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Farmers to Families distribution event planned in Charlton

BY KEVIN FLANDERS STAFF WRITER

REGION - Local volunteers are teaming up with the USDA to offer a Farmers to Families Food Box Program this month

Food box distribution events will be held on April 15 and April 29 at the 508 International site in Charlton (219 Brookfield Rd.). Each program will take place from 10 a.m. to 2 p.m., with fresh food products provided free to those in need.

The events were organized in coordination with the USDA. Although both programs will take place in Charlton, residents in need from throughout the region are invited to attend. Because there will only be 400 food boxes distributed each day, pre-registration is required for both sessions. Residents are encouraged to sign up as early as possible.

"This is a great way for us to help get food out to those in need," said Michael McGrath, who volunteers at the local Chip In Food Pantry and also serves on its board of directors.

Several other food pantry volunteers are also involved in the local Farmers to Families Food Box Program. Not only does it assist area residents in need, but also farmers offering fresh local produce.

"This program started last year to help the farm-

stopped getting products from farmers [during the height of COVID-19 restrictions]," McGrath said. "We wanted to get the word out about this to people in the area."

Residents may sign up ahead for both of the Farmers to Families distribution days this month. However, each family may only pick up one box per day.

To sign up for the distribution days, residents can visit the Chip In Food Pantry's Facebook page and find the easily accessible links.

Each USDA food box contains approximately 30 pounds of food, including produce, dairy, and protein. A typical box might feature the following items: five pounds of potatoes; three pounds of onions; one pound of root vegetables, such as carrots or beets; three pounds of hand fruit, typically apples or oranges; one gallon of milk; four pounds of soft dairy, such as yogurt, sour cream, cottage cheese, or butter; one pound of cheese, such as cheddar, American, mozzarella, or parmesan; four pounds of cooked protein, such as roasted chicken quarters, ground turkey, or taco meat; and one pound of deli meat or chicken hot dogs.

Organizers are also seeking approximately twelve volunteers to help out with the program. If you are interested in volunteering, send an email



program could become A re-evaluation of the the end of the month. permanent in the future. program will be held at If all is successful, the more frequent or even

Baker lays out vaccination timeline

BY KEVIN FLANDERS

STAFF WRITER REGION Last Bakerweek, the Administration Polito announced the vaccination timeline for all remaining residents.

On March 22, all residents age 60-plus became eligible to receive the COVID-19 vaccine. On April 5, all residents 55-plus will become eligible, as well as residents with one medical condition. On April 19, the general public will be able to schedule a vaccine appointment (ages 16 and older). The full vaccine timeline is available at www.mass.gov/ COVIDVaccinePhases. "The Administration has received assurances from the federal government that an increased vaccine supply will be available to states soon," Gov. Charlie Baker said. "Depending on supply, it could take weeks for people to be notified that an appointment is available at a mass vaccination site.'

Officials expect that more vaccination sites will come online in April. Last week, the state received approximatelv 170.000 first doses of the vaccine, including 8,000 doses of the J&J vaccine. In total, the

Baker said. "Providers have ten days to use their doses and must meet specific performance thresholds.3

In addition to the weekly state allocation of vaccines, the federal government also disidentify their specific community needs, further building on existing support," Baker said. "These funds will also provide direct vaccine administration to populations that are not effectively reached through

ers out. Because of the to chipinfoodpantry@ pandemic, restaurants gmail.com.

Central One Credit Union expands field of membership

AUBURN - Central One Federal Credit Union's President and CEO, David L'Ecuyer, recently announced the National Credit Union Association (NCUA) approval to expand their field of membership.

Membership to Central One is now open to anyone in Worcester County and areas within Norfolk and Middlesex counties who live, work, worship, volunteer, attend school, or own a business. Family or household members of existing members and companies or other legal entities located within the area are also eligible.

Mr. L'Ecuyer specified, "This expansion will allow Central One to bring its top-quality products and services to more consumers, offering them a financial alternative with which to do their banking. We look forward to helping others achieve success in their financial journey and become their institution of choice for both the residents and businesses in these communities.³

With more than 35,000 members, Central One has been proud to be a trusted financial partner since 1952. To check on your eligibility, visit www.centralfcu.com.

About Central One Federal Credit Union Central One Federal Credit Union is a not-for-profit financial institution that provides members with excellent, personalized service. Central One provides a wide range of savings, deposit and loan products designed for the local community, and has branches in Shrewsbury, Westborough, Northborough and Auburn; as well as school-branch-



es in both Shrewsbury and Westborough High Schools. Learn more about Central chosen as one of the top tralfcu.com

Commonwealth received 316,000 first and second doses as part of the latest state allocation.

The state is also adding more mobile vaccination clinics to support long-term care facilities, congregate care, low-income senior housing, and homebound individuals. The goal is to ensure that no seniors are denied an opportunity to receive the vaccine simply because they do not have transportation.

Looking ahead, state officials continue to rely heavily on communications from the federal level.

"Weekly allocations are subject to change based on federal availability, demand from providers, and obligations to meet second doses,"

tributes doses to CVS Health sites as part of the Federal Retail Pharmacy Partnership.

Individuals looking to book vaccine appointments should visit www.mass.gov/ COVIDvaccine.

Baker also announced a new \$24.7 million investment in the administration's Vaccine Equity Initiative. This program was created to increase trust and vaccine acceptance among residents, as well as enhanced equity across all locations and demographics.

"Recognizing equity as a critical component of the state's vaccine distribution plan, the Department of Public Health is working closely with 20 hardest hit communities in Massachusetts as they

existing vaccine supply channels."

State officials are also working to increase collaboration with community partners, faith-based organizations, health centers, and minority-owned business leaders, among others.

Additionally, Baker is promoting the newly created COVID-19 Vaccine Ambassador Program, which has helped residents across the state access vital information about the vaccine. The program includes a multilingual public awareness campaign, as well as volunteers tasked with helping to identify community-based solutions.

The administration's Vaccine Equity Initiative focuses on 20 cities and

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Oxford native Yarno Nesta turns 100!

OXFORD — The Nesta Family would like to thank the community for the outpouring of support that made Yarno's 100th drive-by Birthday celebration, held on Saturday, March 13, memorable!

Yarno was born in Oxford on March 9, 1921 to Albanian immigrants, the fourth of five children. A devoted family man, Yarno ran successful small businesses in town: Nesta's South End Store (Deli), Nesta's Bottled Liquors, and Nesta's Realty and was a fervent community supporter. Among his many commitments, Yarno was an active member of the Rotary Club, Masonic Order and Shriners' International. Yarno spearheaded a report which determined that Oxford was in need of a vocational school. This resulted in forming a district of six towns and the building of Southern Worcester County Vocational School (Bay Path). As committee chair of the site selection, Yarno was instrumental in locating and negotiating the land contract that was ultimately chosen. In addition, Yarno was a Commissioned Naval Officer, serving as a carrier pilot in the Pacific in World War II.

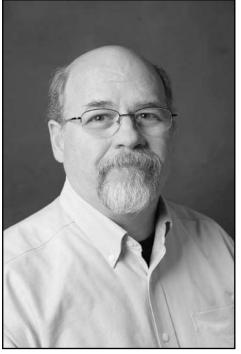
Yarno was married for 65 years to Connie and lost the love of his life in 2009; they had one child, John. Yarno One and why we have been has been a long-time resident of Pompano Beach, FL, though he decided to stay in Oxford after his annual credit unions in Central summer visit, due to Covid-19. Yarno remains inter-Massachusetts. www.cen- ested in politics, business, cooking (Spanakopeta) and

Turn To NESTA page A5



Yarno Nesta

Oxford's Robert Kersting to retire from Westfield State



Robert Kersting

WESTFIELD — Westfield State University's Interim Provost and Vice President for Academic Affairs Robert Kersting, Ph.D., of Oxford, has announced his retirement, effective June 30. Dr. Kersting has served in his current interim post since July 2020.

In addition to a year of service at the cabinet level representing the Division of Academic Affairs, Bob also served as a long-time professor in Westfield State University's Department of Social Work and as founding director of the University's Bachelor of Social Work (BSW) and Master of Social Work (MSW) programs.

"Dr. Kersting's longstanding impact and commitment to the University has made an immeasurable mark on the success of our current and former students, as well as the social services profession in Massachusetts and throughout New England," said Westfield State University Interim President Roy H. Saigo, Ph.D.

According to Dr. Saigo, Dr. Kersting's work as chief academic officer over the last year in planning for the University's upcoming New England Commission of Higher Education (NECHE) accreditation, as well as ongoing enhancements to the University's student engagement, achievement, and retention measures have been appreciated.

"Professor Kersting's ingenuity nearly 25 years ago

inspired Westfield State's current highly-enrolled social work undergraduate and graduate degree programs," said Saigo, who explained that today, about 40 and 100 students graduate annually from its BSW and MSW programs, respectively.

In 1996, social work was a concentration in the social sciences major and was housed in the Department of Sociology and Social Science. The academic major became its own department in the early 2000s.

Throughout his tenure, Kersting also provided valuable contributions to critical committees during his nearly 25 years at Westfield State. These include the Academic Policy Committee, Graduate Education Council, Science Center Building Steering Committee, Special Committee on University Campus Technology Planning, Committee, Institutional Diversity Advisory Committee, and the 2016-17 Provost Search Committee, among oth-

Prior to Westfield State, he taught at Bridgewater State College, Eastern Connecticut State University, and Rutgers University's Graduate School

of Social Work. Beyond his teaching experience, Kersting was a practicing social worker for 15 years.

Kersting's national professional affiliations include service on the Council for Social Work Education's (CSWE) Commission on Education Policy and the National Association of Social Work Massachusetts Chapter Board of Directors. He also serves as an accreditation site visitor for CSWE. His current areas of interest include social work practice with individuals and families, critical thinking, gerontology, and HIV/AIDS.

Kersting holds a Ph.D. in social work from Rutgers University in New Jersey, a Master of Social Work from Fordham University in New York, and a Bachelor of Arts in psychology, sociology, and social work from Hope College in Michigan. He resides with his family in Oxford, Mass.

Information will be forthcoming from the University regarding its plans for his successor for the provost and vice president for academic affairs role.

New principals named at Charlton Elementary, Heritage School



Jennifer Lilley BY JASON BLEAU



while one is moving to a new school within the district. Jennifer Lilley will be joining the district as principal of the Charlton Elementary School after previously serving as Assistant Principal of the John R. Briggs Elementary School in the Ashburnham Westminster Regional School District. Peter Olson, who currently services as Assistant Principal at Charlton Middle School, will be promoted to Principal of Heritage School. "Both have incredible credentials as hard working, dynamic educators and knowledgeable leaders," Superintendent Lamarche said of the new hires. "We are working with everyone on transitions - It is our goal to formerly introduce Principal Lilley and Principal Olson at the April 14 regularly scheduled school committee meeting." School Committee chair Kenneth Laferriere added his own comments of praise for the outgoing principals and optimism for the new leadership coming into the district. Thank you (Principals Pacheco and Pastore) for your continued service. We are going to miss your presence here in Dudley-Charlton. We appreciate all you've done, and we welcome Principal Lilley and Principal Olson," Laferriere said.



CORRESPONDEN

CHARLTON - With the upcoming retirement of two principals in the Dudley-Charlton Regional School District, two new leaders have been announced for Charlton Elementary School and Heritage School.

Superintendent Steven Lamarche made the announcement on March 24 praising outgoing principals Lori Pacheco of Charlton Elementary School and Kathleen Pastore of Heritage School who will retire at the conclusion of the current school year.

'We have all been preparing for the retirement this year of two celebrated principals in our district. While we will miss their incredible horsepower, leadership and contributions to our district we continue to wish them well and all the best in the next chapter. We hate the fact that they're leaving in a COVID world, but we will celebrate them for years to come," said Superintendent Lamarche.

With their departures, two new hires were made after an extensive search process. One principal is coming to Charlton from an outside district



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Quinsigamond Community College offers assistance to Becker students

WORCESTER — Quinsigamond Community College is opening its doors to Becker College students after learning of the College's closing at the end of the Spring 2021 semester.

"It is with a heavy heart that we learned of the impending closing of Becker College, one of the oldest institutions of higher education in our region. Becker has made a profound and lasting impression on our community and many QCC transfer students," said President Luis G. Pedraja, Ph.D.

QCC has developed a transfer agreement and memorandum of understanding (MOU) with Becker College to assist current Becker students in seamlessly continuing their education. This agreement is for all current Becker students in programs transferrable into QCC's comparable programs that include:

Associate Degree in Business
 Administration Transfer
 Associate Degree in Opimical

Associate Degree in Criminal Justice

 \cdot Associate Degree in Early Childhood Education

· Associate Degree in Early Childhood

Education Birth – Eight Years Old

Associate Degree Nurse Education
 Associate Degree Nurse Education
 Evening

"We are here to offer Becker College students a way to achieve their higher education dreams," President Pedraja said. "We want to ensure that no one is left behind because of circumstances beyond their control. We worked diligently on this transfer/MOU agreement and while this agreement does not include all programs at Becker, we will endeavor to enroll and support all transfer students and those who were considering Becker in the fall."

In addition to the programs listed in the MOU, many of Becker's programs can easily transfer to QCC, such as its well-known video-game design program. QCC already has a robust gaming program, as well as an esports team, formed during the start of the pandemic.

QCC offers strong financial support to its students and many attend for free by qualifying for financial aid. Since the onset of the COVID-19 pandemic,

the College has increased its financial support to students, by way of \$2.4 million in federal emergency funds from the Higher Education Emergency Relief Fund II, authorized by the Coronavirus Response and Relief Supplemental Appropriations Act (CRRSAA), and \$1 million in institutional funds. QCC also has a Student Emergency Fund available to current students in significant hardship due to the pandemic, regardless of citizenship, residency or enrollment status. All current and prospective Becker students will be offered the same financial supports and services, and will have the ability to transfer to other four-year institutions once they complete their education at QCC.

"Becker students and their families are not without options and we will be here to support them every step of the way," President Pedraja said.

For more information, visit https://www.QCC.edu/becker.

For more information about QCC, contact Josh Martin, Director of Institutional Communications at 508.854.7513 or jmartin@qcc.mass.edu



ACCURACY WATCH

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

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Quinsigamond Community College freezes tuition rates for 2021

WORCESTER — Quinsigamond Community College has announced it will freeze its tuition and fees in 2021.

"We are committed to making college affordable for anyone who wants to better their lives through higher education," said President Luis G. Pedraja, Ph.D. "We want to remain the most cost-effective higher education option in our area, which is why we are proactively keeping our tuition rates the same for our students."

Recognizing the Coronavirus/ COVID-19 pandemic has affected many students and their families who lost jobs or had their hours reduced, QCC has also made emergency funds available. These funds can assist students in paying bills, obtaining laptops, Wi-Fi and other basic life and educational necessities, to help offset some of the financial burdens brought on by the pandemic. Since the pandemic began last March, QCC has worked on innovative ways to help its students with the new financial challenges they faced that included increasing financial aid through state, federal and institutional funds, as well as a Student Emergency Fund available to all current students in immediate hardship due to the effects of the pandemic.

"Attaining a higher education has positive, lifelong implications to students and their families. Higher education can rise people from poverty, improve our economy and make our nation stronger," Dr. Pedraja said, adding, "Higher education is a right of all."

QCC's online associate degree programs were ranked in the top five for best return on investment by OnlineU. com, an unbiased rankings organization that compares all online colleges and universities in the country.

Registration for Summer/Fall begins on March 29 for returning students and April 12 for new students.

For more information, contact Josh Martin, Director of Institutional Communications at 508-854-7513 or jmartin@qcc.mass.edu.

Webster Public School Department



Cafeteria Worker, Park Ave - 2 Positions Schedule: M-F 10:00-1:00 (15 hrs.) Rate: \$14.25/hr. *these 2 positions will primarily deliver meals to classrooms Start Date: ASAP Cafeteria Worker, Webster Middle School -<u>1 Position</u> Schedule: M-F 8:00-11:00 (15 hrs.) Rate: \$14.25/hr. Start Date: ASAP *this position is primarily a kitchen prep position

BY JASON BLEAU CORRESPONDENT

DUDLEY/CHARLTON – While the softball and baseball seasons might doing some maintenance of the field using their money primarily for a really good fine mixture for the infield. For many years we didn't really put

Shepherd Hill fields

undergoing renovations

very shortly after the beginning of the season this year. The season is delayed this year. They're not starting until the end of April so it gives us a little more time to get moving on that," said Chaplin. Athletic Director James Scanlon offered his own compliments to the district's booster club for their support but noted that this won't be the end for upgrades on the athletic fields. There's still plenty of work to do that the money raised won't be able to fund. "These are great first steps. We are truly excited at the prospect of having fields that are more playable and certainly more visually appealing then they have been in years past," Scanlon said. "This work doesn't necessarily address some of the significant core areas of concern with the field such as adequate drainage and irrigation. There is absolutely plenty of work to do over time at cost. There will be added cost in terms of maintenance to get our fields to that optimum level of performance."

have been delayed in the Dudley-Charlton Regional School District, athletes and supporters will be welcomed by some upgrades to facilities when they return to action at Shepherd Hill Regional High School.

Thanks to the efforts of the district's booster club, both the softball and baseball complexes at the regional high school in Dudley have seen work done over the last year with further upgrades set to continue through-2021. Shepherd out Hill Principal William Chaplin provided and update to the Dudley-Charlton Regional School Committee on March 24 where he detailed some of the changes underway.

"(The booster club) did a wonderful job of raising almost \$9,000 to help us with rehabbing primarily the baseball and softball field. We started right away, COVID hit and then we got delayed but we really started a lot of care into the field, very minimal. So, we're doing a lot of catch up right now," Chaplin said.

In addition to adding new material to the infield, the district is also replacing the backstop at the softball field and building dugouts for softball players. The baseball field had previously received new dugouts courtesy of the wood shop at the high school however they did not have time to build for the softball field. The district has worked with 508 International, a local company from Charlton that spread and graded the material added to the fields. While the season has been pushed back to the end of April due to the COVID-19 pandemic, Chaplin is hoping that students and supporters will get to see the facility upgrades very soon.

"We're hoping that (the upgrades) are going to be there for the beginning of the season. If not, then



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Cafeteria Worker, Bartlett High School -1 Position Schedule: M-F 9:30-12:30 (15 hrs.) Rate: \$14.25/hr. Start Date: ASAP

Please apply to: Attn: Lori Marrazzo Webster Public Schools, 77 Poland Street, Webster, MA 01570 For questions about positions please call or email Ellen Nylen at 508-943-0104 ext. 40016 or enylen@webster-schools.org *At this time all positions run through the end of the school year.



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8 tips for dyeing Easter eggs



Coloring eggs is a beloved Easter tradition. Eggs long have been symbols of fertility and rebirth, making them fitting icons for spring.

One story links eggs to Easter as well. According to some religious scholars, Mary Magdalene, the woman who was the first person to see Jesus Christ after His resurrection. was holding a plain egg in her hand while waiting for the emperor to share the good news. The emperor then told

her that Jesus' resurrection was as improbable as that egg suddenly blushing. The egg then turned red.

Dyeing eggs is an entertaining activity, but one that also may have some religious significance. Many families will color eggs this Easter, and these guidelines can make the process go smoothly.

• Wait until just before coloring to hard-boil eggs. Good Housekeeping recommends boiling

eggs for 11 minutes for a hard boil. Do not chill the eggs afterward; warm eggs absorb color more effectively for more vivid results.

• Egg dye can stain furniture, clothing or tablecloths. Therefore, dress in clothing that you're not worried about staining. Also, cover work surfaces with an old tablecloth and newspapers to soak up any spills.

• Make a drying rack to ensure that eggs will dry evenly. This can be a rimmed cookie sheet lined with layers of paper towels to absorb any excess dye that runs off the eggs. Or push pins into thick foam board and place the eggs on top to allow air to circulate.

 Consider using glass bowls or ceramic mugs to house the colored dye solutions. These vessels are more sturdy than plastic cups, and less likely to be overturned by eager young hands.

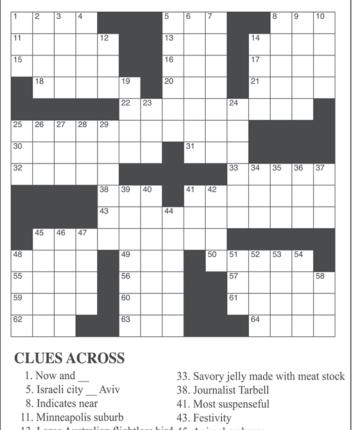
 Scissor-style tongs are ideal tools for retrieving eggs from the dye. Eggs tend to slide off of the spoons or wire rings provided in kits, leading to splashing and kids dunking their fingers in to grab eggs.

 Stir dyeing cups often to guarantee consistent color.

• Use electrical tape to make patterns on Easter eggs. Dip the eggs and let dry. Afterwards, remove the tape to reveal the designs.

• If food coloring-based dyes seem too messy, use watercolor paint sets and allow everyone to get creative.

While some people may want to use Easter eggs for recipes later on, it may be safer to boil up a fresh batch of eggs for that purpose, even if it seems wasteful. According to Emily Rubin, RD, LDN of the Thomas Jefferson University Division of Gastroenterology and Hepatology, "hard-boiled eggs should be refrigerated within two hours of cooking and discarded if left out for more than two hours at room temperature." Chances are it may take two hours or more for children to find hardboiled eggs hidden by the Easter bunny.



Make your own chocolate Easter bunnies



- 13. Large Australian flightless bird 45. Animal embryos 48. Fertility god
- 14. Fine-grained earth
- 15. Plant genus that includes water 49. Medical patients' choice (abbr.) caltrop
 - 50. Type of sword 55. Competition
- 16. Peacock network
- 17. TV writer Dunham
- 18. Excessive fluid accumulation 57. Afflicted in mind or body in tissues
- 20. They
- 21. Muslim ruler title
- 22. Position given in respect of
- 25. Explaining further
- 30. Measuring instrument
- 31. Romanian monetary unit
- 32. Council of __, 1545-1563

CLUES DOWN

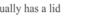
- 1. Vietnamese offensive
- 2. Fast mammal
- 3. Oh goodness!
- 4. The back of one's neck
- 5. One who lives in another's property
- 6. Involve deeply
- 7. Alfalfa
- 8. Tropical tree resin
- 9. Sudden fear
- 10. Jewish religious month
- 12. Veterans battleground
- 14. Musical symbol
- 19. German river
- 23. Paddle
- 24. Lizard
- 25. Shock treatment
- 26. The common gibbon
- 27. Brew
- 28. Usually has a lid

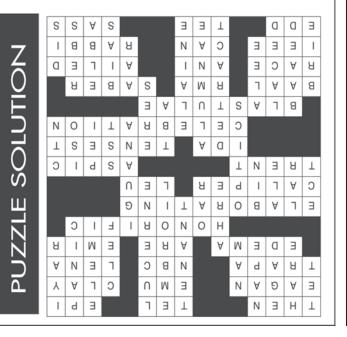
59. Engineering organization 60. Beverage receptacle 61. Spiritual leader

56. Bird of the cuckoo family

- 62. Doctor of Education
- 63. Where golfers begin
- 64. Impudence

- 29. Lenses in optical instruments 34. Time zone in Samoa (abbr.) 35. Wrinkled dog: Shar 36. Denotes equal 40. Female graduates 41. Don't know when yet 42. "___ tú": Spanish song 44. "Seinfeld" character 45. Bleated 46. Entwined 47. Away from wind
 - 58. Speak ill of





The Easter bunny is a tradition that has been passed down for centuries. Symbolizing fertility and wealth, the Easter bunny became a holiday standard in Germany during the 16th century.

The custom of chocolate eggs came along centuries after the Easter bunny, originating in the 19th century in France and Germany. As Easter celebrations evolved, chocolate eggs were not the only delicacy; chocolate Easter bunnies also were shared and enjoyed.

While there are scores of mass-produced chocolate bunnies available for purchase, and many local chocolatiers also make Easter bunnies and other sweet treats, families may want to try making their own chocolate Easter bunnies this year. This can be a family-friendly activity that favors togetherness with the promise of a sweet reward.

1. The first step to creating chocolate Easter bunnies is to select the type of chocolate you prefer. Bunnies can be made from white chocolate, milk chocolate, dark chocolate, or even a combination for a marbleized effect. Chocolate melts, chips or chocolate couverture are widely available at specialty chocolate and food shops or craft supply stores, according to DoItYourself.com. This simplifies the bunny-making process. Some retailers also

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may sell bunny-making kits that pair the chocolate melts with the mold in one box for ultimate convenience. 2. Craft stores also have aisles devoted to culinary crafts. Browse to find an Easter bunny mold.

Some may sell solid chocolate bunnies or hollow varieties. Choose molds in the desired size, as bunny molds may be large or small. 3. Follow directions to melt chocolate success-

fully. Some chocolates can be slowly melted in the microwave. A double-boiler method, in which the chocolate is melted in a bowl placed above a pan with boiling water, can help the chocolate melt consistently and prevent it from burning.

4. Pour the chocolate into the mold and gently tap the mold so that it displaces air bubbles and helps the chocolate settle evenly into the design. Allow the chocolate to set up in the refrigerator. If your mold is hollow, you can seal the two halves of the bunny with a little melted chocolate on the seam.

Creativity can be unleashed when making homemade chocolate bunnies. Experiment with adding a few drops of peppermint oil or orange liqueur to customize the flavor. Before sealing hollow bunnies, place peanut butter or raspberry jam inside

for a tasty surprise. Use colored candy melts to add colorful eyes or cheeks or to tint the inside of the bunny ears.

For an even more festive effect, seal a lollipop stick in a chocolate bunny and use it to secure the Easter bunny to the top of a cake.

AUBURN Murphy, Dani. Mijangos, Carlos C. Bank.

ALMANAC

REAL ESTATE

\$390,000, 117 Rockland Rd, Dani, Maureen L, to Murphy, Michael, and

\$370,200, 6 Commonwealth Ave, Carolino, Candido, and Pires, Narcisco, to Stefanski, Emma, and

\$354,361, 1 Newland St, Bridge, Kimberly, and M& T Bank, to M& T

\$290,000, 4 Pinedale Rd, Formica, Nino J, and Formica, Stephanie A, to Abbas, Walaa N, and Aismallah, Auday

37. TV network for children 39. Take the value away from 48. Soft creamy white cheese 51. Swiss river 52. Prejudice 53. Actor Idris 54. They resist authority (slang)

NESTA

TIMELINE

continued from page 1

continued from page ${f 1}$

playing card games with his family! Though he uses a walker, Yarno is very independent, engag-

towns with the greatest COVID-19 case

burden. They include Boston, Brockton,

Chelsea, Everett, Fall River, Fitchburg, Framingham, Haverhill, Holyoke,

ing and astute at 100! In celebration of his milestone, participants of the drive-by gathered at a nearby school and drove/ walked a few blocks where Yarno resides with

Worcester.

his son John, and daughter-in-law, Elaine. Many (roughly 30) who drove from afar, congregated outside the house that he built in 1957, taking in the festivities. Tears of

Lawrence, Leominster, Lowell, Lynn,

Malden, Methuen, New Bedford, Randolph, Revere, Springfield, and

To learn more about the state's vac-

cine program, visit www.mass.gov.

joy and pride were felt by most!

The family extends their deepest gratitude to all who contributed in making Yanro's birthday special. This includes Oxford Police the Department, Oxford Town Manager, Jennifer Callahan and the Oxford Board of Selectman. A heartfelt presentation of a Certificate of Recognition, personally delivered by Selectman John Saad, was deeply

moving for Yarno. And many thanks to Oxford High School Band and the Jr. ROTC program! Their presence and performances made the event festive and memorable. A tribute and award was presented to Yarno by a gold-striped chief petty officer; this also greatly touched his heart. Many veterans saluted their support as they passed by in cars, trucks and motorcycles. The Masonic Order sent

a representative from Auburn, an organization near and dear to Yarno. More than 50 vehicles passed by, waving, honking and cheering in Yarno's honor, including family, friends and local community neighbors. This was truly a memorable day, commemorating Yarno, who continues to make a difference in the lives of so many.



LEGALS

LEGAL NOTICE MORTGAGEE'S SALE OF REAL ESTATE

Premises: 69 Bryn Mawr Avenue, Auburn, Massachusetts

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Bradley P. Sjosten to National City Bank, said mortgage dated October 30, 2003, and recorded in the Worcester County (Worcester District) Registry of Deeds, in Book 32119 at Page 150 and now held by 20 Cap Fund I LLC by virtue of an assignment from Trinity Financial Services, LLC, to 20 Cap Fund I, LLC, dated November 7, 2019 and recorded in Worcester County (Worcester District) Registry of Deeds in Book 61773, Page 175, previously assigned by US Mortgage Resolution LLC to Trinity Financial Services, LLC, by virtue of an assignment dated July 26, 2019 and recorded in Worcester County (Worcester District) Registry of Deeds in Book 61773, Page 173, previously assigned by PNC Bank, National Association, successor

by merger to National City Bank, to US Mortgage Resolution LLC by virtue of an assignment dated October 24, 2018 and recorded in Worcester County (Worcester District) Registry of Deeds in Book 59673 at Page 223, for breach of the conditions in said mortgage and for the purpose of foreclosing the same, will be sold at Public Auction on **April 19, 2021 at 11:00 AM Local Time** upon the premises, all and singular the premises described in said mortgage, to wit:

The land in Auburn, with the building thereon, numbered 69 Bryn Mawr Avenue, bounded and described as follows:

BEGINNING at the northwesterly corner thereof on the easterly line of Bryn Mawr Avenue at the southwesterly corner of land now or formerly of Florence E. Soltye, which point is one hundred (100) feet southwesterly of a stone monument marking the intersection of the easterly line of Bryn Mawr Avenue and the southerly line of Rock Avenue; THENCE by land of said Soltye southeasterly two hundred (200) feet to land now or formerly of Sarah P. Mitchell;

THENCE southwesterly by land of said Mitchell, in a line parallel to the easterly line of Bryn Mawr Avenue one hundred and twenty-one and fifty three hundredths (121.53) feet to land now or formerly of Joseph H. Whitaker;

THENCE northwesterly by land now or formerly of said Whitaker two hundred (200) feet to the easterly line of Bryn Mawr Avenue;

THENCE northeasterly by the easterly line of Bryn Mawr Avenue one hundred and twenty-one and sixty two hundredths (121.62) feet to the place of beginning.

Containing 24,136 square feet of land.

The description of the property that appears in the mortgage to be foreclosed shall control in the event of a typographical error in this publication.

For Mortgagors' Title see deed dated 10/28/2003, and recorded in Book 32119 at Page 135 with the Worcester County (Worcester District) Registry of

Deeds.

TERMS OF SALE: Said premises will be sold and conveyed subject to all liens, encumbrances, unpaid taxes, tax titles, municipal liens and assessments, if any, which take precedence over the said mortgage above described.

FIVE THOUSAND (\$5,000.00) Dollars of the purchase price must be paid by a certified check, bank treasurer's or cashier's check at the time and place of the sale by the purchaser. The balance of the purchase price shall be paid in cash, certified check, bank treasurer's or cashier's check within sixty (60) days after the date of sale.

Other terms to be announced at the sale.

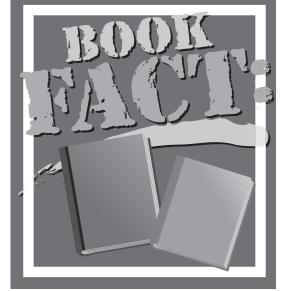
BENDETT & MCHUGH, PC 270 Farmington Avenue Farmington, CT 06032 Attorney for 20 Cap Fund I LLC Present Holder of the Mortgage (860) 677-2868

March 26, 2021 April 2, 2021 April 9, 2021

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THE OLD TESTAMENT OF THE CHRISTIAN BIBLE IS THE SAME AS THIS SACRED BOOK IN THE JEWISH FAITH.

HAAOT : AJWENA

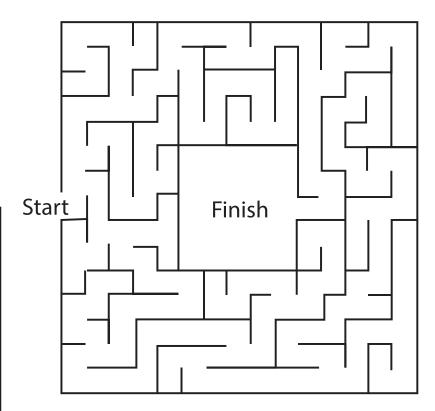


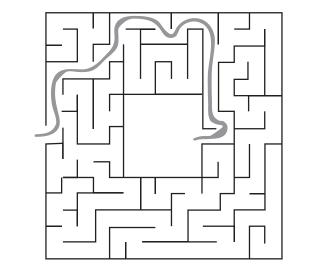
ENGLISH: Holy

SPANISH: Sagrado

Maze Craze

Can you find your way through the center of the maze?





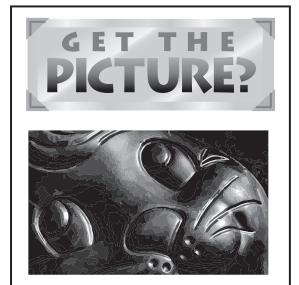


• **1889:** THE EIFFEL TOWER IS OFFICIALLY OPENED.

• **1918**: DAYLIGHT SAVING GOES INTO EFFECT IN THE UNITED STATES FOR THE FIRST TIME.

• **1985:** THE FIRST WRESTLEMANIA TAKES PLACE IN MADISON SQUARE GARDEN IN NEW YORK CITY.







PASSOVER COMMEMORATES THE LIBERATION OF ISRAELITES FROM SLAVERY IN EGYPT AND THE "PASSING

ITALIAN: Sacro

FRENCH: Saint

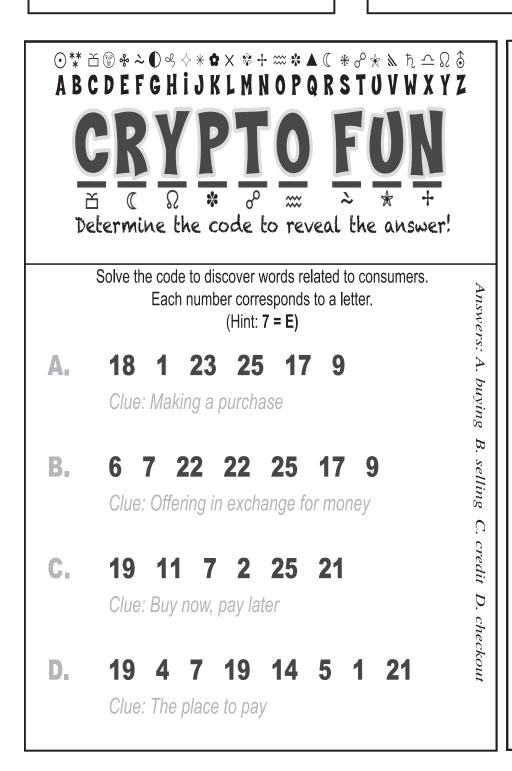
GERMAN: Heilig

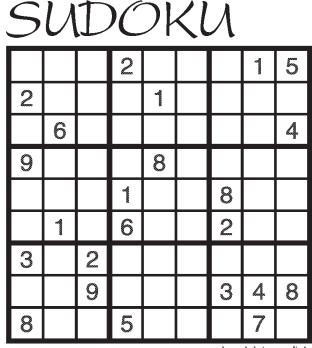
OVER" OF A PLAGUE ON FIRST-BORN ISRAELITES.



Can you guess what the bigger picture is?

ANSWER: CHOCOLATE EASTER BUNNY





Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

2	L		ε	6	ç	9	4	8
8	4	ε	S	9	L	6	ç	xaada
9	6	ç	mah	Þ	8	S	L	3
6	3	S	4	Ĝ	9	8	muh	٢
L	G	8	6	2	nnnda	Þ	ω	9
mah	9	7	L	8	ε	ç	S	6
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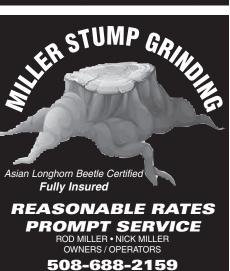
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FRANK G. CHILINSKI STONEBRIDGE PRESS PRESIDENT AND PUBLISHER

> BRENDAN BERUBE EDITOR

Springtime legends

The first day of spring just passed us by on March 20. Now that we are over the hump and into the rainy, sunny, snowy, muddy bit we thought we would share some fun myths surrounding this blooming time of year.

The first story begins with Persephone and Demeter. Persephone was the goddess of spring and holds the most well known story of the season to date. Persephone is the daughter of Demeter, the goddess of agriculture and Zeus, the king of the gods. Persephone married Hades who kept her hidden against her will. Demeter set off to find her daughter and for every minute she was lost, not a crop would grow. Zeus then ordered his daughter to remain in the underworld for half of the year because she ate all of the fruit (pomegranate seeds), the other half of the year she spent with her mother. The idea is that every time Persephone goes into the underworld, winter arrives and the crops die, when she is with her mother, crops bloom.

According to Cherokee legend, the reason trees lose their leaves in the fall is because of the communication between animals and humans. Apparently, animals were able to communicate with humans and the world was utopian. Every year the birds would fly south for the winter. During one particular year, a sparrow who was injured was not able to fly south, he sent his flock ahead without him so the would not freeze, meanwhile he sought shelter. The bird flew to an old Oak tree and was told that he could not seek shelter in its branches, the same thing happened with every tree the bird visited until he was finally granted permission to stay in a pine tree. The pine tree, not popular with the others because of its hard, sharp leaves welcomed the little bird. The sparrow was forever grateful. The sparrow survived the winter and welcomed his family home during the warmer months. Because the other trees, turned on the Sparrow during a most vulnerable time, the creator cursed their leaves to die during the winter except for the pine tree. The Shinto Sun Goddess and Bringer of Light, Amaterasu, according to legend, is in control of the sun's movement to insure rice and other crops will grow. This goddess is well known for her ability to spin satin. Her fame caused her brother Susanoo, the god of storms, to become extremely jealous. The angry deity destroyed his sister's weaving loom and wrecked her rice fields. The rampage caused one of Amaterasu's closest friends to parish, as a result she locked herself inside a mountain resulting in the disappearance of light. Because of this, crops would not grow. Uzme, the goddess of laughter traveled to the mountain where Amaterasu was hiding. She placed a shiny necklace on a tree, then began to dance causing the other gods to laugh. When Amaterasu heard the laughter she peeked out of her cave and slowly began to walk towards the necklace. At this, Uzme had the cave blocked and light was restored to the world. Some actual facts concerning the spring season are as follows; in 1582, if Pope Gregory XIII would not have established the Gregorian calendar, then every 128 years, the vernal equinox would have come a full calendar day earlier, which would put Easter in the middle of winter. The famous myth about being able to balance an egg on its end on the spring equinox is not true. Attempting to balance an egg on its end is no easier on the spring equinox than on any other day. During the springtime, birds are louder as they sing to attract mates and to warn enemies to steer clear. The term "spring fever" refers to the psychological and physiological symptoms that go along with the arrival of spring, which include, daydreaming and restlessness. Over the years, scientists surmise the cause in the hormone shift could be due to the increase in sunlight and increased physical activity.

Care for spring flowering bulbs



Providing proper care to tulips and other spring flowering bulbs will extend your enjoyment and keep them coming back for years.

Bright yellow daffodils, colorful tulips and fragrant hyacinths brighten our spring gardens. Give them the care they need to extend their spring display and keep them coming back for years.

Hybrid tulips and hyacinths are shortlived stars of the spring garden. They bloom profusely the first spring, but the number of flowers decline each year. You may want to treat these like annuals, carefully removing them from the garden to avoid damaging any remaining plants. Toss these in the compost pile and start planning for their replacements. It is a great opportunity to try something new and freshen the look of your spring garden. If you are looking for a permanent replacement, consider using species tulips that are less floriferous but return each year.

Add a few years to the life of hybrid tulips and daffodils and get the most from all your long-lived spring flowering bulbs with proper care. Water spring gardens thoroughly whenever the top few inches of soil are crumbly and just slightly moist. Spring rains often take care of this task, but when they don't it is easy to forget to provide spring gardens with the water they need. Providing the right amount of water when needed will keep your bulbs looking their best.

Bulbs often receive sufficient nutrients at the time of planting or when the other plants in the garden are fertilized. Apply fertilizer to established bulb plantings, if needed, as the leaves begin to emerge from the soil. Use a low nitrogen, slow-release fertilizer to encourage slow steady growth. Follow the label directions so you apply the recommended amount for the area you are fertilizing. Remove spent flowers on tulips and hyacinths you plan to keep so the energy is directed back into the bulbs instead of setting seeds. Do the same if you want to improve the appearance of daffodils. Leave allium seed heads in place to extend their beautiful contribution to the garden. Remove these before they drop their seeds if you want to limit the number of seedlings sprouting in next year's garden. The same is true for grape hyacinths and squills. The only reason to remove their faded flowers is to slow down the spread.

Leave the leaves on your bulbs until they naturally yellow and dry. The leaves produce energy needed for beautiful blooms next spring. The longer you leave the leaves intact, the more energy and better bloom for next season.

Hide the declining bulb leaves by planting annuals between the bulbs. Or add perennial flowers that return each year for a more permanent solution. As the bulbs decline, the perennials will grow and mask the declining foliage. Try mixing spring flowering perennials for double the impact or combine with summer and fall bloomers to extend the floral show.

Take some pictures of your spring bulb display and make notes of the areas where you want to add some color. Then order early for the best selection and to make sure you are ready for bulb planting season next fall.

Melinda Myers has written more than 20 gardening books, including Small Space Gardening. She hosts Will investors change behavior after the pandemic?



The COVID-19 pandemic may end up changing our lives in some significant ways. To cite one example, it's likely we'll see a lot more people continue to work remotely, now that they've seen the effectiveness of tools such as videoconferencing. Education, too, may be forever changed in some ways. Perhaps just as important, though, is how many people may now think more about the future – including how they invest.

If you work with a financial professional, you may have connected with this individual over the past several months through a videoconferencing platform, rather than in person. Some people like this arrangement because it offers more scheduling flexibility and eliminates the time and effort of traveling to and from an appointment. Others, however, still prefer face-to-face contact and look forward to when such arrangements will again be practical and safe for everyone involved. But if you're in the first group - that is, you prefer videoconferencing - you may now wish to use this communication method in the future, at least some of the time.

But beyond the physical aspects of your investing experience, you may now be looking at some changes in your investment strategy brought on, or at least suggested, by your reactions to the pandemic.

For example, many people especially, but not exclusively, those whose employment was affected by the pandemic - found that they were coming up short in the area of liquidity. They didn't have enough easily accessible savings to provide them with the cash they needed to meet their expenses until their employment situations stabilized. Consequently, some individuals were forced to dip into their long-term investments such as their 401(k)s and IRAs. Generally speaking, this type of move is not ideal – these accounts are designed for retirement, so, the more you tap into them early, the less you'll have available when you do retire. Furthermore, your withdrawals will likely be taxable, and, depending on your age, may also be subject to penalties. If you were affected by this liquidity crunch, you can take steps now to avoid its recurrence. Your best move may be to build an emergency fund containing three to six months' worth of living expenses, with the funds held in a separate, highly accessible account of cash or cash equivalents. Of course, given your regular expenses, it may take some time to build such an amount, but if you can commit yourself to putting away a certain amount of money each month, you will make progress. Even having a few hundred dollars in an emergency fund can help create more financial stability. Apart from this new appreciation for short-term liquidity, though, the foundation for your overall financial future should remain essentially the same. In addition to building your emergency fund, you should still contribute what you can afford to your IRA, 401(k) and other retirement plans. If you have children you want to send to college, you might still explore college-funding vehicles such as a 529 plan. Higher education will still be expensive, even with an expansion in online learning programs.

The Great Courses "How to Grow Anything"DVD series and the nationally-syndicated Melinda's Garden Moment TV & radio program. Myers is also a columnist and contributing editor for Birds & Blooms magazine. Her Web site is www.MelindaMyers.com.

Edward Street bosting children's art exhibit

WORCESTER — To celebrate the annual Week of the Young Child [™], April 10-16, Edward Street is presenting a young children's art exhibit entitled "Spring is Bursting Out All Over!" which will be held in the Printer's Building Hallway Gallery at 50 Portland St. in Worcester.

The exhibit is not only an opportunity for the young artists to display their creations but also for the public to discover the developmental stages of young children's creative expression and how this impacts their artwork.

The artwork will highlight each of the following age groups. 0-15 mo. 15 mo.- 2.9 yrs.

2.9-4 yrs. 4-6 yrs. 6-8 yrs.

Six area childcare centers submitted over 160 pieces for the exhibit. Participating childcare centers are Webster Square Day Care Center, Rainbow Child Development Center, YWCA of Central MA Inc., Worcester Comprehensive Education and Care Inc., Guild of Saint Agnes, and Children's Friend Early Learning Center.

Ten pieces, from each age group, will be displayed in the gallery, and all of the artwork can be viewed online at edwardstreet.org.

The gallery will be open from 9 a.m. -4 p.m., Monday through Friday starting April 5 and continue through the month of April. The gallery may be accessed from the 50 Portland Street entryway – press 011 to gain entry. You may also visit the gallery by appointment on Wednesday evenings from 4 to 7 p.m. Indoor gathering limits are four to five people at a time. Please contact Toni Ostrow at tostrow@edwardstreet.org to make an appointment.

This exhibit has been funded, in part, by a grant from the Worcester Arts Council, a local agency, which is supported by the Mass Cultural Council, a state agency.

StonebridgePress.com

Post-pandemic life may contain some differences, along with many similarities to life before. But it will always be a smart move to create a long-term financial strategy tailored to your individual needs, goals and risk tolerance.

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.

Stocking the waters

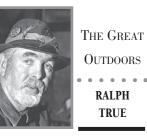
Stocking trucks from Massachusetts Fish & Wildlife are busy stocking trout in many ponds and streams throughout the state. Wallum Lake in Douglas was included in the latest stocking of trout, but Rhode Island will not be stocking trout at the pristine

lake until a later date, because of Covid pandemic. The state of Rhode Island's normal opening day of the second Saturday in April has been moved ahead to April 7, throughout the state. The reason being that they are hoping to keep large crowds from gathering at trout stocking sites. It is obvious that Massachusetts and Rhode Island do not work together when it comes to managing the lake! One stocks the lake with trout, and the other does not!

Wallum Lake has had very low angler turnout over the past 10 years or so. Back in the day, I would agree with their thinking, as hundreds of anglers gathered to the site for opening day of trout fishing. In my 80-plus years of fishing, I never have seen Wallum Lake not open on the second Saturday of April and feel, as many anglers do, that Rhode Island is a bit foolish in their change of opening day of trout fishing at Wallum, and all of Rhode Island trout stocked waters, because of Covid. Fishing is the safest sport when it comes to social distancing, and anglers fishing from boats are even safer. At a time when Rhode Island and Massachusetts are relaxing some of their restrictions on bars, restaurants and fitness centers, restrictions on fishermen enjoying a day on the water with friends and family seem a bit harsh. It is totally unnecessary. Remember that the daily creel limit for trout at Wallum is five fish.

The pandemic has taken a toll on a lot of activities for outdoorsmen and women this year, and people are becoming sick and tired of wearing masks. As the Secretary of the 200 sportsmen's club stated in his latest report to the club "I cannot tell if they are sticking their tongue out at me!"

Wild turkey hunting will open in Mass. on April 26 in zones 1-13, and



from the looks of things, the birds are not in short supply. This past weekend, I was driving in Bellingham and had to stop for more than 20 turkeys to cross. They marched by in single file taking their sweet time. A
couple of irate, impatient drivers started to blow

their horn, but I held my ground. I was afraid that one of them would try to pass and wipe out a few, but they waited till they all crossed. The Massachusetts youth turkey hunt will be held April 24. If you know a youngster that would like to hunt a wild turkey, make his or her day and take them out. The experience of watching a youngster 12-17 years of age harvest there first turkey, will be a rewarding experience for both of you. They are our future hunters. Be sure to read all regulations prior to hunting. More on turkey hunting next week.

The Uxbridge Rod & Gun club had more than 60 shooters at the 3-D archery shoot last weekend. Although the weatherman predicted rain for the event, the morning remained dry and allowed the archers to enjoy a great day on the archery course. A full breakfast was enjoyed by most in attendance. Numerous youngsters were also in attendance and enjoyed shooting on the course. The club is also holding an Easter egg hunt this Saturday for members and their families. A free breakfast will be served for all youngsters in attendance. Please call the club and register if you are planning to attend. The club members fishing derby is April 10, and the kid's derby is May 8.

Local sportsmen are anxiously awaiting the results of their input into the license and permit increases that were proposed recently for 2022 by MFW. Many were hoping for some bargaining room on the increases, and also make crossbows legal to anyone that wants to hunt with one, as well as making Sunday hunting on private property for bow hunters legal. Many neighboring states already have a crossbow regulation that allows any legally licensed hunter to use one, and Sunday hunting on private property for bow hunters needs to become law. Fishing license sales have soared by 10 percent in most states in 2021.

This past week, I received the book "A Dog Called Perth" in the mail from an anonymous reader or acquaintance. I am not a big book reader, but I had to read it because it was about a beagle that was purchased by a well to do couple, that should never have purchased it. As most of my readers know, I inherited a 13-inch beagle from my wife when she passed a couple of years ago. She is great company for my 10-year-old Lab, as well as myself. Next week, I will have finished the book, and will discuss the book and its author. Stay tuned.

This week's picture shows Rene Boucher with a five-pound rainbow trout taken from the Auburn Sportsmen's Club pond recently. Nice fish. Did you know that trout purchased from private hatcheries by Rod & Gun Clubs is now \$9 a pound.

The Whitinsville Fish & Game club



A spotted salamander that was picked up by a reader in a road and released into nearby cover.

will hold their annual spring derby on April 17 for club members.

Take A Kid Fishing & Keep Them Rods Bending!



This week's picture shows Rene Boucher with a five-pound rainbow trout taken at the Auburn Sportsmen's club recently. Nice fish

"You ain't nuthin but a hot dog?" Those are fighting words in ChiTown!

For the love of the dog ...

My parents were both small town kids. My mom from Sand Springs, Oklahoma and dad from Sesser, Illinois. Their move to the far south suburbs of Chicago in 1953 to find work must have been a culture shock of great magnitude.

So, I was born and raised within the gravitational pull of the Windy City on beautiful Lake Michigan. To my brothos into sisters, and I, our many tri what was at the time, the second largest city in America, seeing the Chicago skyline as it appeared and grew on the horizon was like driving to the magical city of Oz. Breathtaking. I've written of my love of Chicago pizza and the Chicago Cubs. Somehow, I've skipped over my passion for the best hot dogs in the universe ... Vienna Beef, served Chicago Style. I can hear the collective gasps of my friends and neighbors on the East coast. "Vienna what?" They'll ask, then claim, "Nathan's is the best dog around." And rest assured, I love Nathan's. But there is just something special ... familiar ... a Chicago Style Vienna Beef dog is my comfort food.



Positively Speaking Gary W. Moore

Some things in life require a purity about them ... a tradition ... knowing my was the first in our family to one and I was next. I introduced the exact same dog to my Iowa wife (she's still struggling with the idea of eating a hot dog at all). I introduced them to my kids and now to Caleb and Noah. I find satisfaction in the fact every dog, regardless of generation had the same aroma, look, texture and taste. I find joy and comfort in the consistent continuation of this Chicago tradition. It's food, it's a delicacy, it's tradition and it's artful beauty on a bun. There are some things in life so perfect they should never change. To do so could roll our very planet off its access and destroy life on earth as we know it. If you've tasted the delicacy that is Chicago Style, no explanation is needed. If not, no explanation is possible. For those in this group, you have the recipe. Give it a try. Your taste buds will be forever changed. The integrity of the construction of a Chicago Style Hot Dog is one of the few food items with this power.

As for me, I'll take two dogs, "Chicago Style!"

(I awoke this morning after a dream of being outside of Wrigley waiting to get in with Caleb and Noah. We were all eating Chicago Style Hot Dogs. I got out of bed and what popped out of my head? A Chicago Style column!) 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.

What is "Chicago Style" and where did it begin?

The Vienna Beef website offers this historical beginning ...

"The Chicago Style hot dog got its start from street cart hot dog vendors during the hard times of the Great Depression. Money was scarce, but business was booming for these entrepreneurs who offered a delicious hot meal on a bun for only a nickel. The famous Chicago Style Hot Dog was born!"

The style itself is extremely specific and no deviation is allowed. Make a small addition, omission, or change of any kind and you have committed sacrilege. It's Chicago way or the highway. I'll try to describe it for you without drooling all over my keyboard.

This delicacy begins with a Vienna all beef hot dog mounted upon a poppy seed bun. Then add bright yellow mustard (yes, the color and shade do matter). Chopped onions, Vienna brand bright green relish (same color as the Chicago River on St. Patrick's Day), two Italian pickled sport peppers (hot Serrano), two wedges (not chopped) of tomato, a long slice or wedge (no fancy wavy or crinkle cut) of kosher/deli dill pickle, topped off by celery salt sprinkled the length of the bun. The most important admonishment is no ketchup! You can have ketchup with your fries, but you are required to keep it at least twelve inches from the sacred dog. There's no room for deviation here.

I see dogs as I travel claiming to be Chicago, but the slightest modification disqualifies it's claim. I was in St. Louis and a dog stand advertised Chicago Style but made two critical errors. Chopped tomato and jalapeño slices instead of sport peppers. The dog was destroyed ... dead to me. I mean really ... is it the

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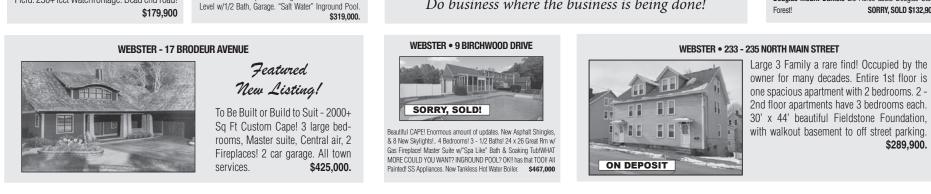
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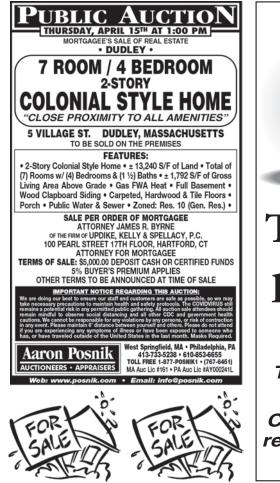


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Growing your own salad

BY GUS STEEVES CORRESPONDENT

REGION — Like salads? Don't buy them; grow your own.

That was the simple message from last week's installment of the ongoing regional library gardening series, formally sponsored this time by Charlton.

"The reason markets sell [certain kinds of] food is not because they taste the best, but because they travel best across the

country," noted Kathleen Donovan of Blackstone Valley Veggie Gardens. Typically, as many people know, vegetables in stores taste bland at best and come in limited varieties. But there are hundreds, sometimes thousands, of varieties of such common foods as tomatoes, cucumbers and lettuce that can appeal to a wide range of tastes, textures, uses and even color palettes.

Donovan began with

the often underappreciated lettuce, which is actually a member of the daisy family. It "comes up like a weed" and has "glorious shapes and textures" far beyond the relatively non-nutritious iceberg type. She noted it has lots of fiber, vitamin C and beta carotenes, and some types have a "whitish, milky fluid" when fresh cut that helps sleep.

Lettuce comes in two major types – loose-leaf and head lettuce. The for-

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mer grows faster (about 50 days to maturity), is "much easier to grow in the garden," and leaves can be picked and eaten throughout the season without stopping growth. Heads generally take about 80 days and can only be picked once, she said.

"Lettuce likes the cold" and is thus the first of the three to be planted (in early April; frost won't harm its seeds). If you plant right, with tomatoes and cucumbers, peas, or other crops (especially trellised ones) shading the lettuce, when summer heat comes, the lettuce will last longer before it becomes bitter and goes to seed. Likewise, it can be protected by growing it in a container because it "only needs about five inches of soil," she said.

"Succession planting is the key to growing lettuce," Donovan said. Planting different kinds "every two or three weeks will give you a steady supply" well into fall.

Cucumbers are also pretty easy, but can be a little quirky. They're in the squash family, and most squashes can cross-pollinate. That makes seeds hard to save – they'll often be viable, in that you will get something the following year, but you won't necessarily know what it will be. Some crosses aren't edible, and some aren't viable. That's not an issue the first year; what you plant is what you'll get.

With cucumbers, there are "hundreds and hundreds of varieties." Donovan said they grow particularly well on trellises, where "you've got gravity working for you." The vines climb up the trellis and the cukes hang down through the lattice. But you want to trim the growing tips off at six to eight feet long; "Plants don't multitask well. Either they grow long, or they produce fruit for you," she said.

Like all squashes, cuke plants have both male and female flowers. Some are self-pollinating; some use insects. Gardeners can help the process along by dipping a Qtip into the male flower and transferring its powdery pollen to the female (which is identifiable by the fact it has "a little immature cucumber" under it), she said.

Tomatoes are similarly numerous, with the plants' thousands of varieties coming in three major types-cherry, beefsteak and sauce/paste based mostly on size and water content. The classic sandwich tomatoes are beefsteaks, which come in a wide range of colors including yellow, red, orange and even a purple so dark it's nearly black. Several of them also exist in the other two types, particularly cherry, which she described this way: "Anytime you want go out and pick a snack, there's bound to be some.'

Donovan claimed tomatoes "cannot be grown from seed outdoors. They require a really warm soil to germinate." (Personally, I've done it; the key is making sure it gets lots of sun. As she noted "while it's growing to the sky, it's not producing fruit. That's often because it's not getting the sun it needs.")

Because of its warmth needs, tomatoes should only be planted outside (or transferred from inside, after gradually "hardening" them by giving them a couple hours a day at first) after May 7. She noted that used to be much later – as a child, she waited until Memorial Day.

Like cucumbers, tomatoes are vines that like trellising, which can be as simple as having a few posts linked with wires, with the plants tied to the wires with twine. She noted they're "one of the biggest [garden] plants" and can grow up to eight feet.

Once audience member asked how to deal with tomato hornworms, a big, green caterpillar that eats several plants in the tomato's nightshade family. Donovan said planting marigolds interspersed with the tomatoes often helps, since most insects don't like marigolds, but you can also spray with with Neem oil, sprinkle diatomaceous earth around them, or use a Bt-based pesticide (an organic bacteria).

Regardless of what your growing, Donovan had some standard tips on preparing the raised bed. Most crucial is the soils - a few inches of rich, composted soil (with eitehr plant or manure compost; she noted many local farms "will gladly deliver you a truckload of cow manure." But make sure it's been aged; fresh stuff "will stink to high heaven." Chicken manure is also "awesome fertilizer," but can't be put on plants directly due to its high nitrogen content: it needs to be composted for about six months or made into

"compost tea." Good soil "should be slightly acidic," with a pH of 6.2-6.8 (neutral is 7.0). She suggested adding ashes if you need to increase pH and using peat moss to reduce it. A barrier under the soil prevents weeds from growing up into it, but won't prevent them from blowing into it. Many plants benefit from using a mulch to keep the soil moister and warmer; dry straw or leaves work well, but don't use the common colored types or green grass.

The gardening series continues with online talks on raised beds April 6 and "The Organic Approach" on April 20. It has been sponsored by several area libraries, and participants can contact any of them to join the next sessions: Southbridge, Oxford, Sturbridge, Sutton or Charlton.

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

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June Simakauskas 508-909-4062 jsima@stonebridgepress.news

508-909-4126 mikaela@stonebridgepress.news Award-winning author to speak on opioid epidemic

WORCESTER – Worcester County District Attorney Joseph D. Early, Jr. will be hosting a virtual event on April 15 with award-winning author Sam Quinones to discuss the opioid epidemic.

Mr. Quinones will discuss the current state of the opioid epidemic, including the illicit drug market, the lawsuits against the pharmaceutical companies, and the stigma that still persists around the disease of addiction.

"Sam is a national expert on opioids and addiction and this discussion will provide invaluable insight on the current state of affairs and what we can all be doing to help those struggling with substance use disorder," Mr. Early said. The author previously visited

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Worcester County in 2017 at the invitation of Mr. Early to discuss his book, "Dreamland: The True Tale of America's Opiate Epidemic," which detailed the rise of the opioid epidemic in America. This talk will focus on his research beyond "Dreamland," which was published in 2015.

The event on April 15, which will feature a discussion between Mr. Early and Mr. Quinones, will be held virtually on Zoom and is open to the public. The talk begins at 1 p.m. and will include a public question period. For registration information, contact Elisabeth. Haddad@mass.gov.

The COVID-19 pandemic has highlighted the continued need to work on the opioid epidemic. The Centers for Disease Control reported 81,000 overdose deaths in a 12-month period ending May 2020, the largest in a year-long period ever recorded. Locally, the most-recent numbers from Massachusetts show 2,020 overdose deaths statewide in 2019, including 267 in Worcester County.

Mr. Early has been passionately committed to addressing the opioid epidemic. In 2015, he formed the Central Mass. Opioid Task Force, which is now more than 600 members strong. Since then, he's obtained multiple federal and state grants to work with partners across the county and support local interventions for those suffering from substance use disorder. He's funded Narcan for first responders, prescription drop boxes in local police departments, school prevention programs to teach students the dangers of drugs, and expanded drug diversion programs in county courts. Last year, Mr. Early's office purchased and launched the use of Critical Incident Management Systems (CIMS) software to help police track overdose incidents and get victims into treatment.



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