may sting you

17. Turn outward

19. Perform on stage

20. “CSI” actor George

21. Localities

25. Make a choice

26. Indicates position

27. One of Thor’s names

29. Indian musical rhythmic pattern
30. “The Raven” author

31. Take in solid food

32. Legendary QB

39. Sorrels

41. Organization of nations

42. Texas pharmaceutical company

43. Mathematical term

44. Expression of disappointment

45. Abba __, Israeli politician

46. Hide away

48. Salad restaurant

49. Daughters of Boreas (mythology)

50. Men’s fashion accessory

51. Political action committee

52. Unhappy

CLUES DOWN

1. Make unhappy

2. Heard the confession of

3. Capital of Taiwan

4. Fiddler crab

5. Brazilian dances

6. Fit with device to assist breathing

8. Brother or sister

9. Pastries

11. “Lone Survivor” director Peter

14. Boat type (abbr.)

15. Apertures (biology)

18. Suffix

19. Creative endeavor

20. Icelandic poem

22. Spanish dances

23. Town in Central Italy
24. Cars need it

27. Mimics

28. Rocky peak

29. Cigarette (slang)

31. One point south of due east

32. Soap actress Braun

33. Large domesticated wild ox

34. Island nation

35. Appear

36. Addictive practices

37. Loss of control of one’s body

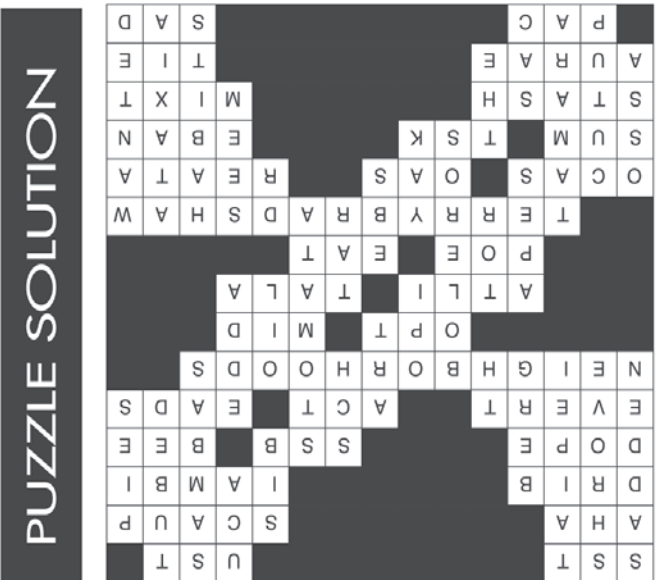
38. Type of poster

39. Greek mountain

40. Funny person

44. One and only

47. Pouch



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LEICESTER

\$59,950, 13 Salminen Dr, NPJ RT, and Goulas, George P, to Richard P Williamson RET, and Williamson, Elizabeth L.

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\$1,100,000, 2 Buteau Rd, Lussier, Michael N, and Lussier, Deborah A, to Njoroge, Beth, and Nsilo-Swai, Asante.

\$409,000, 50 Woodside Rd, Woods, James M, and Woods, Nancy J, to Parlato, Christopher, and Parlato, Rebecca A.

\$225,000, 25 Lambs Grv, Valley Vw Rlty& Dev LLC, to StPierre, Amanda L.

\$89,900, 16 Lake Ave #2, Central Land Dev Corp, to Olin, Gordon.

WARREN

\$21,000, 36 North St, German, Martin A, and German, Michelle M, to Preston, Aimee M.

WEST BROOKFIELD

\$62,000, 69 Davis Rd, Sincente RT, and Stone, Bernice J, to Oneill, Janice, and Oneill, Ted.

\$39,900, 19 Kennedy Rd, Rojcewicz, Keith R, to Carroll, Mary A, and Carroll, Sean W.



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GARDEN MOMENTS

MELINDA MYERS

Transplants started indoors from seed or purchased at a local garden center or greenhouse need time to prepare for their outdoor home. Gradually toughen them up with a procedure called hardening off. This process helps them adjust to the outdoor growing conditions, so plants will suffer less transplant shock and establish more quickly.

Start by moving the plants outdoors to a sheltered shady location about one to two weeks before the recommended planting date. Stop fertilizing and water thoroughly when the planting mix is starting to dry. Move plants into an hour of direct sunlight the first day, increasing the time by an hour each day. Make this easier by placing transplants in a wagon, old saucer sled or Gardener's Supply Garden Cart (gardeners.com). Keep frost protection handy or move plants indoors when frost is in the forecast.

Once the plants are hardened off, move them into the garden. Water the planting mix thoroughly the night before planting. If possible, plant in the

morning or on a cloudy day to reduce moisture loss and stress on the plants.

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

Press on the sides of the pot to loosen the roots and carefully slide the plant out of the container. Do not pull the plant out by the stem or you may end up with all stem and no attached roots. Gently loosen any encircling and tightly bound roots. This encourages the roots to explore the surrounding soil and establish a strong root system. Use fingers to tease apart the roots or a sharp knife to slice through the surface roots in a few places.

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

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

Set stakes and towers in place at the

time of planting to reduce the risk of damaging roots and stems when trying to secure tall plants. Make sure the support is strong and tall enough for the plants. Gardener's Supply Vertex tomato cages and supports are flexible, lightweight and can be installed around established plants without damage.

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

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

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

Melinda Myers is the author of more than 20 gardening books, including *Small Space Gardening*. She hosts *The Great Courses "How to Grow Anything"* DVD series and the *Melinda's Garden Moment* TV & radio program.



Photo Courtesy — Gardener's Supply Company

Set tomato stakes or towers in place at the time of planting and make sure they are strong and tall enough to support the mature plants.

Myers is a columnist and contributing editor for *Birds & Blooms* magazine and was commissioned by Gardener's Supply for her expertise to write this article. Her Web site is www.MelindaMyers.com.



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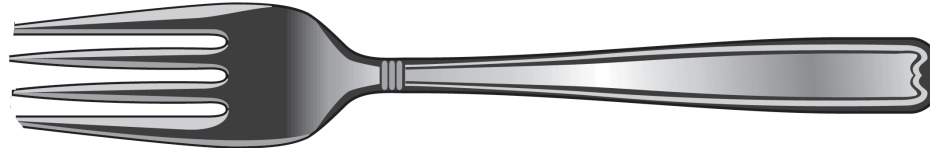
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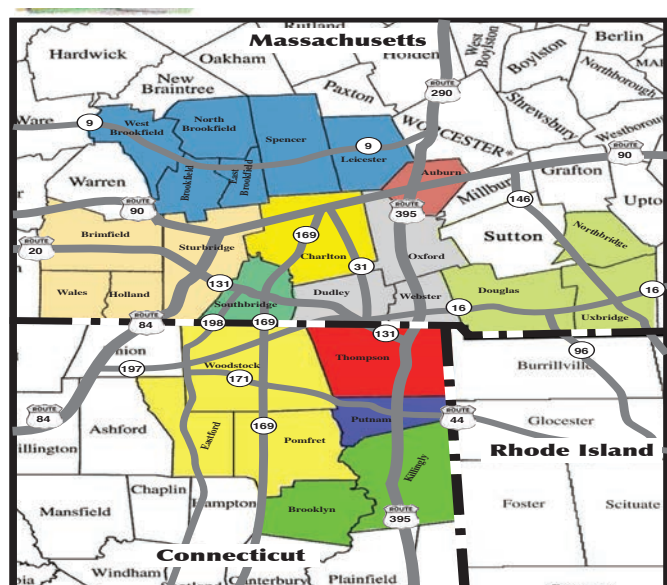
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EDITORIAL

A change must come

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

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

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

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

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

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

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

Sometimes, cities need to burn

To the Editor:

Another week, another likely racially motivated mass shooting by a white perpetrator against a minority community, and another two police perpetrated fatal shootings of black and brown young men. I guess the pandemic is over and America is getting back to the way things used to be.

It seems that a troubled young white man and former employee of a FedEx ground facility in Indianapolis used two assault rifles to go into the facility on a shooting spree, ultimately killing eight, injuring 7, and the shooter killing himself. Interestingly, four of the victims were Sikhs and considering that this happened in Indiana it is hard to see that as random chance.

The gunman, 19-year-old Brandon Scott Hole, was known to police because in March 2020, his mother contacted the FBI and local authorities to warn them of her son’s intent to die by suicide by cop. They seized his shot-

VIEWPOINT

OPINION AND COMMENTARY FROM SPENCER, LEICESTER AND THE BROOKFIELDS

LETTERS TO THE EDITOR

A refreshing break

To the Editor:

This is so long overdue.

The holiday weekend that the New Leader was published without all the Letters to the Editor was so refreshing! I surely don’t want to deprive anyone of their right to free speech, but I sure wish some/all of them would take a break now and then. And, it’s the same people saying the same thing

More police shootings

To the Editor:

There has been more gun violence in this past week, in particular two more police shootings of young black men. The circumstances are of course different – one in the Minneapolis area, just 10 miles from the murder trial of the man accused of murdering George Floyd, and the other in Chicago involving a 13-year-old seventh grader.

We have to take a step back and consider what is going to have to change in our society in order for this to stop happening. It is going to require changing a lot of things. We need not only a change in law, but we need a change in attitudes between the attitudes of the American public and the attitudes of our police.

We need to accept that there is racial bias in policing. There are still too many people, especially too many people in our nation’s police forces, who think that it’s not there. It is not only the experience of every African American person I know; there are dozens of studies that show in traffic stops, car searches, and drug arrests, there is a vast disparate policing that still goes on and that can only be explained with attitude.

There is some glimmer of good news in that with some reform we can start to change the course of this. We have made some reforms and we have outfitted many more police officers with cameras. There has been a sharp drop in the number of shootings of unarmed

A call for general order

To the Editor:

In 1942, at the age of 24, Robert Byrd and 149 other West Virginia men were officially sworn in as members of the newly formed Klavern of the West Virginia Knights of the Ku Klux Klan. On the same night, Byrd was elected Exalted Cyclops by his fellow members at the home of C.W. Goodwin. His main duty was to regularly report the progress of the Klavern to the regional Imperial Wizard. His term of office was one year of which he proudly served.

Robert Byrd served in both houses of the West Virginia Congress, as well as both houses of the US Congress. He served in the US Senate from 1959 until his death in 2010 at the age of 92. He wrote in his memoir that his membership in the Klan was the result of youthful indiscretion and immaturity. However, in 1946, at the age of 28, he wrote to his Imperial Wizard, “The Klan is needed today as never before and I am anxious to see its rebirth here in WV.” As a Senator, he organized a 14 hour filibuster in opposition to the Civil Rights Act and voted against the Voting Rights Act of 1965 at the age of 47. So much for youthful indiscretion.

In his later years, Sen. Byrd was known as the Historian of the Senate and a Master of the Senate’s obscure rules. As such, he demanded “Regular Order” at all times, which included the rules regarding the filibuster...

Sen. Byrd died in July 2010, and President Biden, then Vice President Biden, gave a glowing tribute to his

gun, and he was involuntarily put in a psychiatric facility. They then released him and closed the investigation. The gunman then legally purchased two assault rifles in July and September 2020. I know the gun nuts out there will claim this is a mental health issue and not a gun issue – but when a known nutcase like this can still legally purchase guns, how is it not a gun issue? Should we hold the psychiatrists responsible for not repairing this young man so that he would have been fit to own a gun?

Turning our attention to the two cases this past week where police officers shot and killed young brown men, something needs to change. Something is going to change. Derek Chauvin’s murder trial of George Floyd will wrap up this week, and we expect a conviction. Either police departments will embrace reform, or cities need to burn.

I know that when I leave my home, I am viewed with some level of suspi-

over and over and over. By now, if I read anything, it is the last paragraph. Sometimes, short and sweet does the trick. I know I don’t like being bashed over the head with the same thing over and over. I’m just saying.

JUDY ROSE
EAST BROOKFIELD

people. There are still things we can do like a national prohibition on choke holds. We could require written permission to search a car, not verbal, so that the permission can be audited at a later date, used as evidence against the defendant, or used in a lawsuit against the police department. Data is poorly and inconsistently collected, and we could use some federal oversight of our nation’s 18,000 police forces. Where are the most disparate arrests and searches? We can’t know without the data.

We need to end these so called “Police Officer’s Bill of Rights” which are passing in some state legislatures which are laws pushed by police unions intended to create artificial barriers to investigating police.

Bodycams reduced the shootings of unarmed people because records were being generated. Written records of pretextual stops where they stop a car on a pretext of one thing when they’re really looking for something else only help the innocent.

There has long been a rotten culture in police departments of “it’s us vs. the world,” “us cops are the good guys and the world is an awful place.” It’s almost a military attitude, and that military culture is part of the training of policing, and it’s just the wrong attitude.

DAVID ROSENBERG
SPENCER

dear friend and mentor at his funeral. Then Gov. Joe Manchin appointed Carte Goodwin (no known relation to C.W. Goodwin, who was mentioned above) to serve out his term. Manchin was elected in the general election that year as the freshman Senator of West Virginia with 54 percent of the vote.

There is no proof that Sen. Manchin ever shared Sen. Byrd’s white supremacist views but, as a West Virginia politician, it is almost certain that he shares his love for the Senate and all that makes it the most deliberative body in the history of the world. He doesn’t yet have the power to demand, but he strongly urges his fellow members of Congress to return to the days of regular order.

Regular order is a process. Anyone born before 1990 should remember from their civics class how a bill becomes a law; introduction, committee consideration, committee action, subcommittee review if necessary with mark up, report of the bill, publication of the report, legislative calendar, debate, vote, move to other chamber, conference committee if necessary, final action or enrollment, send to the President for his signature and if necessary a vote to override the President’s veto. During the process, members can offer amendments and the committee meetings can be made public and there can be a call for public comments when appropriate.

Turn To **REID** page **A10**

cion or a threat simply because of my appearance, and that is something I have to deal with. There is no such thing as a routine traffic stop when you are an African American man. Attitudes need to change particularly among police because more often than not black men are viewed as threats. We saw that in the video of Army Lt. Nazario in Virginia. We saw that in the video where the police first encountered George Floyd where they tapped on his window, Mr. Floyd turned, and all he saw was a gun in his face. With Daunte Wright in Minnesota the cop said “I will tase you. Taser, taser, taser” and instead she shot him.

Army Lt. Nazario was legally driving a recently purchased vehicle with a temporary tag taped into the rear window, as is the only legal way to do it in Virginia. He was pulled over for reasons of the tag not being visible

Turn To **WASHINGTON** page **A10**

Be conscious of your investment environment



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On April 22, we observe Earth Day, an occasion that has inspired millions of people over the decades to take steps to clean up our world. Of course, your physical surroundings are important, but you also operate in other “ecosystems” – social, cultural and political. And you’ll need to consider your investment environment, too. How can you improve it?

Here are a few suggestions:

Avoid “toxic” investment strategies. The dangers of pollution helped drive the creation of Earth Day. As an investor, you also need to watch out for “toxins” – particularly in the form of unhealthy investment techniques. For example, chasing after “hot” stocks can burn you. In the first place, by the time you’ve heard of them, they may already be cooling off. Second, and probably more important, these hot stocks just may be wrong for the investment mix that’s appropriate for your needs. Another toxic investment strategy: trying to “time” the market by “buying low and selling high.” No one can really predict when market highs and lows will occur, and if you’re always jumping in and out of the investment world, you’ll likely waste time and effort – not to mention money. Instead of looking for today’s hottest stocks or guessing where the market is heading, try to create and follow a long-term investment strategy based on your goals, risk tolerance and time horizon.

Reduce waste. From an environmental standpoint, the less waste and garbage we produce, the better it is for our planet. As an investor, can you find “wasteful” elements in your portfolio? It’s possible that you own some investments that may be redundant – that is, they are virtually indistinguishable from others you may have. Also, some investments, due to their risk profile or performance, no longer may be suitable for your needs. In either case – redundancy or unsuitability – you might be better off selling the investments and using the proceeds to purchase others that can be more helpful.

Recycle wisely. Recycling is a major part of the environmental movement. At first, though, you might not think the concept of recycling could apply to investing. But consider this: If you own stocks or mutual funds, you may receive dividends, and, like many people, you may choose to automatically reinvest those dividends back into the stocks or funds. So, in a sense, you are indeed “recycling” your dividend payments to boost your ownership stakes – without expending additional resources. And, in fact, this can be quite an effective and efficient way to increase your wealth over time.

Plant some “trees.” Planting trees has always been a key activity among boosters of the environment – with the recognition that their efforts will take years, or even decades, to reach fruition. When you invest, you must sometimes start small. By purchasing a limited amount of an investment and nurturing it over the years by adding more shares, you may one day have achieved significant growth. (Keep in mind, though, that there are no guarantees – variable investments such as stocks can lose principal.)

By making these and other moves, you can create a healthy investment environment – one that can help you achieve your long-term goals.

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.



HAR-YAROK

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istic work on COVID repeats publicly available information – am I expected to collect my own data independently from the CDC lest I be called a plagiarist? Should I cite my sources like an academic paper, unlike anything else published in the New Leader? The obvious issue at hand is, you’re sick of hearing about it, and you’re grasping at straws to make it stop. The obvious issue with my opinions and analysis isn’t “how” I’m saying it or what examples I use... Clearly, many people find my content and viewpoints objectionable, and that’s fine because my true goal is to get you thinking about the topic and reconsidering your own opinion.

Mr. McRae’s deep understanding of an event from the viewpoint of a single man in a 30,000-plus-person mob notwithstanding, it is important to address the death of Ashli Babbitt, who was shot dead by a Capitol police officer inside the Capitol. Let’s not forget that a mob of people had entered the U.S. Capitol, where the entire Senate, House, and our Vice President were certifying the election that their demigod lost. The mob intended to change the outcome of the 2020 election through violence. Capitol police had barricaded a door beyond which were members of Congress hiding under chairs. The mob was pushing on the door, and it was close to breaking. A window was broken. Ashli Babbitt, a 14-year Air Force veteran, moved to enter the Congressional chamber through the broken window while the Capitol Police were yelling at her to back up and had guns drawn the whole time. She was shot and killed as she breached the broken window, and deservedly so. It wasn’t known whether she was armed or not, but it was known she was an imminent threat to the House members she was mere feet from. There was no nuance here; Ms. Babbitt was given every warning, and she wasn’t killed until there was no choice.

I know it is convenient to assume that the rioters who breached the

Capitol were Antifa members in an elaborate hoax to make Trumpers look bad. Ms. Babbitt’s character was dragged through the mud, her social media analyzed, and she was a rabid MAGA Trump supporter, not a member of Antifa. The vast majority of the 420 people who have been charged were rabid MAGA-folk and QAnon conspiracy theorists, not Antifa members. Perhaps they had been attending MAGA rallies and polluting their social media feeds for years in the most elaborate hoax ever to make former President Trump look bad? To say that the Capitol was stormed by Antifa and BLM, and not Trump supporters falls into the bucket of “false” and “lie” – not opinion.

Yes, it is different from when a white police officer (we don’t use “policeman” anymore) puts his knee on a black man for nine minutes, killing him. Yes, it is different from when a “routine traffic stop” ends in a death for no good reason. Yes, it is different from when a cop shoots a guy running away in the back and then makes the scene look like a struggle. Yes, it is different from when a white cop put a black man in a chokehold for selling cigarettes against department policy and killed him.

Yes, the Jan. 6 insurrection was just as dangerous as any other attempt to overthrow the sitting government. There was a gallows in front of the building with people screaming “hang Mike Pence!” There were people with bear spray and with handcuffs while they charged for the congressional chambers. Who were they going to hang? Who were they going to arrest? How violent would it get? If they killed every Democrat would the Republicans have anointed Trump King of the United States while their lives were being threatened?

Regarding Mr. McRae’s lie that police departments “of many Democrat-run cities” couldn’t seem to find anybody to arrest and prosecute for the damage caused in last year’s BLM protests, I encourage everyone to look it up. There were more than 14,000 arrests in the George Floyd protests.

In other white nationalist news, it seems that Marjorie Taylor Greene has

started a new “America First Caucus.” Its platform is little more than a retread of the white nationalist screeds of the 1910s and 1930s. The multi-page platform which is published online had a few great nuggets, one was “America is a nation with a border, and a culture, strengthened by a common respect for uniquely Anglo-Saxon traditions.” It went on to say that “societal trust and unity are threatened” when “foreign citizens are imported.”

The late 1910’s had the United States reeling from a pandemic, economic turmoil, race riots, and a surge in immigration. There were bestselling books at the time talking about how white protestants weren’t reproducing children fast enough to keep pace with Slovaks, Italians, Syrians, and Jews while “old stock” Americans were being driven off the streets by swarms of immigrants (ironically from other parts of Europe). Much was written in the 1920’s about how “fertile” non-whites were and how “Americans of Anglo-Saxon origin” needed to restrict immigration to preserve their country for future generations as a white man’s land.

Fast forwarding to 2021, the “America First Caucus Policy Platform” says it exists to promote “policies that are to the long-term benefit of the American nation” and that “this implies a degree of ideological flexibility, a certain intellectual boldness is needed amongst members of the AFC to follow in President Trump’s footsteps.” The AFC falsely states there was mass voter fraud in 2020, wants to “divest” power from the federal government to the states, and wants to repeal section 230. The AFC acknowledges that immigration boosts our GDP while then saying “America is a unique country with a unique culture and a unique identity” to justify restricting immigration. The AFC goes on to say that immigrants should not “only contribute economically, but have demonstrated respect for this nation’s culture.”

The America First Caucus Policy Platform is really worth a read – it is a seven-page White Nationalist manifesto that also pledges allegiance and support to Cult Leader 45 “with a cer-

tain degree of ideological flexibility” in an apparent acknowledgement that Trump is ideologically unpredictable but still the leader of the cult.

So COVID-19, the pandemic which isn’t over. Cases increased this past week, America had 494,571 people test positive this past week, new people who had successfully dodged the virus since February 2020, until now... We only had 5,250 people die last week, so all things considered not bad... It seems only Michigan is at all-time highs for infections and hospitalizations while the rest of the states are only rising slowly. Still a catastrophe but not as bad as it was a few months ago!

Dr. Fauci finally said what numbers he would consider for ending pandemic mitigation measures. He said 10,000 cases/day in the U.S. which works out to 3/100k, and would lead to a similar death toll as influenza. The U.S. is at 21/100,000, or seven times worse. Massachusetts is at 30/100,000. Michigan is at 78/100,000. We have seen 566,549 COVID deaths in America so far, and this isn’t over.

Internationally, we are seeing record cases and deaths in Brazil. It’s hard to believe, but it is now worse in Brazil than it ever was in the U.S. on a per capita basis, and the highly transmissible variant they have is re-infecting people who have had COVID, spreading faster, and has been detected in MA already. India is seeing exponential growth that only started in the past month but has zoomed them to record levels, currently 2x higher than their previous peak. India has a “double mutant” variant which has been detected in the U.S. already. The U.S. has 31.6 million confirmed infections, more than double Brazil’s 14.5 million and India’s 13.8 million.

While Brazil & India are catching up to the U.S. as the world disaster zone I believe in America – once those variants get going here, we will out-freedom those “shithole countries” and retain our crown for cases and deaths!

OMAR HAR-YAROK
EAST BROOKFIELD

KANE

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school, behind closed doors, hardly honest Democrats group who control the House of Representatives. With secrecy, they decide our state’s budget process, They often make deals in ways that serve their and other special interests with limited attention to the needs of the people, including maintaining infrastructure.

The thinking of these do-nothing legislators seems; “As long as we stay secret and don’t raise taxes, voters won’t pay attention to our self-serving shenanigans.” Well directed letters on these pages correctly say that voters need to demand accountability, including on election day.

As a result of this state level bad governance, we have few, if any, big forward looking

development plans. So we may partly lose out on the federal funding for the infrastructure/job development that we, at 48th, desperately need.

Finally, a misleading, deceiving New Leader April 9 letter, “A Glimmer of hope”

The “Glimmer” letter misleads or tries to deceive in many ways including indicating that that Western Europeans in general and the British/Irish. Germans and Swedes in particular “have lost it” and (for them) “it’s over.” This is pure [bunk]. Evidence-along with extensive personal experience-includes the:

infrastructure data above which places Western Europe at the top of the table

globally recognized Human Development Index which measures a combination of national health, education,

and income. Beginning with Norway, 8 of the top 10 countries are in Western Europe. The USA ranks 17th.

very conservative, well regarded Cato Institute Annual Freedom Index. In 2020, it indicated five of the freest ten countries in the world were West European. Add New Zealand, Australia and Canada, you have 8 of 10. Here too, the USA ranks 17th.

Moving on to Hungary, “Glimmer” says

“some would-be revolutionary artist ...erected a statue showing Liberty taking a knee...” In fact, the statue was one of ten art works chosen by a local Budapest government for outdoor exhibition

“It lasted 24 hours before a Hungarian patriot said ‘not here, not now’. It was torn down.” In fact, the authoritarian white nationalist Hungarian

government had been publicly attacking the statue weeks before the exhibition. (for “Glimmers” misleading Black Lives Matter comment, Google “Axios right wing media falsely ties BLM....”)

Excepting one reason, Hungary seems an unusual country for the “Glimmer” to praise. In all the indexes, including infrastructure, it sits far below Western Europe and the USA. infrastructure. Further, in Cato’s Freedom Index since the authoritarian, anti-Jewish, anti-immigrant government of Victor Orban took control, it has fallen 20

“Freedom” positions to 50th in the world

This decline in “freedom” seems the real reason for “Glimmer’s” misleading praise. While true conservatives are appalled with Orban, white so-called “Christian” reactionaries adore him-as they do Trump. So perhaps the “Glimmer” letter should not surprise; better a third-rate “white right” autocratic country than first rate, forward looking diverse ones.

KEVIN KANE
SPENCER

WASHINGTON

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enough, he pulled into a well-lit gas station, the cops came out guns a blazing, threatened the Army Lt., and ultimately pepper sprayed him while both of his hands were out the window.

Why do we have a de facto rolling “papers, please” Gestapo checkpoint? How is this not a modern invalidation of the Fourth Amendment to our Constitution? Why is it acceptable to Americans of any race that we have armed goons driving around seemingly randomly demanding papers on the side of the road from people whom they feel are suspicious, running them through government databases before they release them, and then searching their person and effects for good measure?

Black people feel under threat, they feel under siege. Until the rest of America changes its attitude, and until law enforcement somehow changes the way it views the people they are paid to and sworn to serve and protect,

MCRAE

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publicized anguish. Or, perhaps Hawk Newsome, the New York City leader of a BLM chapter in Gotham, who is calling for an investigation into what in the heck happened to all the dough, could shed some light on the subject. And, if he would talk, surely Sir Maejor Page (his real name, apparently) could help solve the conundrum as he has now been indicted for scamming BLM Atlanta out of \$500,000, much of it lavished on prostitutes.

Eric Hoffer, the «Longshoreman Philosopher,» nailed it in his book «The True Believer»: «Every great cause begins as a movement, becomes a business, and eventually degenerates into a racket.» Thus, the evolved corruption of Black Lives Matter.

The best person to ask, in this case, would be Miss BLM herself, Patrice Cullors, an in-your-face and proud Marxist as well as a member of the tristefact class of protected citizens: a gay, female, person of color. But, you’d have to track her down first. Try any one of the FIVE homes she has recently purchased or negotiated to buy for millions of dollars in California, Georgia, and the Bahamas. You could begin by knocking on the door at her \$1.5 million “cottage” in Topanga Canyon–on the town line of Malibu, home to the stars–where demographics show the black population of Topangaites to be fixed at 1.4 percent of the town. Do you suppose you’ll be hearing demands from the denizens of Topanga–including Cullors–that their police department be defunded? You really think so, huh? Somehow, I can see the iconoclast Eddie Murphy looking at sister Patrice and asking, “Yo, where the money be at?!”

But, one has to be willfully blind not to notice that for all their proclaimed love for black people and black culture, many, if not all, who emerge from that culture to become rich and famous–from whatever activity–generally settle in their mansions located many leagues away from those places of desperation, crime, and chaos where the contemporary inner-city life-style prevails. They’re only human; they, too, enjoy safety, peace, and order in their lives.

But, their hypocrisy–like that of Cullors–consists of disrespecting, if not hating, the very country and its system which allowed them to reach such heights of achievement and to enjoy the extravagance and luxuries of life Louis XIV, the Sun King of France, couldn’t even dream of.

I would think the average black American would be deeply disappointed to learn of yet another betrayal by one who had established herself as a champion of the brother and sisterhood. They might ask, could those millions of dollars squandered by Cullors on her own personal gratification–which only came her way because of her identification with BLM–be better spent on getting black children out of dangerous and failed schools and neighborhoods rife with drugs and violent gangs and into situations where they might stand a chance to ever make something out of their young lives?

And, shouldn’t they be just as dismayed to see their star athletes, entertainers, and politicians, rich as kings and living in mansions worth tens of millions of dollars and who could do so much yet do so little to ameliorate the wretched conditions under which so many have to live in the ‘hood?

The biggest reason, though, the honest and decent blacks should be disenchanted with a charlatan like Patrice Cullors is not that she is a fraud and

a scheming demagogue of the first order — it’s that she’s a Communist who lives just like the “nomenklatura” or the “New Class” of the old Soviet Union or any other Red country: the thin slice of elitists at the top who live just fine with their apartments, cars, fine food, and dachas in the country, while everyone else exists in a constant state of fear and severe privation. Communism, for anyone who has studied history, can be summed up in three words: failure, misery, and terror. The truth is, Cullors and the rest of the progressive elites in this country couldn’t care less about black people or any other kind of people. These are people who are immune to facts, logic, and the lessons of history. They live for one thing only: gaining power over everyone else so as to dictate how they will live. These, and their useful idiot suburban white supporters are, when you get to know them and their attitudes, hateful and spiteful people who don’t care at all how many people must suffer and even die in order for them to take over and run everything.

Michael Savage, a talk show host in San Francisco, who I never cared for, used to say “Liberalism is a mental disorder.” I’ve always thought that to be the case, and I know liberals never admit to being wrong about anything, but now that BLM is showing its true colors, that it’s just another get rich quick scheme for race hustlers, let’s see if any of the supporters finally wise up and concede maybe they were wrong. However, as rank hypocrisy and an utter disregard for the truth of anything are their main identifying characteristics, I don’t expect to be surprised.

John McRae
East Brookfield

TERRANCE WASHINGTON
SPENCER

REID

continued from page A8

President Biden’s Infrastructure Bill contains provisions for Transportation - \$621 billion, Homecare Services and Workforce - \$400 billion, Manufacturing - \$300 billion, Housing - \$213 billion, Research and Development - \$180 billion, Water - \$111 billion, Schools - \$100 billion, Digital Infrastructure - \$100 billion, Workforce Development - \$100 billion and VA Hospitals and Federal Buildings - \$18 billion, for a total of \$2.143 trillion. By taking ten separate bills and consolidating them into one bill, you get to bypass the process in the Transportation, HHS, Commerce, HUD, Interior, Education, FCC, Labor and

Veterans Affairs committees. In addition, you get to limit review, debate and amendments. But, the main reason is that one runs the risk of being labeled as anti – employment, education, poverty, veterans, children and of course the ultimate liberal labels of a Racist, Bigot, Nazi, White Supremacist or a Person of Privilege if they dare vote against the bill. And, God forbid, the final price tag may be reduced depriving special interest {unions} of their much-needed mad money.

Sen. Manchin, please help organize a group that can, and will, demand general order ASAP. It could lead to President Manchin in your future.

JIM REID
SPENCER

Timely Garden Tips

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

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

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

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

Sowing Seeds: Many veteran gardeners mix fine seeds in sand or very loose

potting soil to allow for even seed distribution. Just make your row and drizzle the seed evenly. And, when you are planting dark seeds, you can better see where you're sprinkling them if you sprinkle some flour into the package and shake it up for even sowing.

Stamping Out Damping Off Disease: Damping off disease, which causes seedlings to die from fungi, is a gardener's nightmare. Here are some tips to prevent the common plant plague: Since fungus thrives in moist conditions, a seedling bed provides the perfect source of growth. But you can up the odds of beating damping off disease by watering this way: Thoroughly saturate the soil and then do not water again until the soil is dry but before plants begin to wilt. This procedure keeps the soil dry for the longest time possible without killing the plants. Frequent sprinkling promotes fungal growth.

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

Perfect Peat: The addition of peat moss is



TAKE
THE
HINT

KAREN
TRAINOR

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

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

Flower bulbs are now plentiful at large garden centers. But, bulbs sold at such places are a bargain only if you know how to avoid poor quality bulbs. Here are some tips:
* Bulbs should feel solid and heavy. If they are light, they may be dried out.
* Avoid bulbs with discolored, dark or moldy spots.

* Make sure there are no holes or other signs of insect damage on bulbs.
* Pick over bulbs that have sprouted; it is better if they grow roots first.

Win Dinner for Two at the Publick House

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

Please note the contest has 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.

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What is an antique’s provenance?

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

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

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



ANTIQUES,
COLLECTIBLES
& ESTATES
• • • • •
WAYNE TUISKULA

by African American regiments. Another potential consignor from the Southwestern part of the country contacted us regarding an early desk that he had. He claimed that it belonged to Mother Goose, who is said to have written some of the world’s most famous nursery rhymes. Mary Goose was buried in the Old Granary Burying Ground in Boston in 1690, according to the History Channel’s Web site. Local legend said that she was the person who penned the famous Mother Goose nursery rhymes. The History Channel said that Mary Goose in Boston isn’t the person who wrote the nursery rhymes though. References to Mother Goose date back to the Roman Empire during the 8th century. “Mere l’oye” or “mere oye” (Mother Goose) was a term used in France during the mid-17th century to describe a woman who captivated children with delightful tales,” according to the History Channel. There were two problems with the desk that the consignor wanted us to sell. There was no doc-

umentation showing that the desk belonged to Mary Goose and evidence shows that Mary Goose wasn’t Mother Goose. The desk would have to be sold for what it was, just an antique desk. Here are some things that you may have that can increase the provenance and subsequent value of your items. We sometimes find hand-written notes along with objects in an estate describing who owned the piece and when it was acquired. An old sales receipt can determine provenance. Sometimes photos can be matched with the item. For example, we’ve had a photo from the late 1800s of a woman wearing a piece of jewelry that we were selling. A certificate of authenticity by a reputable company is always helpful, but even a signed letter by the person who received an item from a celebrity explaining when and how they received something is beneficial. When we sold a jacket that belonged to Admiral Byrd we had a letter saying that it had been de-accessioned back to the family from the Smithsonian Museum. it’s hard to find any better provenance than that. Our multi-estate online auction ending June 2 features Rock n’ Roll memorabilia from



Photo Courtesy

A bracelet worn by groundbreaking rock vocalist Janis Joplin.

a New York promoter who was James Brown’s agent. Items include rings that belonged to Elvis Presley, a Janice Joplin bracelet, along with other pieces owned by Freddie Mercury, and James Brown. There will be letters of provenance accompanying these items. We are still accepting quality consignments for this auction. Our online auction of sports and non-sports cards all from one estate will be running soon. The third session of model

trains, die-cast cars, and other toys is now running online. See our Web site for details on upcoming events: <https://centralmassauctions.com>.

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

Confessions of a “Barbecue Master Pitster ” wannabe...

Last week, I mentioned that I love online cooking tutorials. There are so many great opportunities to learn, but my favorite is a little less refined than most. Barbecue Pit Boys or www.bbqpitboys.com are a cross between ZZ Top and the Grateful Dead. These “good ol’ boys” live for their grills and have created and collected a mass of great recipes, all cooked in their outdoor barbecue pit. In fact, they’ve become so popular that chapters are popping up all over the world ... so I’ve started one and begun inviting a close group of friends to join. We are now officially the “Barbecue Pitsters.”

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

The plan is to grill once a month, on a weekend. The guys will assemble at lunchtime, have a few snacks on the grill and plan our evening meal. Our wives will join us around

5:00 for appetizers and dinner, all cooked outside. They can then praise us for our culinary excellence at “the pit.” Because as a true Pitster would say, “it’s gonna be guud (not just good).

Oh ... “What’s the difference between South Korean BBQ and American BBQ?”

South Korean BBQ has more Seoul...”

I’m now in training. Like Rocky Balboa, preparing for Apollo Creed, I’m awake before the sun rises. I grab my phone and begin learning new ways and things to barbecue or smoke. I’m obsessed. I have a beautiful grill and smoker, but as I told you last week, I ordered a new outdoor pizza oven and a special rotisserie grill. I’ve assembled a variety of wood chunks for smoking ... cherry, apple, pecan, hickory, mesquite, just to name a few. My stomach cancer battle will prohibit me from eating most of what I cook, and that’s okay. Through it all, I realize it’s the



POSITIVELY
SPEAKING
GARY W.
MOORE

process I love. I’ll get little nibbles here and there. Some of the softer foods I can handle, but if I never ate a bite, I’d still love to cook for others.

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

Forgive me ... but here’s one more. “You know that mouth-watering sensation you get when you’re grilling a steak on the BBQ? I wonder ... do

vegans get that when they mow the lawn?”

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

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

A friend of mine suggested that slaughtering a cow for food is murder. He is a vegan of course and I respect his choice. I love animals and am very

soft-hearted, but uncharacteristically responded, “If God didn’t want us to eat cows, He wouldn’t have made them out of beef!”

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

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

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

Tips for planting blueberries

A trip to the produce aisle at a local grocery store can unveil a host of healthy additions to anyone’s diet. Such a jaunt also can raise eyebrows, as produce, particularly organic fruits and vegetables, can be very expensive. Consumers may feel helpless to corral the cost of healthy foods like fruits and vegetables, but all hope should not be lost. That’s especially so for people willing to give gardening a try.

Blueberries are one of the healthiest foods people can eat. The USDA National Nutrient Database notes that blueberries, which are low in calories and high in fiber, are great sources of the vitamins C, K and B6. However, organic blueberries can be among the most expensive foods in the produce aisle. Various factors, including where blueberries come from and whether or not they’re organic, dictate their cost. But it’s not uncommon to pay roughly \$4 for a six-ounce package of organic blueberries. For some, such costs are prohibitive.

Growing blueberries in a home garden can save blueberry lovers substantial amounts of money while ensuring they reap all of the benefits of this highly nutritious and edible berry. The following are some tips novices can employ as they plant their first batch of blueberries.

- Consult a local garden center. The U.S. Highbush Blueberry Council recommends consulting a local garden center before planting blueberries. The professionals at such centers can recommend the best variety of blueberry to plant. That’s an important first step, as the USHBC notes that farmers cultivate dozens of varieties of highbush blueberries across North America. Lowbush varieties also may be a gardener’s best option depending on where he or she lives. A local garden center can help you determine which variety best suits your local climate.
- Plant where there is ample sun and well-drained soil. The roots of blueberry plants should remain moist through-

out the growing season, so choose an area where the soil drains well. If that’s hard to find, consider planting in raised beds or patio containers. In addition, the University of Minnesota Extension notes that blueberries require full sun, so plant in a spot where the blueberries will not be denied daily sunlight.

- Prepare the soil. Blueberries require acidic soil, so running a soil test prior to planting is a good idea. Speak with a local garden center about soil adjustments if the soil is unlikely to promote growth.
- Fertilize carefully. The USHBC notes that established blueberry plants will respond well to acid fertilizers. However, it’s important not to overdo it, as blueberries are sensitive to overfertilization. Follow fertilization instructions and speak with local garden center professionals for advice.
- Be patient. The UME notes that plants won’t bear much fruit in their first two to three years, and that harvests are bigger after five years. So



patience is a virtue blueberry planters must embrace.

Planting blueberries can be a rewarding hobby that also can save gardeners money at the grocery store.

Adding plants to water features

Water features can make for relaxing and eye-catching additions to outdoor spaces. According to the online gardening resource Garden Know-How, a water feature is any landscape enhancement that uses water and other material to bring tranquility and beauty to a space.

Thanks to their soothing sounds and aesthetic appeal, water features like ponds and fountains are often included in healing gardens. But they can be used in any and all landscapes.

Homeowners can explore various water features, such as waterfalls, koi ponds and even rain bells, which offer

soothing chime sounds when it rains. One consideration when installing a water feature is whether or not to incorporate live plants. Certain plants are better suited for water features than others.

Surrounding plants

It is possible to create a miniature ecosystem in a yard by surrounding a water feature with certain plants. Gardening Know-How advises using canna lily or taro at the edge of a pond. These plants thrive with roots in mud and their tops in shallow water. Broadleaf arrowhead is another option,

as it can do well in a pond’s shallow edges. It’s a perennial so it will come back and requires little maintenance.

Floating plants

Many plants can live on the surface of the water and provide hiding spots for wildlife in a natural water feature setting. Lotus, also called water lily, is a popular and fragrant option. Water hyacinth produces vibrant lavender flowers that pop on stems that can reach three feet in height. This stunning species can be invasive, but it can be managed by planting within a hoop or submerged woven basket, indicates

Happy DIY Home. Other free-floating plants to consider are duckweed, fairy moss and butterfly fern. Floating plants look beautiful and they can help filter water and control algae growth.

Submerged plants

Submerged plants are a necessity in water features that have fish. Submerged plants are grown in weighted pots placed on the bottom of the pond. They provide shelter for fish and help oxygenate the water. Hornwort, anacharis, water milfoil, and dwarf sag-

LEGALS

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

Premises: 12 North Brookfield Road, Spencer, Massachusetts By virtue and in execution of the Power of Sale contained in a certain mortgage given by John R. Sherman Jr. to Mortgage Electronic Registration Systems, Inc., as nominee for Santander Bank, N.A., said mortgage dated September 5, 2014, and recorded in the Worcester County (Worcester District) Registry of Deeds, in Book 52783 at Page 13 and now held by U.S. Bank Trust N.A., as Trustee of the Dwelling Series IV Trust, by virtue of an assignment from U.S. Bank Trust National Association, as Trustee of the Lodge Series IV Trust, to U.S. Bank Trust National Association., as Trustee of Dwelling Series IV Trust, dated October 23, 2020 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 63794, Page 167, previously assigned by Santander Bank, N.A., to U.S. Bank Trust National Association, as Trustee of Lodge Series IV Trust, by virtue of an assignment dated February 4, 2020 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 62095, Page 20, previously assigned by Mortgage Electronic Registration Systems, Inc., as nominee for Santander Bank, N.A., to Santander Bank, N.A., by virtue of an assignment dated January 16, 2015 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 53301, Page 11, for breach of the conditions in said mortgage and for the purpose of foreclosing the same, will be sold at Public Auction on **May 3, 2021 at 11:00 AM Local Time** upon the premises, all and singular the premises described in said mortgage, to wit: The land in said Spencer, with the buildings thereon, on the Northerly side of North Brookfield Road and being shown on a plan of land entitled "Plan of Land in Spencer, Massachusetts owned by Joseph R. and Susan C. Foley, surveyed by John & Francis Dowgielewicz," dated November 1972, John W. Dowgielewicz, R.L.S., said plan being recorded with the Worcester District Registry of Deeds, Plan Book 379 Plan 35 bounded and described as follows: BEGINNING at a point at an iron pin in the Northerly line of North Brookfield Road, said point being the Southeast corner of the tract herein described, as shown on said plan; THENCE N. 81 degrees 22' W., 262.3 feet along the Northerly line of North Brookfield Road, partly along a stone wall, to a point; THENCE N. 70 degrees 00' W., 296.9 feet still along the Northerly line of North Brookfield Road and partly along a stone wall, to a point at other land of the grantors; THENCE N. 20 degrees 00' E., 76.7 feet along said other land of the grantors to a point at an iron pin at a stone wall; THENCE N. 70 degrees 00' W., 87.9 feet along said wall along other land of the grantors to a point at an iron pin; THENCE N. 20 degrees 00' E., 633.0 feet partly along other land of the grantors to a point at an iron pin at a stone wall; THENCE S. 84 degrees 00' E., 242.0 feet along said stone wall to a point at a corner of walls; THENCE S. 5 degrees 03' W., 659.5 feet along said stone wall to a point at an iron pin at a corner of walls; THENCE S. 83 degrees 46' E., 216.3 feet along said wall to a point at a corner of walls; THENCE S. 8 degrees 23' W., 135.5 feet along said wall to the point of beginning. The description of the property that appears in the mortgage to be foreclosed shall control in the event of a typographical error in this publication. For Mortgagor's Title, see deed dated 8/26/2014, and recorded in Book 52783 at Page 10 with the Worcester County (Worcester District) Registry of Deeds. TERMS OF SALE: Said premises will be sold and conveyed subject to all liens, encumbrances, unpaid taxes, tax titles, municipal liens and assessments, if any, which take precedence over the said mortgage above described. FIVE THOUSAND (\$5,000.00) Dollars of the purchase price must be paid by a certified check, bank treasurer's or cashier's check at the time and place of the sale by the purchaser. The balance of the purchase price shall be paid in cash, certified check, bank treasurer's or cashier's check within sixty (60) days after the date of sale. Other terms to be announced at the sale.

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

Town of Spencer, MA Shade Tree Public Hearing

In accordance with MGL Ch 87 §3, The Town of Spencer, MA Tree Warden will

hold a public hearing by remote meeting only (Broadcast Live) on Tuesday April 27, 2021 at 5:00 p.m. to consider the proposed removal of the following shade trees: (1) 35" Oak at 47 Paxton Road, (2) 42" Oak at 43 Paxton Road, (3) 30" Pine at 43 Paxton Road, and (4) 45" Oak at 23 Paxton Road. The Remote meeting may be accessed using Access Code: 928-904-381: By Computer: <https://tinyurl.com/SpencerUFmtgRoom> By Telephone: 1 (224) 501-3412 Information pertaining to these particular shade trees may be viewed online at <http://tinyurl.com/PaxtonRoad-ShadeTrees>

Ray Holmes
Tree Warden

April 16, 2021
April 23, 2021

TOWN OF NORTH BROOKFIELD OFFICE OF THE COLLECTOR OF TAXES 4/23/2021

The owner(s), occupant(s) and public are hereby notified that the following described parcels herein, located within the municipality of the TOWN OF NORTH BROOKFIELD and WORCESTER County, of the Commonwealth of Massachusetts, have taxes for the year 2020 as committed to the Collector of Taxes by the Board of Assessors of this municipality which remain delinquent and unpaid and the property herein described will be taken by the TOWN OF NORTH BROOKFIELD on Friday, May 7, 2021 at 10:00a.m. for non-payment of taxes including interest and all legal costs and charges thereon, unless the property shall be previously discharged Lisa Taylor
COLLECTOR OF TAXES

Property Location: 10 BIGELOW RD
Assessed Owners:
C/O SCHOWENGERDT, INGA & SONJA
Bill Number: 480
2020 REAL ESTATE TAXES 1,039.43

1,039.43

Description: A parcel of land with any buildings thereon, containing about 2.501 acres described as parcel 0200 0911 00100 in the office of the Assessors of the Town of TOWN OF NORTH BROOKFIELD identified in book and page 07595 0282, WORCESTER County Registry of Deeds.

Property Location: 33 GILBERT ST
Assessed Owners: FANNING, JASON P.
Bill Number: 653
2020 REAL ESTATE TAXES 3,605.51

3,605.51

Description: A parcel of land with any buildings thereon, containing about 0.850 acres described as parcel 1100 0004 00330 in the office of the Assessors of the Town of TOWN OF NORTH BROOKFIELD identified in book and page 26700 0252, WORCESTER County Registry of Deeds.

Property Location: 50 WALNUT ST
Assessed Owners: FERRITER, NICOLE L.
Bill Number: 678
2020 REAL ESTATE TAXES 3,039.28

3,039.28

Description: A parcel of land with any buildings thereon, containing about 0.520 acres described as parcel 1100 0030 00500 in the office of the Assessors of the Town of TOWN OF NORTH BROOKFIELD identified in book and page 57303 158, WORCESTER County Registry of Deeds.

Property Location: 12 CUSHING ST
Assessed Owners: J. DION PROPERTIES LLC
Bill Number: 1032
2020 S LIEN 1,419.89
REAL ESTATE TAXES 0.00

1,419.89

Description: A parcel of land with any buildings thereon, containing about 0.440 acres described as parcel 1090 0038 00120 in the office of the Assessors of the Town of TOWN OF NORTH BROOKFIELD identified in book and page 51273 41, WORCESTER County Registry of Deeds.

Property Location: 29 BIGELOW RD
Assessed Owners: MCKIERNAN, DANIELLE
Bill Number: 1373
2020 REAL ESTATE TAXES 596.75

596.75

Description: A parcel of land with any buildings thereon, containing about 16.100 acres described as parcel 0270 0911 00290 in the office of the Assessors of the Town of TOWN OF NORTH BROOKFIELD identified in book and page 58110 130, WORCESTER County Registry of Deeds.

Property Location: 41 OLD E BROOKFIELD RD
Assessed Owners: MURPHY, E C & CO
Bill Number: 1478
2020 REAL ESTATE TAXES 854.27

854.27
Description: A parcel of land with any buildings thereon, containing about 5.000 acres described as parcel 0380 0008 00410 in the office of the Assessors of the Town of TOWN OF NORTH BROOKFIELD identified in book and page 00000 0000, WORCESTER County Registry of Deeds.

Property Location: 19 NORTH COMMON ST
Assessed Owners: ORNE, NATHAN D.
Bill Number: 1574
2020 S LIEN 1,019.43
REAL ESTATE TAXES 0.00

1,019.43

Description: A parcel of land with any buildings thereon, containing about 0.070 acres described as parcel 1040 0022 00190 in the office of the Assessors of the Town of TOWN OF NORTH BROOKFIELD identified in book and page 50958 255, WORCESTER County Registry of Deeds.

Property Location: 18 SPRING ST
Assessed Owners: PAQUETTE, ROBERT
Bill Number: 1595

2020 REAL ESTATE TAXES 217.30

217.30
Description: A parcel of land with any buildings thereon, containing about 0.490 acres described as parcel 1060 0035 00180 in the office of the Assessors of the Town of TOWN OF NORTH BROOKFIELD identified in book and page 59439 102, WORCESTER County Registry of Deeds.
April 23, 2021

**Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Probate and Family Court
225 Main Street
Worcester, MA 01608
(508) 831-2200
Docket No. WO21P1134EA
CITATION ON PETITION FOR
FORMAL ADJUDICATION
Estate of:
Jeanne Cecile LeBeau
Date of Death: 03/13/2021**

To all interested persons:
A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **Robert L LeBeau of Hanson RI** requesting that the Court enter a formal Decree and Order for such other relief as requested in the Petition. The Petitioner requests that **Robert L LeBeau of Hanson RI** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in an **unsupervised** administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 05/04/2021.**

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

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC) A Personal Representative appointed under the MUPC in an unsupervised

administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration. WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.
Date: April 02, 2021

Stephanie K. Fattman,
Register of Probate

April 23, 2021

**Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Probate and Family Court
225 Main Street
Worcester, MA 01608
(508) 831-2200
Docket No. WO21P0933EA
CITATION ON PETITION FOR
FORMAL ADJUDICATION
Estate of:
Laura H Lizak
Date of Death: 09/17/2017**

To all interested persons:
A Petition for **S/A - Late and Limited Formal Testacy and/or Appointment** has been filed by **John J Lizak of Warren MA** requesting that the Court enter a formal Decree and Order for such other relief as requested in the Petition. The Petitioner requests that **John J Lizak of Warren MA** be appointed as Personal Representative(s) of said estate to serve on the bond in an **unsupervised administration.**

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 05/11/2021.**

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

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC) A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration. WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.
Date: April 12, 2021

Stephanie K. Fattman,
Register of Probate

April 23, 2021

Town of West Brookfield Zoning Board of Appeals

A public hearing will be held on Tuesday, May 11, 2021 at 6:30 p.m. at the West Brookfield Town Hall, to act on an application for a Special Permit for Evan Turner (ASD Cronin MA Solar LLC), for the property located at 0 Off Cronin Road, West Brookfield (access through 134 Long Hill Road, Brookfield). The applicant wishes to construct a non-residential solar field at the above address in the Rural Residential District. This requires a special permit as per section, -3.28 Ground-Mounted Solar Energy Facilities (Non-Residential): (a) (et al). The public is invited to attend.

Renee Adams White
Clerk

April 23, 2021

No Substitution

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OBITUARIES

Doris I. Cherry, 92

LEICESTER- Doris I. (Caldwell) Cherry, 92, of River Street in the Rochdale section of Leicester, died Thursday, April 15 at Eddy Pond East in Auburn.



Her husband Douglas T. Cherry, Jr. died in 2008. She leaves her son Brian T. Cherry and his wife Florenceanne of Millbury, her daughter Susan A. Bulman and her husband Frank of Rochdale, 7 grandchildren; Jaime McKeon and her husband John, Frank Bulman, III and his wife Kristen, Julien, Jimmy, Brendan and Connor Cherry, and Ty Collins, 2 great grandsons; Seamus and Liam McKeon, her daughter in laws; Robin Cherry and Andrea Cherry-Collins. She is predeceased by her sons; Mark D. Cherry in 2014, James A. Cherry in 2004, grandson Michael S. Cherry in 2017 and her brother Edward Caldwell in 2004.

Doris worked at Worcester Tool & Stamping in Rochdale for 28 years before retiring in 2001. She was a longtime member of Christ Episcopal Church and an active participant in the ECW (Women's Group), Prayer Shawl knitting group, director and member of the Altar Guild, Vestry and was a Sunday school teacher for many years.

She was a member of the Leicester Senior Citizen Club and attended the Leicester Senior Center. Over the past 2 years, she was active in the Eddy Pond Community.

The family would like to thank the caring staff at Eddy Pond for their passionate care of their mother while a resident at the facility.

Born in Worcester, she was the daughter of Henry and Edna (Trudell) Caldwell.

A private funeral service was held on Monday, April 19th in Christ Episcopal Church in Rochdale due to Covid 19 guidelines. Live streaming of the service will begin at 10 a.m. at: Join Zoom Meeting

<https://zoom.us/j/91237855127?pwd=ZWR5R1dBdFZNTkpwVEFCWTJlMjFkUT09>

Meeting ID: 912 3785 5127 Passcode: 680914

Burial followed in Greenville Baptist Cemetery, 686 Pleasant St., Rochdale at 11 a.m. for all to attend. There are no public calling hours at her request. In lieu of flowers, memorial donations may be made to either Christ Episcopal Church Memorial Fund, P.O. Box 142, Rochdale, MA 01542 or Leicester Food Pantry, 759 Main St., Leicester, MA. 01524. MORIN FUNERAL HOME, 1131 Main St., Leicester is directing arrangements for the family.

www.morinfuneralhomes.com

Worcester/Spencer/Paxton-Virginia M. Ford passed away on April 16, 2021. Her caring nature, keen intellect and sense of humor will be greatly missed by her family and friends. She was born on April 20, 1931 in Worcester, the daughter of Edward M. and Kathleen E. (Mahoney) O'Coin.



She attended the Diocese of Worcester Catholic Schools and graduated from St. Peter's High School in 1948.

After graduation, she worked for the New England Telephone Company

as an Operator.

Ginny was married to the love of her life, her high school sweetheart, Daniel J. Ford for more than 46 years, until Danny's passing in 1994. Gin and Dan worked side-by-side on many entrepreneurial ventures, from owning and operating a Cushman's Bakery truck to selling real estate, pianos and organs and culminating in the founding of Bay Path Furniture and Gift Shoppe in Spencer, which they operated for nearly twenty years.

Ginny lived most of her life at 249 Main Street in Spencer where she lovingly cared for Dan, their eight children, grandchildren and her father, who shared Dan and Gin's home for over 30 years following the death of Gin's mother. The excitement level rose in the house when Dan surprised Gin by bringing home two Shetland ponies to go with the various dogs, cats and other pets which made 249 Main Street their home, too. Gin took tremendous pride in her family and enjoyed entertaining family and friends at her beautiful and meticulously clean home.

For nearly four decades Gin was a member of Our Lady of the Rosary Parish in Spencer and she lived her faith as a CCD teacher, Eucharistic Minister and Acolyte. She was also a regular collector for the Bishop's Fund.

In the days before families had two cars, Gin would march her children up and down the hills of Spencer, walking from home to church in the rain, sleet, snow or sun to participate in the various Novenas and Feast Days in the liturgical calendar.

After Dan's passing, Ginny moved to Paxton and joined the St. Columba Parish where she continued her attendance at daily Mass and participated in the annual devotions. She especially enjoyed going to Sturbridge for the Novena to St. Anne. When her eyesight failed her and she could no longer drive, Ginny became an avid supporter of The Daily Mass. Her friends and family learned not to telephone her during the televised Mass for they knew she would not answer the phone.

She is survived by her children, Daniel M. Ford and his wife Nancy (Barry) of Cherry Valley, Francis A. Ford and his wife Shirley Doyle of Paxton, Joseph P. Ford and his wife Diana (Langevin) of Spencer, Michael E. Ford and his wife Linda (Merritt) of Paxton, Robert B. Ford of Paxton, Mary M. Ford of Paxton, Kathleen E. Ford-Pelley of Leicester, John D. Ford and his partner Karen Dantona of East Brookfield and Theo V. Chapman of Spencer who was like a son to her.

Gin is also survived by her grand-

children, Jennifer M. Ford and her husband Ron Friberg of Holden, Jeremy P. Ford and his wife Kelley of Hubbardston, Kelly J. Ford and her husband Patrick Shipman of New Canaan, CT, Patricia A. Ford and her husband Michael Cutler of Sturbridge, Alysha G. McSherry and her husband Jonathan Glazier of Westford, Maura J. Ford and her husband Ryan Maloney of Paxton, Stephanie L. McSherry and her husband Christopher Cox of Southborough, Kayleen M. Ford of Cumberland, RI, Andrea V. McSherry and her husband Justin Hill of Southborough, Daniel R. Ford and his wife Farrell of Paxton, Courtney E. Pelley and her fiancé Abraham Diaz of Worcester, Joseph R. Ford and his fiancée Kimberley Menezes of Westport, Allison D. Ford and her fiancé Eric Thuotte of Boston, and Johnny D. Ford of East Brookfield.

She is also survived by her great grandchildren Kailyn Ford and her husband Jon Morris; Camden and Tyler Hearn; Breanne and Riley Shipman; Alexxis, Michael and Nathan Cutler; Hannah and Weston Glazier; Tessa and Stella Ford; Flora, Rowan and Vera Maloney; Caroline and Victoria Cox; Maeve Cueman; John (Jack) Hill; Carter Ford; and Benjamin Diaz. "Nana" also leaves two great-great granddaughters, Braya and Emmalee Morris.

She also leaves her brother-in-law Angelo T. Pappas of Worcester, who wins the O'Coin family game of survivor. Of the eight O'Coin siblings and their eight spouses, Uncle Angie is the last man standing. We guess he meant it when he said the "T" stood for "Tough." In addition, Gin leaves her sister-in-law Grace (Ford) O'Gara of Worcester.

Gin also leaves many dear nieces and nephews and friends too numerous to name.

Besides her "Danny Boy" and her parents, Ginny was predeceased by her sons-in-law, John D. Wentworth and Paul V. Pelley, and Gin's siblings, Mary and her husband Ted Binienda, Robert O'Coin and his wife Eleanor, John O'Coin and his wife Barbara, Kathleen and her husband Robert Brodeur, Margaret Pappas, Joseph O'Coin and his wife Jane, and Ann and her husband John McGrail as well as her father-in-law and mother-in-law, Michael O'Rourke Ford and Grace M. (Flanagan) Ford, her brother-in-law John O'Gara, her nephews James Pappas and John Binienda and her niece-in-law Denise Simoncini Pappas.

Private funeral services were held at Our Lady of the Rosary Church in Spencer. Due to the restrictions of COVID, only the immediate family was in attendance. Ginny has been reunited with Dan in heaven and they are entombed together in the St. John's Cemetery Mausoleum in Worcester.

As always, right to the end she did it her way, and has asked that anyone who wants to remember her do so by sending a donation to St. John's Food for the Poor Program,

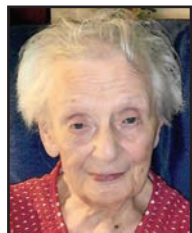
44 Temple Street, Worcester, MA 01604.

The family thanks the staff of the Morin Funeral Home of Spencer and Leicester for their assistance. J.HENRI MORIN & SON FUNERAL HOMES, 23 Maple Terr., Spencer.

www.morinfuneralhomes.com

M.T. Rita Ouellette, 90

SPENCER- M.T. Rita Ouellette, 90, of Spencer, died peacefully on Friday, April 16th in Quaboag Rehabilitation & Skilled Nursing in West Brookfield, with her loving family at her side.



Rita enjoyed a 35 year career as administrative assistant to the Superintendent of Schools for the Catholic Diocese of Worcester before retiring. Prior to that time, she was a Sister of the Assumption of Nicolet and for 10 years was a devoted elementary school teacher. She was an avid reader, beautiful knitter, and a gracious and supportive listener, always.

She leaves her sister Pauline Lavallee of Seabrook, NH, her sister in law Sharon Ouellette of Westboro, her "brothers" Paul Dube and his wife Lorraine of Bluffton, SC., and Bernard Dube of Spencer, her "sister"

Therese Dube, Sister of the Assumption of the Blessed Virgin and many nieces and nephews. She is predeceased by her lifelong companion Dorothy Dube of Spencer, her brother Gerard Ouellette of Salem, Paul Ouellette of Westboro and her sister Lorraine Stockton of Peabody.

Born in Salem, MA., she was the daughter of Oscar and Marie Anne (Levesque) Ouellette. She was a member of Mary, Queen of the Rosary Parish.

Private funeral services and burial in Mary, Queen of the Rosary Cemetery, Spencer will be held at the convenience of the family. In lieu of flowers, memorial donations may be made to Quaboag Nursing & Rehabilitation Patient Activity Account, 47 E.Main St., W.Brookfield, MA 01585.

The J.HENRI MORIN & SON FUNERAL HOME, 23 Maple Terr., Spencer is directing arrangements for the family.

www.morinfuneralhomes.com

Crystal J. Hotaling, 58

WARREN - Crystal J. Hotaling, 58, went home to spend eternity with Jesus, her Savior, on Monday, April 5, 2021 in Vernon, CT, with her family by her side.

She leaves her aunts, uncles and cousins. She was born in Worcester, daughter of the late Curtis M. and Edith E. (O'Harra) Hotaling and lived 25 years in Worcester before moving to Warren 28 years ago.

Crystal worked as a Records Technician at UNUM Insurance Company, and after 27 years she left her position to pursue a life long desire of a career in the medical field.

Funeral Services will be held privately. Burial will take place in the family lot in Cheshire Cemetery in Cheshire. There are no calling hours. In lieu of flowers, memorial donations may be made to the Arbor Day Foundation, 100 Arbor Ave., Nebraska City, Nebraska, 68410 or www.arborday.org or to the Warren Fire Department Ambulance, P.O. Box 608, Warren, MA 01083.

Varnum Funeral Home, Inc., 43 East Main St., in West Brookfield is assisting her family with arrangements.

An online guest book is available at varnumfuneralhome.com

Henry W. Gifford, 83

NORTH BROOKFIELD - Henry W. Gifford, 83, of North Brookfield died peacefully on Sunday, April 18, 2021. He passed on to be with his father,



"Rejoice with great joy - Nehemiah 12:43". For I have gone on to finally find my grandfather, Nehemiah Gifford.

He loved his family in a different way,

perhaps not outwardly, but deeply and quietly.

He felt deeply about those who have gone on before.

Henry often talked of his family at work but never brought the work or its problems home as his father had taught him.

He was proud of his children; Diana Lynn Krusell, Henry Warner Gifford,

David Donald Gifford and Ellen Lucina Gifford and his ten grandchildren; Joshua Deane Krusell, Grace Lynn Krusell, Brian Spencer Krusell, Victoria Lee Gifford, Peter Lee Gifford, Amy Lynn Baker, Callum Thomas McGrath, Ewan Donald McGrath, Graeme Bernard McGrath and Kaitlyn Isobel McGrath.

Most of all he was proud of his wife Jackie for putting up with him. Through all the years, she never quit giving.

He was religious in his own way and believed in God. At times he was very close to God and heard His voice telling of a future life and death. Things that deeply touched him he held inside. But better than all a toast, we drink to the rank and file that hourly, daily do their best. Success is not in the eyes of others but what you feel within yourself having survived the game of life.

A private Graveside Service with Military Honors will be held in Worcester County Memorial Park. There will be no calling hours at Henry's request. In lieu of flowers, memorial donations may be made to the charity of your choice.

Varnum Funeral Home, Inc., 43 East Main St., in West Brookfield is assisting family with arrangements.

An online guest book is available at varnumfuneralhome.com

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Our Precious
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Lisa Burke

April 16, 1974 ~ April 16, 2021

*Lisa, we knew the day you left us life would never be the same.
But you left so many memories it has helped ease the pain.
So, keep our Lisa close to you Lord and watch her smiling face,
for she was so very special and could never be replaced.*

*Lisa, God has you in His keeping, and now Dad too.
We will always have you in our hearts,
our Love to You, Mom, Cbris, Andrea, Sean, Paige,
Family and Friends*



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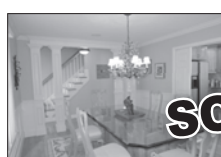
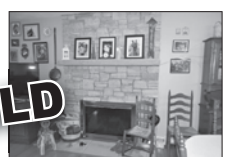
WEBSTER LAKE - 11 Bay View Rd! One of the Lake's Premier Properties! 9,822' of Real Nice Set on .68 Acres of Park Like Grounds with 297' Waterfront! Over \$4 Million Spent! Nothing was Spared! 18 Spacious Rooms! 5 Water View Bedrooms, 4 with their Own Bathrooms! 5.5 Bathrooms Total! Brazilian Cherry Hardwood Floors, Grand & Spiral Stairways! Elevator from the Ground Floor up 3 to the Master Suite! In-door Resistance Swimming Pool, Hot Tub & Bathroom with Steam Shower just off the Mirrored Exercise Room! Billiard Room! Media Room with Custom Cabinetry & Wet Bar! Fantastic Center Island Granite Kitchen with Viking Gas Range, Sub-Zero Refrigerator, 16' Butler's Pantry & Breakfast Bar! Open Floor Plan! Dining Area, Family Room with Cherry Entertainment Center & Wet Bar! Open Formal Dining Room, Fireplace Living Room & Atrium! Library with Private Deck! Waterfront Master Suite with Private Office, Bedroom with Triple Glass Door to its Private Deck with Panoramic Lake Views, 3 Walk-in Closets, Lake View Bathroom with Huge Multi-Head Shower, Whirlpool Tub, Double Vanity Sinks & Separate Commode/Bidet/Pedestal Sink Area! 16 Zones of Updated Geothermal Heat & Air Conditioning - 30 Tons! Recessed Lighting & Sprinkler System Through Out! 3 Car Heated Garage! Full House Generator! Slate Roof! All Decks & Railings Brazilian Ipe Hardwood! Copper Gutters & Downspouts! It's Time to Reward Yourself! **\$2,249,900.00**

WEBSTER - 35 Everett Ave! 2 FAMILY - GREAT INVESTMENT! 4/4 Rms, 2 1/2 Bdrms, 1 1/2 Baths! Family Home Lovingly Cared For! Quiet Residential Area! Set on a 11,000' Level Lot! Great Yard! Updates include: Roof, Boiler, Electrical, Gutters, Porch, Sewer Lines, Insulation in Attic, Basement and Exterior Walls by Mass Save! Replacement Windows & Doors! Hrdwds! Garage or Workshop! **\$224,900.00**

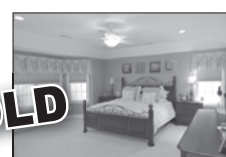
WEBSTER - 44 Sunny Ave! Sought After Neighborhood! 7 Room 1,632' Colonial! 1st Flr Features Open Flr Plan, Kit w/IsL, Din Area, Fam Rm, Frpld Liv Rm, 1.5 Baths! 2nd Flr w/3 Bedrooms & Bathrm! 2.5 Baths Total! Tile Flrs Throughout! LP Gas Heat & Hot Water! Town Services! **\$289,900.00**



SOLD



SOLD



SOLD



WEBSTER - 69 Minebrook Rd! Conveniently Located 7 Rm Split Entry! 1.04 Acre Lot! House set well off the Road for added Privacy! Open Floor Plan! Eat-in Appliances Kit w/Island & Seating, Tile Flr, Tile Backsplash & Ceiling Fan! Din Rm w/Hrdwd Flrs & Slider to the Deck Overlooking the Private Backyard! Frpld Liv Rm w/Tile Flr & 3 Bdrms w/ Marble Tile Flr & Shower Surround! Hrdwd Stairs, the Finished Lower Level Fam Rm w/Recessed Lighting, Stone & Tile Hearth w/Woodstove, 1/2 Bath w/Tile Flr, Laundry Rm w/Sink & Tile Flr, Utility Rm w/Storage! 2 Car Garage w/Electric Openers & Door to Backyard! Oil Heat! Steel "I" Beam Construction! Shed! Won't Last!! **\$349,900.00**

WEBSTER LAKE - 11 Henry Road! Bates Point - Middle Pond & Panoramic Views + Western Exposure = Beautiful Sunsets! Never 2 the Same! 3,184' 9 Room Fully Furnished Colonial Built from the Ground Up as a New Home in 2005! This Home Features 4 Bedrooms, 2 of which are Master Suites, 1 of which Overlooks the Lake, 4.5 Bathrooms, 2 of which have Separate Showers & Whirlpool Tubs, 3 of which have Double Granite Vanities, 2 Complete Granite/Stainless Kitchens! The First Floor Open Floor Plan with Hardwood Floors Features an Eat-in Kitchen with LP Gas Jenn-Air Range, Double Drawer Dishwasher & Trash Compactor! Spacious Formal Dining Room with Crown Moldings & Chair Rails! Lake Facing Great Room/Living Room with Gas Fireplace, Wet Bar with Bottle Cooler, Surround Sound & Slider to Composite Deck! Half Bath with Laundry Closet! The Second Floor with 4 Bedrooms! Comfortable Front 16x16 and Back 17x17 Masters with Tray Ceilings, Recessed Lighting, Ceiling Fans, Surround Sound & Full Tile/Granite Bathrooms! Full Hall Bath for the other 2 Bedrooms! Fully Finished Walk-out Lower Level with Full Summer Kitchen, Family Room with Gas Fireplace, Surround Sound, Slider to Paver Patio & Full Bath! Buderus 3 Zone Oil Heat! 3 Zone Air Conditioning! Central Vac! Security! 2 Car Heated Garage! Boat Dock! **\$1,099,900.00**

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

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WEBSTER
99 UPPER GORE ROAD

WEBSTER - 155 THOMPSON ROAD



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Terrific opportunity for one Large business or Several businesses. 4784 sq bldg. Zoned B5. Off 1395 exit 1. High Traffic & Visibility. Excellent Location! assisted sale **\$695,000.**

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

WATERFRONT THOMPSON - BECOLA RD



ON DEPOSIT

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LAND
WEBSTER/OXFORD/DUDLEY/DOUGLASWebster- Douglas Rd (Rte. 16) 29 ACRES on Sugarloaf Hill, 900 feet rd frnt. **NEW LISTING! \$200,000**Oxford - 4 Leicester St - Approx. 8.47 ACRES! River Frontage Possible to be Subdivided! **ON DEPOSIT \$89,900**Webster - Upper Gore w/View of the Lake! 1+ Acre! Artesian Well, Septic Design & Conservation - DONE. **\$115,000.**Webster - Cooper Road 2 Buildable Lots! Water & Sewer Access. Zoned Lake Res.! **Each \$24,500.**

WEBSTER - 17 BRODEUR AVENUE

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New Listing!

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

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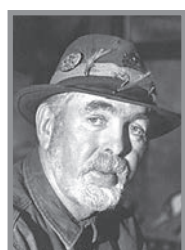
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Bad weather did not hamper the Whitinsville Fish & Game Club fishing derby & the Lousia Lake kids fishing derby last weekend! More than 25 anglers fished the Whitinsville fishing derby, and more than 150 kids attended the Lousia Derby. Massachusetts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

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

There are so many families that have taken up fishing during the pandemic that fishing equipment is in short supply, at least in the big stores like Cabela's and Bass Pro Shops. Some of the smaller bait and

tackle shops do not have the same problem, and order from multiple wholesalers. Before you make the long drive to the big stores, check out the smaller shops. A few I visited have their shelves well stocked with fishing gear. Fish finders and GPS units are also in high demand, and have left the shelves empty by the fishing and boating public.

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

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

Haddock and cod fishing is providing some great fishing for anglers fishing on private boats and charter boats. Limits of 15 haddock and one cod per person are being caught daily. Stripers are starting to show in some areas of Rhode Island and it should explode with action in

a week or two in the Providence River. Any person fishing for stripers in Mass & Rhode Island will be required to use circle hooks this year. Only one fish will be allowed daily, and the slot limit will be implemented again this year.

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

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

Wild Turkey hunting opens this coming Monday, April 26. The birds are becoming very vocal in the early morning & chances of harvesting a Wild Turkey are very good this year. The mild winter weather and heavy acorn drop this past fall, had birds & deer coming through the winter in good shape.

Take a Kid Fishing & Keep Them Rods Bending!



Photos Courtesy

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



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

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Spencer - Point Eastalee - Charming 1 bdrm cabin on Sugden Reservoir with 100 feet of water frontage on this full recreational lake! Vaulted & beamed ceiling with a fieldstone fireplace. Updated roof & artesian well. Being sold in "as is" condition. Nice, dead end street!
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Spencer - Wilson St - Turn key colonial on almost 2 acres, 3bdrm, 2 ba, 2600 sq ft. New kitchen w/ custom cabinetry, granite counters & center island w/ bar addition. 2 garages that will fit 8-10 cars! Parking for 40+ vehicles! This property is perfect for the car buff, landscaper, mechanic! Zoned for mixed use! **\$595,000.**

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Signs and symptoms of rosacea

Conditions that affect a person's health can have various side effects that one might not immediately associate with the condition itself. For example, a person suffering from arthritis may not, upon diagnosis, think this painful inflammation and stiffness of the joints will affect his or her free time. But the pain associated with arthritis can affect a person's ability to enjoy hobbies like gardening or painting, which over time can have a negative effect on quality of life.

Rosacea, a chronic but treatable skin condition that the National Rosacea Society notes is often characterized by flare-ups and remissions on the central face, can affect more than just the skin. Just like arthritis can adversely affect

quality of life by making it hard for people to engage in their favorite activities, the NRS says its surveys have found that rosacea has lowered self-confidence and self-esteem in 90 percent of patients with the condition. If left untreated, rosacea can contribute to the development of inflammatory bumps and pimples that may further affect patients' self-esteem. But when treated, symptoms can be effectively controlled, which only underscores the importance of learning to recognize the signs of rosacea.

Diagnosing rosacea
The NRS notes that a committee and review panel of 28 experts from across the globe has agreed that a rosacea diag-

nosis requires the presence of at least one diagnostic sign or two major signs of the condition.

Diagnostic signs of rosacea
If no other symptoms are present, at least one of these diagnostic signs must be present before a person can be diagnosed with rosacea.

- **Persistent redness:** The NRS notes that this is the most common individual sign of rosacea. The redness will resemble a blush or sunburn that does not subside.
- **Skin thickening:** The thickening of the skin resulting from rosacea is most commonly found on the nose and may

*Turn To **ROSACEA** page **A20***

PLANTS
continued from page A12

ittaria are some examples of submerged plants.

Water features attract wildlife, including potentially pesky insects. Planting pitcher plants in submerged pots can help reduce the presence of unwanted insects in a water feature.

Some water-loving plants are invasive, so it is always best to check with a local agricultural extension or the Department of Environmental Protection to see if certain floating or submerged plants are restricted where you live. For those who want to contain plants, placing pots of cascading greenery and flowers near to fountains, pools and ponds is another way to add appeal without having to dig in the ground.

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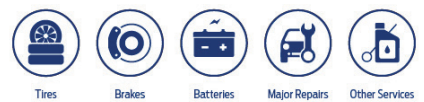
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ROSACEA

continued from page A18

result from excess tissue. This symptom is less common and it is more likely to affect men than women. Thickening of the skin that's caused by rosacea can lead to facial disfigurement and, in severe cases, inadequate nasal airflow.

Major signs of rosacea

If no diagnostic signs are present, a person can still be diagnosed with rosacea if two of the following symptoms are present.

- Flushing: Frequent blushing

or flushing is a redness that may be accompanied by an intermittent sense of heat, warmth or burning. The NRS notes this is often an early sign of the disorder, so anyone experiencing this symptom should consult a dermatologist immediately.

- Bumps and pimples: People with rosacea often develop small red bumps or pus-filled pimples. These bumps and pimples may burn or sting.

- Visible blood vessels: The appearance of small but prominent and visible blood vessels on the cheeks, nasal bridge and other areas of the central face is common among people with

rosacea.

- Eye irritation: Many patients experience ocular rosacea, which is marked by irritated and watery or bloodshot eyes. Eyelids may become red and swollen and the NRS notes styes are common. Crusts and scale can accumulate around the eyelids or eyelashes, and blood vessels around the margins of the eyelid may be visible. If left untreated, severe cases of ocular rosacea can lead to corneal damage and loss of visual acuity.

Rosacea is a significant but treatable medical condition. More information can be found at www.rosacea.org.

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Choice Physical Therapy Clinic Now Open!!

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

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

and rewarding journey this would be!

Our Clinic is located on Route 9 in Spencer conveniently serving our home town as well as North Sturbridge, Leicester, Charlton, and all of the Brookfields. We have ample parking, a bright beautiful clinic, and an extensive collection of rehabilitation equipment. We are currently being credentialed with

all major insurances and will work with any patient regardless of financial means. We can accommodate complex scheduling and pride ourselves in prompt courteous evaluation services. Our focus will always be patient centered and goal driven. Although we specialize in post surgical rehabilitation, we are also successful treating patients including athletes, seniors, weekend

warriors, and many other rehabilitative clients.

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

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

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

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

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

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HEALTH

Spring 2021
*A Stonebridge Press
Publication*

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



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Our residents have been able to function and maintain some normalcy because they have had each other to lean on.

Maintaining independence and not having to worry about shopping for food, cooking, cleaning, laundry or utilities along with compassion, companionship, and care has made all the difference.

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

Notre Dame Health Care Mission-Driven and Resident-Focused

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

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

The Sisters have driven innovation in health care, recognizing and addressing specific needs as the times have changed. Its first program, a skilled nursing facility for both the Sisters and the greater local community, delivers high quality care with dignity and respect. The success of this program prompted the addition of other, much-needed programs and services. Through the years, Notre Dame Health Care has enhanced its portfolio of services with assisted living apartments, memory care units, post-acute and short-term rehabilitation, hospice and palliative care for adults and children, and an educational “bridge” center.

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



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

The Sisters’ influence and “special touches” are reflected in many unique features which are present throughout our facilities. Peaceful gardens and serene landscaping surround each building; lavish court- yards and green space invite residents to experience the outdoors in a safe, pleasant atmosphere; exquisite photog-

raphy and multi-medium artwork adorn the hallways. Differences in design abound in each of our facilities, giving each resident space its own distinctive character.

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

Not only does Notre Dame Health Care lead the industry in top-rated programs and services, the organization also has an incredible staff retention rate. Every employee exemplifies the organization’s mission and works synergistically to continually raise the bar and operate at the highest possible level.

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

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The benefits of eating local meat and produce

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

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~BETTER FLAVOR~

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

Using nature to work with your body

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

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

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

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

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

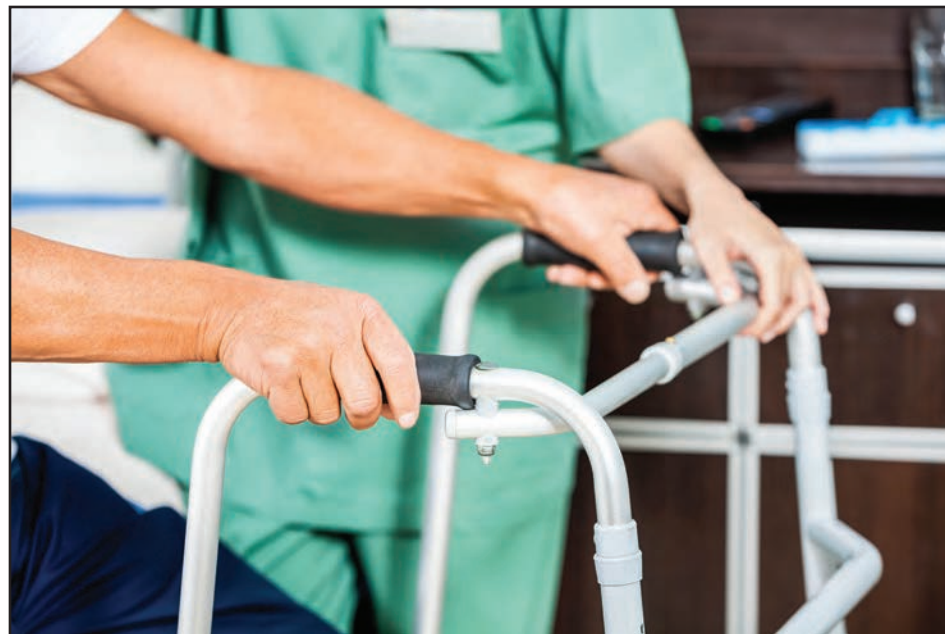
The primary concern driving the medical field to work on preventing falls in the elderly is to maintain the health and well-being of our senior community members. But the ramifications of fall prevention extend to our wallets as well. In 2015 in the U.S., 50 billion dollars in health care costs were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

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

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

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

Fall Prevention for the Elderly



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

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

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

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

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

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

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How to reduce risk for Lyme disease



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

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

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

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

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

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

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

How to identify blacklegged ticks

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

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

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

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

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

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

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

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6
Years



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

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

7 surprising health benefits of walking

have been away from exercise for some time.

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

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

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

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

4. Improves cardiovascular health: The American Heart Association recommends adults get at least 150 minutes of

moderate-intensity activity each week. Walking can fit that bill. Walking five days a week can reduce risk for coronary heart disease by roughly 19 percent, according to a report in the European Journal of Epidemiology.

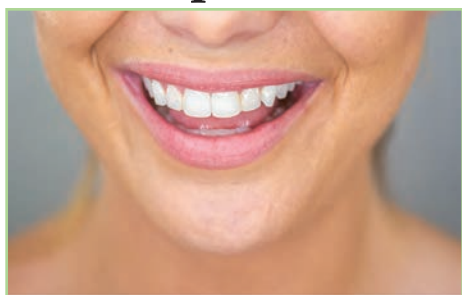
5. Counteracts effects of weight-promoting genes: Researchers at Harvard Medical School looked at 32 obesity-promoting genes in more than 12,000 people who walked briskly for about an hour a day. Walking reduced the effects of weight-promoting genes by 50 percent.

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

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

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

Top contributors to oral cancer



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

Alcohol use

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

Excessive sun exposure

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

Skipping dental visits

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

Human papilloma virus (HPV)

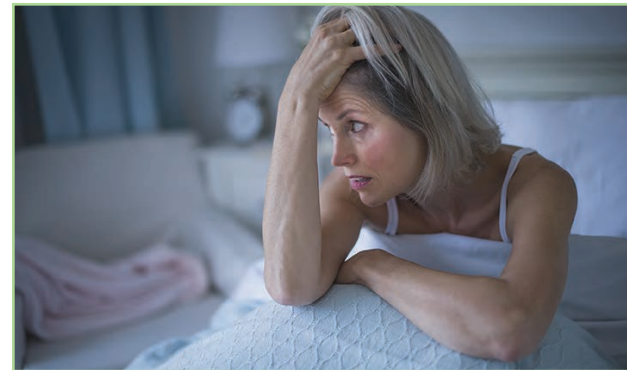
Verywell Health indicates HPV is the most commonly diagnosed sexually transmitted disease in the United States. The HPV-16 strain is linked to oral cancer, most commonly at the base of the tongue and in the tonsils.

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

What to know about irritable bowel syndrome

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

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



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

What is IBS?

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

What is a functional GI disorder?

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

What causes IBS?

The American Gastroenterological

Turn To **IBS** page 9

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IBS

continued from page 8

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

Can IBS be treated?

The good news for people with IBS is

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

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



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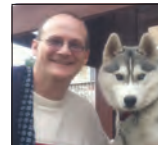
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HOME

Spring 2021

A Stonebridge Press

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



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

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

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

About Us

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

agers, appraisers, counselors and others engaged in all aspects of the real estate industry.

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

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

Save with the home heating tax credit

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

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

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

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

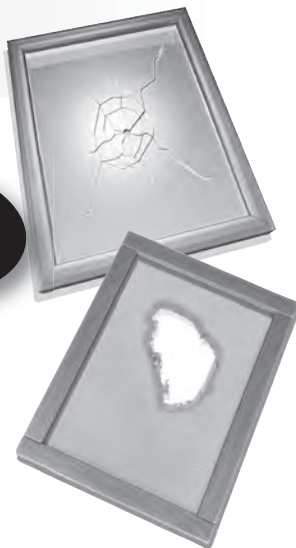
Are you ready to save money and heat your home with the best brands on the market? Higgins offers several top-name brands for pellet and wood stoves that meet the criteria for the tax credit to make your home cleaner, more efficient, and warmer. Their purchase and installation process is simple, efficient,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

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

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

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

with a proven business model pays big dividends."

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

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

Charley is often asked how she has overcome the pandemic with such success. Bonzey states, "Before COVID-19

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

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

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

Turn To **HOMETEAM** page 8

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

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

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

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

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

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

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

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HOMETEAM

continued from page 6

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

Charley is often asked, What has been your greatest source of satisfaction in this career?

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

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

The google and online reviews speak for themselves. Check out HomeTeam Inspection Service Worcester (and not just Worcester – all over MA and CT) - There is pride in what has been built thus far and looking forward to a successful 2021!

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