

Two proposed warrant articles taken up by BOS

WINCHENDON — As the Board of Selectmen try to put together the warrant for the fall town meeting, yet more business continues to come forward to be included.

The Beals Memorial Library Trustees requested an article be backed by Selectmen allowing an additional \$140,000 be made available for the rehabilitation project at the building.

The project was approved two years ago, using a combination of funding by voters, Robinson Broadhurst funds and the Trustees own trust

funds; however when the town found itself in fiscal difficulties the state closed the door on all projects; freezing the ability to do business on the construction already beyond the planning stages.

“We couldn’t move forward at that time,” explained Trustee Chairman Ron Muse. “And all our original pricing went up.”

The project, which will make the library compliant with the Americans with Disabilities Act, move the entrance to the side of the building and add an

elevator, and add handicapped accessible bathrooms, does not expand the size of the building.

“The costs have gone up each year. This increase, the \$140,000 estimate, is for the steel and its construction,” explained Muse.

Town Manager Keith Hickey said the architect and the project manager were working with contractors and suppliers in all attempts to bring down costs in all areas of the project, including the steel construction.

Hickey recommended the

funding come from the stabilization fund, saying the audit, currently in process, would point out the town is now very strong and funds could be replaced quickly next spring after free cash is certified.

“We are in good shape this year, we will save costs associated with borrowing if we borrow from ourselves, and we can immediately pay ourselves back. This makes good economic sense,” said Hickey.

Selectman Mike Barbaro was uncertain, and asked about other viable ways to fund the

request, but Hickey assured him this was the most expedient and least costly alternative.

Muse was appreciative of the positive vote of support.

“The last thing we wanted to do was to come back to the town for more money. If we had been able to do this when we first began, we wouldn’t have had to do this, thank you,” said Muse.

BOS Chairman Barbara Anderson said the project was “long overdue.”

“We must be in compliance or there will be other conse-

Turn To **BOS** page **A12**



Keith Kent photos

Deputy Chief Ricci Ruschioni teaches about the dangers of opening a door if the handle is hot, while fake smoke is used to simulate a fire.

Safety first! Littlest students learn the basics

BY KEITH KENT
COURIER CORRESPONDENT

WINCHENDON — Memorial Elementary School students in grades K through 2 received crucial fire safety training during a three day program at the fire department with the Fire Safety Training trailer borrowed from the Southwestern New Hampshire District of Keene, NH.

Students were taught the basic skills of stop-drop-and

roll, crawling on the floor to avoid smoke inhalation, using caution and avoiding hot door handles, how often to change fire alarm batteries, fire escape climbing safety, having designated meeting places, and much more.

Deputy Chief Ricci Ruschioni, Lt. Bryan Vaine, firefighters Becky Hicks, Pat Connor, and Ashley Girauard also assisted with the program on Oct. 18 in the midst of the three days.

Students were able to take full advantage trailer, as firefighters and teachers carefully walked students through to each of the various training points. Both firefighters and teachers provided individual students with support, allowing any students to field questions about fire safety, and aiding any who needed to leave if the child did not feel comfortable.

Turn To **SAFETY** page **A12**

Science opportunities suit him

BY JERRY CARTON
COURIER CORRESPONDENT

WINCHENDON — Murdock High wasn’t completely new for science teacher Dylan Gamache when school began this year, after all, he’d filled in last winter when Sherry Fairbanks was out, but now that Gamache has come aboard full-time he’s glad the opportunity presented itself.

“I really am. When I was here last year, it was a great experience, so when Josh (principal Romano) called during the summer to offer me a job here, I hopped on that. I loved it right away.”

“I was used to smaller

schools and this was the perfect fit for me. The science department works well together. I’m learning so much from them, all of them, and Sherry’s been my mentor,” he said of Fairbanks. “I’m amazed at how she’s always planning two weeks ahead. I’m super-grateful to her.”

Gamache has known since middle school he wanted to teach. “My role models were my parents and some teachers. I loved school and I just knew,” he recalled.

Foreign languages and science were his favorite subjects and while he took both French and Spanish, Gamache

felt there was only so much to learn. “I could always learn more about the cultures but with the languages, you learn to speak them and that’s that. It was constraining. In science though, there’s always a question and then the next question and the question after that. We talk about genetics, about cell biology and that hopefully spurs more questions. That’s the idea at least,” he laughed.

“That’s what I try to do to motivate students — get them to ask question after question,” he explained. “In high school we’re always looking for ways to motivate kids and get them

Turn To **SCIENCE** page **A12**

Early voting starts Monday

BY JERRY CARTON
COURIER CORRESPONDENT

WINCHENDON — Come Monday, Massachusetts will join the growing list of states offering early voting for this year’s presidential election and while town clerk Judy LaJoie says she even begin to try and guess what the advance turnout might look like, registration and requests for absentee ballots are up.

“It’s our first time so we have no idea what to expect,” she remarked.

Between Oct. 24 and Nov. 3, early voting will be taking place at town hall (109 Front St.) from 8 a.m. to 6 p.m. on Mondays (Oct. 24 and 31) and from 8 a.m. to 5 p.m. Tuesdays, Wednesdays, and Thursdays.

There will be extended hours

on Saturday, Oct. 29 from 9 a.m. to 1 p.m. and Wednesdays Oct. 26 and Nov. 2 from 8 a.m. to 8 p.m.

LaJoie thinks there is one demographic which will likely be favorably impacted by the change.

“A lot of people work out of town and don’t get home until 5 or after. There has been a rush of those people to the polls in the evening on Election Day but now with that Saturday voting, it should be easier for them,” she noted.

Two booths will be set up in the veterans agency across the hall from the clerk’s office.

“Scott (Gauthier) was good enough to lend us his space,” she said and on Saturday the 29th, voting will be conducted

Turn To **EARLY VOTING** page **A12**

Annual wellness fair Tuesday

BY JERRY CARTON
COURIER CORRESPONDENT

WINCHENDON — The event’s been going on for a few years shy of two decades and next Tuesday, Winchendon’s Council on Aging will be hosting the annual Senior Expo and Wellness Fair between 9:30 a.m. and 12:30 p.m. at the

Old Murdock senior center.

“There will be a lot of great resources and information for seniors,” explained COA director Sheila Bettro. “There will be eye screenings, diabetic screenings, blood pressure screenings, raffles from some

Turn To **WELLNESS** page **A12**



Courtesy photos

PIE IN THE SKY? NOPE IT’S IN THE FACE!

Interim principal at Toy Town Elementary School Maryalice Aker was an exceptionally good sport when she volunteered to allow herself to be “pied” by the winning class for Spirit Week. Part of a planned week of positive actions, it was Anne McDonald’s class that won the right to throw out the whipped cream pies. More photos on page 3.



6 56525 10431 2

LOCAL
Family program
planned
November 5

PAGE 3



SPORTS
Mini-Devils
defeat tough
Clinton team

PAGE 8



WEEKLY QUOTE

“Do thou restrain the haughty spirit in thy breast, for better far is gentle courtesy.”

- Homer

Hearty laughs help fund both CAC and Clyde

BY TARA VOCINO
COURIER CORRESPONDENT

WINCHENDON — A bevy of tickets were sold at the first annual Community Action Committee and the canine unit comedy fundraiser at American Legion Post 193 last weekend.

Maine resident Louis Ramey, who has appeared on Comedy Central and Last Comic Standing, was the headliner.

Jody Sloane, of Lawrence, opened the show. Kyle Crawford, of eastern New Hampshire, introduced Ramey.

Sloane, who is a Boston Duck Tour host, opened the show by saying she got into comedy to get away from her two children, which she calls deductibles.

"Let's be real about this," Sloane said. "I had them by accident. Binge drinking."

She went onto discuss her love life as a single mother chronically in relationship after relationship.

"I even got dumped by a stalker," Sloane said. "I got a fortune cookie that said, 'The fortune you seek is another cookie.' That sums up my relationships."

Afterwards, Crawford asked the audience who had dogs, and if they

spend a lot of money on dog toys.

Winchendon resident Melissa Lynch raised her hand that she owns Siberian husky, Aneika, who she got at 17 months, and Nakita, who she got as a rescue at 17 months.

"I bought mine a \$47 toy, and it lasted for a good seven minutes," Crawford said. "I bought a blue and pink rabbit sex toy that he plays with."

Crawford was joking about how dogs often urinate on rugs, especially when they are not house-trained yet.

"I can totally relate," Lynch said during intermission. "She did it all the time when she was a puppy."

Crawford said some owners squish their dog's head onto rugs to discipline them.

"I don't believe in that," Lynch said. "That's cruel."

Crawford went onto say how much society is evolving.

"You can't place an order with the server without notifying her if someone in your party has a nut allergy," Crawford said. "You can rob a bank with a peanut if you aren't allergic, and destroy the evidence by eating it. It's a different time."

However, Lynch was



Superintendent Steve Haddad and his wife Jennifer were among those who enjoyed the evening.

enjoying the show so far.

"I like coming out for a night of comedic relief," Lynch said. "I came out to support Clyde. I wish Clyde was here."

Fifty-percent of proceeds went toward the canine unit while the other half went toward the Community Action Coalition. Lynch said Crawford's topics were good, but she expected Crawford to touch more upon the presidential election candidates.

"Maybe the next comedian will," Lynch said.

After all the acts performed, Winchendon resident Cheryl LeBlanc said she enjoyed Ramey's poking fun at the Winchendon Courier.

"He was joking that it's

funny that the reporter has a computer out here in the woods," LeBlanc said. "He said he'd probably find the paper nailed to a tree."

"Does anyone work for this newspaper other than you two?" Ramey asked. "Your camera is as big as your head."

Ramey, who is an Atlanta, GA native, punched Winchendon into GPS, and it came up, "no."

"Where are we?," Ramey asked. "How do you say the name of this town? Win - ch - en - don?"

Ramey asked an audience member who was 28 years old if she knew who Barry White was.

And she did not.



Mat Plamondon photos

Comic Louis Ramey had a bit of fun with the size of the town, and that it even had a newspaper.

"That's probably how you were born," he told her.

Ramey, who has performed in 40 countries, said the first thing he noticed was beautiful women in town, but he questioned where they were that night.

LeBlanc said she hopes the comedy show brings out a larger turn-out next year, especially since it is not a late night show.

"It was entertaining and a great time," LeBlanc said. "I hope it continues in the future. The hours are great. It's not super late, so I can still make curfew for my 11-year-old."

She attended with her co-worker and friend, Cindy Gosselin, of

Hubbardston. They teach at the preschool in town.

Like Lynch, LeBlanc also enjoyed the dog/urination joke.

Michelle Smith, a board member for the Community Action Committee, said the money raised during the comedy show will be used to assist community members in need, whether that is through the food pantry, fuel assistance, or short-term housing.

Smith said the CAC serves more than 600 people in town and directs out-of-towners to the appropriate resources.

"If someone comes to us from a neighboring community, we can guide them to services available in their town," Smith said.

Their goal is to help residents get back on their feet and be self-sufficient so they no longer need assistance.

Six board members and four volunteers attended the show. Three off-duty police officers watched the comedy night with friends and family.

Superintendent of Schools Steve Haddad and Police Chaplain Fr. Mike Clements were also present.

Besides selling of the K9 T-shirts, there were raffles as well.

Addressing the ongoing concerns of mental health

BY APRIL GOODWIN
COURIER CORRESPONDENT

REGION — Anyone familiar with the 1970s TV comic-drama M*A*S*H or the movie of the same name is familiar with its theme song. The movie version depicted a faked suicide scene, and the lyrics sung poignantly to a backing guitar: "suicide is painless..."

But as anyone with any experience in the world of mental health, family crisis or the loss of friends knows, the pain can linger long.

The statistics are startling: opioid-related overdoses now account for nearly three times as many fatalities as motor vehicle accidents in

Massachusetts; north central and north Quabbin regions have five times the state average adolescent suicide rate and one of the highest rates of adult male suicide in New England; and in 2014 alone, 53 percent of Gardner and Athol residents who received medical services for addiction identified heroin as their drug of choice (Massachusetts Department of Public Health, Bureau of Substance Abuse Services, Community Health Assessment of North Central Massachusetts 2015).

The topic of mental health has begun to break through its taboo shell in recent years, bringing more awareness to

communities and creating more resources for families. Rather than adhering to the stigma that those suffering from mental health issues need to "tough it out," people are now encouraging everyone to seek the help and support they deserve. While the statistics are certainly alarming, the good news is that there is a multitude of advocates and resources geared towards making these statistics go down by raising awareness through events and services for the communities.

The Greater Gardner Chamber of Commerce and Agera Energy hosted a mental health and suicide prevention awareness event at the Great Wolf Lodge in Fitchburg last week to make strides in reducing those disturbing statistics. The Lodge's reception room hosted 23 different local businesses and organizations that offer services for community members seeking support and treatment. Special guests of the event were Senator Jennifer Flanagan and Congresswoman Niki Tsongas, and the featured speaker was Rob Ninkovich, New England Patriots defensive end and Super Bowl Champion.

"If someone has a physical injury, they tend to seek help and go to a doctor," said Ninkovich. "Unfortunately, most people don't seek help when they need it for mental problems. That's what we need to help change."

The issue of suicide has touched Ninkovich's personal life, leading him to advocate heavily for mental health awareness. In 2012, his friend, teammate, and role model, NFL Hall of Famer Junior Seau, unexpectedly took his life. Ninkovich recalled what a

great person Seau was, and the disbelief he felt when he heard the tragic news. He explained that people could put on a smile and go about their day, when really they are hiding their true feelings.

"Life isn't easy," said Ninkovich. "So we all need a team — like a football team, or a business team... We need to build a team to help during the hard times in life."

Personally, he learned to lean on his family for help and support during the hard times in his life. It was through this encouragement through the

challenges that he came to his belief that "Things happen for a reason to make you stronger — seeking help is the way to realize this, not by bottling it up inside."

Anyone who is, or knows someone who is, suffering from mental health issues has a large variety of information and resources that are open to the community to utilize. Seeking help is a sign of strength and through new education and awareness it will become a powerful resource to help lower the statistics.



Mat Plamondon photo

Ron Ninkovich of the New England Patriots accepted a basket of regional products graciously for taking part in the awareness conference

Addiction awareness event draws crowd

BY JERRY CARTON
COURIER CORRESPONDENT

WINCHENDON — A sizable crowd turned out Saturday as Working Wonders in Winchendon hosted an educational and awareness event about the dangers of and treatment options for opioid abuse, including the dramatization of how to use Narcan®, the medication which can reverse the effects of heroin.

A diverse group of speakers stood up to tell their stories, the stories of loved ones, the stories of how families have been torn apart by addiction but all came with a common purpose — to say enough of the darkness and to remind listeners that sunlight is cleansing, that individuals and families shouldn't feel shame.

"I put my family through hell," for 16 years noted one speaker identified only as Ruthie. "I thought there was nothing out there hopeful for me so I decided to end it myself. That was devastating for my family but for some reason I kept holding on."

Mary Beth Papsy was representing Adcare Hospital, which offers inpatient and outpatient as well as family and individual counseling.

"We've seen an increase for sure," in patients suffering from addiction especially from heroin. "It's important that we come to events like this to help promote awareness, of course, but also to emphasize the services we offer. We've been doing this a long time. We're a large hospital and although this is the most significant spike we've seen in some time, we understand how to work with patients," she stressed.

Randy Phelps represented the Lead to Change organi-

zation. "It's really a family issue," he observed.

"It's never just one person going through the addiction," added Phelps, who reminded his group meets every Tuesday at 7 p.m. in the board room at Heywood Hospital. "Addicts aren't the stereotype of old people on a park bench somewhere. It can happen to anyone anywhere."

That theme was echoed by local attorney Dave LaPointe. "I see in my practice what it does to families. We're very involved as a family in the suicide awareness program and it's no secret all these are interrelated. The more education there is, the more public it all is, the better for every family and the community."

Community Health Link's Heidi Jurgical noted that while "there's an epidemic for sure, awareness of treatment has increased as well. That makes a big difference," she said.

"I cannot begin to explain the overwhelming feeling I have today," reflected Jen Sibley, who co-created the organization with Kathy Sutton and Barbara Higgins. "The addiction awareness event was everything it needed to be."

"The heart-wrenching stories, the success stories, the different foundations on hand to help, the many residents who were able to be trained in giving Narcan® if God forbid it's ever needed.

"I can't even begin to thank everyone but I'll try," she said. "Kathy and Barbara, you rock and together we are a force to be reckoned with. Becky, Jenna and Dacia, your stories were raw and uncut and I hold you in my heart. This doesn't end today."

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Family program planned November 5

WINCHENDON — Stuff and nonsense, a bit of just so stories, and the chance to sing along; how better to be entertained on a Saturday morning?

On Saturday, Nov. 5, the Beals Memorial Library will present Parents' Choice award winning performers Davis Bates & Roger Tincknell with a Story and Song Celebration for the Whole Family. This free performance starts at 11 a.m. and will include sports ballads, regional nonsense songs, just so stories, family stories and more. Hear how the bear missed the train, how coyote got his howl, and how foam got to be in the ocean, and be prepared to sing, move and dance. There will even be a short lesson on how to play the musical spoons and an appearance by a dancing wooden dog named Bingo.

Bates and Tincknell have more than eight decades of



Courtesy photo

Bates and Tincknell will be on hand to entertain at Beals Memorial Library.

combined experience performing for audiences throughout the Northeast. The duo is well-known for their strong vocal harmonies and warm, participatory performing style. Their shows engage audiences in a profoundly educational and enjoyable folk arts experience.

Pete Seeger called Davis "thoughtful, creative, human, and a fantastic storyteller." His traditional style of telling is a refreshing change from video's and passive televised entertainment, empowering and encouraging audiences of all ages to join in the fun, and to take the stories home with them to share with others. His storytelling cassette, Family Stories, won a Parents Choice Gold award, and was recently named one of the year's best audio recordings by Booklist magazine.

Tincknell is an accomplished musician, singer and songwriter,

whose concerts include a wide variety of guitar styles, as well as banjo, mandolin, bazouki, harmonica and piano playing. His repertoire ranges from sensitive love songs to fiddle tunes, country and swing songs, blues and show stopping yodeling. Roger also won Parents Choice honor awards for his album of environmental songs, entitled Earth Rhythms, and his multicultural release, Carnivalito.

A Song & Story Celebration for the Whole Family is appropriate for all ages. Beals is located at 50 Pleasant St. For more information call (978) 297-0300.

This program is funded in part by a grant from the Winchendon Cultural Council, a local agency supported by the Massachusetts Cultural Council and the Friends of the Beals Memorial Library.

TTES STUDENTS GIVE THEIR PRINCIPAL A CREAMY AFTERNOON



Courtesy photos

As the students of Anne McDonald's class won the Spirit Week competitions at Toy Town Elementary School earlier this month their "prize" was a bit messy...especially for their principal Maryalice Aker. But being the good sport she is, and she had told them ahead of time she would do this, she donned a protective trash bag and waited for the whipped cream pies to fly.

She told students, dripping with the cream at the end, it was an honor to serve as their principal and she would do it again in a heartbeat if it meant the students themselves worked that much harder and enjoyed school that much more.

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VIEWS

Opinion and commentary from Winchendon and beyond

EDITORIAL

Shop Local Saturday

Isn't it a bit sad we must set aside a special day to make certain we support our local merchants? Was it only 50 years ago or so we wouldn't even have thought to go elsewhere to shop except within our own town? There was everything right here, clothing stores, shoe stores, grocery stores, a butcher, a baker, gift shops, hardware stores, auto dealerships, repair shops, furniture stores...what changed?

A lot, of course.

For one thing, credit.

Do you remember getting the first store credit card? Or a bank credit card? It's been so long ago that for most people it is an automatic thing and it isn't such monumental thing at all. College students have credit cards.

But for the middle class homemaker in 1954 or so, the introduction of the ability to take home a product today and not pay for it immediately was unheard of. At first, it was bigger department stores that introduced the concept; Macy's and Bloomingdales and Filene's. They set up revolving accounts and introduced the pay as you go plans with minimal payments we are all so used to; and charged very low interest to get people to use them.

People were skeptical.

They were taught not to borrow money. To save until you could pay cash for items, especially big tickets items like appliances. Or couches.

But here was the chance to do it the other way around.

And you could buy a pair of shoes too. And wear them home. And pay later.

Whoa.

Then the banks saw a chance for easy money and drummed up the credit card businesses that spread the ability to use the cards at more than one establishment. Use the same card and buy at several stores. Pay just one place instead of several smaller invoices every month.

Another whoa.

It took a while. The saving generation didn't jump on board all at once. It took their more free spirited children (those '60s wilder children) to really get on the bandwagon. But by the 1970s we all had a wallet full of plastic. Dreamers were predicting a day when paper money would be obsolete.

Along with the demise of paper money went some of the smaller businesses who didn't hop onto the credit card whirlwind (and some still don't). It costs MERCHANTS to use the credit card system too, and smaller businesses do not want to pay the fees involved for the "privilege" of letting you use plastic. So some of the businesses floundered as people sought places where they could use their plastic money rather than their paper money.

Then the end of the '60s and the mid-'70s saw another phenomena begin: big box stores. It isn't all just one big Wally World yet, and they weren't even the beginning; but they quickly took over the countryside. Why oh why would anyone pay full retail at a mom-and-pop clothing store, even if the products are well made, when you can buy three times as many clothes at the big store in the next town, and use a credit card to pay for it?

The clothing stores, shoe stores and smaller groceries were the first to go.

Central Street in Winchendon, Parker Street in Gardner, Main Streets in many towns became a line up of empty buildings as the shoppers deserted them for the bargains in one stop shopping bonanzas.

It won't turn around soon, though the American public is beginning to resent manufacturing done in other countries and sold so cheaply here, and might just seek out artisan and locally sourced items at higher cost just because it is a bit of a quality revolution.

But the days of shopping for everything in smaller businesses is over for the most part, unless Americans in general go back to a cash economy and demand that quality and local control.

In the meantime, we do encourage the Shop Local and Small Business Saturday planned Nov. 29 here in Winchendon. There is a plan to encourage vendors to set up in the town hall auditorium to display wares as well; contact the offices of Economic Development at town hall for information on how to be included in that.

One final note completely in another direction, this Saturday beginning at 11 a.m. there will be an open house to see the new police station. We encourage others to come. Kiwanis will have some hot dogs and chips (while they last, they're free) and a few other surprises will be on hand.

K9 Clyde will be there, you can meet him in person. As a side note, he once again deserves kudos for an incident earlier this week when a child became lost and Clyde was among those who searched for several hours. She was found safe and sound and is home again. Thank you all who helped and who were concerned.

Striving for a higher caliber system

As we move towards the end of the first quarter of the school year, I want to tell you some of the steps we are taking and have taken to move towards achieving our goal of reaching Level 1 status, beginning with the high school.

First however, in our continuing effort to build pride in our system, we have created the "Blue Devil Cool Award" which recognizes outstanding staff work. The administration team will present the award on a monthly basis. It's important for our staff to understand how much appreciation and respect we have for work which is frequently unseen but should never be unacknowledged.

Academically, we have exciting things happening at the high school and are moving in the right direction to prepare those students for college. We have significantly increased the number of Advanced Placement courses in the last couple years. We now have a seven day period which includes academic support and study halls. No longer do students have to choose between, for example, an additional foreign language and music. Subsequently our numbers rose for foreign language classes. We've strengthened our math and science programs to meet the changing dynamics of the college application process. Murdock graduates have attended or are attending Harvard, Tufts, Smith, Columbia medical school, Boston University, Northeastern, Ohio State and other top-notch institutions. The high school received a more than \$86,000 grant which enabled us to begin an honors class in computer science. That makes Murdock the only school in the region with such an expansive and extensive computer science program and is a strong selling point in this era of school choice. Put it this way: every year some 35,000 new jobs are created in the technology field with several thousand of those right here in Massachusetts. This Capital Skills grant will help prepare students to be ready to step right into entry level positions as soon as they graduate or prep them to take further courses in college. That's a real advantage for Murdock students.

Our high school technology teacher Mike Fontaine is working in collaboration with middle school teacher Sheila Hunt and librarian Jenna Morin to offer students exposure to a wide range

FROM THE
SUPERINTENDENT'S
OFFICE

STEVE HADDAD



of technological possibilities. Mike's third floor classroom sports big screen monitors and a 3-D printer. Students will be able to design apps and

programs of their own.

Speaking of technology, Google has a program which now allows parents to follow what's going on in classrooms every day, even knowing for example when papers are due. This is one of the innovative ways we're reaching out to improve communication with families and help them not feel isolated from what's happening in school.

One of those things "happening in school" is Murdock's participation in the United Way/MWCC Youth Venture program which enables our students to develop projects designed to have a positive impact on their school and community at large. Michaela Benedict's, for example, is called "Band Buddies". It's aimed at getting younger students excited about and involved in music. That's important as we rebuild our band program. Lily LeBlanc has submitted what's known as an "action plan" to continue the ongoing school-wide effort to combat bullying and promote tolerance and understanding. Cobie Rice will be working with the fire department to raise awareness about fire safety. While adults are of course involved (we call them 'champions', not 'faculty advisors'), the students do the work. As Youth Venture faculty champion Kris Provost put it, "it's about youth empowerment" These projects and others in the works provide opportunities for students to contribute as productive citizens, helping to make Murdock and Winchendon better places to live, work, and study.

We are well aware we live in an era of school choice. Families are consumers and are consistently on the lookout to find the best fit for their sons and daughters. We are confident Murdock is a high school where they will get more than the proverbial bang for their buck.

In future columns, I will be discussing what we are doing in lower grades, from pre-k through middle school, telling you about things which I firmly believe will impress you. For now, suffice to say we are excited about the road on which we are traveling. We have a vibrant and progressive high school which should be a destination for every family seeing a high-caliber and quality education.

MOVING? DON'T

After 18 years of living in Massachusetts, we decided to move to Virginia. Two of our four children live in Virginia and five of our nine grandchildren, so the state has family appeal.

We had professionals pack us up and load the truck and drive all the stuff to Virginia. We waved goodbye to the truck, and we went to Prince Edward Island for the summer. What a deal!

But readers, there are two sides to every coin. Why I assumed unpacking a gazillion boxes and moving them

around three stories and trying to figure out where to put stuff since we "downsized" before the move would be easy I cannot today imagine. I think maybe we threw out a couple toothpicks and maybe a screw driver and called it downsizing.

So we took 4,000 square feet of stuff and attempted to squeeze it into 2,800 square feet of new house. This would have been a challenge even to Houdini. I just admit to one really great advantage we husbands have in the moving process. Wives know exactly where they want

to put stuff. They are great at decorating.

They are not so great at receiving input. If you try to input you should assume the result will be much like the result when one is in a foxhole and your commanding officer yells: watch out, incoming!

So if you just let them make those decisions and accept completely their ideas you are a very wise man indeed.

I should mention that many boxes were mis-marked, but what mover would look at a box on which was written "Master Bedroom" and put it

in the cellar? How about one marked "Master Bath," which ended up in the den. I could make this paragraph much longer, but I still have about 40 boxes to open and relocate to a more proper place in the house.

When you say you are being moved by professionals, be sure you understand that which is boxed and loaded must be unloaded and unboxed. We figured the last part would be easy. So we paid to moving us there, not setting us up. The boxes were all left taped and awaiting our arrival.

Also if you have movers pack



NOTES OF
CONCERN

JACK
BLAIR

up your house, be aware that they move everything. Nothing is left behind. So if you have an item you want to escape the packing, hide it, take it with you, loan it to a friend, but do not leave it anywhere in the house.

I had a chest of drawers with a sign on it that said "Do Not Move." It seemed reasonable

Turn To **NOTES** page **A5**

In every single community....

It wasn't all that many years ago when I couldn't have imagined spending part of a day the way I did last Saturday — covering an event down on the Clark YMCA field devoted to educating people about treatment options for opioid addiction, an event that included a very well-attended demonstration on how to properly use Narcan® to revive someone who had overdosed as well as distribution of the medication to those who did attend.

We all know about the breathtaking spike in heroin addiction — it's even become an issue on the presidential campaign trail and 60 Minutes has aired several pieces on it and I'm betting almost all of us know families who've been ravaged by addiction — be it heroin, alcohol, prescription drug abuse, you name it. Mine has. I've seen people I love go through hell and back and sometimes making it back to health and then falling into the abyss again. It's a lifelong, day-by-day, hour by hour and sometimes minute-by-minute struggle. Maybe the same has happened in some of your families but in any event, none of us have been untouched by the addiction epidemic.

The event last weekend, organized by Working Wonders in Winchendon, which featured speakers, including gut-wrenching personal accounts as well as representatives from numerous agencies came about because co-founder Jen Sibley told me she was tired of reading and hearing too many stories of too many lives cut short by addiction. I can tell you w at this newspaper run too many obits of people who passed far too young.

I have no idea, I really don't, about how to put a stop to this opioid catastrophe. Obviously addiction and mental health issues frequently go hand-in-hand. Addiction and alcoholism are both illnesses just like diabetes and heart conditions. That's why for starters we've got to do much, much better as a society in providing faster access to better mental health treatment. If only that could happen, but since it's not, when it comes to heroin that's why it's good, if that's the right word, no,



JOURNEY
OF THE
HEART
JERRY
CARTON

cheap availability, so we have to fight back family by family, community by community. To be sure, this is a broader public health crisis but if you're waiting for the financial cavalry to ride in from Washington, you're likely to be waiting for a very long time. Sad but true. You expect a stalemated Congress to act? Get real. We need to fight this epidemic as best we can family by family, street by street, community by community. That's why events like Saturday's matter.

Let's switch gears and talk briefly about Nov. 8. There are several referendum questions on the ballot and though proponents of Question 2, which if passed would allow the addition of a

let's put it this way , that's why it's imperative that police and other first responders carry Narcan® with them. We are in the throes of a terrible epidemic, the heroin portion being brought about by easy and

dozen or so charter schools annually, insist approval would benefit public schools in general, that's simply not the case. This year, charter schools have taken some \$400 million from actual public schools. That money would be better spent on improving actual public schools with investments in STEM (science, technology, engineering, math), the arts and pre-K programs. Vote no on question 2. Then vote yes on question 3 whose passage will significantly reduce genuinely awful treatment of farm animals in the Commonwealth. I'm also voting yes on Question 4 to bring marijuana laws into the 21st century and grudgingly yes as well on Question 1 because it's the only way to save what's left of the horse racing business in the state. When racetracks began teaming up with the slots industry, I was chagrined , fearing the slots would in time swallow up the horses at these facilities. But anything that helps improve the purse structure is a good thing and slots have become a necessary evil. So be it.

And oh yes, I'm voting for the Clinton-Kaine ticket. But if you've ever read this column, you knew that. See you next week.

Stay warm, save energy and lower utility bills this winter

Do you turn the thermostat a notch higher or put on an extra sweater when it gets cold? It's a common household debate as family members try to maintain a balance between comfort and savings during the winter. It's also a debate you may be able to put to rest by investing in energy-saving maintenance and upgrades.

You can start with a home energy audit, an inspection that focuses on finding areas where your home wastes energy. Professional auditors can cost \$300 to \$800 depending on the type of audit, but you could consider tackling an audit and some of the changes yourself. Doing so could make your home more comfortable, lower your ecological footprint and save energy and money.

See if you qualify for state-funded weatherization assistance. Look into state-based financial assistance programs before going at it alone. Contact your state's weatherization agency to review eligibility guidelines, find a local

service provider and start an application. If approved, you could receive a professional energy audit and improvements. On average, about \$4,000 worth of energy saving-related work was completed over one or two days for the 2015 program year.

If you can't or don't want to pay for a professional audit and don't qualify for assistance, consider conducting a do-it-yourself audit.

A DIY energy audit can help you identify ways to save money and stay warm. A thorough inspection of your home can uncover opportunities for improvement, and you be able to rent an infrared camera to help you spot trouble areas. Look over the DOE's Office of Energy Efficiency and Renewable Energy's guide to conducting a DIY home energy audit, and create a log of your findings as you go. Keep in mind, where you live can impact what fixes you want to focus on, the type and amount of insulation you'll need and



PRACTICAL MONEY SKILLS
NATHANIEL SILLIN

even your heating system.

Typical trouble spots and simple solutions. The following are common trouble spots and potential improvement you might want to make.

* Keep the cold outside air out. The DOE estimates that you can save five to as much as 30 percent on your energy bill by just reducing drafts. Check for leaks around your doors, windows, plumbing, cabinets and other potential outlets. Also look for dirty spots on your wall, ceiling and floors as that could indicate air or moisture is getting in. Use foam sealant to fill in large gaps you find and caulking or weather stripping for smaller leaks.

Covering drafty windows and doorways with storm windows or doors could also be a worthwhile investment.

* Consider adding more insulation. The insulation in your walls and ceiling may not meet today's recommendations. Re-insulating or supplementing what you have could help your home stay warm, or cool, and might not be as difficult as you imagine in easy-to-access attics or basements. However, you may want to check with a professional who can recommend what type of insulation to use and warn you of potential ventilation, fire or moisture hazards during and after installation.

* Regularly inspect your heating systems. Heating systems can cost thousands of dollars to replace. While it may not be a DIY job, you may be able to prolong your system's life by hiring a professional HVAC contractor to inspect and tune up your system before each winter. Some utilities also offer free in-home inspections

of gas appliances. A job you can take on is checking the air filter and replacing it to the manufacturer's specifications or when it looks dirty. You could also check for, and seal, holes, leaks and poor connections in the ducts.

Weigh the costs and benefits before investing your time or money in a winterization project. Some of the items on your checklist could be no-brainers, but others might require more thought.

Bottom line: A home energy audit can help you identify ways to improve your energy efficiency and make your home more comfortable. Whether you hire professionals, apply for government assistance or do it yourself, preparing before winter hits means you can enjoy a warm home without stressing over the energy bill.

Nathaniel Sillin directs Visa's financial education programs. To follow Practical Money Skills on Twitter: www.twitter.com/PracticalMoney.



CLYDE'S CORNER

FRIDAY, OCTOBER 21

TWO SONGWRITER EVENTS: from 6-7 p.m. a songwriting workshop will be held by Sonya Heller and Linq, followed by a songwriter's cafe beginning at 7 p.m. and continuing until about 9:30 p.m. The double events will be held at the Winchendon History and Cultural Center, 151 Front St. GALA members are \$2; non-members just \$3 and everyone is encouraged to come be part of the sharing for the cafe. The workshop fee is \$10 and there are still some openings. Call Bethany at (774) 212-0112 for more information.

STORY HOURS: Toddler Time takes place every Friday morning at 9:15 a.m. throughout the year, with Rhymes, Playtime, and Story time. Immediately following is story hour from 10:30-11:30 a.m.

SATURDAY, OCTOBER 22
TEA PARTY MYSTERY: every weekend in October the Escape Room at the Isaac Morse House is on Thursday

and Friday nights 4-10 p.m.; Saturday noon-10 p.m. and Sunday noon-6 p.m. You must pre-register, walk ins will not be accepted. To register go to winchendonescaperoom.com. Cost is \$25. To benefit the Winchendon History & Cultural Center.

TOY TOWN MARKET: The Toy Town Outdoor Market (formerly the Toy Town Farmers' Market) is now open! Plants and in-season vegetables are available, along with items made by local artists and craftsmen. Located at 126 Central St. (the front lawn of the UU Church, across from the Clark YMCA), vendors will be there Thursdays 4-7 p.m. and Saturdays 10 a.m.-1 p.m. through the end of October.

POLICE STATION OPEN HOUSE: see the new police station at 80 Central St. from 11 a.m.-2 p.m. Hot dogs in the parking lot by Kiwanis of Winchendon; desserts provided by Keller Williams, Maliska Group. Come see the new home

of Winchendon PD.

MONDAY, OCTOBER 24
YOGA: yoga classes are held at Beals Memorial Library beginning at 5:15 p.m. For more information call (978) 297-0300 or visit winchendonlibrary.org.

TUESDAY, OCTOBER 25
LEARN: Computer classes for adults are offered on Tuesday afternoons from 3:30-4:30 p.m. at Beals Memorial Library and are open to adults ages 18 and older.

WEDNESDAY, OCTOBER 26
BINGO! Hyde Park residents hold bingo in the community hall every Wednesday night beginning at 6 p.m. It's inexpensive, just two cards for 5¢, and the community is invited! Anyone over the age of 50 is welcome to join in. We'd love to have more players.

THURSDAY, OCTOBER 27
STORY HOUR: On Thursdays at 4 p.m. Beals Memorial Library on Pleasant Street hosts a story/craft hour for preschoolers' and up.

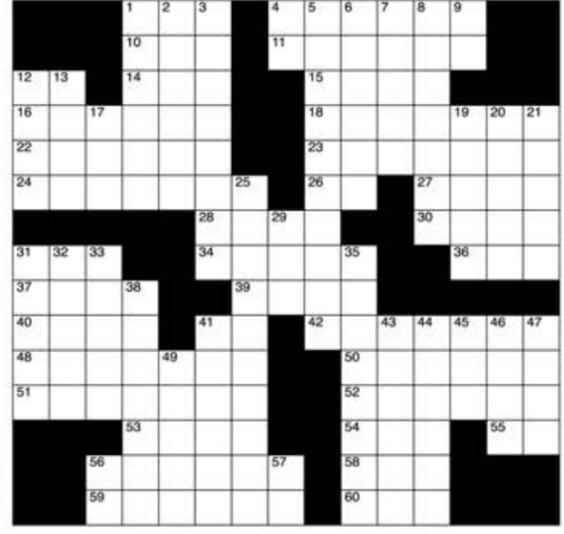
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You must pre-register, walk ins will not be accepted. To register go to winchendonescaperoom.com. Cost is \$25. To benefit the Winchendon Historic & Cultural Center.

OPEN MIC: at the American Legion Post 193, 295 School St. Beginning at 9 p.m. Like to sing? Play an instrument? Willing to jam with a few other musicians? Then come on down and join us at the lower level. Always a good time. Open to everyone! Non-smoking venue.



CLUES ACROSS

- 1. Not him
- 4. Discrimination against older people
- 10. A team's best pitcher
- 11. Hard aromatic seed of an East Indian tree
- 12. San Francisco
- 14. Superhigh frequency
- 15. Not fat
- 16. A movable indicator on a computer
- 18. Endings
- 22. Rapper Iggy
- 23. Environmental kind
- 24. Agent of downfall
- 26. Spanish be
- 27. Rocky Mountain herb
- 28. ___ and void
- 30. Uprising
- 31. Automatic teller machine
- 34. European country
- 36. No seats available
- 37. Make sense of a language
- 39. Sea eagle
- 40. One of Thor's names
- 41. Public relations
- 42. Chitchat
- 48. Metal alloys made of copper and zinc
- 50. Explain
- 51. Canned fish
- 52. Of the nervous system
- 53. Surrounded by
- 54. Adam's wife
- 55. Thallium
- 56. Called
- 58. Monetary unit
- 59. If not
- 60. Very fast airplane

CLUES DOWN

- 1. Bother
- 2. Sounds caused by reflections
- 3. Abstains from
- 4. Article
- 5. Intuition
- 6. Ideas of right and wrong
- 7. Group of chemicals
- 8. Elected official
- 9. Magnesium
- 12. Inspect
- 13. Initiates function (military)
- 17. Los Angeles footballer
- 19. Decomposition of a cell
- 20. Spartan Magistrate
- 21. Treaty organization
- 25. Supplants
- 29. The common gibbon
- 31. Members of a Semitic people
- 32. Small tropical fish
- 33. Of the cheek
- 35. Closeness
- 38. Consider to be unworthy
- 41. Of the penis
- 43. Plural form of beef
- 44. Able to speak or write a language
- 45. Body part
- 46. Information
- 47. Communicate information
- 49. Nabran village
- 56. Of (French)
- 57. Darmstadtium

COURIER CAPSULES

SKATE CLUB GEARING UP

Winchendon Skate Club invites all ice skaters to join our club Nov. 5. We skate from 8-10 a.m. every Saturday at the Winchendon School on Ash Street. The 2016-17 season is right around the corner. The Winchendon Skate Club provides educational lessons that teach proper techniques. We offer learn to skate programs for beginners of ice skating and hockey. Find us on Facebook-Winchendon Skate Club or Winchendon skateclub@yahoo.com.

TWO WORKSHOPS PLANNED

"Graphics for the Beginner" will be presented by Halvorson New Media at 6 p.m., Oct. 24 at the Jaffrey Chamber of Commerce. The workshop is designed to help those without graphic design skills learn a few tricks and shortcuts for making social media posts that are graphically interesting. Participants will learn how to add text to photographs, how to find and customize stock images, and how to make quick, effective videos. Techniques taught require programs such as Word or PowerPoint, and basic internet surfing skills, and could be useful for website building and e-mail marketing, as well. Cost is \$35 and registration is required at this website: <https://jaffreygraphics.eventbrite.com>

Small business owners, crafters, artists, nonprofits and solo entrepreneurs are invited to an Oct. 26 workshop "Video Marketing and Broadcasting with Facebook Live" at 6 p.m. at the Dublin Community Center, 1123 Main Street, Dublin. Nanette Perrotte of nanetteperrotte.com joins Chris Halvorson of Halvorson New Media to demonstrate Facebook's new live broadcasting feature, an excellent tool for personal and professional branding. Halvorson will discuss best practices in video marketing for businesses, along with the websites and tools that make it easy for the amateur. Cost is \$45 and registration is required at

this website: <https://videodublin.eventbrite.com>

OWC PLANS NEXT MAILING

Let's send our service men and women some holiday cheer and show them that we are thankful for their service. Thanksgiving and/or Christmas themed items. They LOVE home baked items. They also love cards, notes, pictures and drawings - especially from the school students.

We have had a specific request for dark chocolate from one person and cleaning supplies - like wipes - from another person.

Hope to see you and some of your friends and neighbors at the American Legion Post 193 on School Street from 9-11 a.m. on Saturday, Nov. 5.

As always, we are in need of money for postage for the packages. Check out our Facebook page or the website (www.winchendoncares.com) for ideas on other items to donate.

MARKETPLACE

My Neighbor's House, a temporary shelter for families, (Facebook:MyNeighborsHouseTroyNH) will be hosting a Finnish Marketplace/Tori on Saturday Oct. 29 from 9 a.m. to 2 p.m., Route 12, Fitzwilliam. Proceeds from food sales and table rentals will benefit the shelter. Admission is free. Vendors selling crafts, food and items from Finland. Our crafters come from throughout the Northeast. Also a pop-up museum "Made In Finland" hosted by the Finnish American Historical Society. From 9-11 am, Wayne Tuiskula, antique appraiser from Antique Roadshow will be available for appraisal of personal items. Cost of the appraisals are \$5 per item or three (3) items for \$10. Limit of three items per person. Come early appraisals are on first come first serve basis.

For more information about My Neighbor's House contact Alissa at (603) 831-3177 / Barbara at (603) 242-3336 or myneighborshouse03465@gmail.com.

NOTES

continued from page A4

to me that I could leave my passport and my wallet atop that piece of furniture that was clearly marked.

Boy, was I wrong. After the two trucks took off for the long drive, I ventured back to the room and there was the chest, the one marked "Do Not Move." And they didn't move it. But they did move what was on top, my passport and wallet.

So we are in a house with no furniture and only the clothes on our back, planning to drive to Canada the next morning. Sorry, you can't get into Canada without a passport. And, of course, I had no credit cards, driver's license, or other important items.

I called the moving company. The very nice man asked me if I want him to stop the trucks, unload everything, get my passport and wallet, and then reload

everything. All of this at double the price. That did not prove to be an acceptable solution.

Then a friend suggested I get into the car and drive to Virginia, meet the trucks, pick up the missing items, drive back to Massachusetts, and then leave for a 12 hour drive to PEI. We aren't speaking to each other anymore.

Finally, it was suggested I go to the Federal Building in Boston to pick up an emergency passport. Now that made sense. A friend drove me in, and I felt so foolish...until I got to the room of people wanting emergency passports and couldn't find a seat. There must have been 50 people that day. I realized if this was happening at Federal Buildings all over the US, the number of people in the "foolish pool" was much larger than I had thought.

Turns out you fill out a form. No surprise there. It is the government.

Then you pay a fee for needing an emergency passport.

Then you pay a fee for the new passport.

Then I think I had to pay another fee for being foolish.

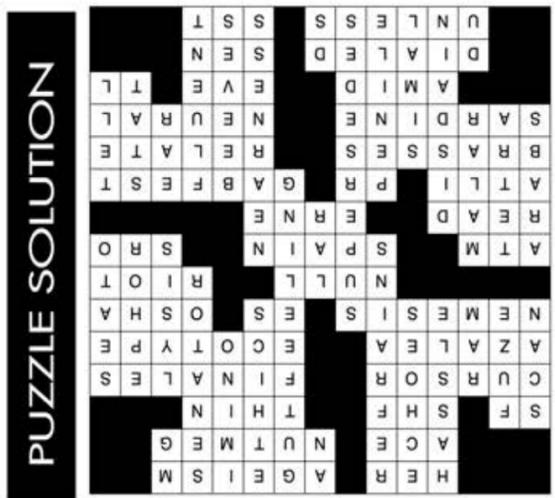
I ended up spending about \$300 on all this foolishness, and then I and the entire herd of people there were dismissed and told essentially to walk around Boston and not to come back until 4 p.m., at which time all the passports would be ready.

So we did not travel to the island as scheduled, but the next day we sailed right across the border at Houlton, ME without a hitch.

This then requires me to say that moving was a disaster on both ends, front and back. There will be no more moving in my future unless it is me being wheeled out on an undertaker's cart.

Hopefully my wife will label the sheet over my body correctly.

I don't want to end up at the grocery store.



POLICE LOG

Editor's Note: The information contained in this police log was obtained through public documents kept by the police department, and is considered to be the account of the police. All subjects are considered innocent until proven guilty in a court of law.

MONDAY, OCTOBER 10

2:11-5:26 a.m.: building checks, secure; 3:11 a.m.: MV stop (Gardner Road) verbal warning; 6:19 a.m.: ambulance (Old Centre) transport; 7:52 a.m.: assist citizen (Alger Street) assisted; 8:43 a.m.: tree down on wires (Murdock Avenue) refer to other agency; 8:51 a.m.: disabled MV (Front Street) info taken; 9:13 a.m.: tree down (Alger Street) refer to DPW; 9:30 a.m.: general juvenile (Pearl Street) report taken; 10:10 a.m.: burglar alarm (Central Street) call canceled; 10:18 a.m.: fire alarm (School Street) false alarm; 10:53 a.m.: FD call (Shady Glen Terrace) services rendered; 11:31 a.m.: tree down on wires (High Street) refer to other agency; 1:05 p.m.: assist citizen (Linden Street) advised civil action; 1:25 p.m.: ambulance (Rte. 12 South) call canceled; 1:35 p.m.: disturbance (Maple Street) spoken to; 2:25 p.m.: fire mutual aid (New Hampshire state campground) fire extinguished; 2:33 p.m.: animal complaint (Winter Street) refer to ACO; 2:35 p.m.: MV stop (Spring Street) spoken to; 2:50 p.m.: burglar alarm (Silver Hawk) secure; 2:52 p.m.: officer wanted (Beech Street) assisted; 3:05 p.m.: death notification (Central Street) message delivered; 3:06 p.m.: accident (Hale Street) report taken; 3:41 p.m.: accident (Hall Road) report taken; 4:35 p.m.: burglar B&E (Spring Street) report taken; 7:13 p.m.: MV stop (Baldwinville State Road) verbal warning; 7:18 p.m.: unwanted party (Juniper Street) report taken; 7:33 p.m.: summons service (Juniper Street) served; 8:26 p.m.: investigation (Hale Street) no PD service required; 9:33 p.m.: MV stop (Water Street) verbal warning; 11:50 p.m.: building check, secure.

TUESDAY, OCTOBER 11

12:04-12:17 a.m.: building checks, secure; 2:19 a.m.: fire alarm (Congress Road) assisted; 5:22 a.m.: noise complaint (Brooks Road) refer to ACO; 5:49 a.m.: burglar alarm (History & Cultural Center) secure; 6:33 a.m.: lift assist (Pine Street) services rendered; 8:59 a.m.: ambulance (Central Street) transport; 9:08 a.m.: summons service (Cedar Terrace) served; 9:09 a.m.: investigation (East Street) spoken to; 9:19 a.m.: investigation (Hale Street) spoken to; 10:20 a.m.: accident (Glenallan Street) summons: Robert Walfred Deming, age

TOUCHING SUBJECT

Ian Nault, age 19 of 14 Beaman Court, Winchendon was arrested Tuesday, October 18 and charged with OUI-liquor and unlicensed operation of a motor vehicle. Officers Dan Wolski and Derek Blair were on the scene, appropriately near a blue ribbon honoring the service of police officers, as Nault was stopped.



Keith Kent photo

57 of 220 Glenallan St., Winchendon: leave scene of property damage; 10:35 a.m.: summons service (Juniper Street) served; 11:11 a.m.: ambulance (Monomac Road East) transport; 1:25 p.m.: assist citizen (Linden Street) assisted; 1:25 p.m.: suspicious person (Mill Street) spoken to; 2:23 p.m.: accident (Spring Street) report taken; 3:07 p.m.: assist citizen (Brooks Road) assisted; 3:34 p.m.: accident (Spring Street) report taken; 5:01 p.m.: 911 call non-emergency (Converse Drive) spoken to; 6:44 p.m.: assist other PD (Ash Street) message delivered; 7:33 p.m.: assist citizen (West Street) assisted; 8:43 p.m.: investigation (East Street) info taken; 8:53 p.m.: investigation (Hale Street) info taken; 9:27 p.m.: child welfare check (address not printed) spoken to; 11:42-11:56 p.m.: building checks, secure.

WEDNESDAY, OCTOBER 12

12:09-3:17 a.m.: building checks, secure; 2:02 a.m.: burglar alarm (History & Cultural Center) secure; 5:57 a.m.: ambulance (Pearl Street) transport; 7:17 a.m.: fraud (Mellen Road) report taken; 10:14 a.m.: assist other agency (Front Street) assisted; 12:24 p.m.: animal complaint (Royalston Road North) report taken; 1:23 p.m.: vandalism (Front Street) report taken; 2:39 p.m.: property found (Walmart) returned to family; 3 p.m.: sex offender registration (Metcalfe Street) assisted; 3:01 p.m.: animal complaint (Christmas Tree Lane) refer to ACO; 3:43 p.m.: assist citizen (Mill Glen Road) assisted; 3:47 p.m.: ani-

mal complaint (Chestnut Street) assisted; 4:18 p.m.: assist citizen (Whitney Street) assisted; 5:26 p.m.: missing person (Elmwood Road) assisted; 5:48 p.m.: DPW call (Calgary Cemetery) referred; 5:55 p.m.: animal complaint (School Street) refer to ACO; 6:13 p.m.: ambulance (Sibley Road) transport; 6:24 p.m.: ambulance (Central Street) transport; 7:12 p.m.: general welfare check (address not printed) spoken to; 8:48 p.m.: investigation (Pond Street) info taken; 8:52 p.m.: assist other PD (Page Avenue) assisted; 10:23 p.m.: ambulance (Old Centre) transport; 11:54 p.m.: building check, secure.

THURSDAY, OCTOBER 13

12:14-3:31 a.m.: building checks, secure; 6:34 a.m.: animal complaint (Lakeshore Drive) call canceled; 10:24 a.m.: accident (Spring Street) report taken; 12:04 p.m.: trespassing (Clark YMCA) spoken to; 12:50 p.m.: threats (Ipswich Drive) spoken to; 1:52 p.m.: officer wanted (Joslin Road) spoken to; 3:35 p.m.: fire box alarm (Hyde Park Drive) false alarm; 3:50 p.m.: child welfare check (address not printed) spoken to; 6:22 p.m.: intoxicated person (Goodrich Street) area search negative; 6:32 p.m.: keep the peace (Central Street) services rendered; 6:48 p.m.: abandoned 911 call (Glenallan Street) spoken to; 7:09 p.m.: automatic fire alarm (Winchendon School) false alarm.

FRIDAY, OCTOBER 14

12:43-2:48 a.m.: building checks, secure; 7:47 a.m.: runaway (Murdock High School) services rendered; 8:14 a.m.: animal complaint (River Street) refer to ACO; 9:04 a.m.: investigation (Lakeview Drive) no PD service required; 9:46 a.m.: harassment order service (Spring Street) unable to serve; 10:41 a.m.: investigation (Candy Lane) info taken; 12:04 p.m.: 911 call non-emergency (Ash Street) services rendered; 1:10 p.m.: structure fire (Spring Street) extinguished; 2:14 p.m.: DPW call (Glenallan Street) assisted; 2:22 p.m.: harassment (Beachview Drive) report taken; 4:03 p.m.: burglar alarm (Central Street) canceled; 5:18 p.m.: larceny (Ipswich Drive) report taken; 7:11 p.m.:

ambulance (Glenallan Street) transport; 7:22 p.m.: MV stop (Central Street) verbal warning; 8:17 p.m.: assist other PD (Maple Street) unable to locate; 8:51 p.m.: arrest (Front Street) Jeremy P. MacDonald, age 30 of 872 Pearl St., Gardner: based on warrant; 9:46 p.m.: disabled MV (River Street) no PD service required; 11:03 p.m.: ambulance (High Street) transport.

SATURDAY, OCTOBER 15

2:03-2:16 a.m.: building checks, secure; 2:53 a.m.: noise complaint (Ash Street) assisted; 9:59 a.m.: investigation (Candy Lane) spoken to; 10:01 a.m.: burglar alarm (Teel Road) accidental; 10:16 a.m.: MV stop (Spring Street) verbal warning; 10:25 a.m.: harassment (Hyde Park Drive) spoken to; 11:24 a.m.: ambulance (Murdock Avenue) services rendered; 12:14 p.m.: ambulance (Benjamin Street) transport; 3:19 p.m.: general welfare check (address not printed) spoken to; 4:37 p.m.: investigation (Spring Street) services rendered; 4:53 p.m.: investigation (Robbins Road) spoken to; 5:25 p.m.: accident (Spruce Street) report taken; 5:35 p.m.: runaway (Polly's Drive) unable to locate; 5:55 p.m.: harassment (Webster Street) report taken; 5:58 p.m.: property found (Forristall Road) services rendered; 6:21 p.m.: noise complaint (Juniper Street) services rendered; 7:17 p.m.: investigation (Pleasant Street) no PD service required; 7:39 p.m.: suspicious person (Mikes Auto Body) unable to locate; 7:47 p.m.: gunshots heard (Alger Street) unable to locate; 8:09 p.m.: suspicious MV (Baldwinville Road) unable to locate; 8:47 p.m.: MV operating erratically (School Street) verbal warning; 10:11 p.m.: repossession of MV (Joslin Road) info taken; 11:35 p.m.: ambulance (School Street) canceled.

SUNDAY, OCTOBER 16

2:13-2:16 a.m.: building checks, secure; 2:17 a.m.: ambulance (Hyde Park Drive) transport; 2:37 a.m.: ambulance (Central Street) transport; 5:55 a.m.: unknown alarm (Maple Street) spoken to; 9:07 a.m.: ambulance (Center Lane) transport; 9:13 a.m.: extra patrols (Baldwinville Road) area search negative; 10:17 a.m.: animal complaint (Spring Street) refer to ACO; 11:09 a.m.: suspicious MV (School Square) gone on arrival; 12:34 p.m.: ambulance (School Street) transport; 1:40 p.m.: general info (Hyde Park Drive) spoken to; 2:28 p.m.: disabled MV (Spring Street) removed traffic hazard; 2:42 p.m.: suspicious person (bike path) info taken; 4:47 p.m.: illegal burn (East Street) refer to FD; 5:32 p.m.: DPW call (Central IGA) referred; 6:01 p.m.: MV operating erratically (Maple Street) refer to other PD; 6:06 p.m.: animal complaint (Central Street) refer to ACO; 6:26 p.m.: automatic fire alarm (Hyde Park Drive) refer to FD; 6:40 p.m.: 911 call non-emergency (Goodrich Street) spoken to; 6:57 p.m.: FD call (Hatch Lane) referred; 7:55 p.m.: MV stop (Gardner Road) verbal warning; 9:20 p.m.: officer wanted (Glenallan Street) report taken; 10:07 p.m.: trespassing (Toy Town Elementary) spoken to; 10:37 p.m.: suicide threats (Bemis Road) report taken; 10:42 p.m.: trespassing (Cardinal Lane) spoken to; 11:36-11:51 p.m.: building checks, secure.

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Children's choir makes annual appearance



The poster for the Watoto concert says it all

WINCHENDON — The Watoto Children's Choir traveling from Africa is thrilled to present a brand new choir production entitled "Oh What Love."

The production will be presented at Cornerstone Church, 122 Gardner Road Sunday, Nov. 6 at 7 p.m.

Through this dynamic worship experience, the members of the Watoto Children's Choir, who were once orphans, share their journeys to redemption and demonstrate that God desires to be a loving father to all mankind.

In 1994, Watoto Church founded Watoto Child Care Ministry, Inc, an international holistic care program initiated as a response to the overwhelming number of orphaned and vulnerable children and women in Uganda. It is positioned to rescue an individual, raise each one as a leader in their chosen sphere of life so that they in turn will rebuild their nation.

The model involves physical care, medical intervention including HIV/AIDS treatment, education — formal and vocational, counseling and emotional well-being

as well as moral and spiritual discipleship.

Since 1994, the Watoto Children's Choirs have toured the world annually as advocates for the 18 million African children currently orphaned by AIDS. 'Concerts of Hope' are held in churches, community halls, schools and other venues globally.

The choirs have performed before presidents and royalty in the White House, Buckingham Palace and many other national Parliaments. The choir also performed at the Queen's Diamond Jubilee Pageant in the United Kingdom. Audiences are inspired as the children sing, dance and celebrate their story of hope.

Based on the Bible verse 1 John 3:1- "See what kind of love the father has given us, that we should be called children of God, and so we are"—"Oh What Love" provides a unique worship experience that celebrates the urban African landscape and brings out the individual talents and charisma of the children.

The performance is free and open to the public.

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OBITUARIES

Elaine (White) Beals, 93



SOUTHBOROUGH — Elaine (White) Beals, age 93, died peacefully at home on Aug. 21 with family members at her side. The youngest of five children born to Rebecca Wilder White and Joseph Nelson White, owner of the White textile mills, she was born and raised in Winchendon, where she met and in 1944 married Philip C. Beals, who died in 2008. She is survived by one sister, Pricilla Lindsay, of Kailua, Hawaii; four children, Susan B. Sargent of Washington DC, Whitney A. Beals of Southborough, Molly B. Millman of Cambridge, and Nancy B. Donaldson of Lincoln; 12 grandchildren; three step-grandchildren; seven great-grandchildren; three step-great-grandchildren; and numerous nieces and nephews. A son, George L., predeceased her in 2000.

A caring, loving, and enduringly supportive mother and grandmother, she pursued many interests during her long life, chief among them being a strong dedication to land conservation. She was a founding member of the Southborough Open Land Foundation, serving as its treasurer for several years, and also served on the town's Open Space Preservation Commission. Following their move from Shrewsbury to Southborough in 1950, she and Philip acquired 190 acres of farm and forest land in the 1960s to add to the original 55, later protecting all of it from development in perpetuity through the granting of conservation restric-

tions. In her honor, the Open Land Foundation established the Elaine Beals Conservation Award in 2005, awarding it annually to a local resident who has shown outstanding leadership in environmental conservation.

She was graduated from the Masters School in Dobbs Ferry, NY, in 1941 and was a member of the class of 1945 at Wellesley College. Among her numerous non-profit and civic activities, in the late 1960s she began volunteering at the Edward Street Day Care Center in Worcester, soon joining the board of directors and serving for many years. Her sporting activities included skiing in Vermont's Mad River Valley and in Colorado, tennis (a great backhand!), swimming, and fly-fishing for Atlantic salmon on the Miramichi River in New Brunswick. She and Philip enjoyed traveling, too, taking several trips abroad with a wide range of friends. A lifelong gardener, she was an active member of the Southborough Gardeners and the Worcester Garden Club. Also an avid reader and a woman of faith, she belonged to Pilgrim Church in Southborough for 66 years, singing in the choir for nearly 50 of them.

There will be a memorial service on Oct. 22 at 11:30 a.m. at Pilgrim Church to celebrate Elaine's life.

In lieu of flowers, please consider a contribution to the Southborough Open Land Foundation (www.solf.org), to Pilgrim Church (PO Box 281, Southborough 01772), or to the Michael J. Fox Foundation for Parkinson's Research.

For online condolences, please go to www.shortfuneral.com.

Donald E. 'Ducky' Norman, 81



PINE CIRCLE — Donald E. "Ducky" Norman, age 81, of Pine Circle, passed away on Friday, Oct. 14, in Boston Medical Center, Boston, after an illness.

He leaves his loving wife of 58 years, Ellen J. (Kirven) Norman; his son, Donald E. Norman of Modesto, CA; three daughters, Donna L. Desmarais of Winchendon, Susan M. Valliere and her husband David of Royalston, and Carol A. McAuliffe and her husband Edward of Orange; six grandchildren and nine great-grandchildren. He was predeceased by a stepbrother, Warren Sylvia.

Donald was born in Weymouth, the son of Eugene B. and Evelyn (Byrd) Norman. He graduated from Rockland High School and went on to serve honorably in the United States Army during

the Korean War. Following the service, Donald obtained his CDL license and was a professional truck driver for 45 years. He started out hauling milk for several years and went onto work for and haul products for Table Top.

Donald was a member of the Fraternal Order of Eagles, Rockland Eagles Aerie 841, as well as a member of the American Legion Post 149 in Hanover. He enjoyed golfing, bowling, and cherished time spent with his family.

Funeral services and burial for Donald will be private. There are no calling hours.

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

Mary June (Locke) Turcotte, 92



BALDWINVILLE — Mary June (Locke) Turcotte, age 92, formerly of 64 Pleasant St., died peacefully Tuesday evening, Oct. 11, 2016 in Baldwinville Nursing Home, Baldwinville.

She was born in Litchfield, NH on June 22, 1924, daughter of the late Howard and Ila Lillian (Horn) Locke and lived in Baldwinville for most of her life.

Mary worked for many years at the former Temple Stuart Furniture Company as a furniture worked until her retirement. She was a member of St. Vincent de Paul Church. Her hobbies were crocheting and doing word puzzles

Her husband, Emile E. Turcotte, died in 1985. She leaves three children, Audrey Turcotte of Chicopee, Pat Ellsworth of Baldwinville and Donald Turcotte of Baldwinville; two grandchildren, Derek Bastarache and Amanda Bastarache and one sister, Eileen Locke of Quebec City, Canada. Two brothers, Clayton Locke and Carolee Locke, predeceased her.

Funeral services were held Friday, Oct. 14, 2016 in Stone-Ladeau Funeral Home (stone-ladeau.com), 343 Central St. Winchendon. The Rev. Francis A. Roberge will officiate.

Burial was in Greenlawn Cemetery, Baldwinville.

Memorial donations may be made to St. Vincent de Paul Church, 1 Forest St., Baldwinville, MA 01436.

Juan Angel Gonzalez-Gomez, 79



WINCHENDON — Juan Angel Gonzalez-Gomez, age 79, of 51 Hyde Park Drive, died peacefully Friday, Oct. 14, 2016 in Gardner Rehabilitation and Nursing Center, Gardner, with his family at his side.

He was born in Vieques, Puerto Rico on Aug. 2, 1937, son of the late Juan and Tomasa (Gomez) Gonzalez and lived in Winchendon since 2009.

Juan's passion in life was poetry and church ministries. He was a graduate of Antillian University in Puerto Rico and graduated with his master's degree from Lehman College in New York and his doctorate in education from University of Massachusetts, Amherst. Juan was a teacher in the Bronx, NY and Springfield, and was a

teacher at Belmont Street Community School, Worcester during the 1980s. He also taught at Seventh Day Adventist Academies and public schools in Puerto Rico. He was a member of Seventh-Day Adventist Church of Gardner.

He leaves three daughters, Evelyn Gonzalez of Worcester, Sgt. Raquel Gonzalez-Mangone of California and Elena Gonzalez of Uxbridge; his former wife, Elga Sanabria; six grandchildren; a close cousin, Antonio Nieves and several nieces and nephews.

Funeral services were held Wednesday, Oct. 19, 2016 in Stone-Ladeau Funeral Home (stone-ladeau.com), 343 Central St. Winchendon.

Memorial donations may be made to Seventh-Day Adventist Church, 161 Chestnut St., Gardner, MA 01440-3807 or to Audio Journal Radio Reading Service for the Blind, 799 West Boylston St., Worcester, MA 01606.

Alice G. (Sandstrom) Johnson, 88



WALTHAM — Mrs. Alice G. (Sandstrom) Johnson, of Waltham, died Saturday, Sept. 24, 2016 at Quabbin Valley Healthcare Center in Athol. She was 88.

Alice was born in Waltham on Oct. 15, 1927, daughter of the late Sigur and Dorothy (Penney) Sandstrom. She was a lifetime member of First Lutheran Church in Waltham and also belonged to Living Lord Lutheran Church in Vero Beach, FL. She was also an auxiliary member of American Legion Post No. 40 in Plymouth and was a member of Friends of Calumet in Ossipee, NH and the Swedish Charitable Society of Greater Boston.

The wife of the late Richard S. Johnson she leaves her daughter, Lisa M. Gauthier of Winchendon; her grand-

children, Jessica Lee Rufo of Newton and August G. Gauthier of Winchendon; her great-grandchild, Jailee Klien; her sister, Pamela Sperry and her husband, James, of Burlington and her nieces and nephews, Douglas and Daniel Sperry of Burlington, Scott Aiken of Sunapee, NH, Leeanne Sandstrom of Newton and Candace Wilson of Exeter, NH. Alice was also the sister of the late Thomas Sandstrom.

Family and friends honored and remembered Alice's life by gathering for her funeral service on Saturday, Oct. 15 in the First Lutheran Church of Waltham, 6 Eddy St., Waltham. Burial followed in Mount Feake Cemetery, Waltham.

Memorial donations may be made to First Lutheran Church, 6 Eddy St., Waltham, MA 02453 or to Brookhaven Hospice, 6 Beach St., Framingham, MA 01702.

Patricia Anne (Leary) Lucarelli, 72



VERO BEACH FL — Patricia Anne (Leary) Lucarelli, age 72, of Vero Beach, Florida passed away Saturday, Oct. 1, 2016 at the Indian River Medical Center in Vero Beach. Patricia, known to her friends as "PAL" or

"Pat" was born and grew up in Holyoke and was the daughter of the late George and Rita (Fleury) Leary. She was a 1962 graduate of Holyoke High School and moved to Vero Beach in 2010 from Leominster.

She served as office manager for Cardiology Internists of Leominster as well as working for many years in Al's Mini Mart, the family owned and operated liquor and convenience store in

Baldwinville.

Besides her husband of nearly 54 years Alfred Peter Lucarelli, she leaves her children Denise A. Balboni of South Yarmouth; Keith J. (Nancy) Lucarelli of Winchendon. and Peter A. (Stacy) Lucarelli of Vero Beach; grandchildren Christopher, Jonathan, Samantha, Nathan and Noah; brothers George (Christine), David (Kathryn), and Brian (Janice) and several nieces and nephews.

The family received friends Tuesday, Oct. 18, 2016 at the Strunk Funeral Home in Vero Beach (www.strunkfuneralhome.com) with a prayer service. A Mass was celebrated Wednesday, Oct. 19, 2016 at St. Helen Catholic Church in Vero Beach. Interment followed at Crestlawn Cemetery.

Paul K. Jacoby Jr., 78

WINCHENDON — Paul K. Jacoby Jr. was born in Winchendon on May 7, 1938. He passed away peacefully on Oct. 16, 2016 at the age of 78.

He graduated from Murdock High School in Winchendon in 1956 and entered the US Army. After receiving an honorable discharge from the service, he met his wife, Raili (Thomassin-Hankilammi) Jacoby, at work in Jaffrey. They married Nov. 26, 1960.

After working for several years, he became employed by Aubuchon Hardware at their warehouse facility. He retired in December 2000 after 32 years at Aubuchon Hardware in Westminister.

He leaves behind his wife, Raili, of almost 56 years, two sons, Mitchell Jacoby and his wife Barbara of

Methuen, and Douglas Jacoby and his wife, Wendy, of Lunenburg. He also leaves behind a younger sister, Janice Jacoby of Meriden, CT and five grandchildren Taylor, Carter, Hunter, Benjamin and Hannah.

The funeral was held on Tuesday Oct. 25 in Redemption Rock Church, 3 Hager Park Road, Westminister. Burial followed in The Massachusetts Veterans Cemetery in Winchendon.

The Curley Marchand Funeral Home, 89 West St. Leominster was entrusted with arrangements.

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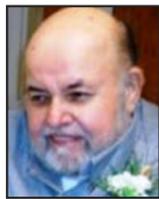
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Minister Inanna Arthen
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Regular Sunday service 11 a.m. followed by potluck dinner



WINCHENDON — Frank A. Cosentino Jr., 75, of 347 Front St. died Tuesday morning, October 18, 2016 in Heywood Hospital, Gardner.

He was born in Athol on May 27, 1941, son of the late Frank T. Cosentino and Ethel (Robbins) Cosentino. Frank grew up in Athol and lived in Winchendon for 50 years.

Frank worked as a truck driver for Mead Containers and C & M Express. He later owned and operated the former Winchendon-Ashburnham Cab Co. Frank was one of the founders of the Snowbound Club and had worked as an auxiliary police officer in Winchendon. Frank was a member of the Teamsters and was a NASCAR enthusiast and a football fan.

His wife of 54 years, Norma C. (Raymond) Cosentino, died in 2013. He leaves a

son, Frank A. Cosentino III and his wife Karen of Winchendon; a sister, Marcella Duguay of Athol; three grandchildren, Frank A. Cosentino IV and his wife Leslie, Mandy Medina Medina and her husband Michael and Ashley Ofosuhene and her husband Nigel; six grandchildren, two nieces and one nephew. In addition to his wife, Frank was preceded in death by three sons, Aaron T. Cosentino, who died in 2014, Mark Cosentino and Michael Cosentino, and a daughter, Leigh Ann Cosentino.

Private graveside services will be held in Calvary Cemetery. There are no calling hours.

Stone-Ladeau Funeral Home, 343 Central Street, Winchendon is directing arrangements.



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SPORTS

Lady Devils continue struggling

BY JERRY CARTON
COURIER CORRESPONDENT

WINCHENDON — Scoring has remained at a premium and wins have been nowhere to be found as the Murdock Lady Devils near the end of a frustrating 2016 season.

At least the game was close at Trivium, MHS falling just 2-1, the shutout avoided in the contest's final seconds when senior captain Hanna Seghir tallied on one of what Coach Jason Marshall called "her sig-

nature free kicks and bounced it off the far post and in for our score." Added Marshall, "as time was about to expire, Hanna calmly took the shot."

That was the closest game of the campaign so far. Trivium scored twice in the game's first ten minutes, but "we picked up our game and kept them scoreless for the remaining" 70 minutes. Trivium kept the pressure on and "clanged the net" a few times said Marshall but the Murdock defense was tough and Izzy Alcantara was

resolute in net.

"Our offense never congealed into a major threat until the last ten minutes" of the contest lamented Marshall. "It was the Maria Polcari show as she played with a fire I hoped the rest of the team would catch." Polcari had a couple chances but couldn't quite convert.

Monday's 8-0 loss at Ayer was another rough time.

"We were able to contain play somewhat to the middle third but Ayer began knocking on the door, had some close calls,

and finally the scoring commenced and rolled on and on for five goals," said Marshall.

The coach again praised Alcantara calling her "resilient" in net. "She hung tough," he marveled.

But Marshall noted, "I think some of the girls got a little overwhelmed and stopped moving their feet which made for a long night. Hanna turned in a solid performance on offense and defense. Kaileen and Mackenzie have been doing a solid job on defense.

"Player of the match went to Gabby (Cote) who went above and beyond shadowing their best player and eliminating her from their offense for a majority of the game."

Murdock visited Naragansett Wednesday and wraps up the season next week with home games Monday against Fitchburg (5 p.m.) and Sizer on Thursday (6 p.m.) before the 2016 finale at Nashoba next Friday.

Mini-Devils defeat tough Clinton team

BY BOB POLCARI
SPECIAL TO THE COURIER

CLINTON — The Mini-Devils traveled to Clinton on Thursday, Oct. 13 to face a tough aggressive Clinton Gaels team. Would the overcast skies and occasional showers be an impediment to the Devils quest to improve to 5 and 0? While the game was four 10 minute quarters and had several momentum shifts, the answer came early and often that the Mini-Devils were going to do everything in their power to leave with a victory.

The Devils won the toss but deferred to the second half and therefore started on defense. The Gaels came out in their trademark Wing T offensive set but were limited to a short three and out. Calvin Tenney and Joey Marobella teamed up to stop the first play from scrimmage with a minimal two yard gain, followed by Tenney tackling the ball carrier for a five yard loss on second down and Riley Kimball sacked the quarterback on a third down pass for another seven yard

loss. Clinton was forced to punt from their 20 yard line on fourth and 20 resulting in the Mini-Devils starting their first offensive series at the 50 yard line.

The first three plays of the possession only netted eight yards for the Devils but on fourth and two, Jack Polcari rushed for 17 yards off the left side to set up a first and 10 from the Gaels 25. On the ensuing set of downs, the Mini-Devils had short gainers on first and second down and then on third down Quentin Pridgen found an ally off the left side and bolted into the end zone for a score from 18 yards out. Pridgen tacked on the two point conversion with another run to put the Mini-Devils ahead 8-0 midway through the first quarter.

The Mini-Devils would again stymie the Gaels offense on their second series resulting in another Clinton punt and the Devils took over at their own 45 yard line.

On first down, Polcari's pass to Justin Thira was intercepted at the Gaels



Courtesy photo

Murdock offense in high gear with big gainer on sweep play, left to right, Corey Fasulo preparing to block, Justin Thira, with key reach block, Joey Marobella and Eric Hogan reach blocking on the line, Quentin Pridgen fake off tackle play, Jack Polcari with ball, Nick Bond and Riley Kimball securing backside

40 yard line. The momentum swing was short lived though, as Kimball made three consecutive defensive stops aided by Kevin Pesce and Richard Anderson to force Clinton to punt for a third consecutive series on fourth down. Unfortunately the Mini-Devils were unable to generate much offense and turned the ball back over on downs at the

Murdock 35 yard line.

The Mini-Devils defense once again stepped up and held strong pushing the Gaels back to the Murdock 45 yard line prior to another Clinton punt.

The Mini-Devils put together a 14 play drive moving the ball from the Murdock 15 to the Clinton eight yard line with Polcari and Pridgen

picking up the bulk of the yardage but were unable to put it into the end zone before half, leaving the halftime score Murdock 8, Clinton 0.

The Mini-Devils started on offense in the second half and quickly put together a seven play scoring drive with Polcari running it in from four yards around the right end but the con-

version run was unsuccessful, resulting in a 14-0 lead for the Devils.

The Gaels were once again unable to generate any offense resulting in another three and out after a 10 yard sack by Izayah Alcantara.

Murdock took over at the Clinton 45 yard line and used a quick four play scoring drive with Polcari outracing the defense the last 31 yards on an excellent blocked counter play but once again the conversion was missed resulting in a 20-0 lead for the Mini-Devils.

Clinton eventually managed to put together a five play scoring drive midway through the fourth quarter and added the conversion run to bring the final score to Murdock 20, Clinton 8.

The Mini-Devils remaining schedule is home on Saturday, Oct. 22 at 11 a.m. versus Eaglebrook, away on Thursday, Nov. 3 at 4 p.m. versus Millbury, home on Wednesday, Nov. 9 at 5 p.m. versus Uxbridge and away on Thursday, Nov. 17 at 6 p.m. versus Narragansett.

Y challenges people to detox their diet

WINCHENDON — Most people are familiar with the concept of "going green" — detoxifying the environment, working to remove impurities that stifle it's healthy growth. But what if people also focused on doing those same things to their own bodies? Enter the Clark Memorial YMCA's "Going Clean" initiative.

In Winchendon, the Y, long considered a leader in health and wellness, has recognized the need for a greater focus on healthy eating. YMCA Fitness and Wellness Director Stephanie Simon explains, "I often meet people who are exercising regularly, but are not seeing results, at least not

what they were hoping for. I ask about their eating habits and realize why the progress is not what it should be."

It was through conversations within the greater Winchendon community that led the Y to take on the idea of "going clean." The result of this has been the Y's 30 day Clean Eating Challenge. The first challenge, which just wrapped up, included clean eating seminars, one on one assessments, and constant monitoring of progress. Simon, a certified health coach, explains that starting with some small steps can lead to a lifetime to practicing healthy eating habits.

"Before anyone begins a new

way of eating, I have them start with a short cleanse, which helps them eliminate cravings, wakes up their digestive system, and prepares their body for a new, healthier way of eating. It's amazing how quickly the body reacts to some small positive changes."

The Clean Eating Challenge recently had 15 participants, with positive results seen across the board. Simon reflects on the feedback she has received, "I have enjoyed hearing all the success stories from participants. It really shows that something as easy as some basic changes to your eating habits can put you on a path to a healthier life. I think, for

many people, it sounds scary. But educating them on what they are putting into their bodies really opens up their eyes and gets them hooked on making some great life-altering changes."

While the Y continues to advocate for healthy eating, the participants have worked hard to get their stories out, hoping to inspire others. One participant shares their story, "When I started the Clean Eating Challenge, I set my goal to get better control of my diabetes. Within the first week of trying new recipes, I noticed changes. I was able to take half the amount of insulin for the majority of my meals. Two

weeks into the program, my doctor was excited with the results I was getting, as I was no longer having the spikes or lows and was able to keep my sugar within acceptable levels. I am grateful to the Y for offering the Clean Eating Challenge, giving me the tools I needed to reach my goal."

Continuing the Going Clean initiative, the Clark Memorial YMCA plans to offer more Clean Eating programs, including another Clean Eating Challenge. If you are interested in more information, stop by the Y (155 Central St, Winchendon), or give them a call at (978) 297-9622.

Meandering....

Let's start with Tom Brady. Asked about his relationship with Donald Trump, Brady deferred all questions until after, in his words, "Super Tuesday or whatever it's called."

May I thus remind you again of those wise words from the immortal Chuck Barkley — "we ain't no role models." Indeed. And here I thought Michigan is a stellar educational institution. Not for everyone I guess.

Anyway by the time you read this, the Cleveland Indians will likely have clinched their first American League pennant since 1997. As I write on Tuesday morning, the Tribe has a 3-0 lead over the Blue Jays in the ALCS and 3-0 leads tend to be pretty safe. Yes, the Red Sox overcame that same deficit in 2004, a comeback ignited by a steal of second from current Dodgers manager Dave Roberts and the Bruins blew a 3-0 lead even after leading game seven 3-0 at home, but it doesn't happen often. It's never happened in the NBA. Speaking of that Bruins collapse, it must have espe-

cially galling to have it come against the Flyers since Philly fans can be shall we say, a wee bit obnoxious, though to be fair their venom is generally saved for their own teams.

So the Indians and their unconventional bullpen, starring former Red Sox, Yankee and Oriole Andrew Miller, appear to be almost certain to advance to the World Series for the first time since they lost to the then Florida, now Miami Marlins 19 years ago, a Series I honestly don't remember much of, but it must've been pretty dramatic since it was won in extras in game 7. Cleveland hasn't won the Series since 1948 when they beat, yes, Boston. A few years later the Braves left town for Milwaukee, the second of their three stops, where they spent just over a decade before decamping to Atlanta and becoming the first franchise to settle in the Southeast.

The Braves are tied for the most moves by a team. The A's began in Philadelphia, went to Kansas City despite the fact they were historically the better team in Philly, and then on to Oakland. It was in Oakland (yes, I'm meandering, hence the title of this column) where baseball fashion changed. Charlie Finley did more than adopt a mule as a team mascot. He outfitted the A's in green and gold, which was a novelty then and horrified the purists.

I've always liked those uniforms. In any event, that opened the floodgates to an era low-lighted by the hideous color scheme of red, orange and yellow worn by the Astros. Nowadays almost every team has Friday home unis or Sunday ones or whatever. Bah.

Football teams have gotten into the act, too. Teams playing the Thursday night contests — you need sunglasses to watch. Yes, I'm a traditionalist when it comes to sports — I detest the DH and miss two-night doubleheaders and fondly remember 1 p.m. Super Bowl kickoffs, and while I understand the No Fun League is always tinkering with marketing possibilities, those day-glo uniforms are ridiculous. Agreed?

The NBA season starts next week. Wake me up in June when the Cavs and Warriors meet in the Finals for the third straight season. The regular season will be a complete snooze unless Golden State makes a run at 82-0. Remember, they only lost 9 games last year before somehow managing to lose three straight to LeBron in the Finals. Yeah, I know — no one's going 82-0 but Golden State's pursuit of another 70+ win season might be the only thing to watch. Yes, the Celtics are better but when you're in the same conference with the Cavs, so what.

College hoops are much more fun.

TALKING
SPORTSJERRY
CARTON

Personally I'm looking forward to Nov. 11 when Maryland faces my alma mater of American. Nice payday for the Eagles, though I suppose you never now. It was 1982, I think, when AU beat Georgetown when the Hoyas were ranked fifth and all of us remember Chaminade upsetting Ralph Sampson and UVA. I'll take college hoops over the pros any day of the week. You?

ATHLETE OF THE
WEEK

Gabby Cote, said girls soccer Coach Jason Marshall, went "above and beyond" in defending Ayer's best offensive player.

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Winchendon resident named to post



Sarah A. Galvin

LEOMINSTER — Fidelity Bank has named Sarah A. Galvin of Winchendon senior vice president. She came to the bank as a result of the merger with Barre Savings Bank in April. Galvin, formerly

senior loan officer with Barre Savings Bank, was named senior vice president, business banking officer. She will initially focus on transitioning the commercial loan portfolio while also identifying and developing new opportunities to help businesses in the Barre, Paxton, Princeton, and Gardner areas.

Before joining Barre Savings Bank in 2011, she was a vice president at Enterprise Bank & Trust Company and Clinton Savings Bank. Before that, she was an assistant vice president at Citizens

Bank and Commerce Bank & Trust.

"Sarah's experience as a collaborative leader fits well with our LifeDesign culture, which puts our business clients' needs at the center of the planning process," said Christopher W. McCarthy, president and chief operating officer.

Galvin chairs the Greater Gardner Chamber of Commerce and is treasurer of RCAP Solutions in Gardner. RCAP is a nonprofit that helps individuals, families, communities and small-business owners

with a wide range of housing and real estate services.

Galvin holds an MBA from Anna Maria College and a bachelor's degree from Fitchburg State College. She lives in Winchendon.

Fidelity Bank — one of the oldest and continually growing independent, local community banks in central Massachusetts — offers a full range of banking, investment, and insurance solutions across 10 full-service offices including two in Leominster, Worcester, Fitchburg, Gardner,

Shirley, Barre, Millbury, Paxton, and Princeton.

Fidelity Bank believes that everyone — their clients, employees, and community members — deserve the opportunity to grow, improve, and realize their hopes and dreams. They do this through LifeDesign, their unique way of doing business and the promise they make to be caring, trusted friends and help their clients, employees, and community members get where they want to be.

Since 1888, the bank has continued this com-

mitment to the businesses, families, and individuals in the communities it serves; in turn, loyalty demonstrated by members of these cities and towns has allowed the bank to become one of the strongest financial institutions in the region. As of June 30, 2016, Fidelity Bank has total assets of \$787 million. The FDIC and the Share Insurance Fund insure 100% of all deposits. Equal Housing Lender. Member FDIC. Member SIF.

For further information, visit www.fidelity-bankonline.com.

United Way awards 38 grants

REGION — United Way of North Central Massachusetts awarded 38 health and human services grants targeting 22 communities throughout the region.

"In awarding this critical grants, United Way of North Central Massachusetts fights for the health, education, and financial stability of every person, right here in North Central Massachusetts," said Phil Grzewinski, president of United Way of North Central Massachusetts.

The grants are made possible through United Way's annual campaign, which raises fund through corporate donations and employee payroll giving.

Boys & Girls Club of Fitchburg and Leominster received at \$8,591 grant for its Power Hour After School and Summer Brain Gain programs, which are designed to engage youth in learning, encourage academic success and become life long learners.

A \$4,211 grant to the Boys & Girls Club of Lunenburg's Project Learn program will develop positive and effective study habits while addressing and decreasing behavioral problems during school hours through leaning successful methods of information retention through a reward system.

Catholic Charities of the Diocese of Worcester received a \$16,002 grant for food and emergency assistance, which provides food, clothing and shelter to individuals and families in need in North Central Massachusetts.

A \$16,845 grant to Children's Aid & Family Service, Inc., Fitchburg, for their Strengthening Families Initiative will be used to support at-risk families throughout the region through collaboration with Strengthening Families Alliance, which includes 15 partner organizations.

Fitchburg's Community Health Connections, Inc. \$28,636 grant will be used to provide substance abuse counseling, personal addiction identification, while working through the stages of addition and rehabilitation in order to prevent the outcome of relapse.

A \$19,371 grant to Fitchburg Public Schools 21st Century Scholars Afterschool Learning Center will help students meet state and local standards in reading and math.

Fitchburg Public Schools Afterschool Learning Center also received a \$8,422 grant for Fitchburg High School Plato Credit Recovery program, which will address the need of students who had been or are on the verge of dropping out of high school.

A \$4,462 grant to Gardner Community Action Committee, Inc. will be used for its Fellowship Table, which helps feed families in need. The organization received another grant for \$9,012 for its food distribution and emergency assistance program. It also secured \$6,317 grant to provide medical transportation services.

GVNA HealthCare, Inc. in Gardner received \$10,949 for its food pantry.

Two grants were awarded to House of Peace and Education, Inc. in Gardner. Hope for Kids received \$14,149, which will be used for low-income children in K-12 in Gardner and neighboring communities to bridge the gap between home and school. It also received a \$12,633 grant for Project Contact Summer Camp, which provides a positive summer camp experience for those who would not otherwise have one.

L.U.K. Crisis Center, Inc. of Fitchburg received a \$13,897 grant for its Passages/Transition to Independent Living program that assists older adolescents and young adults to take charge of their

lives and reach their fullest potential.

A \$14,234 grant to Literacy Volunteers of the Montachusett Area, Fitchburg will be used to promote and foster literacy, teach adults to read, write and speak English.

Loaves & Fishes Food Pantry, Inc. of Ayer will use its \$8,422 for its food pantry program.

Montachusett Home Care Corporation of Leominster received \$10,401 for its Volunteer Companion and Escort program, which helps elders and disabled adults to enable them to continue living independently.

Leominster-based Montachusett Interfaith Hospitality Network received \$17,687 grant to help families transition back to permanent housing through case management and benefit assistance.

Montachusett Opportunity Council, Inc. in Fitchburg received three grants, \$7,748 for its Care Services/Food Resources program, which is a multi-service program that provides resources to individuals living with HIV/AIDS in the area. Its Leona Fleming Food Pantry received a \$11,286 grant and their MOC Homework Center program, \$8,422.

A \$105,728 grant to Mount Wachusett Community College will be used for United Way Youth Venture, which empowers young people by providing them all the tools necessary to create civic-minded organizations, clubs or businesses.

Our Father's House, Inc., Fitchburg received a \$17,687 grant for homeless outreach work in North Central Massachusetts.

A \$21,056 grant to Pathways to Change, Inc., Worcester, for its SAYE program will be used to develop the peer leadership potential of young males in addressing the male culture of violence, and particularly sexual violence towards women

and children.

Leominster-based Spanish American Center, Inc. received a \$15,008 grant for its food pantry.

The Arc of Opportunity in North Central Massachusetts was awarded a \$9,601 grant for its Family Support & Advocacy program, which provides individuals with intellectual/developmental disabilities, and their families, with support groups, information referral for community resources, arts and recreation activities, and sibling support workshops.

Three grants were awarded to The Salvation Army, Fitchburg. A \$23,582 grant to Bridging the Gap program, which addresses multiple determinants of emerging anti-social behavior in first time juvenile offenders and other at/high risk youth. A \$20,213 grant for Comprehensive Emergency Assistance program will be used to help with food assistance, rental/mortgage, utility assistance, emergency disaster services, camp experiences, seasonal assistance, referrals, clothing and furniture. Their Summer Fun program received \$12,044, which provides breakfast and lunch for income eligible kids 0-18, as well as educational, craft and recreational programs with a mentoring component for children 13 and up—during the summer months.

United Neighbors of Fitchburg, Inc. received a \$17,687 grant to address the prevention of youth violence, drug abuse and teen pregnancy. Geared to engage low-income children and youth with a collaboration of existing, successful programs.

The YMCA of Central Massachusetts Montachusett Community Branch, Fitchburg, received three grants. A \$12,465 grant to Camp Lowe scholarship program will allow for 75 children to attend Camp Lowe

for one week during the summer months. The Teen Center received a \$16,845 grant, which provides services to help develop their social and leadership skills through structured activities, homework help, classes, volunteerism, and involvement in the community. The Youth Program received a \$13,476 grant, which provides services to youth of recreational activities that enhance academic, social development in a safe, supportive and supervised environment.

The YWCA of Central Massachusetts, Worcester received a \$4,830 grant for its Aralia Emergency Shelter, which provides North Central Massachusetts woman a confidential emergency shelter for victims of domestic abuse and their children who are in imminent danger of physical harm. It also received a \$25,772 grant for its Community Outreach & Prevention program, which serves the needs of victims and survivors of domestic violence and their children through a 24 hour hotline, 90 day emergency shelter, crisis intervention, high risk assessment, individual counseling, support groups, advocates in six District Courts.

The United Way of North Central Massachusetts, www.uwncm.org, is working to advance the common good by creating opportunities for all. Its focus is on education, health and financial stability initiatives in: Ashburnham, Ashby, Athol, Ayer, Devens, Fitchburg, Gardner, Groton, Harvard, Hubbardston, Leominster, Littleton, Lunenburg, Pepperell, Petersham, Phillipston, Royalston, Shirley, Templeton, Townsend, Westminster and Winchendon.

Healthcare improvements highlight annual discussion

LEOMINSTER — Deborah Weymouth, MBA FACHE president and CEO of Health Alliance Hospital was Montachusett Home Care's guest speaker at its 42nd annual breakfast in late September at the DoubleTree Hotel.

Weymouth provided a riveting presentation on the changes the health care system is under going to reduce costs and improve the quality of care.

Montachusett Home Care holds its annual breakfast to honor its staff, board members and volunteers for the excellent work they do all year for elders, disabled adults and their caregivers. Following Weymouth's address, the agency honored two of its long time employees, Shawna Kaloustian for 10 years of service and Sue Leger for 30 years of service.

In addition, the Eleanor Gilmartin Award for

Professional Excellence was presented to Montachusett employee Donna Severance. Etta Lane, a homemaker from Independence Health Care, received the Margaret Kieley Outstanding Service Award.

Montachusett Home Care is a non-profit agency whose mission is to help elders and disabled adults remain safely in their own homes by providing in-home and community based care. For more information about the agency call (800) 734-7312.

Courtesy photo

Deborah Weymouth of Health Alliance Hospital was keynote speaker at the Montachusett Home Care annual meeting



Ruth DeAmicis photo

HONORED FOR HER WORK

Kiwanis member Jennifer Haddad was named Kiwanian of the Year by her club for her continuing work and efforts on behalf of the Toy Town Elementary School backpack program. The program provides weekend lunches for nearly 50 children through the efforts of the Kiwanis and community support. The bags are packed each week with the help of both Murdock and Winchendon School students who use as the work as service hours. Coordinating the entire system and making it work has been Haddad's project from the beginning.



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Blessings on our furry friends

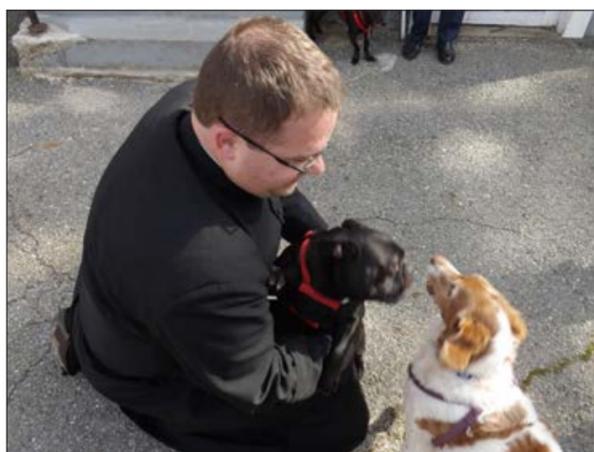
Greg Vine photos

WINCHENDON — An annual tradition has been a formal blessing of man's (and woman's) best friends by many religious organizations.

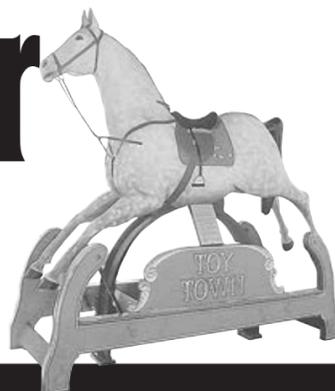
Last weekend, the Immaculate Heart of Mary Church held a blessing, and it was a vast array of barks, woofs, meows and tweets that greeted Fr. Michael Clements as he made his way through the crowd on the church lawn.

Well behaved friends and their families (for the most part, do notice at least one who couldn't wait for the others at the food table) appreciated the attention and care.

Fr. Mike too enjoyed the interaction with furry friends.



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JOB SEEKERS

Job Seekers Networking Group hosted by North Central Career Center and Greater Gardner Chamber of Commerce. Meetings are open to all job seekers and are held on Wednesdays from 1-2 p.m. at the Chamber conference room,

29 Parker St. 2nd floor, Gardner. Contact the Chamber at (978) 632-1780.

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Art inspires at Cornerstone weekend



Tracy Gambill photos

A young participant at the event receives a bouquet from Rainboe.

BY TRACY GAMBILL
COURIER CORRESPONDENT

WINCHENDON — Cornerstone Community Artists' Day Apart (Ccada) recently held its sixth annual Art Show featuring a variety of artists and genres. The front hallway of Cornerstone Church at 122 Gardner Road was

turned into a gallery which displayed photographs, drawings, paintings, yarn crafts, and wood birdhouses. Some pieces were for sale, others were simply for admiring.

astor J. Lillie spearheads Ccada and is an artist who works primarily in photography, writing, and music. Ccada meets on the third Saturday of each month so that artists may work on whatever they wish in the morning and then come together as a group in the afternoon to do a featured project or workshop of the month.

Last weekend's event showcased visual art as well as the written word and music. Poets read their works to an attentive audience. Listeners would snap after each reading, rather than clap. Lillie explained that the tradition comes from 'beatnik' days in New York City when writers would read their works at small places like the Gaslight in Greenwich Village and neighbors would complain if there was too much noise.

Things got louder in the sanctuary as music played from time to time throughout the art show. On Friday night, Elijah Haas of Winchendon jammed on his electric guitar and a young adult band rocked the house with upbeat gospel music. Some members of

the audience stood in front to sway and sing along.

Rainboe the Clown, also known as Norma Butterworth, told a story based on the Bible while twisting colorful balloons into a huge flower.

Beautiful prayer shawls made by a group of women at the church were on display. The Prayer Shawl Ministry has sent upwards of 1700 shawls to people around the world who are ill or grieving, to give comfort and hope.

Workshops during the show on Saturday kept some folks busy making cards or coloring while others enjoyed refreshments from the café. Many also tried their luck at the Chinese Auction.

Ccada artists often ask themselves "How do we use our gifts?" The answers are 'God Projects' that they bring to the wider community. Some artists, for example, recently spent six months painting a mural in the pediatric department at Heywood Hospital. It is just one way the group can use their artistic gifts to help others.

For more information on Ccada, call Pastor Lillie at 978-297-3125 ext 105.



Using an art photograph as inspiration, Pastor J. Lillie at the keyboard.

Drumming up a bit of interest at the new GALA art gallery



Tracy Gambill photos

Collin Sarver, a second grader at Memorial School, adds flair to his drum.



Kiana Walsh, a third grader at Toy Town Elementary, found something intriguing to add to her drum.



Mark Quinn, a fifth grader at Toy Town Elementary, gets some drumming tips from Walden Whitham.

BY TRACY GAMBILL
COURIER CORRESPONDENT

WINCHENDON — Last weekend's free toy making workshop at GALA combined history, art, music, and storytelling. The Gardner Area League of Artists, with sponsorship from the Winchendon Cultural Council and help from the Winchendon History and Cultural Center, began the event with a tour of antique toys now on display in the Isaac Morse House.

Collin Sarver, age 7½, (that one half is important) said he would be

bored with the older toys because he likes to play video games. The second grader seemed to enjoy decorating his light blue drum with his mom though.

There were definitely favorites among the vintage toys in the museum. Many liked the rocking horses. Laney Bredberg, 8½ years-old from Gardner, liked the dolls. Ten-year-old Mark Quinn of Winchendon was partial to the train. The tea cups caught the eye of Kiana Walsh, who is an eight-year-old from town.

After a brief tour of yes-

teryear's playthings, children chose just the right decorations to accentuate their own drums.

Walden Whitham, long time music educator, serenaed participants and their families with the gentle sounds of the harp as they embellished their new instruments.

Whitham then sang songs and told stories as he guided the young musicians through some beats. What better way to spend an afternoon in Toy Town?



Laney Bredberg, hailing from Gardner, found that purple feathers were just the thing for her drum.

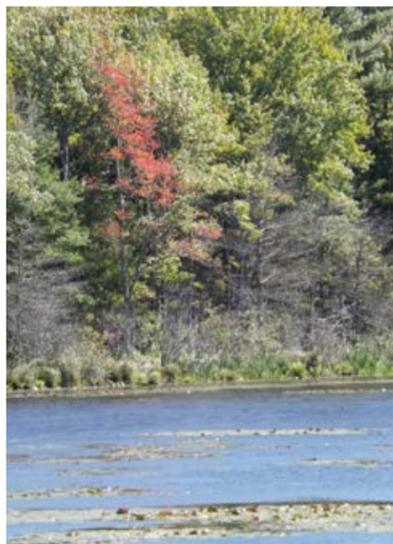


Laney Bredberg and Kiana Walsh practice on their new drums.



While the kids crafted their drums, Walden Whitham entertained with a Celtic harp.

Arbutus Sanctuary a quiet respite



As fall quietly cloaks the trees with color, the Sanctuary comes alive.

be nothing more than a dull curiosity. Such is not the case with the Arbutus Sanctuary off West Street in Winchendon.

The Merriam-Webster dictionary defines arbutus (pronounce ar-byu'-tes) as "any of a genus (*Arbutus*) of shrubs and trees of the heath family with white or pink flowers and red or orange berries." The flowers of the plant (sometimes also called the Mayflower) can be seen in the sanctuary in mid to late spring. Other plant species that can be spotted in the sanctuary, which is owned by the New England Wildflower Society, include painted trillium, hobblebush, bunchberry, and pink lady's slipper. The woods are full of white pine and hemlock.

Walking through the property is like treading on plush carpet. Decades — perhaps centuries — worth of evergreen needles have accumulated on the forest floor, giving each step the sensation that one is about to sink into the earth up to one's ankles. The only thing that may betray your presence in the forest would be an errant step snapping an old, dry twig or tree branch. Otherwise, a walk through the Arbutus Sanctuary, especially if an explorer stays on the barely discernible trails, remains virtually silent.

Walking through the property on a damp fall day, as did this writer, one can't help but feel you're the only living thing for miles around. The flowers have long faded and gone to seed, and the leaves of what deciduous trees there are on the land have faded from red, yellow, or orange to brown and tan. The occasional drip of mist accumulating on branches or leaves is about the only sound to be heard. That, and maybe the flutter of the wings of birds flying from one treetop to another.

Walk far enough into the sanctuary and you might eventually hear the gurgle of water tumbling over rocks and stones. That would be the sound of Tarbell Brook, which originates just northwest of Taggart Meadows in Rindge, and flows south until it meets the Millers River.

Along the east side of Tarbell Brook, large remnant stumps can still be seen; all that remains of the many trees that were toppled during the Hurricane of 1938.

The Arbutus Sanctuary was created when Winchendon resident George Hapgood Parks gave approximately 90 acres to the New England Wildflower Society in January 1964. Hapgood's ancestors were among the earliest settlers of the town. Jane Galat has served

as sanctuary steward for about two decades.

The sanctuary lies in the valley created by Tarbell Brook. To the east is "Sanctuary Hill," so named by Parks, which tops out at 963 feet above sea level. To the west is Tallow Hill, which is just slightly less than 1,100 feet above sea level.

In addition to the many varieties of flora, some of the animal species that can be spotted on the property include beaver, river otter, and white tailed deer.

WINCHENDON — The term "hidden gem" has become an oft-used cliché when it comes to describing those places with much to offer but which are little known. Often, what one person describes as a "gem" really turns out to

LEGALS

TOWN OF WINCHENDON Planning Board NOTICE OF PUBLIC HEARING

In accordance with the provisions of Section 5 of Chapter 40A, The Winchendon Planning Board will conduct a Public Hearing on Tuesday, November 1, 2016 at 7:05p.m. in the Town Hall Auditorium (second floor), 109 Front Street, Winchendon, MA 01475 to consider the following proposed amendments to the Winchendon Zoning Bylaw:

A. To amend Article 5.1 Basic Requirements by adding new section entitled *Additional Requirements* to include the following: *Any proposed use may be subject to the Site Plan Review provision of this Bylaw per Article 12.*

B. To amend Article 5.2.1 Residential Uses for the Planned Development District to allow the following as a *use permitted as a matter of right*: 5.2.1.A. Single family detached dwelling, 5.2.1.B. Two family attached dwelling and 5.2.1.H. Accessory dwelling unit.

C. To amend Article 5.2.2 Commercial Uses for the Planned Development District to read 5.2.2A Retail store or larger scale retail services *larger than 15,001 sq.ft. including sales room or market for sale of merchandise to the public and to be allowed by a matter of right*, 5.2.2B Small scale retail services *that does not exceed 15,000 sq.* such as barbershop, dry cleaning, tailoring, shoe repair, caterer, print shop, photography, crafts and *to be allowed by a matter of right*, 5.2.2C. Convenience *without gas station and to be allowed by Special Permit.*

D. To amend Article 5.2.2 Commercial Uses for the C2- Neighborhood District to allow 5.2.2P. Self-service storage facility as a *use permitted as a matter of right*.

E. To amend Article 12.2.1E to read: Any use requiring a special permit in accordance with section 5.2 Schedule of Use Regulations if required by the Board of Appeals *and does not qualify for an exemption under Article 12.3 of the Zoning Bylaws.*

Copies of the draft revisions are available to be viewed in the office of the Department of Planning and Development Room 17, Winchendon Town Hall, 109 Front Street, Winchendon during normal business hours. Interested citizens are encouraged to attend. Alternative translation and accommodation for disabled persons is available by advance request to the department at (978) 297-5410
By: Guy C. Corbosiero
Chairman Winchendon Planning Board
October 14, 2016
October 21, 2016

(SEAL)

COMMONWEALTH OF MASSACHUSETTS LAND COURT DEPARTMENT OF THE TRIAL COURT

16 SM 009279
ORDER OF NOTICE

TO:
BRIAN K. BARTLETT AND KIMBERLY D. CASAVANT A/K/A KIMBERLY D. BARTLETT,
and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. App. § 501 *et seq.*:
U.S. Bank Trust, N.A., as Trustee for LSF9 Master Participation Trust claiming to have an interest in a mortgage covering real property in Winchendon, numbered 15 ROYALSTON ROAD NORTH, given by: BRIAN K. BARTLETT AND KIMBERLY D. CASAVANT A/K/A KIMBERLY D. BARTLETT to Beneficial Massachusetts, Inc., dated April 25, 2006, and recorded at Worcester County (Worcester District) Registry of Deeds in Book 38850, Page 339, and now held by Plaintiff by assignment, has/have filed with this court a complaint for determination of Defendant's/ Defendants' Servicemembers status. If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at **Three Pemberton Square, Boston, MA 02108** on or before NOV 14 2016 or you will be forever barred from claiming that you are entitled to the benefits of said Act.
Witness, Judith C. Cutler, Chief Justice of said Court on SEP 28 2016
Attest:

Deborah J. Patterson
Recorder
53111 (BARTLETT) FEI # 1078.01947
10/21/2016,
October 21, 2016

SAFETY

continued from page A1

Ruschioni said to the students, "When you go home today, tell your mommy and daddy that their smoke detectors should be checked every month. Also, the batteries in your detectors should be changed once a year, so Halloween is a great time to change the batteries. You should also have a carbon monoxide detector in the house."

Ruschioni explained that C/O is a colorless odorless gas, and that each home is supposed to have one by law.

"You can have C/O building up, and you wouldn't know it, so it's really important you have the detectors in your house so you can safely get out, and you can call us at the Fire Department and we can come and help you," he told the students.

Ruschioni added, "If either your fire alarms or carbon monoxide alarms go off, it is very important that you have a meeting place to exit your home or the building, like you have here at school. However this is important for all of you to remember, if you have a pet, like a cat or a dog or other, 'Never go back in to the building to try to save your pet, that is our job.' We as firefighters will go inside for you, and try to save your pet. Never ever go back inside once the alarms have gone off and you're outside at your meeting place."

During the training, Ruschioni also explained to children, "Do not ever hide under a bed or in a closet or anywhere else during a fire after your alarms go off. Your mother and father need to be able to find you, so you can all get out safely and go to your safe meeting place outside. If you hide, your parents may not be able to find you, and you need to exit as

fast and safely as possible."

His admonition about safety first for hot spots was right on.

"However, if you wake up in the middle of the night and your alarms are going off, do not open the door, especially if you see smoke coming under it. Feel the door handle with the back of your hand, and if it is warm, DO NOT OPEN IT. Go back to your window and open it, and wait for the fire department to get there to help you. When you call 911 for help, tell us what part of the house you are in and we will come get you," he said.

WFD members then activated a fogging system in the trailer which simulated smoke, while also activating a device to warm the door handle on a door. Each student got to discover how to touch the door handle to see if the door was hot, and then practiced crawling on the floor to avoid breathing in smoke while working their way out of the fire to a meeting place.

Students were taught to have their parents put out a fire on a stove by covering the top of pan or pot with a lid, and were also instructed to never ever put water on the fire as the grease could react and explode while rapidly spreading the fire. Emphasis was also placed on never having the handles facing outward, so items on the stove could not be knocked over and land on anybody.

At the end of the event, each student was provided with an activity book called, "To Be a Hero, Team Up For Fire Safety."

After the training of Margaret Lyons first grade class was over, Ruschioni was asked what it meant to all the firefighters to be able to teach children at such a young age about fire safety. Ruschioni replied, "The important thing is teaching



Keith Kent photos

Above: Brady Hanks practicing tried and true Stop-Drop-and Roll procedure.

At right: Firefighters Ashley Girouard and Becky Hicks help children simulate climbing down a fire escape to get out of danger.



children at an early age. Society is a lot different than it used to be. Lots of times young kids could be at home with a baby sitter, or both parents could be away working with two jobs. So the importance of teaching children early has such an important impact on them their entire lives, which is why it is so important to do this early. For us as firefighters, the youth of our community is the most important to give back to, as they are the future of Winchendon, and we love to give back to the kids!"

Chief Tom Smith, who was away in another community

on business, wanted to add, "Fire prevention programs in the schools are extremely valuable to the community. It is our desire that the children use what they learn to help keep both they and their family's safe whenever possible. Their safety is our ultimate goal."

BOS

continued from page A1

quences," said Anderson.

The second article supported by the BOS gives control of approximately 106 acres of the Winchendon Town Forest to the Conservation Commission in order to create a contiguous conservation area with Gardner. The property will be held in conservation for perpetuity under the hands of the two towns' Conservation authorities. This is requested because a small amount of grant funding was made available through a state agency interested in creating more open space conservation districts. While surveying and other research must be done to finalize the creation of the district, conservation agent David Koontz explained the estimated \$25,000 needed for that work would be covered by the grant.

"We won't do it unless we get that grant in hand," he explained.

And both Winchendon and the city of Gardner must approve the project in order to get the grant, though it seems Gardner is on board. The BOS approved the concept.

In other business, the BOS was given a report by Tracy Murphy on the status of the Community Block Grant program. New areas of town are being proposed to be included in the targeted areas for housing rehabilitation and street work; though Murphy explained new rules may be in the works that might slow down all projects in the future.

Work on Walnut Street will significantly narrow that street, and a proposal to make it one way is being considered. It is possible Chestnut Street could be made one way in the opposite direction.

Rick LaPerriere appeared again before BOS requesting a letter of support for the state abeyance of taxes on his business. The incremental tax program is nearly at its end for the state portion, but will continue for a few more years for the

town taxes.

BOS members questioned LaPerriere about the number of workers he employs, whether more employees are expected to be hired and whether the required reporting on his business could be expected in the future.

LaPerriere defended his past actions, saying he hadn't understood the requirements and thought he had met them when he had given reports to former town employee Gerry White until White told him those reports were no longer needed.

"I guess I didn't understand what I was supposed to be doing," LaPerriere said.

"Whatever I need to do, I'll do it," he continued. "I need this."

Both Anderson and BOS member Amy Salter were not happy with the information that had been provided, however and voted not to support a letter as proposed by the other members of their board. Barbaro proposed the letter, leaving out language that offered the town would not possibly renegotiate the current TIF in place with Mylec.

Finally, in his report, Hickey explained that though the town will probably be able to limp through this winter with the town hall heating system, the possibility exists of switching to a propane system instead when a new one is installed.

Hickey said he had talked to several possible vendors for repair or replacement; and to others for costs associated with oil versus propane.

"It isn't finalized but it's a possibility," said Hickey. "It seems to make sense."

The costs include removing the old system, including asbestos, and installation of a new system.

Questions were raised about whether the combined bid for heating oil would be affected by this new system, and Hickey said he would investigate.

WELLNESS

continued from page A1

vendors and all sorts of goodies."

Last fall more than 30 agencies participated and about that number are expected to attend this year as well though the exact list was not finalized at press time..

"We want to make a difference. We can help give people a chance to stay home and it's important for many seniors to be able to do that," Sarah Janhunen, program developer for Alternatives' Adult Family Care said a year ago.

"We are looking forward to meeting new people and families we may be able

VOTING

continued from page A1

in the upstairs auditorium.

"We always get absentee requests from the 'snowbirds,'" who flee to warmer climates when the weather starts to chill in New England, "and in presidential years those numbers increase," she said.

Registration to vote closed Wednesday. 36 states plus Washington DC permit some form of early voting. In the disputed 2000 election, CBS News reported 16% of ballots were cast ahead of Election Day. That figure reached 35% in 2012 and CBS polls estimate as many as 40-percent of the total vote may be cast before Nov. 8.

LaJoie said the town is hoping to get a grant from the state to help pay for early voting but because Winchendon has fewer than 10,000 registered voters, any grant would be no more than \$500.

to help and support in the future. Even if we can connect with one family, it's worth it," said Janhunen.

That sentiment echoed throughout last fall's event from every vendor and agency.

The state's office of Consumer Affairs also attended last October and Robin Putnam, an elder law attorney and research and special projects manager said identity theft is an increasingly serious issue among seniors. "We can provide legal assistance on that and a wide range of other senior-oriented issues," she said.

"We like having a diverse number of organizations," said Bettro.

"They're able to cover a lot of senior issues and having them all in the same place is beneficial to the community," she added while acknowledging these kind of wellness fairs are staples in many other communities as well. That doesn't make the fair any less worth-

while, of course. As Bettro pointed out, "for example, insurance issues can get very complicated. If this can help unravel some of those issues, that does make a difference."

Bettro has been at the senior center since 2003 and the wellness fair "has been going on since before I got here. Going on for so long tells me it's having a positive impact on the community," she stressed.

Vendors who have confirmed their attendance include Winchendon Housing Authority, the Winchendon Police Department, Heywood Hospital, Gardner Visiting Nurses, Alternatives, Montachusett Home Care, Fitchburg State University Nurses, Walgreens and others.

Bettro said transportation can be provided. "If people give us a call before Tuesday (978 297-3155), we can try to help them get here," she said.

SCIENCE

continued from page A1

interested and Murdock offers something Gamache says he thinks is "unique" to the area.

The biology department has a "live lab" consisting of toads and lizards and a bearded dragon named Mushi and other specimens.

"We talk about adaptation, about how biology impacts animals. We even have a couple mice," Gamache noted. "When there's a chance be hands-on, you're going to find the kids tend to be more interested. You always want to do something that involves more than lecturing and having them just write things down. In science there are a lot of ways to do that," he noted. (The lab, funded by a grant, will be the subject of a future story in the Courier.)

The Northfield native had been subbing at local schools in his home region when he saw the chance to come to Murdock.

"I was just looking for experience," he reflected. "I had no expectation it would lead me back here this year," Gamache said.

"It's been a very positive experience," he added.



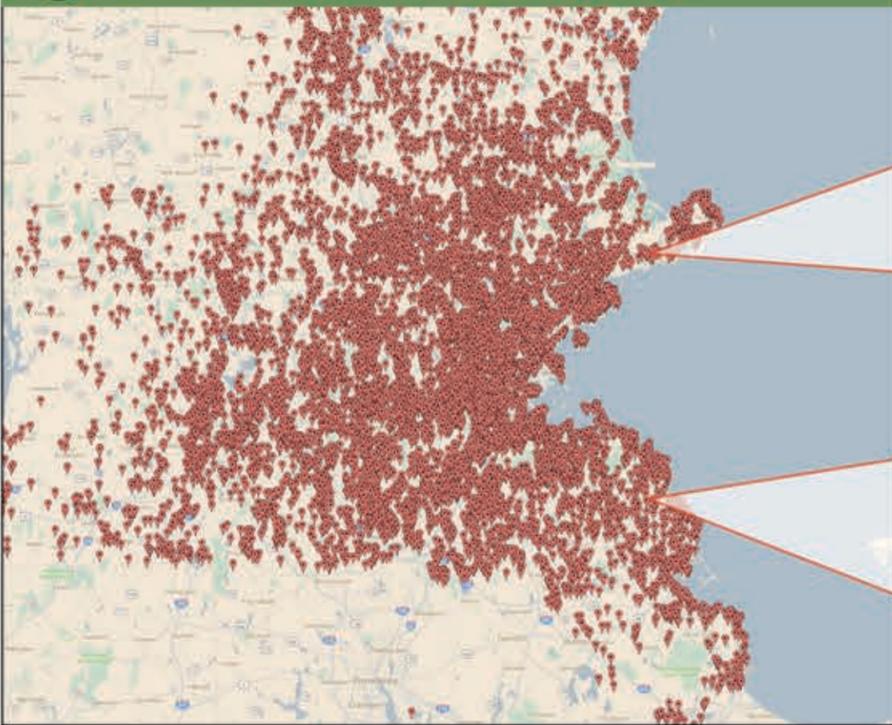
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It's a destination

Pulling into the Otter River Road parking lot of Smith's Country Cheese these days it isn't surprising to find a huge bus pulled up before you. People have piled out to gather around the windows and watch cheese being made, then explore the gift shop and buy some of that mouth watering perfection for themselves.

It isn't unusual, says new owner Allie Catlin, for three or four busloads a day to make the cheese farm the destination for those wanting to find local artisans, and made in Massachusetts goods...and food.

Indeed, the award winning farm was featured on Made in Massachusetts in October.

As the holidays approach, keeping the shelves stocked with all this new business is a delightful challenge, one that Catlin is happy to take on.

"We have already ordered new stock, and we have some great ideas. People will be pleased with the variety and with the choices we've made," she said.

"We" includes Jennifer Smith, who has managed the gift shop for her parents for years and is helping Catlin with the transition as the new owners take the reins.

Among the plans is an expanded gourmet foods section featuring locally sourced jams, jellies, pickles, maple syrup and more. The Smith line of award winning flavored cheeses and their own ground meat and hot dogs are among the foods available too.

At this year's Big E, once again Smith's Country Cheese garnered award, a gold for the six year aged Gouda, just now available at the store; and bronze for a sharp Cheddar and three new spread flavors: onion & chive, horseradish, and salsa.

"These are perfect for entertaining, and make good gifts too," said Catlin.

Another gift idea is the prepackaged gift baskets Catlin pointed out that can be shipped anywhere. The baskets can be made up with a customer's choice, or the preplanned packages are priced at reasonable place for most gift giving.

"It's a good thing for those who need to send something or give an office gift. And the food of course is amazing," laughed Catlin.

"We'd love to offer local wines and beers too with the localized gourmet foods, but at present there aren't any more package store type licenses available for us to do that. It is too bad, because we do have some sources for great pairings," she lamented.

Smith's is taking part in the Shop Local Saturday in Winchendon and in the Country Roads Christmas campaign. They are open 10 a.m.-6 p.m. Monday through Friday, 10 a.m.-5 p.m. Saturday and Sunday. Located at 20 Otter River Road, they also have a complete website where the cheese can be ordered and shipped at SmithsCountryCheese.com. The local phone number is (978) 939-5738 and there is also a toll free for those out of state (800) 700-9974.

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