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Friday, March 19, 2021



#### Ken Powers

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

Rams receive coaching expertise Atlanta Falcon **Chris Lindstrom** 

SHEPHERD HILL ALUM ON RAMS' SIDELINE THIS SEASON

#### BY KEN POWERS

# Changes coming to Memorial Beach

#### **BY GUS STEEVES**

WEBSTER – When Memorial Beach opens this year, visitors will see several changes funded by the town's receipt of a PARC grant. Among them are a new water park, dog park, restrooms and building renovations, and playground, plus smaller amenities that include concrete ping-pong, foozeball and checkers sites.

Recreation Director Carol Marchand told the Selectmen March 8 the water park will need an extra lifeguard and mon-

itor and will provide life vests. She plans to run it this year for free, but "if it gets crazy-busy" might opt to implement a small fee starting next year.

The renovated pavilion will still be first-come, first-served, but can be reserved for special events for a fee (\$50 for town residents, \$100 for others). That same 2:1 fee ratio will apply to daily use rates for the beach as a whole to meet state requirements, meaning that some have gone up or down a bit. The seasonal sticker costs will stay the same, and Webster

will continue to offer discounts for veterans, seniors and others.

Visitors will also see a few policy changes, mostly regarding large walkin groups.

We're not targeting the families that come in with five or six kids," Marchand said. "It's really trying to discourage the camps that drop off a busload of kids at the road."

Over the last two years, she said, staff have come to recognize two or three camp groups that visit fairly regularly without calling in advance. Other

facilities do call as the policy requests to enable Marchand to ensure there's space and staff to cover them. Typically, when they know, they can have an extra lifeguard on duty and can set aside a section of the beach for them, she said.

Otherwise, she added, not many people walk in. they've seen a few regulars who fish and a few who park at the track.

Chair Randy Becker and others noted they'll have to phrase the changes carefully to avoid cre-

Turn To **BEACH** page A6

## School officials lay out timeline for return to classrooms

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

#### DUDLEY/CHARLTON

As of March 15, -the **Dudley-Charlton Regional School District** began the process of inviting students back into the classroom for full-time in-person learn-

ing. Since moving to remote learning nearly a year ago due to the COVID-19 pandemic the district has, at most, embraced a hybrid system combining days of in-person learning with

albeit with a string of five half days. This is just the start for the district as Massachusetts continues to loosen COVID restrictions with the rollout of a vaccine.

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

"All K-4 elementary students are now scheduled to return to full in-person learning five full days per week starting Monday, April 5, 2021. elementary principals will provide more information as we prepare for this transition. For questions about your child's school, contact your student's respective principal," Lamarche wrote.

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

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

"The state has not pro-

May 3, 2021 for Shepherd Hill," Lamarche wrote. "This date is subject to change, and will be revisited at future School Committee meetings. Principal Chaplin will provide more informa-tion as we prepare for this transition.'

With the transition to full-day in-person learning inevitable before the end of the school year the district is also imploring parents and students to continue to exercise safe practices as the COVID-19 pandemic persists. The district's COVID Trees and Protocol document has been made available on the district's website as well as a COVID dashboard with related information about the virus Parents and students are also requested to continue to complete daily Turn To TIMELINE page A6

#### SPORTS CORRESPONDENT

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

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

The six-foot-four-inch, 307-pound former First Team All-ACC offensive guard was taking his coaching responsibilities seriously, too. During the 90-minute practice Lindstrom was in constant motion, coaching all aspects of the game, from the offensive line — his specialty — to the linebackers to the punt team. He could be seen on several occasions taking kids aside following a specific play to provide tips and pointers.

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

Because of COVID-19 and the global coronavirus pandemic, high school football this academic year was switched from its traditional place in the fall to March and April, in a season that has been designated as Fall II by the Massachusetts Interscholastic Athletic Association (MIAA). Preseason practice began Feb. 22 and the five-game regular season started March 19.

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

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

"During last season there was a rumor there would be a Fall II season in the spring and that high school football would be played during that Fall II season,' said Lindstrom, who explained he gets his daily workouts in prior to practice. "I joked around with Ryan about it, saying I would help him coach if he needed it. He asked me if I was serous and I said, 'yeah, absolutelv.'

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

'When Chris first suggested joining the staff, I said to him, 'Because of COVID our coaching staff is going to be limited to six coaches. So, if you want to

designated remote learning days in order to prevent large groups of students from being in the schools at the same time. On March 15, students returned to the classroom for their first full week of in-person learning in the current school year,

vided regulatory guidance for full in-person learning five full days per week for high schools, therefore we will maintain the prior School Committee approved date of return to full in-person learning five full days per week starting Monday,



#### **BY GUS STEEVES** CORRESPONDENT

WEBSTER-Selectmenand others gave Town Adminsitrator Doug Willardson another glowing annual review and set eight goals for his next contract year.

particu-Members larly praised his communication regarding Covid issues, noting, in Chairman Randy Becker's words, "It's amazing how much work still got done despite Covid."

"It's not really me at all," Willardson said. 'We've got lots of really qualified and dedicated town employees. ... If it weren't for them, we'd be in a lot of trouble."

"You make the job of being a selectman easier," Becker replied, noting the citizens should hear from Willardson as the town's CEO. He noted many citizen comments from the form posted on Facebook praised Willardson's communication, with the only negative one he saw being someone asking to keep the streets cleaner.

To Lisa Kontoes, one aspect of communication was the fact Covid restrictions highlighted the need to improve online services and "make doing business Turn To LINDSTROM page A6 with Town Hall easier."

That will continue to be one of Willardson's goals this coming year.

Willardson agreed, noting, "You could do almost everything but get some advice via the Web site."

He said the goals he

was proposing for this he expects to see severyear mostly came from the comments submitted by various people. Some are essentially ongoing - such as the continued "reinvigoration of downtown;" he noted

al new businesses opening soon, and intends to have a late-summer festival to highlight downtown if Covid allows. A

Turn To WILLARDSON page A6

#### STUDENTS OF THE MONTH



Courtesy

Congratulations to the following students who were selected as February Students of the Month at St. Joseph School: Pre-K 3-year-old – 2 Day Program: Catalina Fernandez; Pre-K 3-year-old – 3 Day Program: Jacob Kolesnik; Pre-K 4-year-old: Hudson Hogan; Kindergarten: Zoey Sandstrom; Grade 1: Connor Kippax; Grade 2: Evelyn Macko; Grade 3: Jacob Lopez; Grade 4: Alan Rubin; Grade 5: Colton Haase; Grade 6: Marcus Muchiru; Grade 7: Connor Czechowski; Grade 8: Alexandra Bergeron. Students are awarded Student of the Month for their outstanding exemplification of Religion, Respect, and Responsibility. Keep up the great work!

# Bay Path Practical Nursing student to receive scholarship from MARILN



**Tianna Welcome** 

CHARLTON — Tianna Welcome, a Bay Path Practical Nursing Academy student, has been named as the 2021 Massachusetts Rhode Island League for Nursing (MARILN) PN Scholarship. In

an email by Sheila Blomquist, MARILN Administrative Director, on behalf of the MARILN Scholarship Committee, Welcome was notified and congratulated. Welcome was also invited to attend the MARILN virtual Spring Conference on March 26.

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

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

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

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

Her future career goals include becoming a Registered Nurse.

"I can see myself as a team leader, taking all the skills I have learned and paying it forward. I want to continue building trusting relationships with residents, families, and my team," she stated.

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

"I want to be a nurse who can also do sign language. American Sign Language is something I have always found fascinating and is another skill I want to learn and translate," she adds. She also is open to the possibility of

working in academia.

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

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

## Worcester business leaders fund new scholarship at Nichols College

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

R. Joseph Salois, owner and president of Atlas Distributing Inc., and Robert Vaudreuil, retired president and CEO of The Protector Group, have committed to sponsor the Nichols Connect Scholarship,

which will assist QCC graduates who pursue a Nichols degree.

"As the scholarship's name implies, this effort will connect our institutions in a meaningful way and enhance our longstanding partnership with QCC through the Affordable Business and Leadership Education initiative," said Bill Boffi, Nichols College vice president for enrollment. "We are grateful to Joe Salois and Bob Vaudreuil for strengthening our bridge to Worcester and extending Nichols' exceptional

educational opportunities to its students.<sup>3</sup>

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

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

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

provided by this partnership."

For more information on the Nichols Connect Scholarship, please call Nichols College the Enrollment Office at 508-213-2038.

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



applicants. Please inquire for further information.



Rehabilitation and Skilled Nursing Center



5 out of 5 Stars

#### $\Diamond \Diamond \Diamond \Diamond \Diamond \Diamond \Diamond$ Centers for Medicare & Medicaid Services Rating system for: Health Inspectio Staffing and Quality Measures.

We are grateful to be a part of this wonderful community. Thank you for "social distancing" to keep us all safe. We hope you'll consider Quaboag as your next career move.

## **Positions Available**

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  Flexible schedules
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- Referral Bonus (for when you bring a friend)
- Education Reimbursement

"One of my favorite things about working at Quaboag is that you can tell the staff is here because they care about the patients. I have also found that my supervisor and administrator are very approachable when I have any concern. There are a lot of places where someone in a supervisor position is not that approachable." — Nicole F. (CNA)

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

"In the time that I have been working at Quaboag I have witnessed the well-being and comfort of the residents as the main priority of the facility. The facility is centered around patient care and is designed in the best interest of the residents.

— Lynnea T. (CNA)

#### We are a Deficiency-Free community facility in a beautiful small town with a family feel.



For more information please contact: Julie Stapleton at 508.867.7716 Or apply online at: quaboagonthecommon.com

## PEARLE L. CRAWFORD LIBRARY

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Join us for one of our virtual programs at the Pearle!

To register go to www.crawfordlibrary.org or call 508-949-8021

#### STORYTIME ON FACEBOOK LIVE Wednesdays at Noon

Join Miss Lida for a live storytime on Facebook, every Wednesday at noon, and then stop by the library for a free take-and-make craft kit!

No Facebook account is needed for this free program. Just point your browser to https://www.facebook.com/crawfordlibrary to access the video. Can't tune in at noon? Recordings of each week's storytime are available on the Facebook page beginning Wednesday afternoon.

#### MUSIC AND MOVEMENT

First Friday of every month at 11:00AM

Join Deb Hudgins on Facebook for Music and Movement, one of our most popular programs! Nothing gets kids on their feet and having fun quite like songs, dance and silly stories, and Miss Deb has been

No Facebook account is needed for this free program. Just point your browser to https://www.facebook.com/ crawfordlibrary to access the video.

HANDS ON NATURE PRESENTS BACKYARD BIRDS

Monday March 22 6:00PM-7:30PM

Meet the birds in your backyard with this fun free program for kids.

Free; registration is required. Participants will receive a link to the Zoom meeting 24 hours before the event. Sponsored by the Hugh W. and Harriet K. Crawford Endowment.

#### TRACING YOUR IMMIGRANT ANCESTORS

Thursday March 25 6:00PM-7:45PM

Most of us are here today because someone, somewhere, left everything they knew for something unknown. Find out how, find out why, find out more. This talk will give you the tools you need to identify the place of origin of your European ancestors. Margaret Fortier will cover how to start, what to watch out for, and how to use the whole family to find what you are looking for. Case studies tracing local immigrants will illustrate the method.

required. Free. Registration Participants will be emailed a zoom link 24 hours before the program Sponsored by the Friends of the Library.

### GROWING A SUMMER SALAD WITH BLACKSTONE VALLEY

Thursday April 8 6:00PM-7:30PM

Is there anything better than a fresh summer salad? Join Blackstone Valley Veggie Gardens for this Zoom presentation where they will cover all the basics of growing your own lettuce, tomatoes, and cucumbers. Free:

registration required. Participants will be emailed a link to the Zoom meeting 24 hours before the event. Sponsored by the Friends of the Library.

A CELEBRATION OF WOMEN **COMPOSERS** Thursday May 6 6:00PM-7:30PM

Historian Jeffrey Engel will highlight

the lives and the music of several distinguished female composers/concert pianists who attained recognition and success during the nineteenth century in this Zoom program.

There have always been women composers. As far back as the seventh century BC, Sappho, the Greek lyric poetess, played her own accompaniments on the barbiton and the pektis. Throughout the twelfth century there were female troubadours and during the sixteenth, madrigal composers. Francesca Caccini (1587-1638) is thought to be the first woman to write an opera and Elisabeth-Claude Jacquet de la Guerre (1663-1729), the author of an early ballet. It is not until the end of the nineteenth century, however, that significantly more women begin to enjoy public performances of their music and become professional composers. Perhaps you've heard of Teresa Carreno, Sophie Menter out of agency warrants. and Clara Schumann?

Free; registration is required. Participants will receive a link to the Zoom meeting 24 hours before the event. Sponsored by the Hugh W. and Harriet K. Crawford Endowment.

## WEBSTER TIMES

#### **ACCURACY WATCH:**

The Webster Times 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 in a timely manner on page A3. We cannot run corrections based upon differences of opinion or unconfirmable facts. We will however, print letters to the editor from area residents who wish to add their comments to our news coverage. If you find a mistake, please email news@stonebridge press.news or call (508) 909-4106. During non-business hours, leave a message in the editor's voicemail box.

## DUDLEY POLICE LOG

DUDLEY — The Dudley Police Department reported only one arrest during the week of March 5-12.

Ryan T. Christian, age 32, of Dudley was arrested on March 12 for Resisting Arrest and in connection with multiple



## Dudley selectmen see vaccine as step forward

#### **BY JASON BLEAU**

#### CORRESPONDENT

DUDLEY - A year after the COVID-19 pandemic officially began, causing businesses, schools, and even entire towns to shut down to flatten the curve, it appears that we may be on the road to returning to normal thanks to the release of vaccines and the decreasing numbers of COVID cases in many states across the country.

Locally, the town of Dudley has seen a sharp decrease in COVID cases over the first three months of 2021. At the start of the year Dudley hit a peak averaging in the mid-80s to nearly a hundred active cases at one point. Since then, however the numbers have fallen drastically to only 25 active cases as of March 9. The entire month of march has seen Dudley remaining steadily in the mid-20s.

For the Board of Selectmen, this is great news however the recovery is far from over. Selectmen took a few minutes during a livestreamed meeting on March 8 to offer their thoughts on the status of the pandemic and implore citizens to heavily consider getting vaccinated as well as remaining patient in attempting to get access to the vaccine.

'The numbers are trending well. Vaccinations are up. A lot of people have gotten the first shot. A lot of people are moving to the second shot," Selectmen Steven Sullivan said to spark the conversation. "Please be safe. We get the complaints that they see people without masks going in and out of businesses. We'll make the town be the bad guy and have to come in and issue some kind of remedial action because you don't want to follow the rules. Please follow the rules. We're doing it now so

#### vaccines first.

"I'd just like everyone to think about those that need it the most and ensure that we get in line like we learned a long time ago and don't jump the line," Johnson said.

"There is a light at the end of the tunnel," added Marsi. "I think there are a lot of people helping people who might not be able to get access to vaccine sign ups. I think they've done a great job directing people - Someone asked me if I was going to get (a vaccine early) because of my position and I said absolutely not because seniors come first then our teachers so we can get the kids back in school. Don't jump the line. It will happen, we'll all get there and then we can go back to our normal lives.'

Finally, Selectman Kerry Cyganiewicz used the opportunity to remind citizens that the town has worked to make accessing a vaccine easier by providing resources right on the town's Web site.

"If you're a Dudley resident on the Dudley home page there's a red banner at the top. Click on that, fill out the information," Cyganiewicz said. "When it is your time in line you'll get notified, you'll get a vaccine. I know many people who have gotten a vaccine utilizing the website here in Dudley and many people have worked very hard to get us access to vaccines. They've had much better luck there than going to various other sites and hitting refresh." Citizens can directly more access Dudlev's COVID information page by visiting dudleyma. gov/covid-information-page/.



The Dudley Water Department will be continuing to flush hydrants in town throughout the months of March, April and May of 2021

Flushing of hydrants will be conducted during normal business hours in most areas.

During flushing operations, you may notice dirty or colored water, please do not be alarmed this is normal and does not pose a health risk.

If you have any questions or concerns please call The Dudley Water Department at: 508-949-8007.

later on we don't have to.

Selectman Paul Joseph, who already received the vaccine, gave some insight into his experience after receiving his second shot. He told citizens not to worry and to consider joining others in getting vaccinated.

"I've received both of my COVID-19 vaccine shots (in February). I received the Pfizer and I want people to know that I had no negative reaction in any way, shape or form to either the first or the second shot. There's nothing to fear. When you have the opportunity seize it," Joseph said. "I feel more comfortable. I have a great deal of freedom now that I didn't have before. So be patient and when it's your turn get in line and get both shots.'

Selectmen Jason Johnson and John Marsi also urged citizens to get the shot, but asked that people remain patient and allow those who currently qualify for the vaccine or are in the higher risk age groups the opportunity to access the

## Dudley resident named to UConn Dean's List

STORRS, Conn. — The University of Connecticut congratulates Justyna Sudyka of Dudley

on being named to the Dean's List for the fall semester of 2020.

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

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## 🛉 🐐 Friday's Child



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

Mariyah is a playful girl of African American, Hispanic, and Caucasian descent. Those who know Mariyah best would say she is helpful, bright and verv caring. She has strong communication skills and is a great advocate for herself. Mariyah has a wide variety of interests which include arts and crafts projects, dance classes, puzzles, and reading. In school, she is very social and has made quite a few friends.

Mariyah Age 9

Mariyah is legally freed for adoption and would do well in

a one or two parent family. If there are other children in the home, it is recommended that they are high school aged or older. Mariyah would do best in a home where there is previous parenting experience. The placement should also have a predictable and consistent schedule for Mariyah but also maintain flexibility. Interested families should be open to maintaining visits and contact with Mariyah's birth parents and siblings.

#### Who Can Adopt?

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

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

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

THANK YOU

## "Start growing a herb garden," say local gardening experts

#### BY GUS STEEVES CORRESPONDENT

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

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

Last week's session looked at growing herbs.

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

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

Typically, Donovan said, that should be done "at the end of summer, once the plants are big.' She showed two short

videos - one with Donna lit area that's not in direct Emery, the other with an unnamed male gardener - talking about how to do it. He described the ideal cuttings as being "semi-ripe," with the base "slightly woody," coming from healthy but not yet flowering plants. If you get a clean four- to sixinch cut just below a leaf joint, they can be stored in the fridge up to 12 hours before dipping them in an organic gel (Donovan later noted unpasteurized honey or cinnamon work well). They generally root in six to eight weeks, but sometimes take up to four months in a greenhouse, cold frame or under a clear plastic bag, provided they're not in direct sunlight. When the roots form, they can be potted and/or transferred to the

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

They should be started indoors in a warm, wellsunlight until the shoots come up. When outdoor conditions are good, and the plants are big enough, they can be "hardened" over three or four days in warm shade outdoors, but brought back inside at night.

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

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

Donovan summarized planting issues and uses of several well-known herbs, both annuals and perennials. One of the former is parsley, which is actually a biennial that is a "reasonably sized plant' which dies with frost; that year is best for the leaves. The second year it's "a parsley tree, almost"; that's when you get the seeds

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

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

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

For perennials, Donovan focused on the large mint family, which are "extremely hardy." She noted they're aggressive "extremely

at the root, so I suggest you grow it in its own pot." One mint is lemon balm, which isn't quite as aggressive but a "very prolific spreader. ... You never know where it'll come up." Like chamomile, it has mild sedative qualities. Several species of mint grow wild in New England.

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

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

"It's good to grow herbs right with your veggies, not only because you get the benefits, but herbs also help repel pests," she

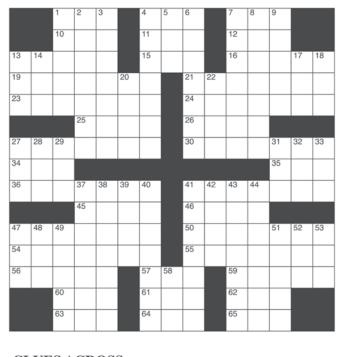
noted. She listed several examples, including dill (repels aphids, squash bugs, cabbage loopers), basil (repels flies and mosquitoes, as do several lemon-scented plants), oregano ("repellant to many pests") and several mints (repels fleas and squash bugs).

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

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

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

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



#### **CLUES ACROSS**

- fi: popular genre 1. 4. Curved shape 7. Defunct airli
- 35. Expression of satisfaction 36. Mythical winged horse Ballplayer

# DMA sets timeline for marijuana operations

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

DUDLEY - After signing a host agreement and holding presentations in 2020, DMA Holdings is gearing up for the groundbreaking and eventually opening of its marijuana retail and manufacturing business at 35 and 37 Chase Avenue.

Joseph Villatico, a founding member of DMA holdings, joined selectmen in a livestreamed meeting on March 8 to provide a short update on the project which is expected to break ground within 35 days of that meeting.

"We've had a lot of work on our hands the past year and a half. What has taken just a little longer on our side is a couple challenges at the mill working er building just going

ics and designs and layouts of the facility. We're coming to a close on that," Villatico said. "We're a hundred precent moving forward with everything. We've been proactively working. I've been out there every single week for roughly the past four months just moving forward and getting everything done. We will start the retail side and retail facility first and then move operations to the cultivation and manufacturing."

Villatico said the dispensary and retail space will be the primary focus for the first four to six months but work on the cultivation facility is set to begin in June and continue in 2022. Retail operations will be the first active part of the business before the cultivation is complete and up and running. Villatico called it a "sophisticated process" done "very specifically" and at a higher cost than most other retail initiatives.

Selectman Steven Sullivan joined others on the board in complimenting DMA for taking the time to provide the update. Sullivan however addressed recent public comments online that showed concern about a lack of action at the Chase Road property. Sullivan said if nothing else the DMA update proves work is on track and will soon bring Dudley its first retail adult-use marijuana business.

"That has been the undercurrent, if that's the right word, in town, people pointing and saying there's nothing even going on there and you try to explain to them that these things don't happen overnight," Sullivan said. "I appreciated DMA coming in tonight, hopefully putting some of those rumors to rest. Things have been slightly quiet over social

media lately, but I hope people

are paying attention and they fol-

low along – It is coming, it is going

to be everything that we expect it

DMA Holdings is expected to

break ground on the retail space

to be."

as early as April 1.

ALMANAC

**OPEN TO CLOSE** 

- 10. Beverage receptacle 11. Corporate bigwig 12. Belong to he 13. They cover cuts 15. Cost per mille 16. Walk into 19. Power-producing machine 21. Part of one's character
- perceived by others
- 23. Emotionally appealed to
- 24. Protected
- 25. Wrestling icon Okerlund
- 26. Thailand's former name
- 27. Muscle weaknesses
- Chooses
- 34. American film studio.

#### **CLUES DOWN**

- 1. Frighten
- 2. Partner to corned beef
- 3. Parts
- 4. Agrees to a demand
- 5. Elected official
- 6. Navigator's tool
- 7. Relating to heat
- 8. Attractive
- 9. Wealthy US merchant
- 13. Engine additive
- 14. A passage with access only
- at one end 17. Midway between northeast
- and east
- 18. Cool!
- 20. Brazilian NBAer
- 22. NW Pennsylvania city
- 27. Young dog
- 28. Mimic
- 29. Large truck

#### 45. Edible seaweed 46. Chinese politician 47. Tested for fertility 50. Glove worn with medieval armor 54. Basaltic lavas 55. Small shoaling fish 56. Surrendered 57. Taxi 59. Potato part 60. Female sheep 61. Trouble or difficulty 62. Put into service

- 63. Soviet Socialist Republic
- 64. 17th letter of Greek alphabet
- 65. Type of student
  - 31. The NFL's Newton 32. One and only 33. Diego, Francisco, Anselmo 37. Julie \_\_, actress 40. A small carrier attached to the

## W E D О Н В В S S

through all the engineering architects and getting all the schemat-

#### Dudley's Monica Kaufman earns Dean's List honors

WORCESTER — Monica Freund Kaufman of Dudley was named to the Dean's List for Fall 2020 at Massachusetts College of Pharmacy and Health Sciences, Worcester Campus. The Dean's List recognizes those students with a full-time course load who have achieved outstanding scholarship with a 3.5 GPA or higher for the academic term. Ms. Kaufman, daughter of Douglas and Linda Freund, is a first-year pharmacy student in the Accelerated PharmD doctorate program.

The mission of MCPHS University is to prepare graduates to advance health and serve communities worldwide through excellence, innovation, and collaboration in teaching, practice, scholarship, and research. Founded in 1823, MCPHS University is the oldest institution of higher education in the City of Boston. In addition to the original Boston campus, the University has campuses in Worcester, Massachusetts, and Manchester, New Hampshire, as well as robust online learning options. The University currently offers more than 100 unique baccalaureate, masters, and doctoral degree programs and certificates covering a variety of health-related fields and professions.



The Webster Times (USPS#024-928) is published weekly by Stonebridge PRESS, INC., 25 ELM ST., SOUTHBRIDGE, MA 01550. PERIODICAL POSTAGE PAID AT SOUTHBRIDGE, MA 01550. POSTMASTER: SEND ADDRESS CHANGES TO WEBSTER TIMES, P.O. BOX 90, SOUTHBRIDGE, MA 01550

#### DUDLEY DUDLEY TOWN HALL (508) 949-8000 Board of Selectmen (949-8001) ...... 8 a.m. to 1 p.m. Fridays Evening appointments if needed. *Note: Office hours are for selectmen's secretary* and town administrator. S electmen do not hold office hours. Town Clerk (949-8004) Monday-Thursday .8 a.m. to 4:30 p.m.

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Thursday nights5	to 7 p.m.
Fridays9 a.m.	

#### **DUDLEY POLICE DEPARTMENT (943-4411)** Staffed 24 hours a day, seven days a week DUDLEY FIRE DEPARTMENT (949-8040) Monday-Sunday......6 a.m. to 6 p.m.

#### **OXFORD**

#### OXFORD TOWN HALL (508) 987-6027

#### Board of Selectmen

Monday-Friday9 <i>Town Clerk (987-6032)</i> Monday-Friday9	-
Oxford Police Departm For emergencies, c Oxford Fire Departmen	xall 911

#### Monday-Friday......8 a.m. to 3:30 p.m.

#### **WEBSTER**

WEBSTER TOWN HALL (508) 949-3850							
Office Hours:							
Monday							
Tuesday-Thursday	8 a.m. to 4 p.m.						
Friday	8:30 a.m. to 12 p.m.						

#### WEBSTER POLICE DEPARTMENT (943-1212) For emergencies, call 911

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WEBSTER FIRE DEF	PARTMENT (949-3875)
Monday-Friday	8 a.m. to 4 p.m.
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38. More nourishing 39. Compound side of a motorcycle 41. Object of fear or alarm 42. Ladd, actor 43. Sacred place 44. A way to express enjoyment 47. Trigonometric function 48. A team's best pitcher 49. Intersecting points 51. Roundishly shaped 52. Adam's partner 53. God of battle (Scandinavian)

58. Human hormone

## Country Bank announces virtual Credit for Life program

WORCESTER — Country Bank, a full-service financial institution serving central and western Massachusetts, proudly announces it has partnered with eight local banks to transform the Credit for Life program from an on-site event to a virtual event! Credit for Life, a popular financial literacy program, has been offered for more than a decade within many Massachusetts public schools.

With most, if not all, schools adopting a virtual learning model for students, Credit for Life organizers connected last summer to explore a virtual experience in 2021. As part of the virtual transformation, organizers enlisted FitMoney.org, a non-profit financial literacy organization, to serve as the key fiscal agent, and Stackpole & Partners of Newburyport, for the design and implementation of an interactive website. Contributing partners are Country Bank, Institution for Savings, Cape Cod 5, Bay Coast Bank, HarborOne Bank, The Savings Bank, Rockland Trust, and Westfield Bank.

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

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

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

## Webster Water Department to sample for PFAS

WEBSTER — The Webster Water Department will be sampling the drinking water for a family of chemicals called per- and poly-fluoroalkyl substances (PFAS) that have been detected in some public water supplies in Massachusetts and across the nation. The Massachusetts Department of Environmental Protection developed a new drinking water standard for six PFAS compounds and is requiring all public water suppliers in the state to test for PFAS.

Superintendent Greg Woods stated "There has been a lot of publicity lately regarding communities discovering PFAS in their water supply and we wanted to be proactive and let our customers know we would be testing the wells for these new contaminants."

PFAS are a family of chemicals used

for nonstick, stain-resistant and waterproof coatings, are in numerous consumer products, industrial uses, and firefighting foams. Manufacturing of certain PFAS was discontinued in the U.S. decades ago, but they may still be used in imported products. PFAS are resilient and do not degrade easily. As a result, as these products are disposed of the PFAS compounds leach into the environment and potentially find their way to food and drinking water sources. Scientists are still learning about the health effects of exposures to mixtures of PFAS. Research is still being conducted to assess the potential effects on the development of fetuses and infants, the thyroid, the liver, kidneys, hormone levels and the immune system, as well as whether a cancer risk exists for people exposed to levels well above the drinking water standard.

Mr. Woods said that the Water Department had previously sampled for PFAS in 2014 and it was not detected in any of the samples at a concentration above the part-per-billion level. However, recent advances in laboratory testing have now allowed the chemicals to be detected at the part-per-trillion level. For reference, a part-per-trillion is one drop of water in 20 Olympic-sized swimming pools.

Mr. Woods said "Obviously, we are hopeful that our wells do not contain PFAS concentrations at any level but we will keep the Town informed of the sampling results."

The Water Department has created a webpage with PFAS information that can be found on the bottom of the Town's Web site,

www.webster-ma.gov.

## Maya Pullin welcomed into Alpha Lambda Delta National Honor Society

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

Alpha Lambda Delta recognizes the best and brightest members of the nation's first-year college students. The mission of the Society is to encourage superior academic achievement, to promote intelligent living and a high standard of learning, and to assist students in recognizing and developing meaningful goals in society. Students in Alpha Lambda Delta must have a grade point average of at least 3.5 after their first semester of full-time enrollment. University President Dr. Robert E. Johnson, Interim Provost Dr. Curt Hamakawa, and Vice President for Student Affairs Kerri Jarzabski joined with the Deans of the College of Arts and Sciences, College of Business, and College of Engineering in awarding certificates to new inductees, who recited the Alpha Lambda Delta pledge:

"I pledge myself to accept membership in Alpha Lambda Delta with the understanding that in doing so I accept the responsibility of maintaining its standards of Service, of Industry and of Integrity. I shall do all in my power to maintain high scholarship throughout my life and to use my education always, for the benefit of the Community, my Nation, and the World in which we live. In this spirit I accept the membership into Alpha Lambda Delta." Alpha Lambda Delta first-year honor society was founded in 1924 at the University of Illinois and has over 280 chapters in the United States.

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



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

#### About Country Bank

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

#### REAL ESTATE

#### Dudley

\$478,000, 2 Bona Dr, Grave& Genevieve Rlty LLC, to Paulino, Enger, and Paulino, Yesenia.

\$153,000, 13 Marshall Ter, Aubertin Anthony F Est, and Salvidio, Anthony J, to Leblanc, Cheryll, and Cady, Mark.

#### Oxford

\$460,000,8SullivanBlvd,Mooskian, Melissa A, to Mayo, Nicholas R, and Nogueira-Mayo, Lindsey.

\$294,000, 11 Old Worcester Rd, Pinard Albert G Est, and Ouellette, Michelle L, to Wiafe, Collins. \$227,600, 2 Wellington Rd.

Wennerberg, Isabella J, to Krevosky, Brian, and Murphy, Gail.

#### Webster

\$371,000, 6 Granite St, Mouna-Brown, Nora, to Heltzel, Derek, and Richards, James.

\$307,000, 18 Elm St, Warnajtys, Rafal, and Warnajtys, Mateusz, to Kennedy, James T, and Obrien, Caitlin H.

\$223,000, 5 Browns Brook Rd, Davey, Jonathan J, and Brochu, Gail C, to Odonnell, Gregory J, and Odonnell, Benjamin T.

\$216,000, 61 Indian Inn Rd, Graham, Kevin M, to Vanner, Albert, and Fuentes, Cecilia M.

\$155,000, 6 Negus St, Oquendo, Bernardo, to BD Construction LLC.

Day Kimball Healthcare's Women's Health Team

Front Row: Amna Aziz, MD; Elena Poloukhine, MD; Robyn Martin, APRN; Lacey Luneau, PA-C; Regan Murchison, MD Back Row: Andrew MacKenzie, MD; Julie Van Saun, PA-C; Devon Jacobson, MD; Erica Kesselman, MD

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#### LINDSTROM

continued from page A1

come aboard, you have to be a real coach.' He was all for it," Dugan said. "Chris is a football junkie, so it's an opportunity not only to be around the game, but also to give back to the community, and to give back to our program. His knowledge, expertise and experiences in the game of football are off the charts."

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

"I would love to coach when I'm done," Lindstrom said. "Along with coach Dugan and the rest of the staff, I'm giving the kids everything I have. I'm giving them all the knowledge I have and all the intensity I can give them to be completely prepared to go out and play their best on Friday. That's what I'm trying to do.

"This is only possible because of this Fall II season," Lindstrom continued. "This is a unique, fortunate circumstance that I'm so glad happened. If [football in the spring] was the case year-round, I would definitely be coaching year-round because I love football and love sharing my knowledge of the game with the kids."

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

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

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



Courtesy

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

#### BEACH

continued from page A1

ating problems for resident families. He said he knows of three large ones, with seven, eight and 10 kids respectively.

"If anybody can relate to the large family getting discriminated against, it'd be me," Marchand remarked, since she comes from one.

Lisa Kontois added that it's a safety issue and "limited supervision is becoming a problem for the staff." Tom Klebart suggested turning such groups away at the gate, but Marchand said the buses often leave, to return later. Historically, they've allowed entry the first time with a warning not to do it again.

#### TIMELINE

continued from page **A1** 

self-certification and screen forms which are also available on the district's Web site.

"This is a critical first

#### WILLARDSON

continued from page A1

related goal is to review and update the pavement management plan, including sidewalks in light of ongoing water/ sewer infrastructure projects. Also related is an update to the Capital Improvement Plan and debt schedule in light of the proposed Bartlett renovation project.

Willardson also plans to start incorporating regular department activity reports into select board meetings and start supplying "off-cycle" (bi-weekly) reports to them, since "a month is a long time." Kontoes also asked him to include They threw around a few possible numbers for what ratio of adults to children they'd like to see, but did not settle on one.

Becker also noted he doesn't expect the slight fee changes to have any real impact on town income. That's partly because this coming year is likely to see some drop in attendance, which spiked last year due to Covid restrictions Marchand elsewhere, observed. In 2020, Webster collected about \$156,000 from the beach, versus about \$100,000 in 2018 and 2019. Most of that money funds the staff – about \$88,000 last year, rising to \$95-100,000 this year.

The beach project was approved at the Oct.

safety step in the daily management of our schools. We are not just asking families to complete this, it is a staff requirement," Lamarche said of the screening forms. "As a participant,

updates on the milestones of major projects, which would enable the board to get insight on how accurate the time estimates are vs reality.

Earl Gabor requested looking at the "lack of enforcement of standing bylaws," particularly regarding neighborhood cleanliness, sidewalk snow-clearing and the like. Willardson said they could try imposing nuisance fines on some properties.

Gabor also pointed to April's plan to test for PFAS and the upcoming inflow-and-infiltration study as potentially causing public worry and "a significant financial concern," as recent PFAS testing in Charlton and 21. 2019 Town Meeting. Article 11, which included the full list of proposed fee changes for this year and last. At that time, the warrant described the intent this way, in part: "We want to ensure that rates are reasonable for Webster residents and also ensure the beach is not overrun by those outside our community. To meet this objective, we can and are proposing a reasonable annual beach access pass for Webster residents of \$25 (same as previous years), but we will not be offering an annual pass for non-residents. Paired with this, we have increased the weekend and holiday daily rate for non-residents."

As of Saturday, the Parks & Recreation web-

I can share, once the habit is established it is quite easy to remember to do it before entering our schools. Therefore, I plead with all of you to do the right thing to help the advancement

Dudley did. Willardson

agreed, noting the state

DEP is willing to help

communities educate cit-

review doesn't affect

because his raises are in

line with what other town

staff receive each year

(currently 2 percent). The

administrator's contract

In Willardson's rou-

tine report, he noted the

schools are seeking about

\$500,000 more "than what is available." He said

he delayed the planed

tri-board meeting until

April in hope of getting

some aid from the new

federal Covid relief bill.

That might provide some

school assistance, but he

runs through 2022.

the

salarv

izen about these issues.

Becker noted

Willardson's

page still showed the fees for 2020.

In similar business, Selectmen set compost facility fees to be the saem as they were last year. They also voted to extend the "slum and blight" district designation to include the section of East Main Street as far east as Granite Street to enable Webster to spend Community Development Block Grant funds there.

They also opened the May 10 Annual and Special Town Meeting warrants. The deadline to submit articles and citizen petitions is April 5 at noon.

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

of increased in-person learning in the Dudley Charlton Regional School District for the remaining months of school. Help keep COVID out of our schools as much as humanly possible."

said he doesn't "want to dig a big hole for next year's budget as well."

He also named the new Library Director as Saundra Murphy, most recently in Leominster, but who also worked in Oak Bluffs and Worcester libraries. She started this week. Additionally, three newly-hired police officers are going to the Academy, and the Recreation Department is having an Easter Egg Hunt around town over the next few weeks. Among them are some golden eggs that can win the finders stuffed animals when turned in at Town Hall.

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



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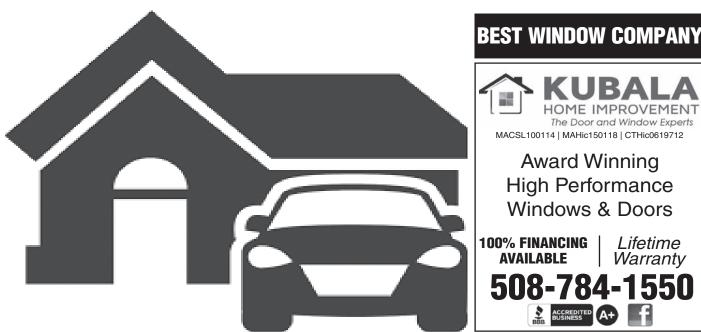


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**BRENDAN BERUBE** EDITOR

## EDITORIAL

## Ice safety tips

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

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

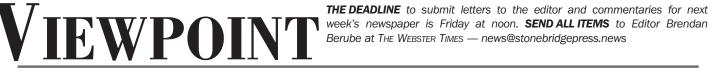
First, remember to stay calm. Try not to let the shock of the freezing water take over, it'll take your breath away and is painful, which is frightening. At this time, you will have roughly ten minutes before you get too cold to pull yourself out. Experts say to leave your winter clothes on and let them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

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

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

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

Once you are in the clear, get into dry lothes and a warm place immediately. Hypothermia kicks in roughly after 30 minutes of being submerged in ice water. Seek medical attention as your body may go into shock as the cold blood from your extremities can reach your heart, causing a heart attack. If you are with someone who falls through the ice, do not get too close as you may be the next one to fall through. Instead yell instructions to them, on what to do, to get to safety and remain encouraging. Reaching out to the victim without stepping onto the ice is best if at all possible. Use anything you can such as a pole, ladder or anything else that you can extend to them. If you can't reach the victim this way, try throwing them a rope or anything that you might be able to use to pull them to safety. If none of the above are options, try to find something to float on so that you can reach the victim yourself. If a floating device is not available, do not walk upright to the victim, try instead to lay flat and roll out to the edge. Whatever situation you are in, it will require fast action and quick thinking. The best advice is to be prepared with the proper knowledge and equipment if you do plan on spending time on the ice.



# Forgiving others frees our soul

There is a story of when President Bill Clinton met the great South African leader Nelson Mandela for the first time. In his conversation he told Mandela, "When you were released from prison, Mr.

Mandela, I woke up my daughter at three o'clock in the morning. I wanted her to see this historic event. As you marched from the cellblock across the yard to the gate of the prison, the camera focused in on your face. I have never seen such anger, and even hatred, in any man as was expressed on your face at that time. That's not the Nelson Mandela I know today. What was that all about?"

Mandela answered, "I'm surprised that you saw that, and I regret that the cameras caught my anger. As I walked across the courtyard that day I thought to myself, "They've taken everything from me that matters. Our cause is dead. My family is gone. My friends have been killed. Now they're releasing me, but there's nothing left for me out there. And I hated them for what they had taken from me. Then, I heard an inner voice saying to me, "Nelson, for 27 years you were their prisoner, yet you were always a free man within! Don't allow them to make you into a free man, only to turn you into their prisoner!"

A man that does not learn to forgive, who hold on to the bitterness and resentment of his anger and hatred and pain, is like a man who swallows poison and hopes his enemies die from that poison. An unforgiving spirit imprisons and poisons our souls!

**BEYOND** THE PEWS By Fr. Luke A. Veronis SAINTS CONSTANTINE AND HELEN GREEK ORTHODOX CHURCH, WEBSTER

each of us can readily admit that we sin daily and continually. Thus, we are all in desperate need of God's mercy and forgiveness for our own shortcomings and sins.

Yes, "to err is human but to forgive is divine" but remember that we are all called to become godlike! Ultimate forgiveness is truly divine because the spirit of mercy comes from God Himself. Our heavenly Father readily forgives us our trespasses, while He expects us to imitate Him and forgive those who trespass against us. He forgives, filling us with His unconditional love and mercy, and then hopes that we will imitate Him and forgive one another.

When we stubbornly refuse to forgive the other, we place ourselves in an arrogant predicament. How dare we ask for God's mercy when we won't show similar mercy to others? Our Lord Jesus clearly exposes this hypocrisy in His story of the King and the Unforgiving Servant (Matthew 18:21-35). "You wicked servant," the King reprimanded the slave who begged and received unbelievable mercy from the king, only to go out and show no mercy to his fellow slave. "I forgave you all that debt because you begged me. Should you not also have had compassion on your fellow servant just as I had pity on you?"

Let me be quite blunt

the Divine, His Spirit will live in us and the Holy Spirit will fill our hearts with love, mercy, compas-sion, kindness and grace.

There are countless stories

in Church history which portray how the saints willingly forgave even their greatest enemy. I remember meeting such a person in Albania. Fr. Joseph had spent 28 years in prison, 28 years of suffering and torture because of his faith! Two years after the fall of communism and the reopening of the Church. Fr. Joseph had quite a surprise. He was preparing to retire for the night when someone began ringing his doorbell. It was late yet the person was quite insistent.

Fr. Joseph opened the door and welcomed into his home a middle-aged man obviously in great distress. It wasn't until the man entered into the sitting room that Fr. Joseph recognized his features and realized that this was one of the harshest guards who used to beat and torture him in prison. This guard now stood before the priest, begging for forgiveness. Fr. Joseph listened intently, and then forgave his torturer. He later revealed: "I did not desire revenge. Truthfully, even in prison I prayed for my persecutors. I prayed that God would turn these fierce animals into human beings. And that night in front of my eyes, I saw the transformation of one of these animals!" This prison guard eventually became a member of Fr. Joseph's Church!

Imagine, listening to the confession of one's

# Do your part to keep prescription drugs off our streets



I wanted to take this opportunity to inform the residents of Dudley that on Saturday, April 24 from 9 a.m. to 1 p.m., the Dudley Police Department and the Drug Enforcement Administration (DEA) will give the public another opportunity to prevent pill abuse and theft by

ridding their homes of potentially dangerous expired, unused, and unwanted prescription drugs. This has been a popular and much requested program in the past. I wanted to provide some information to people once again on this event.

The Drug Take Back has been held several times over the years in Dudley. Last Spring's event was cancelled due to COVID-19 (as were numerous other activities). Our last event took place this past October. A large quantity of prescription medications and medical sharps were taken in at that time. The service is free and anonymous, no questions asked. This initiative addresses a vital public safety and public health need. Medicines that languish in home cabinets are highly susceptible to diversion, misuse, and abuse. Rates of prescription drug abuse in the U.S. are alarmingly high, as are the number of accidental poisonings and overdoses. Studies show that most of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet. In addition, people are advised that their usual methods for disposing of unused medicines-flushing them down the toilet or throwing them in the trash—both pose potential safety and health hazards. Thanks to the effort of District Attorney Joseph Early's Office, we now have a permanent Drug Disposal Kiosk located in our Police Station Lobby. These items can now be disposed of locally at any time during the year. Other communities have these kiosks at their police stations or other town buildings. If you are not from Dudley, be sure to check with your community for one of these disposal locations.

Yet, how many of us know people who have difficulty forgiving others. In fact, we not only know people, we often are the very people themselves who won't forgive others!!!

"To err is human" the saying goes. "But to forgive is divine." The problem with this saying is that in some ways it seems to justify our weakness. Some use this saying as an excuse. "To err is human." OK, our fallen human nature is apt to err - countless times. In fact, if we truly understand sin from an Orthodox perspective - not as some juridical breaking of a commandment but much more a relational breaking of communion with God

and His children --than

How dare any of us not forgive someone else?!? Who are we not to forgive? Do we simultaneously not forgive others, even though we seek forgiveness from God? If we are not willing to forgive someone else, then we shouldn't say the Lord's Prayer. Or at least, we should revise the Lord's Prayer and say, "Our Father, who art in heaven... do NOT forgive us our trespasses as we do NOT forgive those who trespass against us."

As Christians, our goal in life is to open our hearts to God and unite ourselves with Him; to cultivate the mind of Christ within: to die to ourselves and have Jesus live in us; ultimately, our goal is to become one with God. As we become more and more united with

persecutor; forgiving the one who tortured you! Only when one is filled with God's Spirit can we understand and live out the Gospel in such a way.

Christians around the world are journeying through the holy season called Great Lent. We need to remember that we can't journey toward the celebration of Christ's Resurrection on Easter Day if we don't forgive one another, even those who have most deeply hurt us. Remember, we don't forgive others because others necessarily deserve to be forgiven; we forgive others because God has first forgiven us! We love others and show them grace because God's love and mercy dwells in our hearts and compels us to forgive others!

In addition to the prescription disposal, officials from Harrington Hospital have once again generously offered their assistance to dispose of medical sharps (needles, etc.) on this same day. Collection bins will be on hand to dispose of these items properly and safely as well.

A number of these programs will take place on this same day in communities all over the area. If you are not a Dudley resident, please check with your local officials for a disposal site near you. In Dudley, bring your medications to The Dudley Police Department located inside the Dudley Municipal Complex at 71 West Main St., Dudley. We thank everyone in advance for their participation in this worthwhile program.

As the pandemic continues, we ask everyone to stay safe and continue to take the necessary precautions to protect yourselves. For those eligible, vaccination information can find it at www.dudleyma.gov or by calling 508-949-8036. We continue to serve the people of Dudley and work with the community to improve the quality of life for everyone. I thank the men and women from my department for their continued dedicated service to the Town during these trying times. Thanks also go out to the many Police Officers, Fire and Emergency Services members, public works, health care, government officials, and all other "essential" personnel for their continued hard work and service. We greatly appreciate the support we receive from our community.

Thanks again for your questions and comments. Please send them to me at the Dudley Police Department, 71 West Main St., Dudley, MA 01571 or email at swojnar@dudleypolice.com. Opinions expressed in this weekly column are those of Chief Wojnar only and unless clearly noted, do not reflect the ideas or opinions of any other organization or citizen.

## Tips for some financial spring cleaning

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

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

"De-clutter" your portfolio Over the years, many of us tend to pick up duplicate items that find their way into the nooks and crannies of



our homes, gathering dust and remaining unused. Over time, your investment portfolio can also accumulate redundancies - that is, you might own several investments that are essentially similar. It might be appropriate to replace some of these and broaden your holdings.

Own your investments purposefullv

You own certain things for certain reasons – a broom to sweep the floors, a micro-

wave to heat the food and so on. As an investor, you should be following a goal-based strategy that includes the matching of certain investments with certain objectives. For example, you might own stocks or mutual funds to eventually provide the capital appreciation

potential you'll need to retire comfortably. But you might also own other vehicles, such as bonds or other fixed-income investments, to provide you with a source of regular income.

"Dust off" your investment strategy

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

Protect yourself from hidden dangers

If you poke around your garage, shed or other storage area, you may well find some objects - gardening tools, paint thinners and engine fluids, leaning ladders and so on – that could be dangerous, either because they aren't stored properly or they're hard to see and can cause Turn To FINANCIAL page A9

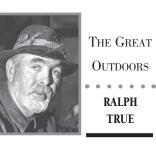
## Preparations for spring fishing

Now is the time to start planning your spring fishing trips, weather it will be saltwater or freshwater. Making sure all of your fishing gear is ready, and what type of bait you will be using, cuts the cost of your fishing trips. Freshwater anglers are finding live bait is becoming very expensive, and there

is a way to cut the cost dramatically. Catching shiners only requires a little bit of research to locate a body of water that still has a good population of shiners. Purchasing a small shiner trap at a local bait & tackle shop, will run you around \$12. A piece of light rope will need to be attached to the trap, and a small amount of bread placed into the trap before lowering it into the water.

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

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



a great time trying to catch them. The trick is not to shine the flashlight directly onto the crawlers or they will quickly retract themselves back into their After hole. picking a couple hundred crawlers, you

need to properly store them. A small refrigerator like they use for college is ideal. Locate a couple of Styrofoam boxes that will fit into the refrigerator.

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

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

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



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

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



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

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

Take A Kid Fishing & Keep Them **Rods Bending!** 

## **Blooming Signs of Spring: Part II**

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

#### Crocus

Crocus, dubbed "the little princess of the garden," has a long heritage in New England, as the favored flower is among the first to be brought to North America by settiers. Popping up in gardens in mid-March, the sight of crocus bulbs are cause for celebration by winter weary Easterners. In fact, the crocus has been known to bloom while snow is still on the ground, offering a visual promise of the upcoming season. The humble flowers, boasting an array of hues from pale yellow to deep purple, open their cup shaped blooms fully only on sunny days. Perhaps the populari-ty of the humble flower is attributed to its easy going nature. Requiring only a light alkaline soil and plenty of sunlight, and it will reward the

eye with many colorful, low growing flowers that multiply each spring.

#### Crocus in Mythology: The crocus famously appears in a legendary Greek tragedy of Crocus (Krocos) and Smilax. According to the legend a young mortal named Crocus headed into the Athens forest in pursuit of the nymph Smilax. Catching her attention, Smilax is smitten but only briefly, by the handsome Crocus. Soon she becomes bored and spawns his amorous



few inches of mulch for weather insulacold Since moles and tion. mice are also attracted to crocus, those who have such pests in the garden are advised to plant in buried wire cages or other devices designed to repel the hungry critters.

have Lilacs been known to survive hundreds of years, making them a true heirloom flower. The Governor Wentworth Estate in Portsmouth, NH boasts the oldest surviving lilac bushes, said to have been planted circa 1750. While there are many strains of the flower, the most nostalgic is the common lavender hued lilac (Syringa Vulgaris), which was brought to America in the mid 1700s from east-

Lilac Legends: Legend

ern Europe.

doned or destroyed. Lilacs into the house and all white Lilacs were especially banned from display inside the home.

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

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!

advances. When crocus persists in pursuing the beauty against her wishes, the gods transforms him into a saffron Crocus flower, its orange stigmas symbolizing his undying passion for her.

Planting Crocus: Spring crocus bulbs are best planted in the fall when the soil is below 60 degrees, but well before the first hard frost. Plant pointy side up about four inches apart. For the best visual affect plant in clumps of about a dozen bulbs. Water well and c o v e r with

а

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#### Lilacs

Fragrant clusters of lilacs adorned colonial yards and gardens of early America. Lilacs were grown both for their beauty and their medicinal properties. In fact, in the late 18th century, both Thomas Jefferson and George Washington wrote about their lilac plants. The species is so hardy that early lilac bushes, in a testament of survival, have continued to thrive in colonial homesteads, long after the homes were abanhas it lilac drives away evil wherever it is planted or strewn. It is said that lilac bushes were planted on the homestead by colonists in an effort to protect the inhabitants from bad forces.

 $\operatorname{from}$ Immigrants Europe brought tales of lilac folklore from the "old country" to including America, the belief that finding a white lilac blossom with five petals is a sign good fortune would follow. Meanwhile, in certain sections of England it was considered bad luck to bring blooming

Win Dinner for Two at the Publick House

Your tips can win you a great dinner for two

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.

#### FINANCIAL

continued from page A8

trips and falls. As part of your spring cleaning, you'd want to get these objects out of harm's way to safeguard yourself and your family. But when you think of your financial situation, are you also exposing yourself and your loved ones to risk? If something were to happen to you, could your family members stay in their home? Could your children still go to college? To help keep their lifestyle intact if you weren't around, you'll need adequate life insurance. And to avoid burdening your grown children with potentially huge expenses should you ever need some type of long-term care, such as an extended nursing home stay, you may want to talk to a financial advisor about protection strategies.

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

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Please contact Dennis Antonopoulos, your local Edward Jones Advisor at 5 Albert St., Auburn, MA 01501 Tel: 508-832-5385 or dennis.antonopoulos@edwardjones.com.

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## Expand your planting space

GARDEN

MOMENTS

**MELINDA** 

MYERS



Courtesv Gardeners Supply Company

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

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

Convert the end of the drive or edge



your raised bed with a quality planting mix.

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

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

Elevated gardens are just containers on legs. They are perfect for patios, balconies and other hard surfaces. Use them to define space, create privacy and of course grow ornamental and edible plants. Those on wheels can easily be moved out of the way when guests

arrive. Or wheel them into the gathering, so everyone can harvest and dress up their meals with garden-fresh herbs and veggies.

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

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

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

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

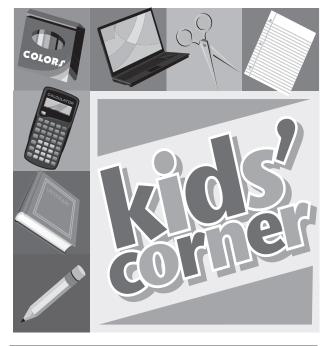
Extend your time outdoors with outdoor lighting. Or look for multi-functional options like solar illuminated planters. Powered by the sun and with a flip of a switch, you can choose a single or multi-changing light color display.

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

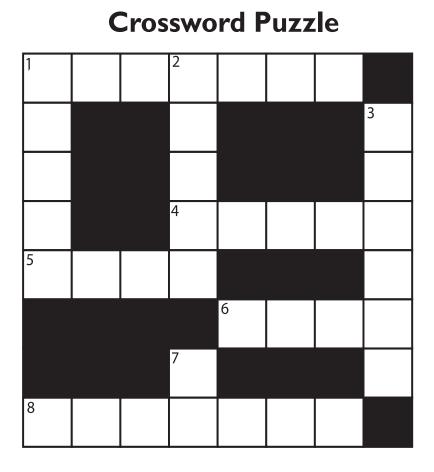
Once you select your raised bed, elevated garden, or container, you will need to fill it with a planting or potting mix. Figure out exactly how much is needed with a soil calculator. Just plug the size and shape into the form. It tells you how many cubic yards or cubic feet of soil are needed for raised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

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

Melinda Myers is the author of more than 20 gardening books, including Small Space Gardening. She hosts The Great Courses "How to Grow Anything" DVD series and the Melinda's Garden Moment TV & radio program. *Myers is a columnist and contributing* editor for Birds & Blooms magazine and was commissioned by Gardeners Supply for her expertise to write this article. Her Web site is www.MelindaMyers.com.









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

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

• **1963**: MOUNT AGUNG ON BALIERUPTS.

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

ANSWER: ST. PATRICK'S DAY



**ENGLISH:** Irish

**SPANISH:** Irlandés

**ITALIAN:** Irlandese

**FRENCH:** Irlandais

**GERMAN:** Irisch

#### ACROSS

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

#### DOWN

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

I. Happy 2. Irish 3. Corned 7. ER UWOU 1. Holiday 4. Sugar 5. Yeah 6. Tale 8. Patrick ACTOSS :SY9W2RA

ACCORDING TO LEGEND,

THE COLOR GREEN ON

ST. PATRICK'S DAY.

LEPRECHAUNS WILL PINCH ANYONE

WHO IS CAUGHT NOT WEARING





Can you guess what the bigger picture is?

ANSWER: CORNED BEEF & CABBAGE





GAELIC

culture and language

Richard A. Gardecki, 73

## **OBITUARIES**

### Michael J. Simon, 79



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

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

He was born in Cincinnati, OH, son of the late Joseph F. and Marie B. (Eckstein) Simon, and lived in Auburn for nine years. He was a U.S. Air Force veteran of

the Vietnam War. Mr. Simon was a

for many years prior to retirement. He Gardecki; he worked for Hardline Heat enjoyed woodworking and cooking.

Auburn, MA 01501. Paradis-Givner Funeral Home in Oxford is directing wife Thomasina (Dalterio) Gardecki; the arrangements. paradisfuneralhome.com



DUDLEY– Richard . Gardecki, 73, passed away at home on Sunday February 28, 2021 while surrounded by his loving family.

Richard was born in Worcester, MA on February 14, 1948,

distributor for Casual Male in Canton son of Thomas and Augusta (Edison) Treat for many years prior to his retire-Services will be held privately by his ment. Richard was an avid collector family. In lieu of flowers, memorial con- of coins and baseball cards; he greatly tributions may be made to Care Central enjoyed going to various flea markets VNA and Hospice, 191 Pakachoag St., and spending time with those he loved.

Richard will be deeply missed by his

his son Thomas Gardecki of Webster; his daughter Deana (Gardecki) Mello of Dudley; his grandchildren Ashley, Danielle, Vincent, and John; his great-grandson Jackson; he also leaves many relatives and beloved friends.

A Celebration of Richard's Life was held on Saturday March 13, 2021 from 2:00 - 4:00 PM at the Shaw-Majercik Funeral Home, 48 School Street Webster, MA. Please be sure to follow current health and social distancing guidelines.

A guest book is available at www. shaw-majercik.com where you may offer condolences, share fond memories, or light a candle in remembrance of Richard.

## Is hope the anchor of our soul?

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

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

Having hope is wanting an outcome that makes your life better in some way. We all hope for a better life. Not only can hope help make a difficult present situation more bearable but it can also eventually improve our lives. Envisioning a better future motivates us to take the steps to make it happen. Hope

alone isn't enough, but hope inspires belief and action. As my dad said, hope isn't a plan, but having hope for a better outcome is the beginning of a happier life.

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

A life without hope is a sad life. As a history buff, I've read numerous accounts of Jewish life in Nazi internment camps. Almost every retelling of their time in captivity mentions that it was only hope that drove them to remain alive. I cannot imagine living a hopeless life.



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

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

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

I hope to beat cancer and extend my life to spend more time with my family. My hope has driven me to seek out a world-leading expert at a world-renown cancer canter to have access to cutting edge information and treatment. My hope and optimism created the beginning of the plan that brought me to Dr. Kasi and the Holden Comprehensive Cancer Center at the University of Iowa Hospitals. There, Dr. Kasi created the plan to extend my life and together we are now executing our plan.

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

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

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

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

I believe hope is the anchor of our soul.

What do you hope for?

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

## EG

## at the sale.

HARMON LAW OFFICES, P.C.

(508) 831-2200 Docket No. WO21P0446EA **CITATION ON PETITION FOR** FORMAL ADJUDICATION Estate of: Mary Trolo Date of Death: 12/31/2020

NOTICE OF **MORTGAGEE'S SALE OF REAL ESTATE** 

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Robert F. Clinton, Sylvia M. Clinton to Financial Freedom Senior Funding Corporation, a subsidiary of IndyMac Bank, F.S.B., dated May 24, 2007 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 41234, Page 317 of which mortgage the undersigned is the present holder, by assignment from: Financial Freedom Senior Funding Corporation to Mortgage Electronic Registration Systems, Inc., as nominee for Financial Freedom Acquisition LLC, recorded on October 5, 2009, in Book No. 44930, at Page 291 Mortgage Electronic Registration Systems, Inc., as nominee for Financial Freedom Acquisition LLC to Bank of New York Mellon Trust Company, N.A. as Trustee for Mortgage Assets Management Series I Trust, recorded on July 11, 2019, in Book No. 60687, at Page 70 for breach of the conditions of said mortgage and for the purpose of foreclosing, the same will be sold at Public Auction at 2:00 PM on March 26, 2021, on the mortgaged premises located at 150 Lake Street, Webster, Worcester County, Massachusetts, all and singular the premises described in said mortgage,

Beginning at the northwesterly corner thereof on the southerly side of Lake Street and at the westerly corner of Lot 9:

THENCE southwesterly 130 feet by said Lot 9 to a stake at the northwesterly corner of Lot 15 on said plan:

THENCE southwesterly 65 feet by said Lot 15 to Beacon Street (so-called) as shown on said plan; THENCE northeasterly by said Beacon Street 130 feet to said Lake Street; THENCE northwesterly by said Lake Street 65 feet to the point of beginning. Being shown as Lot 10 on said plan. Said Lots 9 and 10 are shown on a plan of land entitled "Lakeside Park" drawn by John A. Wakefield Engineer, and dated 1988.

BANK OF NEW YORK MELLON TRUST COMPANY, N.A. AS TRUST-EE FOR MORTGAGE ASSETS MAN-AGEMENT SERIES I TRUST Present holder of said mortgage By its Attorneys.

To all interested persons:

#### TO WIT:

The property at 150 Lake Street, Webster MA more particularly described as follows:

#### TRACT I

BEGINNING at the northwesterly corner thereof on the southerly side of Lake Street and at the northwesterly corner of Lot 8 on a plan herein after referred to, which point is 350 feet more or less easterly from land now or formerly of one DeForest;

THENCE southwesterly by said Lot 8 now or formerly of Joseph P. Love 130 feet to a stake at the northwesterly corner of Lot 16 on said plan;

THENCE southeasterly by Lot 16 a distance of 65 feet to the northwesterly corner of Lot 15 on said plan; THENCE northeasterly by Lot 10 on said plan 130 feet to Lake Street; THENCE northwesterly to the point of beginning BEING LOT 9 on said plan. TRACT II

Said plan is recorded at the Worcester District Registry of Deeds. For Grantor's title see Deed recorded in Book 28385, Page 338.

For mortgagor's(s') title see deed recorded with Worcester County (Worcester District) Registry of Deeds in Book 28385, Page 338.

These premises will be sold and conveyed subject to and with the benefit of all rights, rights of way, restrictions, easements, covenants, liens or claims in the nature of liens, improvements, public assessments, any and all unpaid taxes, tax titles, tax liens, water and sewer liens and any other municipal assessments or liens or existing encumbrances of record which are in force and are applicable, having priority over said mortgage, whether or not reference to such restrictions, easements, improvements, liens or encumbrances is made in the deed.

#### TERMS OF SALE:

A deposit of Five Thousand (\$5,000.00) Dollars by certified or bank check will be required to be paid by the purchaser at the time and place of sale. The balance is to be paid by certified or bank check at Harmon Law Offices, P.C., 150 California St., Newton, Massachusetts 02458, or by mail to P.O. Box 610389, Newton Highlands, Massachusetts 02461-0389, within thirty (30) days from the date of sale. Deed will be provided to purchaser for recording upon receipt in full of the purchase price. The description of the premises contained in said mortgage shall control in the event of an error in this publication.

Other terms, if any, to be announced

150 California St. Newton, MA 02458 (617)558-0500 17202 March 5, 2021 March 12, 2021 March 19, 2021

#### **Public Notice**

Notice is hereby given by Precision Auto

Rebuilders, Inc., 243 W Main St Dudley MA 01571 pursuant to the provisions of G.L. c.255, Section 39 A that on March 26, 2021 @ 5PM at: Precision Auto Rebuilders, Inc., 243 W Main St Dudley MA 01571 the following motor vehicle will be sold at a private sale to satisfy the garage keeper's lein thereon for storage, towing charges and expenses of notices of said vehicle:

Vehicle: VIN# 5NPE24AF3GH360516; 2016 Hyundai Sonata Owner: Casie Morse, 48B Windbrook Rd, Auburn MA 01501 March 5, 2021

March 12, 2021 March 19, 2021

#### LEGAL NOTICE

Notice is hereby given that a Community Outreach Meeting for a proposed Marijuana Establishment is scheduled for Wednesday April 7, 2021 at 6:00 PM at 35 Chase Avenue, Dudley, MA 01571. The proposed Marijuana Establishment will be an Adult-Use Marijuana Cultivation Establishment to be located at 40 Fish Road, Dudley, Massachusetts 01571. The Community Outreach Meeting will be held in accordance with Social Distancing Guidelines. There will be an opportunity for the public to ask questions.

March 19, 2021

**Commonwealth of Massachusetts The Trial Court Probate and Family Court** Worcester Probate and Family Court 225 Main Street Worcester, MA 01608

#### A Petition for **S/A - Formal Probate of** Will with Appointment of Personal Representative has been filed by Nola R Drew of Spencer MA

requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition. The Petitioner requests that:

#### Nola R Drew of Spencer MA

be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in 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 04/06/2021. 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: March 08, 2021

Stephanie K. Fattman, Register of Probate

March 19, 2021

## www.StonebridgePress.com

**12** • THE WEBSTER TIMES • Friday, March 19, 2021





#### On the shores of Lake Chargoggagoggmanchauggagoggchaubunagungamaugg

#### Webster Lake - 100 Lakeside Ave



DEBOSIT

WEBSTER LAKE! PANORAMIC VIEWS! BEAUTIFUL SUNSETS! Extraordinary Waterfront Contemporary! Architect designed with Lake Living in mind, Custom Built with Attention to High Quality & Detail. Outstanding open concept, water view from almost every room. Nicely situated on a .25 acre level peninsula, 180'+/- prime lake frontage! Enhanced by a all story foyer, cozy fireplaced living room, gournet kitchen, lake facing dining , formal dining room, media room & spacious 1st floor guest BR Suite w private bath. Incredible 2nd floor fireplaced lake-facing corner master suite w/luxurious private bath, 3 more 2nd floor BRs & full bath! Something Special! Remember, Timing Is Everything! \$1,075,000.

\$179,900

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assisted sale \$1,040,000.

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



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## **Oxford NJROTC defeats American Legion Post 290**

Oxford defeated NJROTC American Legion Post 290 908.0 to 816.4 in the National Air Rifle New Shooter League. With the win, Oxford NJROTC is in thirteenth place overall. They currently have a 4 - 1 record. Oxford NJROTC was led by, Reese Reynolds who shot a 256.0. The remaining contributing members were Joshua Austin, Angelica Kopec, and Zackary Urato. Oxford NJROTC is from Oxford, and is coached by Ed Kay.

American Legion Post 290 currently has a 2 -4 record. After the loss they are in nineteenth place overall. American Legion Post 290 was led by, Marisa McDonough who shot a 227.6. The remaining contributing members were Brian Castleberry, Travis Johnson, and Gavin Feroldi. American Legion Post 290 is from Stafford, VA, and is coached Flanagan. by Mike

coming week This Oxford NJROTC has a bye week. While American Legion Post 290 also has a bye week.

These two teams are competing in the National Air Rifle "New Shooter" League. Sponsored by the Orion Scoring System, the league is a national team league exclusive to athletes in their first year of competition. Teams are from high schools and junior

rifle clubs throughout the United States. Over 10 weeks each team competes in 7 games. Each week, each team is paired with another team with a near equal skill level.

In each game the teams compete in what is known as a Three-Position Air Rifle match. The match is modeled after Olympic Rifle competitions but adapted to high school age athletes. Each athlete will shoots 10 shots in three different shooting

positions, prone, stand-ing, and kneeling. Each shot is worth a maximum of 10.9 points. The sum of points scored in the 30 shots is the athlete's total. The team score is comprised of the best four athletes from each team.

For more information on the league, including complete standings, visit https:// www.national-leagues. com/new-shooter.

## Dudley, Webster receive **CDBG** funding

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

DUDLEY - The towns of Dudley and Webster have been awarded **Community Development Block Grant** funding, receiving a shared of \$34 million in federal funding being split among 41 communities in the commonwealth.

The CDBG grants were announced by Gov. Charlie Baker in early March who touted the importance of the grants which can be used to support a wide range of projects including local initiatives and improvements benefitting low and moderate-income households.

'Our administration is pleased to announce \$34 million in federal funding to help 41 communities deliver vital services to residents and invest in local infrastructure," said Baker in a press release. "These grants will help municipalities fill key budget gaps created by the pandemic, enabling them to advance critical long-term projects while continuing to support residents

in the fight against COVID-19."

The town of Dudley, along with Millbury, will receive \$664,500 through the grant program which will benefit local homeowners who previously applied and qualified for financial assistance for repairs on their homes. Millbury will also fund several of its own projects with the money.

"The financial assistance was secured through one of several community development block grants, with the assistance of CMRPC," the town posted on its Facebook page. "Although the funding was delayed by COVID-19, our offices advocated and remained engaged we are happy to have been able to bring this assistance home to our community.

The town of Webster will receive \$825,000 earmarked for Granite Street infrastructure improvements and upgrades to the Riverwalk and the downtown area.

Other local communities awarded the funding include Leicester, Northbridge, Southbridge, Brookfield and North Brookfield.

## Annabell Whitley welcomed into Alpha Lambda Delta National Honor Society

SPRINGFIELD — Annabell Whitley, of Dudley, was among over 80 students from the Western New England University College of Arts & Sciences inducted into Alpha Lambda Delta in a virtual ceremony held on March 5. Whitley is working toward a BS in Chemistry.

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

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

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

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



A special supplement dedicated to the Health and Wellness of people, pets, and Spring Home Improvement

Advertise in this special supplement coming to the Spencer New Leader, Auburn News, Charlton Villager, Sturbridge Villager, Southbridge News, Webster Times, and Blackstone Valley Tribune, and tell readers how your business can help promote health & wellness for all, or spruce up your home for Spring.

**Your business not** health. home or pet related?

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

#### WEBSTER POLICE LOG

WEBSTER — The Webster Police Department reported the following arrests from March 4-13.

Dickie F. Mills, age 51, of Southbridge was arrested on March 4 for Assault & Battery.

A 52-year-old male from Thompson, Conn. whose name has been withheld from publication was arrested on March 5 for Assault & Battery on a Family or Household Member and Assault & Battery with a Dangerous Weapon.

A 55-year-old male from Webster whose name has been withheld from publication was arrested on March 5 for Assault on a Family or Household Member, Assault & Battery on a Family or Household Member, and Assault & Battery with a Dangerous Weapon.

A male and female from Webster whose names have been withheld from publication were arrested on March 7 for Assault & Battery on a Family or Household Member.

Melissa Marie Cruz, age 26, of Webster was arrested on March 8 in connection with a warrant.

William F. Holbrook, age 54, of Webster was arrested on March 9 for Disorderly Conduct, Disturbing the Peace, Assault & Battery, and Interfering with a Police Officer. She was also issued a summons for Assault & Battery on a Public Employee, Disturbing the Peace, and Disorderly Conduct.

Christian L. Dejesus-Perez, age 21, of Webster was arrested on March 11 in connection with a warrant.

Mark W. McPhail, age 31, of Whitinsville was arrested on March 12 in connection with a warrant.

Michael Dennis Vaudreuil, age 49, of Dudley was arrested on March 13 for Operating Under the Influence of Alcohol, driving at a rate of speed exceeding the posted limit, and Negligent Operation of a Motor Vehicle.

A 33-year-old male from Webster was taken into protective custody on March 13

A 48-year-old female from Webster was taken into protective custody on March 13

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#### A Fresh Approach to Healthy Living & Home Improvement



AD SIZES **Full Page Cover** Full page inside

**Publication Date:** 

April 23, 2021

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Lamoureux Ford continues to maintain Covid-safe measures in order to keep our staff and the community safe, as recommended by the CDC guidelines. Please continue to wear a mask upon entry. Thank you.



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