

Debt scheduled for early payment

WINCHENDON — Selectmen were informed Monday night the town will pay of its \$3.553 million debt to the state two years soon than expected. The Legislature approved the loan two years ago to allow the town to dig out of a huge budget deficit that had unexpectedly been found during a routine audit.

Hickey told the board he had received from the state Department of Revenue a debt payment schedule for the next five years. The DOR, he explained, had initially proposed dropping the principal payments from \$355,500 per

year to \$216,819.

He said the change was possible because of a \$1.145 million payment the town will make to the state sometime next month. That amount is coming out of the town's free cash, which the state several months ago certified as being about \$1.7 million. The town had already made one payment to the state of \$355,000 during the previous fiscal year.

Hickey also explained that two notes had actually been taken out, not one. He said one was for the initial loan of \$3 million. The second was for another \$553,000 the town

needed to stem the fiscal bleeding.

He said the \$1.145 million payment will be used first to retire the smaller \$553,000 note. The balance will be applied to the larger note.

The town manager also said the town would ultimately save money on interest payments as well, even though they're expected to rise.

In a report given to selectmen, Hickey said, "The town's financial adviser is expecting rates to rise in the future. The FY18 rate is .75 percent and future rates are estimated at 3 percent."

In other action Monday night, selectmen appointed four new members to the Ingleside Utilization Committee. They were: Brian Dickens, Jane LaPointe, Rev. J. Lillie, and Francis Murphy. They'll join Guy Corbosiero and David Romanowski, both of whom had earlier been appointed to the committee.

Board Chairman Barbara Anderson encouraged other residents to become involved in the Ingleside project, noting the committee can have up to 15 members.

The board also gave approval to Max Performance to hold

the 11th annual Massachusetts State Triathlon, starting at Lake Denison, on Sunday, July 9. A request for a special one day liquor license for the event was also approved. The vote on both applications was 4-1, with board member Amy Salter the lone holdout.

Finally, the board approved a change of manager application for American Legion Eugene M. Connor Post 193. Winchendon Veterans Agent Scott Gauthier will become the post's new manager.



Courtesy photo

Monty Tech's Drama Club will present the musical "Sister Act" Feb. 17 and Feb. 18. Pictured here are members of the cast.

Sister Act at Monty Tech this weekend

FITCHBURG — Monty Tech's Drama Club will bring the convent to life next month with its production of the musical Sister Act. Performances will be held at 3:30 p.m. Friday, Feb. 17, and at 2 p.m. and 7 p.m. Saturday, Feb. 18, in the school's Performing Arts Center.

The musical is based on hit '90s movie Sister Act starring Whoopi Goldberg. This zany comedy commences when an aspiring disco-diva witnesses a murder. After being placed into protective custody, the cops attempt to hide her in the one place she won't be found...a convent! Using her unique talents for performing, she brings the

convent to life in an explosion of powerful gospel songs, high-energy dance routines and divinely funny antics.

Drama Club advisor Bethany Botto is producing, directing and choreographing the show. Deb Moylan of Ashby is musical director, and Jared Moore of Hubbardston is the drama club assistant.

Tickets are \$10 and may be purchased at the school prior to the event or at the door.

Local cast members include Richard Egan and Makaylah Vaillancourt from Ashburnham; Jared Shepard from Templeton and Paige Spivey and Rachel Spivey from Winchendon.

Murdock needs roof, and boilers

WINCHENDON — The Board of Selectmen Monday night approved plans by school Superintendent Steven Haddad to submit "Statements of Interest to the Massachusetts School Building Authority" for new boilers and a new roof at Murdock High School.

The resolution mentions no figures, but school department Facilities Director James Murphy told selectmen the boilers would cost some \$250,000. The cost of the roof work was pegged at around \$2 million.

The school opened in 1995. It was built at a cost of about \$22 million, but the state covered 87 percent.

"The two boilers are leaking from several sections," says the document read. "Numerous sections have been replaced... Since the boilers are over 22 years old, there is a risk that repairs would be temporary

and that the new seals would not align properly when reassembled."

"We also need to replace the roof at Murdock Middle/High School," it says. "Every year we are patching different sections that leak into our building."

Board Chairman Barbara Anderson said the roof has been leaking for a number of years.

"We fight with it," said Murphy, "It's not like it's profusely leaking. But the warranty has gone by. It's been leaking so long we don't know what's underneath. Once the moisture gets in and gets into the insulation and on the deck, it never dries out."

Selectman Mike Barbaro said if the School Building Authority approves the project, a debt exclusion or Prop

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Julian Parker-Burns photo

Members of the Exploded View performance group performing at Beals Sunday = are, left to right, Edite Cunh, Candace Curran, Lea Banks, Samantha Wood (kneeling), Trish Crapo, Elizabeth MacDuffie and Nina Rossi.

Beals library hosts art and poetry performers Exploded View

WINCHENDON — On Sunday, Feb. 19 at 4 p.m., the Beals Memorial Library will present "Exploded View," a live performance of art and poetry that links and explodes the boundaries between word and vision, personal and public, with static and moving parts.

Exploded View is a dynamic group of women artists, based in western Massachusetts, whose work combines spoken word and visual art in collaborative performance. Their current work includes the themes of love, violence, loss, hopelessness.

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Board splits on proposed application fees

WINCHENDON — By a one-vote margin, selectmen Monday night voted to back a plan by the town's Conservation Commission to institute fees for wetlands applications.

The fees, which are currently just proposals, fall into five groupings. Other fees were proposed for several classifications unrelated to wetlands. They range anywhere from \$30 to \$750, depending in great deal on how intensive the approval process may be.

Category 1 covers activities that include the construction of additions and swimming pools, vegetation control, septic system work, and several other activities. A \$75 fee would be charged for these applications.

A total of 11 activities are covered by the second category. They include construction of a single family home, construction of a parking lot, water level variations, and oth-

ers. The proposed fee is \$150.

Applicants could pay \$350 for permits needed for activities listed under Category 3. Site preparation for development beyond the scope of a notice of intent, some road work, and siting of a hazardous waste cleanup are among the items covered.

Category 4 covers sand and gravel operations, dredging, bridgework, and landfill operations, among other things. Applications could cost \$750.

Work on docks, piers, dikes, and revetments is the only activity covered by the fifth category. The fee could cost \$525.

Applicants would also pay fees for a Request for Determination of Applicability, an Abbreviated Notice of Resource Area Delineation, a Request for Certificate of Compliance, violation findings, and amended or extended orders of condition.

Town Conservation Agent David Koonce said, had the fees been in place during the last fiscal year, the town could have earned an additional \$3,000. He added that applicants pay only state fees, which are similar in amount to those being proposed. Half the money paid for state, he said, comes back to the town.

The Commission wants the fees, in part, to pay for additional time for Koonce to do his job.

Koonce said the more complex the project being applied for, the more time he has to commit to researching the proposal.

"A commercial project, for example, would have more time to it," he said.

"We're already providing these services," said Selectman Austin Cyganiewicz. "Everything that's on this list,

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Suicide awareness is her goal

BY JERRY CARTON
COURIER CORRESPONDENT

WINCHENDON — You don't have to be a specific age to be an activist. Teens can engage as well as adults and with equal fervor and passion.

This brings us to Murdock High School junior Hannah Turner, who has taken on suicide awareness as her issue of choice.

"People shouldn't be afraid to talk about this," she stressed while discussing the campaign she's launching. "I've seen the effects of mental illness and depression. I've had friends. I've got anxiety. I've seen it in my own family. People shouldn't feel like they can only talk about it with their best friend with the bedroom door closed. That's not the solution."

She said that while she's been interested and concerned about the subject for several

years ("probably since freshman year"), it was after watching a documentary in Chris LeBlanc's health class in December she was moved to act.

"We're going to make blue posters with blue handprints," (blue being both the chosen color of suicide awareness and one of the school colors). We're going to have an assembly. We were going to have that last week but with all the snow days, it's having to be rescheduled."

Turner was slated to speak at the assembly.

"We're going to start a Twitter campaign. Almost everyone has Twitter. And then we're going to designate a day for people to wear Band-aids on their hand to show their support and give high-fives to each other. It's a visible way to show people they're not alone in struggling, and that we're not going to sweep this

under the rug."

She added, "In high school it's hard for a lot of us to admit we're struggling. There's so much pressure to fit in, to be like everyone else. You worry about what you're wearing, what your hair is doing, what shoes you're wearing. No one should ever be afraid to be themselves and reach out if they need to."

Turner said she was gratified to see the extent of support the campaign has in the building.

"Mr. (Josh) Romano (high school principal) likes the idea. He wanted me to get started as soon as I could. Mr. LeBlanc did too. And there are so many teachers here, people who will drop anything no matter what they're doing, if you need to talk," Turner remarked.

Hannah was open about her own anxiety.

"I'm okay to talk about it. Like I said, not talking about these issues is what I don't

want anyone to do. For me, test-taking is a trigger but one of my teachers gave me a strategy for dealing with it."

She's not spearheading the effort alone.

"Marissa (Losurdo) is working with me. She gets it, too. She's a great friend and soccer teammate and we hope we're starting something that others will continue when we graduate. We don't want this to be a one-time thing for a few weeks. This is too important," she pointed out.

Turner has even enlisted her employer in the campaign. Seth Silver owns the River's Edge restaurant on Spring Street and "Seth told me we can come there for a quiet place to talk whenever we needed to. He's such a good guy."

Turner said it's a good feeling to step up and be involved.

"I really want to be in a position to help people. Someday I want to be a teacher or a pediatrician, but I have time to think about that," she laughed.



Hannah Turner

"For now I want people who don't know or who might be a little hesitant, it's okay to share. It really is," she stressed.

New support group for military families

GARDNER — The newly formed Military Family Support Group offers a safe place for family members of both active and former military members to share their experiences, struggles and hope in overcoming the invisible wounds of war that affect the entire family unit.

Veterans and their loved ones can suffer from one or many of the following: survivor's guilt, separation anxiety, emotional numbing, adrenaline seeking, depression, anxiety, insomnia, alcohol and substance abuse, PTSD and traumatic brain injury.

The group coaches and supports military family members to find healing, balance, and strategies for positive re-integration for military members with their family and society. We also connect families with local resources.

The group will meet on the second Tuesday of the month at 10 a.m. and again at 3 p.m. in the Dining Room B at Heywood Hospital.

For more information, please contact Crystal Bean at (978) 320-9804.

This group is made possible by the support of the Montachusett Suicide Prevention Task Force.

The mission of the

Montachusett Suicide Prevention Task Force is to prevent suicide, and to provide education and resources to help those who struggle with depression, survivors of suicide, and those who have lost loved ones to suicide.

The Montachusett Suicide Prevention Task Force is sponsored by Heywood Hospital and the Commonwealth of Massachusetts, Executive Office of Health and Human Services, Department of Public Health's Suicide Prevention Program. For more information, please visit www.suicide-preventiontaskforce.org.

MWCC announces Honors lists

GARDNER - The following Mount Wachusett Community College students who completed a minimum of 12 semester hours with a grade point average of 4.0 were named to the President's List for the fall 2016 semester:

Baldwinville: Laura Lyman, Gardner: Destiny Boisvert, Megan DiVito, Jennifer Dietz, Erin Jones, Lisa Kowalczyk, Jonathan Marshall, and Jessica McKay; Royalston: Melissa Persson; Winchendon: Michel Cocuzza, Joel DeVelis, Iva Quinn, and Thomas Sutherland; Jaffrey: Meghan Rothermel, and Katrina Ung.

The following Mount Wachusett Community College students who completed a minimum of 12 semester hours with a grade point average of 3.0 to 3.99 were named to the Dean's List for the fall 2016 semester:

Ashburnham: Megan Barker, Nathan Comeau, Victoria Knight, and Connor Leamy;

Baldwinville: Brooke Campbell, Ian Clavir, Rachel Courtemanche, Julie Ehnstrom, Kerri LeBlanc, and McKenzie Lyons; East Templeton: Colleen Moran and Courtney Wentz; Gardner: Leslie Ackers, David Belitsky, Natasha Boudreau, Chelsea Caron, Danielle Chaves, Timothy Cronin,

Shauna Cunningham, Katie DuPont, Tina Dubuque, Brittany Dufresne, Victoria Duprey, Abigail Elbourn, Rachael Gerde, Joshua Goliber, Samantha Gravlin, Jack Jaillet, Amanda Johnson, Nicole Joseph, Alyssa Juliano, Gertrude Kamau, Timothy Landry, Beth Martowska, Angella Nakanwagi, Joshua Needham, Samantha O'Brien, Melissa Paulhus, Janice Perez, Emma Phillips, Sahil Prajapati, Kari Quinlan, Enid Rodriguez, Louise Russell, Mitchell Smith, Jerrika St John, and Laurie Tucci; Phillipston: Patrick Cox, Olivia Gwynn, Jillian Manty, and Robert Woodard; Templeton: Cynthia Bettencourt, Erin Brown, Joseph Capps, Allison Cormier, Daniel Eaton, Kristen Gaudet, Zoe Hammond, Connor Kelly, Benjamin May, Julienne Moore, and Jacob Parent Winchendon: Alexis Arnold, Samantha Brooks, Daniel Caputi, Nicholas Coddington, Melanie Cranfill, Mary Grace Daly, Samuel Davidson, Rachel Haley, Elise Hamblett, Sarah Hosnander, Maria Javien, Michael LeBlanc, Di Lin, Megan Skinner, Holly Tata, and Ann Vaillancourt; Fitzwilliam: Kenneth Roy; Jaffrey: Courtney Emond, and Kourtney Langevin; Rindge: Tyler Fougere, Jessie Mascitti.

Annual game supper draws a crowd

KEITH KENT

COURIER CORRESPONDENT

WINCHENDON — It was another strong fundraiser for the Winchendon Rod & Gun Club, as both it and members of the Orange Rod & Gun teamed, serving a wild game dinner to a full club

house last weekend.

There were no complaints with what was truly a wild menu as 80 ticket holders enjoyed friendship, comradery, and some of nature's best local and wild tasty treats.

A lunch time venue with appetizers,

members and ticket holders enjoyed rabbit stew, deer meatballs, and pheasant dip, along with crackers, cheese, and more. Soon, members began serving the main course which included braised moose, deer, and wild boar, along with potatoes, green beans, bread, and salad. In total, the kitchen staff reported there was just under 100 pounds of meat collected and or donated, cooked, cut up, and served.

Adding to the fundraising activities, raffles for prizes were held. Two lucky people went home as prize winners, one winning a Red-Dot scope, the other a Moultrie game camera.

Club President John Caron wasn't only just very pleased with both how the event went and its turnout.

Caron pointed out, "This is the second year in a row that the president and members of the Orange Gun Club have come here to help us cook this dinner at no charge, and make this a total success. I absolutely cannot say enough about how fantastic both their president and their club members are for all the help they have given us. I just can't say enough."

After briefly reflecting for a moment, Caron added, "I would like to say this is a perfect example of one sportsman's club helping out another sportsman's club. This is what it's all about. We are all hunters and fishermen, and we all have the same likeness and we all help each other out."

Speaking with Orange Gun Club President Mark Kovalsick, he quickly made it clear this was important to both he and his fellow members. Kovalsick has now been the Orange Gun Club president for a very impressive 17 years.

"This kind of event means a lot to me. I hate to see gun clubs ever go down the tubes. There is not as many of them left, and a lot of

them are financially hurting. Whatever kinds of things I can do to keeps clubs like this going, I will do whatever I can to help them out," said Kovalsick.

Discussing Orange Gun Club, Kovalsick said, "We are the oldest gun club in the state. We also do other things like donate to Little League; help teach Boy Scouts how to fish and other things. The Mahar H.S. Fish & Game Club comes up and we teach them how to shoot traps, and even serve them hotdogs and hamburgers, along with helping to cook at their annual dinner to help raise money for their club trips."

Kovalsick made it very clear. Many of the Rod & Gun Clubs do a lot more than just meets the eyes. Behind the scenes they take an active positive position in teaching types of sportsman's activities, safety, and procedures.

Other OGC members in addition to Kovalsick recognized for helping out in the kitchen were Bernie Bruseghini, Conni Bruseghini, Steve Belden, and Steve Gebo.

Winchendon also wanted to give a special thanks and shout out to Rod & Gun members Brenda Rushford, Kathleen Johnson, Wendy Thompson, Deb Langlois, and Sandy Lajoie. All were seen by the 80 on hand serving food to all the tables, refilling, and helping remove when it all was over.

A show of support was shown by two members of Massachusetts Environmental Police. Both Lt. Anthony Wolski of Winchendon, and Sgt. Mark Bregenti of Athol attended the event.

Each officer handed out literature along with a free guide to Massachusetts Hunting, Freshwater Fishing, and Trapping Laws, while greeting many around the club. Many in attendance were overheard commenting it was nice to see them attending the event.

After the meal was over, many left with food to go.

In closing Caron said, "People deserve to have the right to carry guns. This is a place where people can come and shoot their guns so they can get to know what they are doing so they don't get hurt. People need to support their local gun clubs more than ever before, and we encourage people who may be considering becoming a member to come down to the Winchendon Rod & Gun and see what both we are and what it's all about."



Keith Kent photo

Patrons enjoying braised moose, deer, wild boar and much more.

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Region gets new detox center

BY JERRY CARTON
COURIER CORRESPONDENT

REGION — With incidences of opioid overdoses and above-average suicide rates rampant in the region, Heywood Healthcare is on the verge of opening a huge new behavioral health and addiction treatment center in Petersham, the closest such facility to Winchendon, starting with the launch of the outpatient Dana Day Treatment Center, scheduled to open later this month.

A 40-bed inpatient facility is slated to open next fall.

"It is a major investment in behavioral health and addiction," said Heywood President and CEO Win Brown. "We decided this is what we needed to do. Our board has decided this is what our community needs."

The project has been several years in

the making but when the Day Center's doors open, there will be room for 20 patients to be seen regarding mental health issues, all of whom will have been initially referred by either doctors or hospitals.

When the adult inpatient program starts later this year, there will be 40 beds with each patient able to stay for up to two weeks.

All told, the project is not expected to be completed for several years with 2019 being the target date for the facility to be fully operational.

The opening of the Dana Day Treatment Center represents the first of three phases planned. With this year's work listed as phase one, phase two will be an adolescent residential unit with between 20 and 30 beds and the final section will be a 10-bed detox inpatient unit.

Situated on an 82-acre property on Main Street in Petersham, the Quabbin Retreat covers 75,000 square feet. That property was previously owned by the Sisters of the Assumption.

Commenting on Heywood Healthcare buying the property, Sister Mauguierite Normand said, "we were happy that it was going to continue our ministry of helping people, not in the same way, but in a very important way for this region."

Added Heywood Healthcare's Kenneth Pierce, "it tangibly speaks to the commitment to serve our community's most vulnerable residents."

Heywood Hospital runs the locally-based Winchendon Health Center and the Murdock health clinic at the high school and is the hospital closest to town.

ACCURACY WATCH

The *Winchendon Courier* is committed to accuracy in all its news reports. Although numerous safeguards are in place to ensure accurate reporting, mistakes can occur. Confirmed fact errors will be corrected at the top right hand corner of page three in a timely manner. If you find a mistake, call (978) 297-0050 during normal business hours. During non-business hours, leave a message in the editor's voice mailbox. The editor will return your phone call. Or contact the editor at the following email: ruth@stonebridgepress.news.

Community dinner entices people off phones

BY TARA VOCINO
COURIER CORRESPONDENT

WINCHENDON — Thirty-three people shook the snow off their boots for Our Neighbor's Kitchen at the Unitarian Universalist Church last week.

"This gets people to interact and see each other without social media," Hyde Park resident and seven-month parishioner Mike Murphy said. "You can't use Facetime as such anymore. It's already a taken word."

Murphy went on to say the community needs to do more related events since everyone is attached to their phones.

"A dinner like this keeps balance," Murphy said. "It's good to get people to see each other who they haven't seen in a while and come talk."

Murphy said without a play on words, Faucher cooks the best shepherd's pie, calling it comfort food.

Chef David Faucher and assistants baked shepherd's pie with mashed potatoes, meat and gravy, prepared salad. The Rindge Hannaford's donated cupcakes while the Winchendon School baked a vanilla sheet cake.

"Participants get to 'break bread' together instead of being glued to their phone," Faucher said. "This event allows peo-



Servers and helpers of all ages are on hand.

ple to share in a community and allows them to interact with other people they may not interact with on a daily basis."

Upcoming Our Neighbor's Kitchens are loaded mac 'n' cheese on Thursday, Feb. 9, and a pot roast dinner on Thursday, Feb. 23.

Minister Inanna Arthen said Our Neighbor's Kitchen goes beyond the food.

"The dinner is meant to be a community meal and it isn't just for low-income people," Arthen said. "Especially for people who don't have children in school it gives them a place

where they can get together as a community and bond together. People shouldn't be isolated at home."

Winchendon resident Tammy Lupino said her favorite dish is lasagna or the Thanksgiving fixings.

"The food is excellent every time I come here," Lupino said. "It's also a good place to connect."

Winchendon resident Ann Finn, said it is good to have a home-cooked meal.

"I will come back if I see they have something else good," Finn said.



Mat Plamondon photos

One small girl liked the meal, but decided it was a bit more than her tummy could handle.

Arthen said the dinner could use more volunteers. Come to the church between 3:30 and 4:30 p.m. to set up; at 5:15 p.m. to serve and go over protocols for that night's menu; and clean-up is from 5:45 p.m. to 6:15 p.m. Volunteers have a chance to sit down together to socialize and enjoy the meal.

People who attend, the churches in town, the Community Action Committee, the Winchendon School and many volunteers sustain the meal.

The church hosts Our Neighbor's on the second and fourth Thursday of the month. Slated for Feb. 23 is a pot roast dinner, a boiled dinner with Irish soda bread and corned beef and cabbage on March 23, and a ham Easter dinner on April 13.

The Unitarian Universalist in non-Trinitarian, earth-centric in their belief system, and is not bound to a creed, Faucher said.

"Everyone follows their own path here," Faucher said.

Park Theatre launches push to the grand opening

JAFFREY — The Park Theatre starts off the New Year with a \$15,000 grant from The McIninch Foundation, recognized for its support of the arts, cultural organizations and higher education. The award is directed to The Park Theatre's Capital Campaign and was matched by another \$15,000 gift from a longtime theatre supporter. These two contributions launch the theatre's Groundbreakers Campaign, the last, short-term push to raise \$500,000 to fulfill requirements of government funders before summer.

"During the past year, we've run into a number of unforeseen obstacles and regulatory requirements that delayed our original start date," explained Steve Jackson, CEO and managing director of the Park Theatre. "Those delays have cost us time and money. It means we now need another \$500,000 to put those shovels in the ground."

These recent contributions to the Groundbreakers Campaign reduce the goal to \$470,000 before it is launched.

"We are optimistic that we can do this," Jackson added. "We have construction funds in place to build the theatre once we start it. We just need these final funds for construction contingencies, like costs overruns or weather delays."

Funds to build the Theatre are from the \$1,050,000 donations by area businesses through New Hampshire's tax credit program and a \$2,000,000 long-term, low-interest loan from Community Facilities Program of the USDA's Rural Development office. This final construction fundraising campaign fulfills their last requirements.

Since the work to reopen the Theatre began, trustees have conducted a market study, engineering and design assessments, and a fundraising feasibility study of eight neighboring towns and northern

Massachusetts. When, in 2012, the board determined the original facility was structurally too unsound to be restored, it was torn down and the site readied for a brand, new facility.

"It's important to note," added theatre trustee Sam Christian, "that the work to bring us to this point required funding and diligence, along with a healthy dose of commitment."

Trustees have maintained stewardship of the property, purchased adjoining property, conducted environmental and architectural assessments, developed and engineered the facility's designs, and raised the \$2,000,000 required to accomplish that early and ongoing work. Financial support to do that has come from 32 foundations and charitable funds, 82 businesses and over 2,600 individuals from 23 towns in New Hampshire and 28 states across the country as well as from local, state and federal governments. At the same time, trustees have presented a variety of entertainment in collaboration with the region's performing artistic organizations and offered a decade of free movies to over 14,000 people throughout the Monadnock Region.

In anticipation of the start of construction and showcasing what is to come, the Park Theatre, under Jackson's leadership, created River Street Theatre, a 28-seat performance and presentation space in downtown Jaffrey. This intimate theatre boasts new, very comfortable seating, high

definition digital projection and sound with appealing concessions at affordable prices.

"We are New England's smallest theatre," noted Jackson, "and proud of it!"

River Street Theatre opened in January with a schedule of movies, music and live performances. Jackson added, "this means that there is regularly scheduled entertainment in downtown Jaffrey for the first time in 40 years." Schedules, programs and tickets are available at theparktheatre.org and at The Park Theatre box office at (603) 532-8888.

Re-opened, The Park Theatre will be a performing arts center presenting live performances, such as plays and concerts by professional and regional artists, touring companies, amateur

artists and schools, and classic and commercially successful films in a 485-seat, state-of-the-art, perfectly acoustic facility built according to LEED gold level standards and fully accessible to everyone. The Theatre will serve the entire Monadnock Region of 100,000 year-round residents, 75,000 seasonal visitors, the region's artistic performing organizations, and five cooperative school districts. It will provide performance sites and enrichment programs for the region's public schools and Franklin Pierce University, along with space for community meetings, business events, Town Meetings, private gatherings, social activities and community-wide events.

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WINCHENDON COURIER

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VIEWS

Opinion and commentary from Winchendon and beyond

EDITORIAL

Digging out

Yes, it finally came, winter. As we all know if we only go outside our doors, this weekend made sure we knew we weren't forgotten by Mother Nature this year.

But, being pragmatic New Englanders, for the most part we just watched it fall, and dug out the shovels and the snowblowers.

We heard of a good Samaritan who used his snowblower to help out his disabled neighbor, then cleared the width of his street a quite a distance to be sure the kids were safe walking to school.

Result: quiet satisfaction...and snowblower repairs as he over did the machine.

Still, we wish him nothing but good wishes for being kind and helpful.

We hope others do the same. Check on the elderly neighbors, the ones with young children, the ones who might not have reliable transportation and need groceries. It's what we do.

Or at least we like to think we do.

The neighborliness factor has gone down in direct relation to the tendency to "talk" on devices rather than face to face. We don't actually know our neighbors any longer.

Can you, without a lot of thought, name the neighbors whose houses are on either side of yours? Or the ones across the street?

It is no longer something we do on an expected basis, learn about those who live near us.

And it isn't being nosy necessarily, it's being neighborly.

How else, as an adult, do you make friends? Other than work situations, if you do not make an effort to be joiner or get involved, where oh where do you meet others?

On line Friendships don't really count unless the next step is taken and you meet the person in person at some point.

So, there it is. Besides digging out of snowbanks we suggest a whole new way of digging out...of the ruts we all tend to fall into. Make an effort. Meet someone new. Say hello to a neighbor, it may need to be a dare at this point. But do it anyway.

Because we need to get over our face to face shyness and become neighbors once more.



Walking down Central Street in the midst of the storm.

The year to date:
great expectation

The arrival of February vacation week is a good time to take a look at some of what we've done this year, things of which we are proud and are a tribute to our entire team at every school. They are making things happen on a daily basis despite the economic restraints we face. I'm exceedingly proud of them and they should be exceedingly proud of themselves for accomplishing those little miracles every day.

Every Friday afternoon at Toy Town Elementary, we hand out around 60 backpacks full of treasures for the weekend including breakfast and lunch foods as well as healthy snacks, things like oatmeal, fresh fruit, juice, soup and tuna. You should see the looks of excitement and appreciation on those young faces. In fact, the program, one which illustrates the extent of our commitment beyond the classroom walls has been so successful we're anticipating expanding it to Memorial school next year. This program is done in partnership with the Kiwanis of Winchendon, who have done the fundraising and support for the project.

Our extended day after-school program which includes a homework component enables students to participate in activities ranging from cooking to engineering to science to combining sports with math. That means they're partnering academics with fun and who knows, maybe this will help encourage

FROM THE
SUPERINTENDENT'S
OFFICE

STEVE HADDAD

some of them to pursue careers in science or math, fields which are of particular importance given the technological complexities of the 21st century.

You may have noticed all these programs are run below the high school level. Our high school can't be successful unless our elementary and middle schools are, so while we are working to align our system-wide curriculum to assure a smooth flow from year-to-year, pre-K right through graduation, we are mindful our responsibility doesn't end when the final bell rings every afternoon.

One of the important benefits of curriculum alignment is we've been able to create schedules whereby teachers in each subject are able to sit down together and discuss strategies for their discipline. Being able to communicate face-to-face to exchange ideas and brainstorm together can enhance and have a significantly positive impact on the overall classroom experience. We've seen this year what a difference that can make. It's not by accident our faculty's "highly qualified" assessment runs about three points higher than the overall state average.

It's been a successful year in athletics too. Our field hockey team qualified for Districts for the first time in about a decade. I can't say enough about the job Amanda Lawlor has done in just two seasons as head coach. It wasn't

Turn To **YEAR** page **A5**

Channeling the anger... and activism

JOURNEY
OF THE
HEART
JERRY
CARTON

It's exhausting. No, make that beyond exhausting, and I'm not talking about coping with the weather. After all, it's February in New England. But trying to keep up every hour or even every day with Donald Trump and the bizarre collection of ideologically fringe lunatics he's surrounded by is enough to exhaust even the most emotionally healthy and stable among us. Speaking of one of those wackos, no, not you Kelly Anne though you fit the definition, yes, Stephen Miller, one judge in Seattle CAN in fact block an unconsti-

tutional executive order. Not only can he, he did exactly that. The last time American politics was roiled even remotely like this was during Watergate in 1973-74 and by the way, we all know how that ended. No wonder the shrinks all remind us to take time for ourselves. Can we really be angry all the time?

Oh yes, we can, in fact, how can we not be, but keep these two points in mind — finding a recreational outlet is essential, and anger is most effective when appropriately channeled.

So, of course, is activism. I've done some research as have many others and I've found some sites which offer opportunities to get involved in constructive ways.

One is "Five Calls," which instructs how to make five calls to five legislators in five minutes. Their strategy works for state as well as federal legislators.

"The Resistance Manual"

My favorites though, are, "Run for Something," which is "dedicated to getting young people off the sidelines" and "She Should Run", obviously geared towards helping prospective female candidates with the nuts and bolts including fund-raising.

Those are my favorites because while I think the marches and protests and swarming of town halls matter and donating to appropriate causes matters too, eventually the changes we want need to be codified into law.

While the media focus is largely focused on the utter insanity of the Administration, there are a lot of Republican governors and legislators enacting draconian laws on the state level. Republicans control the state house and legislatures

in 31 states and bad things, very bad things, did I mention very bad things, are happening.

That makes it all the more essential for our side to recruit good candidates on the state and local county/city council levels, help them organize and convince voters to show up in off-year and mid-term election cycles.

The latter has always been our biggest problem, aside from the Watergate mid-terms of 1974 and the war-weary mid-terms of 2006. Progressive voters don't show up aside from presidential years and in 2000 and last fall, too many sulked and either voted for Ralph Nader in '00 or just stayed home in '16.

This has to change and maybe the one extremely faint positive of this nascent presidency is this might be what it took to wake people up to the very real fact democracy is fragile and by no means guar-

anteed to survive. Because the Constitution, hell, the Republic itself, are both absolutely under siege, it's important to keep the pressure on, to never let the resistance flounder, but it's even more pragmatic and part of the resistance for that matter to overturn the right-wing majorities in state capitals and too many counties. Doing the hard, painstaking work of campaigning, registering voters, showing up at candidate forums, writing letters to local publications, helping put a together GOTV (Get-Out-the-Vote) operation isn't sexy and it's not as emotionally satisfying as marching and chanting with thousands of your new best friends, but it's for sure the path back to power.

It can't wait until next year, either. There are plenty of off-year and some special House races this fall. And starting getting ready for '18 can't begin too soon, either. Organizing takes time. Let's get to it.

Having trouble paying heating bills? LIHEAP could help

The chill of winter can be offset with the pleasure of curling up inside a warm home. Turning on the heat and settling into your favorite chair to open a new book

or watch a movie feels even better when snow falls or rain patters against the windows. Unfortunately, some families have to choose between paying high winter utility bills and buying groceries or gas for their cars. The necessity of food and transportation often wins.

Fortunately, there are assistance programs. One such program, the federal Low Income Home Energy Assistance Program, helps low-income households with heating or cooling costs, during an energy-related crisis (such as a shutoff notice from your utility) and with weatherization improvements.

If you, a parent or a friend are struggling to make ends meet this winter, LIHEAP and similar programs might be able to help keep your home warm.

Apply as soon as you can if you think you'll need assistance. The federal government provides the funding for LIHEAP, but the programs are run at the state level. The money gets dis-

PRACTICAL
MONEY
SKILLS
NATHANIEL
SILLIN

tributed on a first-come-first-served basis and states give priority to households with children, elderly or disabled members. Often the largest benefits are awarded to the homes with the most need.

States open their winter applications at different times, and you should apply for LIHEAP right away if you think you'll have trouble paying for heating.

LIHEAP won't cover your entire utility bill, but it can help keep your home warm. LIHEAP's heating benefit is only intended to help you pay to heat your home. For example, if you're heating unit runs on gas, the program will contribute towards your gas bill, but not your electricity bill.

You might only be able to receive a benefit once every 12 months, but it can make a big difference for your finances. For the fiscal year 2014, the most recent data available, over 5.7 million households received heating assistance and it offset an average 45.9 percent of recipients' annual heating costs.

Qualifying for LIHEAP assistance. States, tribes and territories have some control over the services, qualifications, aid limits and application

process for the LIHEAP program in their area.

The state or local organizations that distribute funds also consider applicants' utility costs, family size and location. Renters and homeowners could be eligible for LIHEAP assistance, but you might not qualify if you have subsidized housing.

Being qualified doesn't guarantee that you'll get assistance. Each state receives a set amount of funds for the year, and on average only 20 percent of qualified household receive benefits.

How to apply for LIHEAP. Often you'll apply for LIHEAP at a Community Action Agency, local non-profit organizations that help administer federal, state and local grant programs. Some states let you complete the application online, otherwise you may need to mail, fax or hand in an application.

The Office of Community Service's website has contact information for each state and territory, including a link to a website where you'll find state-specific eligibility guidelines and program information.

As part of the application process, you may need to share identifying and financial information, including:

Recent utility bills.
Recent pay stubs, or a profit-and-loss statement if you're self-employed.

Documentation for other income, such as Social Security benefits.

A lease or property tax bill as proof of your address.

Your Social Security number.

A list of people living in your home, their relation to you, dates of birth and incomes.

A copy of a utility termination notice, if you received one.

Your energy provider's information.

If you're having trouble with your state's website, or want to help someone who isn't computer savvy, you can call the LIHEAP Clearinghouse's National Energy Assistance Referral (NEAR) at 1-866-674-6327 (TTY: 1-866-367-6228).

Bottom line: When the temperature drops, heating costs can quickly rise. You shouldn't have to suffer, and LIHEAP could help provide much-needed financial aid. You can look for additional assistance programs using the Benefits.gov search tool. Also look into state-based programs and payment plans or assistance from your local utility.

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



Patriots are the best of all time



ANYTHING
NEAR &
FAR
.....
KEITH
KENT

The debates are on, comparisons are being made. The list is competitive, and many didn't make the grade. Of those which did, numbers don't lie. Many records as a team have been smashed, and claiming any team is greater all time than the Pats, could simply be pie in the sky.

Sports fans have happily taken on the great debate, "What is the greatest sports team of all time?" Before we delve any deeper in to this topic we must all ask, "Is it fair to compare the greatest team of any sport, against a team of a different sport?"

I grew up a diehard Celtics fan during the reign of Larry Bird, and well aware of the even bigger legend of Bill Russell who, along with his Celtics,

won 11 NBA Championships during the years of 1957-69. Yes, the man doesn't have enough digits on his two hands for all his team's rings. However, the NBA only had eight teams in 1957, and 14 teams by 1969 when Russell retired, and there are currently 30 teams in the league today. Let's be honest. While what Russell did solidified his place among Sports Gods, and will most likely never be repeated, the league is far more competitive today.

Baseball. Yes, big Red Sox fan here. However, we all know those "Dreaded Yankees" have the most titles on the field of any sport. Again, numbers back it up. From 1921-2009, the pinstripes boys won 27 championships and 40 American League pennants. Yes, nothing lays claim to all time dominance in a sport which includes the greatest single season baseball team of all time, the 1998 NY Yankees. Sorry my fellow Sox fans, but a regular season record of 114-48 and 125 wins combined with the playoffs will most likely not be broken in our lifetimes.

Hockey while a great sport

which has my true respect, has never really been my thing. Sure, I always root for the Boston Bruins, but as a person who drove tractor and trailer for 16 years I have really learned to hate the snow and ice.

That being said, many can make the argument that the Edmonton Oilers who won four of their five championships both with the "Great One" Wayne Gretzky, had the most powerful team of all time to hit the ice. Gretzky is called the Great One for a multitude of phenomenal records which may very well never be broken. The Oilers five NHL championships is the most since the NHL/WHA merger in 1967.

Finally, the football sporting world is buzzing with debates. However, Pats fans take heart. You now have the all-time bar stool argument bombs sitting in your back pocket. No other NFL Coach /Quarterback combo, and team, has enjoyed the success of the Patriots.

While Green Bay had a great run during the 1960s, they only played 15 other teams. By today's standards, their league

was weak. Today's NFL has 32 teams. Twice that of its counterpart of yesteryear, and still seven more than the old NFL and AFL combined. In addition, the Patriots have done what they have, during both Free Agency & the Salary Cap.

Combined Belichick & Brady set a new record ever single game they win together and while no other can make that claim, it doesn't stop there.

Belichick is the only coach since the leagues combined, to sport seven championship rings, five with the Patriots as head coach, and two as an assistant in his earlier career with the Giants. Brady is the only QB in combined league history to don five rings. Brady also owns just about every single QB post season playoff record that exists. Total wins, total passing yards, most in a Super Bowl, and the list goes on and on.

As a team, the Patriots are the only NFL Team to win eight consecutive division championships. They are also the only team to have made it to the NFL title game nine times. While some will say, "Yes, but

they lost four of them" to make it the big game nine times, and surpassing the Steelers who own eight trips, is absolutely monumental. Only the Steelers hold more titles at six, and both the current Patriots Coach and QB's careers are not over yet. There is simply not enough room in this column to do the Patriots and all their records just deserves.

A strong argument can be made that it's not only unfair to compare different sports, but also unfair to compare different eras of the same sport. The human body and machine is constantly genetically mutating. Athletes are running faster, jumping higher, and training like never before.

Here in Massachusetts, we have had a combined 10 victory parades since 2001. No other city or state can lay claim to the level of pro sports success which we have enjoyed. We walk the most hallowed of sports grounds and based on numbers, the Patriots are the best of all time at least in this millennia, and most likely the last.

YEAR

continued from page A4

long ago when a couple wins was pretty much all that could be realistically expected. Not anymore. Amanda's philosophy of commitment, teamwork, and sacrifice has paid off because the girls on that team bought into it and made that mantra their own. Best of all she and they have applied it off the field as well as on. You see a lot of athletes on honor roles. The boys' basketball team has reached Districts for the first time since 2011. Like

Amanda, Coach Matt O'Malley has instilled a new spirit in his program and the results speak for themselves. We've had some very impressive performances turned in as well by the track team, including the establishment of multiple new school records in various categories. Coach Anthony Findley keeps delivering successful seasons, year after year, a tribute to the program's stability. As a former varsity baseball coach, I can attest to how hard it is to make Districts. The athletes and coaches on these teams deserve a lot of credit, both for their accomplishments and how well they've

represented their school and community. We're proud of them all.

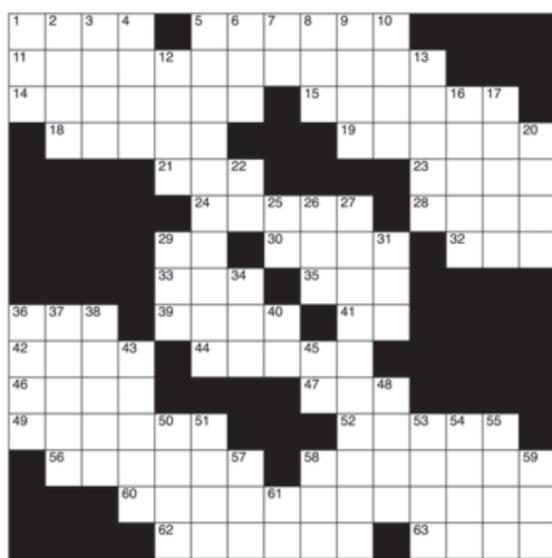
In sum, it's been a good year so far. Rather than be intimidated by challenges our system embraces them as opportunities to build on towards our goal of reaching Level 1 status. I'm proud of what we've done this year. I hope you are as well. Happy vacation week.

KITTY KORNER

Dezzie, a beautiful Dilute Calico, is a sweet, 8 year old girl that was given up because her family could no longer care for her. She is used to living with kids and dogs, and has a sweet personality. She is very overweight, so an adopter would need to commit to working on some weight loss.

Dezzie has been examined by a veterinarian, spayed, vaccinated and microchipped.

If you would like to meet her, A Better Tomorrow Shelter for Cats, 202 Central St., is open Wednesday 6-8 p.m., Saturday noon-2 p.m., and by appointment. For an adoption application, please visit www.shelterforcats.org or call (774) 641-1271.



CLUES ACROSS

- 1. Unruly groups
- 5. Colorful flowers
- 11. December 25
- 14. Final stages of insects' development
- 15. Breadmakers
- 18. Spanish man
- 19. In the middle
- 21. Bill
- 23. Noted editor Alexander ___
- 24. Swollen
- 28. Paddles
- 29. Cirrus
- 30. Seeped into
- 32. Skeletal muscle
- 33. Japanese traditional drama
- 35. Licensed practical nurse
- 36. Sibiu Airport
- 39. Rebuff
- 41. Sun God
- 42. Astringent
- 44. Feeling of humiliation
- 46. A device attached to a workbench
- 47. Wood sorrel
- 49. Among
- 52. Horizontal passages
- 56. Father of Alexander the Great
- 58. Utter repeatedly
- 60. Linked together
- 62. Literary effect
- 63. Held onto

CLUES DOWN

- 1. One-time phone company
- 2. Units of electrical resistance
- 3. Hillside
- 4. Omen
- 5. Repetitions
- 6. Royal Mail Ship
- 7. Farm state
- 8. Sino-Soviet block (abbr.)
- 9. Dutch cheese
- 10. Japanese alcoholic beverage
- 12. Black powdery substance
- 13. Tokyo's former name
- 16. Monetary unit
- 17. Bones
- 20. To avoid the risk of
- 22. Dry goods unit of volume (abbr.)
- 25. Megabyte
- 26. Unwell
- 27. Expresses disapproval of
- 29. Central nervous system
- 31. We all have it
- 34. Expression of bafflement
- 36. Tributary of the Danube
- 37. Flies over sporting events
- 38. Chinese city
- 40. College degree
- 43. Dispenser of first aid
- 45. Momentum (slang)
- 48. Red Sea port
- 50. Sloven
- 51. ___ Turner, rock singer
- 53. Asian nation (alt. sp.)
- 54. Manson victim
- 55. Go forward
- 57. Primary Care Trust
- 58. Simpson trial judge
- 59. Sun up in New York
- 61. Exclamation of surprise



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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, FEBRUARY 6

12:03 a.m.: MV operating erratically (Forristall Road) refer to other PD; 2:03-2:35 a.m.: building checks, secure; 5:58 a.m.: ambulance (Gardner Road) refused assistance; 9:36 a.m.: animal complaint (Alger Street) refer to ACO; 10:05 a.m.: officer wanted (Eagle Road) spoken to; 10:23 a.m.: ambulance (Cross Street) transport; 11:22 a.m.: larceny (CVS) summons: Jason A. Garceau, age 27 of 66 Fernwood Drive, Gardner: three counts larceny of drug; 11:32 a.m.: illegal dumping (West Street) report taken; 12:54 p.m.: investigation (Alger Street) spoken to; 3:34 p.m.: general info (walk in) assisted; 3:43 p.m.: summons service (36 Spring St.) unable to serve; 3:52 p.m.: carbon monoxide incident (Highland Street) services rendered; 4:24 p.m.: animal complaint (Sibley Road) refer to ACO; 4:32 p.m.: MV stop (Main Street) verbal warning; 4:39 p.m.: FD call (Hyde Park Drive) services rendered; 5:15 p.m.: fight (Cumberland Farms) no PD service required; 5:37 p.m.: FD call (Maple Street) unable to locate; 6:05 p.m.: general info (Brooks Road) assisted; 6:42 p.m.: animal complaint (Brooks Road) refer to ACO; 8:12 p.m.: MV stop (Spring Street) verbal warning; 8:29 p.m.: accident (Spring Street) report taken; 9:33 p.m.: FD call (Front Street) no PD service required; 11:31-11:44 p.m.: building checks, secure.

TUESDAY, FEBRUARY 7

12:30 a.m.: assault (Glenallan Street) arrest: Henry J. Hamel II, age 45 of 74 Abbott St. #2, Gardner: armed robbery, A&B with dangerous weapon on person over 60 and strangulation or suffocation; 9:12 a.m.: 911 call non-emergency (Gardner Road) no PD service required; 9:43 a.m.: ambulance (86 Front St.) transport; 10:59 a.m.: animal complaint (Sibley Road) refer to ACO; 11:01 a.m.: ambulance (Benjamin Street) transport; 11:17 a.m.: investigation (phone) info taken; 11:49 a.m.: disabled MV (Glenallan Street) assisted; 1:11 p.m.: summons service (Linden Street) unable to serve; 3:51 p.m.: missing person (36 Spring St.) unable to locate; 3:55 p.m.: general info (phone) report taken; 4:05 p.m.: summons service (36 Spring St.) unable to serve; 4:41 p.m.: ambulance (Goodrich Drive) transport; 4:53 p.m.: MV stop (Glenallan Street) verbal warning; 5:50 p.m.: accident (Webster Street) summons: Christopher M. Leahey, age 43 of 184 Lincoln Ave. #184, Winchendon: leave scene of property damage; 7:10 p.m.: FD call (Hyde Park Drive) services rendered; 8:21 p.m.: burglar alarm (Murdock High School) secured building; 11:41 p.m.: assist other PD (Franklin Pierce) assisted.

WEDNESDAY, FEBRUARY 8

12:22 a.m.: DPW call (Spring Street)

Gardner man held In assault

WINCHENDON —A Gardner man accused of trying to strangle his friend with a belt was ordered held without bail following his dangerousness hearing last Friday in Winchendon District Court in Gardner.

Henry Hamel, age 45, of 74 Abbott St. #2, Gardner faces charges that include assault and battery with a dangerous weapon on a person over 60 years of age, strangulation, and armed robbery. Hamel was arrested early on the morning of Tuesday, Feb. 7, after the alleged victim walked into the Winchendon police department to report the incident.

Hamel was arraigned on the charges later that morning.

A police report states Hamel had gone to the home of a friend at 135 Glenallan St. #5. The resident had reportedly been Hamel's sponsor in Alcoholics Anonymous for several years. The suspect reportedly told his friend he was having difficulty staying sober.

The alleged victim told police that

Hamel lunged at him while the two were watching a movie, and wrapped his belt around the man's neck.

The said Hamel kept repeating, "I'm sorry, I'm sorry."

Hamel then allegedly stole \$60 from his friend and fled.

The alleged victim reportedly received a text from Hamel's wife on Monday evening, Feb. 6, saying, "Please be careful. I don't want him to try and steal from you. I heard he has been begging people for money all night."

Lt. Kevin Wolski, who was handling the case, requested an emergency GPS ping on Hamel's cell phone. Sprint later reported Hamel to be near his Abbott Street residence, and he was picked up by Gardner Police, who returned him to Winchendon.

While being booked, Hamel reportedly agreed with the alleged victim's account of the incident. He told police that voices in his head told him to strangle his friend. He also allegedly admitted to using the stolen cash to buy crack cocaine.

A mental health evaluation has been ordered for Hamel.

refer to state DPW; 12:30-2:31 a.m.: building checks & extra patrols, secure; 1:32 a.m.: suspicious person (Webster Street) spoken to; 2:27 a.m.: suspicious MV (Front Street) spoken to; 5:13 a.m.: FD call (Spring Street) report taken; 7:52 a.m.: traffic hazard (Teel Road) removed; 9:10 a.m.: general info (Webster Street) assisted; 9:32 a.m.: ambulance (High Street) transport; 9:34 a.m.: summons service (Sibley Road) served; 10:34 a.m.: ambulance (Hale Street) transport; 10:41 a.m.: sex offender registration (Mill Glen Road) assisted; 10:57 a.m.: harassment (Benjamin Street) spoken to; 11:24 a.m.: deliver message (Hale Street) spoken to; 12:24 p.m.: property found (walk in) returned to owner; 2:50 p.m.: ambulance (Linden Street) transport; 3:44 p.m.: assist citizen (Teel Road) assisted; 4:17 p.m.: neighbor dispute (Brown Street) report taken; 5:28 p.m.: assist citizen (walk in) transport; 5:33 p.m.: unwanted party (Bayberry Circle) assisted; 5:36 p.m.: officer wanted (Alger Street) report taken; 6:41 p.m.: harassment (Banner Place) report taken; 8:19 p.m.: fight (Toy Town Pub) services rendered; 8:58 p.m.: trespassing (Spring Street) spoken to; 9:33 p.m.: animal complaint (School Street) refer to ACO; 10:55 p.m.: ambulance (Spruce Street) transport; 11:44 p.m.: suspicious person (Main Street) unable to locate.

THURSDAY, FEBRUARY 9

2:08-3:20 a.m.: building checks, secure; 7:05 a.m.: sex offender registration (Baldwinville Road) info taken; 7:59 a.m.: open door (Maple Street) secured building; 8:49 a.m.: assist citizen (36 Spring St.) refused assistance; 9:30 a.m.: summons service (36 Spring St.) unable to serve; 10:09 a.m.: ambu-

lance (East Street) transport; 10:46 a.m.: disabled MV (Forristall Road) assisted; 11:06 a.m.: MV operating erratically (Gardner Road) unable to locate; 11:12 a.m.: disabled MV (Main Street) call canceled; 11:15 a.m.: disabled MV (School Street) assisted; 12:09 p.m.: officer wanted (Beech Street) spoken to; 12:15 p.m.: general info (Central Street) spoken to; 12:31 p.m.: accident (Athol Road) removed to hospital; 1:01 p.m.: traffic hazard (Blair Square) assisted; 1:54 p.m.: DPW call (Central Street) spoken to; 2:09 p.m.: animal complaint (Royalston Road North) refer to ACO; 3:14 p.m.: disabled MV (Alger Street) refer to DPW; 3:26 p.m.: ambulance (West Street) transport; 4:18 p.m.: ambulance (West Street) assisted; 4:24 p.m.: traffic hazard (Pearl Street) advised officer; 4:43 p.m.: assist citizen (Maple Street) info given; 4:59 p.m.: ambulance Benjamin Street) transport; 5:21 p.m.: DPW call (Holly Drive) referred; 6:27 p.m.: assist other agency (Front Street) assisted; 7:44 p.m.: suspicious MV (Beachview Drive) spoken to.

FRIDAY, FEBRUARY 10

12:16 a.m.: disabled MV (Pleasant Street) refer to other agency; 12:24 a.m.: warrant check (Cumberland Farms) no PD service required; 1-2:49 a.m.: building checks, secure; 3:52 a.m.: ambulance (Central Street) transport; 8:55 a.m.: accident (Baldwinville Road) report taken; 9:15 a.m.: neighbor dispute (Brown Street) spoken to; 10:29 a.m.: ambulance (Elmwood Road) transport; 11:40 a.m.: ambulance (Beachview Drive) no FD service required; 11:54 a.m.: lift assist (Glenallan Street) assisted; 12:18 p.m.: ambulance (Prospect Street) transport; 2:44 p.m.: burglar alarm (Main Street) secure; 2:57 p.m.:

accident (Main Street) spoken to; 3:15 p.m.: ambulance (Central Street) transport; 3:42 p.m.: lift assist (Glenallan Street) services rendered; 4:10 p.m.: fight (Central Street) services rendered; 4:14 p.m.: traffic hazard (River Street) no PD service required; 5:28 p.m.: MV operating erratically (Spring Street) unable to locate; 6:04 p.m.: officer wanted (Hale Street) spoken to; 6:14 p.m.: suspicious MV (Main Street) spoken to; 7:16 p.m.: fire alarm (Highland Street) assisted; 8:02 p.m.: ambulance (Central Street) transport; 8:03 p.m.: structure fire (Main Street) assisted; 10 p.m.: noise complaint (Mill Street) spoken to.

SATURDAY, FEBRUARY 11

12-2:13 a.m.: building checks, secure; 1:13 a.m.: accident (Glenallan Street) report taken; 2:57 a.m.: ambulance (Webster Street) transport; 4:14 a.m.: assist motorist (Cumberland Farms) refer to other agency; 5:37 a.m.: accident (Spring Street) gone on arrival; 6:05 a.m.: carbon monoxide incident (Woodlawn Street) refer to FD; 7:16 a.m.: ambulance (Ipswich Drive) false alarm; 9:55 a.m.: ambulance (Main Street) transport; 10:51 a.m.: structure fire (Whitney Street) services rendered; 11 a.m.: property damage (Krantz Road) report taken; 11:30 a.m.: DPW call (High Street) info taken; 11:54 a.m.: ambulance (Glenallan Street) transport; 11:57 a.m.: property damage (Monomac Road West) report taken; 4:01 p.m.: ambulance (Central Street) transport; 4:18 p.m.: assist other agency (One Stop Plaza) assisted; 4:34 p.m.: lift assist (Hyde Park Drive) assisted; 6:16 p.m.: assist other agency (Polly's Drive) assisted; 6:22 p.m.: ambulance (Polly's Drive) transport; 6:44 p.m.: neighbor dispute (Brown Street) spoken to; 6:52 p.m.: missing person (Brown Street) spoken to; 9:06 p.m.: general info (Snowbound Club) info taken; 10:02 p.m.: building check, secure; 10:38 p.m.: suspicious person (Glenallan Street) unable to locate.

SUNDAY, FEBRUARY 12

1-23-3:50 a.m.: building checks, secure; 2:45 a.m.: ambulance (Laurel Street) transport; 3:24 a.m.: fire mutual aid (Sip Pond Road) call canceled; 3:57 a.m.: ambulance (Beech Street) transport; 7:08 a.m.: assist other agency (walk in) assisted; 10:08 a.m.: MV stop (Old Centre) spoken to; 11:08 a.m.: assault (Chick's) report taken; 11:42 a.m.: general info (Brown Street) assisted; 11:49 a.m.: disabled MV (River Street) assisted; 12:59 p.m.: assist other agency (Front Street) no PD service required; 2:44 p.m.: general info (Baldwinville Road) info taken; 3:16 p.m.: accident (Maple Street) report taken; 4:02 p.m.: traffic hazard (Teel Road) assisted; 4:25 p.m.: accident (Spring Street) no PD service required; 4:41 p.m.: general juvenile (Maple Street) unable to locate; 6:41 p.m.: investigation (Cedar Terrace) no PD service required; 8:18 p.m.: property found (Bike Path) services rendered; 9:17 p.m.; traffic hazard (Juniper Street) property seized.

MURDOCK

continued from page A1

2-1/2 override would likely be necessary to fund any part of the work not covered by the state.

Haddad said the state would probably cover somewhere between 70 and 80 percent of the cost.

Chairman Anderson wanted to know how many overrides or exclusions are currently being paid for.

"There's the firetruck and the new generator for the school," Town Manager Keith Hickey responded, "and a portion of the library improvement project is being paid by one."

"I don't want to let the cat out of the bag and surprise anybody, but," he offered, "this roof is one of three roof projects. It's not a one-school issue. It's a \$2 million issue times three."

"Our concern is with the water," said Haddad. "When it does leak, you don't know where it goes. And with the metal structure under there, it becomes a safety issue; and we sure don't anything to happen, ever."

"This vote tonight," explained Hickey, "does not bind the town to having to do this project. Hopefully, it will be a decision made by the community as to whether to go forward with this."

The board approved the resolution without dissent.

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| OUT OF COUNTY | |
| <input type="checkbox"/> 26 WEEKS - \$30.00 | |
| <input type="checkbox"/> 52 WEEKS - \$56.00 | |
| <input type="checkbox"/> 104 WEEKS - \$90.00 | |
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OBITUARIES

Karen A. Baldwin, 55

FITZWILLIAM — Karen A. Baldwin, age 55, of 83 NH Route 119 East, died peacefully Tuesday morning, Feb. 14, 2017 in Cheshire Medical Center, Keene, NH.



She was born in Winchendon on July 3, 1961, daughter of the late Charles A. and Virginia (Arnold) Baldwin and grew up in Jaffrey.

Karen was a 1980 graduate of Conant High School. She had worked for Brookstone and CCM in Peterborough and later worked for 19 years as an inspector at New Hampshire Ball Bearings. Her most recent employment was at McDonalds in Hillsborough. Karen had lived in

Rindge for over 20 years and then moved to Antrim, where she lived for nine years before living in Fitzwilliam.

She leaves two sons, Edmond C. Therriault and his wife Michelle of Fitzwilliam and Nathaniel D. Baldwin and his wife Brittany of Jaffrey; five grandchildren, a sister Janet Minckler of Winchendon and several nieces and nephews.

Funeral services will be private and the convenience of the family. There are no calling hours.

Memorial donations may be made to Jaffrey Fire Fighters Company Incorporated at 138 Turnpike Road, Jaffrey, NH 03452.

Stone-Ladeau Funeral Home (stone-ladeau.com), 343 Central St., Winchendon is directing arrangements.

Douglas H. Drake, 59

WINCHENDON — Douglas H. Drake, age 59, of 6 Sunset Court, died peacefully Thursday evening, Feb. 9, 2017, surrounded by his close friends.

He was born in Farmington, ME on Dec. 5, 1957, son of Harold and Vanora (Powers) Drake and was a graduate of Mt. Blue High School in Farmington.

Doug lived in Winchendon for 20 years. He worked a variety of jobs, as a carpenter, iron worker and in the construction trade. He was known as a jack of all trades. His most recent employment was as a bartender at Toy Town Pub. Doug enjoyed riding his Harley Davidson motorcycle and was an avid fan of the New England Patriots. He

had many friends and enjoyed being a practical joker.

He leaves a son, Zachory Drake of Farmington, ME; a brother, Nathan Drake of Plainwell, MI; two sisters, Dolores Cote of Farmington, ME and Audrey Seaman of Meredith, NH and several nieces and nephews. A daughter, Missy Drake, died many years ago.

A celebration of his life will be held at a future date at Toy Town Pub, 28 Railroad St., Winchendon.

Stone-Ladeau Funeral Home (stone-ladeau.com), 343 Central St., Winchendon is directing arrangements.

David S. Cochran, 84

WINCHENDON — David S. Cochran, age 84, of 86 Elmwood Road, died peacefully Wednesday, Feb. 8, 2017 in Baldwinville Nursing Home, with his family at his side.



He was born in Winchendon on January 31, 1933, son of the late Roger W. and Olive V. (Graton) Cochran and was a 1951 graduate of Murdock High School. He furthered his education, attending

Fitchburg State College.

Dave worked as a senior designer for General Electric, where he was assigned to its nuclear submarine division. He designed turbine engines, compressors and destroyers. He worked for 43 years until his retirement. Dave was a member of the United Parish, Winchendon Jaycees, GE Engineering Club and GE Quarter Century Club. His hobbies were woodworking and techni-

cal drawing. He built the house, which was his present residence. Dave was a member of the Memorial Building of Old Murdock.

His wife of 53 years, Helene E. (LaFortune) Cochran, died last year. He leaves three brothers, Roger W. Cochran Jr., Paul A. Cochran and Bruce G. Cochran, all of Winchendon and many nieces, nephews, great nieces, great nephews, great-great nieces and great-great nephews. Three brothers, Stephen E. Cochran, Donald Cochran and Philip G. Cochran preceded him in death.

Funeral services were held Saturday, Feb. 11, 2017 in Stone-Ladeau Funeral Home (stone-ladeau.com), 343 Central St., Winchendon. The Rev. F. Calvin Miller officiated.

Burial will be in Riverside Cemetery in the spring.

Memorial donations may be made to the United Parish, 39 Front St., Winchendon, MA 01475.

SEND OBITUARIES at no charge to Editor Ruth DeAmicis, by faxing (978) 297-2177, or by e-mailing the editor at ruth@stonebridgepress.news.

We also invite funeral directors and families to e-mail us a JPEG photograph to print, at no cost, alongside the obituary.

COURIER CAPSULES

SUPER RAFFLE WINNERS

REGION — The 2017 Super Raffle by the Greater Gardner Chamber of Commerce announce the following winners: \$10,000 ticket #302 won by Brian Fontaine of Valley Florist, Greenhouses & Gifts, Gardner; Sold by Bob Hurtubise

\$1,000 ticket #122 won by Tom Hallgren, of Barre; Sold by Attorney Ann Meilus.

\$750 ticket #82 won by David and Laura LaBrack of Winchendon; Sold by Ann Racine

\$750 ticket #118 won by IC Federal Credit Union Group, Westminster; Sold by Brenda Buckley

\$750 ticket #57 won by John Shaw of Templeton; Sold by Andrew Boucher

\$750 ticket #181 won by Polish American Citizens Club, Gardner; sold by Sold by Jeff Gallant

\$250 ticket #128 won by Tuesday Night Ladies Golf Group, Fitchburg; Sold by Celeste Drake

\$250 ticket #256 won by MWCC Financial Aid Group, Gardner; Sold by John Henshaw

\$250 ticket #85 won by Donald Fluet, Leominster; Sold by Ann Racine

\$250 ticket 47 won by Jeffrey Cogswell, Worcester; Sold by Jeff Ashworth

\$250 ticket #383 won by Jeff Ashworth, Jeff Gallant, Amy Fantoni, Suzette Goguen, Gardner; Sold by Jeff Ashworth

STUDENT ACHIEVEMENT

CONWAY SC — Kristopher Kodys, a junior majoring in marketing, from Templeton was among 2,253 students at Coastal Carolina University who made the Fall 2016 Dean's List.

To qualify for the Dean's List, freshmen must earn a 3.25 grade point average, and upperclassmen must earn a 3.5 grade point average. To qualify for the President's List, students must earn a 4.0 grade point average. All students must be enrolled full time.

WORCESTER — The following local residents were among 1,424 students from Worcester Polytechnic Institute named to the university's Dean's List for academic excellence for the fall 2016 semester. Owen Chace of Winchendon

is a member of the class of 2018 majoring in mathematical sciences; Kelsey Regan of Winchendon is a member of the class of 2017 majoring in mechanical engineering; and Colby Whitcomb of Jaffrey is a member of the class of 2018 majoring in chemical engineering.

The criteria for the WPI Dean's List differs from most other universities as WPI does not compute a grade point average. Instead, WPI defines the Dean's List by the amount of work completed at the A level in courses and projects.

NORTHFIELD, VT — The following students have been recognized on the dean's list at Norwich University for the fall 2016 semester: Kirstin Elizabeth Lortie of Winchendon and Steven James Ellis of Winchendon.

ART ON DISPLAY

GARDNER — Mount Wachusett Community College's East Wing Gallery is currently hosting an exhibition of sculptures by Leominster resident Mark Burnett.

Burnett's exhibition entitled "Sculptures" features bronze works of art from the sculptor who works in mediums as varied as stone and fruit. In his artist statement, Burnett recounted his first encounter with carving was with apples, in the third grade, a project in which his mother proudly saved for years. Burnett lives in Leominster, works as a firefighter and hopes to further his art education and continue to demonstrate his artistic ability and exhibit his pieces to a public audience.

All are welcome to visit the gallery, attend the reception on Friday, Feb. 24 from 5:30 to 7:30 p.m. The exhibition is currently underway and will run until March 9.

The East Wing Gallery, housed in the Raymond M. LaFontaine Fine Arts Center on the Gardner Campus, is open Monday through Friday from 8 a.m. to 5 p.m. In addition to the exhibit from Burnett, a number of student works are shown in the space.



CLYDE'S CORNER

SATURDAY, FEBRUARY 17

SKATE CLUB: Winchendon Skate Club invites all ice skaters to join our club. 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 skate club@yahoo.com.

Scouts and Cubs with their hand made cars vying for the trophies.

TUESDAY, FEBRUARY 21

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.

CRAFT FOR ADULTS: On Tuesday nights at 6:30 Beals Memorial Library has an adult craft hour providing a place to meet and do crafts. People bring in things they are working on, and can get help on knitting, crocheting, quilting and discuss different ideas.

WEDNESDAY, FEBRUARY 22

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, FEBRUARY 23

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.

OUR NEIGHBOR'S KITCHEN: Our Neighbor's Kitchen, Winchendon's Community Supper, is served on the second and fourth Thursdays of the month at 5:30 p.m., at the Unitarian Universalist Church of Winchendon, 126 Central St. The January meals for Our Neighbor's Kitchen are: Feb. 23: pot roast dinner with sides and dessert.

Our Neighbor's Kitchen meals are cooked home-style from fresh ingredients. We're supported by voluntary donations at the door, contributions from Winchendon churches and organizations, and many

hard-working volunteers.

FRIDAY, MARCH 3

GREASE IS THE WORD: Murdock High School presents the musical Grease beginning tonight at 7 p.m. A second performance is scheduled tomorrow night also at 7 p.m.

THURSDAY, MARCH 9

BOOK DISCUSSION: Beals Memorial Library has a book club that meets at 5:45 p.m. the second Thursday each month, the next meeting is Thursday March 9 Books are available at the library.

SUNDAY, MARCH 12

BLUE & GOLD BANQUET: the Winchendon area Boy Scouts celebrate their year with the annual Blue & Gold banquet at the American Legion Post 193, 295 School St. at 2 p.m.

SATURDAY, APRIL 29

ANNIVERSARY BLOW OUT: the 10th anniversary of Fire & Iron will be celebrated with the annual spring blow out at American Legion Post 193, 295 School St. beginning at 7 p.m. Come help us celebrate!

EXPLODED

continued from page A1

ness, place, the power of finding voice, and the power of collaboration itself. Varied media include sculpture, textile arts, film, collage, music, all of which become the set for the performance. For the Winchendon event, the group will focus on the things we hold in our hands for fun, purely in the service of the imagination.

After the performance, the group offers a talk-back – an opportunity for the audience to engage in discussion

ranging from the subject matter of the art to the manner in which the work was made.

The name "Exploded View" was inspired by engineering diagrams, such as one sees in auto repair manuals, that show all of the working parts and their relationship to each other.

Members include: Lea Banks, Trish Crapo, Edite Cunh, Candace Curran, Elizabeth MacDuffie, Diana Pedrosa, Nina Rossi and Samantha Wood.

FEES

continued from page A1

there's nothing new here. It's something that done on a daily basis. Just in this case would finally probably be establishing fees, as many other communities already have."

Koonce said that before the fees could be enacted, the Conservation Commission would be required to hold a public hearing before making any recommendation on the proposed fees. Selectmen would then have to hold a second public hearing before its

vote to either approve or deny the proposal.

Board members Cyganiewicz, Mike Barbaro, and Audrey LaBrie all voted to move ahead with the process. Chairman Barbara Anderson and Selectman Amy Salter voted against the proposal.



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SPORTS

Devils wrap up the home games

BY CHRIS MARTIN
COURIER CORRESPONDENT

WINCHENDON — Last Wednesday and Friday the Murdock Blue Devils finished up their home games.

On the 8th, the Devils welcomed Millbury to town, and Murdock looked to take care of business; looking to get into the Clark tournament. But Millbury would upset the Devils on their home turf, coming out with a 63-48 victory.

Friday Murdock then took on North Brookfield again at home and also the final home game. It was Senior Night as well, the final regular game for the seniors on the squad.

Murdock would pick up the win against the visiting Indians and win that final home game 75-60.

North Brookfield struck first in that game, taking a quick 2-0 lead but Ryan Kaminsky soon tied it up.

Jared Nelson would go to the free throw line with less than five minutes left in the quarter to make one of two free throws and put his team up by one.

Murdock and North Brookfield would have five ties in the first quarter; at the end it was knotted at 9-9.

Early in the second quarter the Indians spurred ahead by one, 12-11, but Kaminsky would come right back and take his team ahead again.

LJ Hicks managed to put the Blue

Devils up by three a little later in the second quarter, and Tyler Cota would follow, knocking down a three to get the Murdock team solidly up to 21-14. This was the biggest lead of the half.

Murdock would go into the half with a 32-19 lead.

The second half picked up at the same point, but the Blue Devils would pick up the intensity throughout the half, cruising to a 75-60 victory.

Coach Matt O'Malley said, "It's a nice win, always good to send the seniors out with a win; so that was our main goal. Mission accomplished there."

"The Blue Devils picked up the intensity in the second quarter...and then some," continued O'Malley.

"First quarter we were a little stagnant on offense, we were struggling to get some shots. But we stuck with it and came alive in the rest of the game," he added.

Murdock finished up their season last night against Gardner.

O'Malley admits it would be a hard sell.

"They are a tough team, and they are playing very good. We just want to finish off going into the Districts on a high note," said O'Malley.

The Blue Devils improved to 11-7 with the win over the Indians and were looking to finish off the regular season with a victory last night over Gardner.



L-R Assistant Coach Matt Smith, Spencer Pelkey, Jared Nelson, John Murphy, Zach Richards, Head Coach Matt O'Malley, and Assistant Coach Lamont Hicks. Front row L-R LJ Hicks, Tyler Cota, Nick Roy, and Ryan Kaminsky.

Wolverines cheer squads wrap up year



The Junior Pee Wee squad with their coaches and parent helpers.



The Mighty Mites squad with their coaches and parent helpers.

WINCHENDON — The coaches, parents and staff want to say congratulations on a successful 2016 season.

The Winchendon Wolverines had a spaghetti supper to honor the participants of the tenth season of WPW.

Members of the Mighty Mites Cheer: Nicole Fluet, Brooke Gibbs, Lindsay Luhtjarv, Mya McDermott, Madison Silva, Kylee Stewart, and Kylie Whitehead. Thank you to our coaches Amy Simmers-

Swanson and Courtney Simmers-Swanson as well as a thank you to the team parent Elisha Adams.

Jr. Pee Wee Cheer: Rhianna Aho, Elivia Anderson-McCarthy, Hayden Aucoin, Abigail Bradley, Emily Bradley, Joanna Burt, Abbigale McKenzie, Olivia McKenzie. Thank you to our coaches Sarita Laflamme and Kim Aucoin as well as a thank you to the team parent Debra Bradley.

The 2016 Top Scholars are

Madison Silva & Rhianna Aho — congrats to you both your hard work has paid off!

Thank you to our cheer director Sarita Laflamme, without her this season would not have been possible! For anyone who was not able to attend the dinner please contact Sarita as she has your shirts. Thanks everyone and lets start recruiting for the 2017 Football and Cheer Season! Any questions feel free to reach out! GO WOLVERINES!

Courtesy photos



This year's top scholars are Madison Silva and Rhianna Aho.

Ski...and help a charity

BY JERRY CARTON
COURIER CORRESPONDENT

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PRINCETON — February in New England means it's outdoor winter sports time and Wachusett Mountain has a way to combine fun with charity.

The ski resort has partnered the last four years with what marketing director Tom Meyer estimates as well over 40 non-profit organizations to reduce costs and raise money at the same time. In fact, Meyer added, as many as 100 non-profits have had cooperative programs with Wachusett.

For example, a member of Catholic Charities, with whom Wachusett CEO Jeff Crowley recently announced a partnership for this winter, goes online to buy a lift ticket with a specific code. For each ticket verified to have been purchased online, Wachusett will at the end of the season April 5, donate \$10 to the organization with a \$5,000 maximum per organization.

"Over the last four years, we've donated thousands of dollars," said Meyer, who added there's an automatic discount anytime a ticket is purchased online.

"It's a win-win," he added. More information is available at wachusett.com or by calling (978) 464-2300.

Murdock Blue Devils

and the Winchendon Little League
Softball/Baseball Clinic
and Little League Registration



Saturday February 25, 2017
Softball from 10-12
Baseball from 1-3



Clinic is for players
age 6 - 12

There is no cost for the clinic but
pre-registration is recommended to reserve a spot
To pre-register E-Mail
athletics@winchendonk12.org



Basic and Advanced Hitting and
Fielding Skills will be Taught

The Baseball and Softball clinics
will be hosted by both
varsity coaches and players



Hearty Soups Beat Winter Blues

What's the cure for the winter blues? Oftentimes the remedy for the side effects of a long, cold New England winter can be found in a simple bowl of soothing soup or stew. From boosting spirits and stifling sniffles to warming both belly and soul, a steaming sip of homemade soup is a cold weather cure that's not only healing, but deliciously healthy. Taking the cue from generations past, the following recipes are brimming with old fashioned, basic ingredients, making these soups and stews the epitome of "comfort foods."



TAKE THE HINT

KAREN TRAINOR

Control and Prevention.

Classics in the Crock Pot

No time to assemble and monitor a big pot of homemade soup? These classic slow cooking comfort soups can easily be adapted to the crock pot. Best of all, they retain the taste and integrity of the original time tested favorite.

Crockpot Split Pea Soup

You don't have to spend all day at the stove to whip up this classic pea soup recipe. It's ready when you come home!

Ingredients: 7 cups water; 1 (16 ounce) package dried split peas, rinsed and sorted (2 1/4 Cups); 1 teaspoon salt

1/4 teaspoon pepper; 3 medium carrots, cut into 1/4 inch slices (1 1/2 Cups); 2 stalks celery, finely chopped (1 Cup); 1 medium onion, chopped (1/2 cup); 1 ham bone with some meat attached.

Directions: Mix all ingredients except ham in a crockpot. Add ham bone. Cover and cook on low heat 8 to 10 hours or on high heat up to eight hours or until peas are tender and soup has thickened. Remove ham from cooker and cut off meat. Stir ham into soup and stir again before serving.

Health Note: Rich in fiber, potassium and vitamin K, homemade split pea soup is not only a rich, hearty comfort food but healthy as well!

Tomato Parmesan Soup

Fresh tomatoes, basil and garlic team up with parmesan cheese and cream to create a mouth watering soup to warm you up on the coldest of days!

Note: Substituting low or no fat half and half will cut the calories and fat. When using fat free, add one tablespoon of cornstarch to each cup of half and half to stabilize mixture and prevent curdling.

Ingredients: Ten to 12 fresh tomatoes or two 15-ounce cans diced tomatoes; 1 10-ounce can tomato sauce or equivalent of fresh; 1/4 cup fresh chopped basil, finely chopped; 2 teaspoons minced garlic 1 medium white onion, diced; 1 cup milk or lowfat cream; 4 cups chicken or vegetable broth; 2 cups low fat shredded parmesan cheese; salt and pepper to taste.

Roux Ingredients: 3 tablespoons butter; 1/4 cup flour; one cup half and half

Directions: Place tomatoes, tomato sauce, basil, garlic, onion, milk, broth and seasonings into crock pot. Cover and cook from 4 to 6 hours on low setting. Before serving, puree soup in a food processor or blender. Make the roux by melting butter, adding flour and whisking in the half and half until it is smooth and thick. Add the roux and parmesan cheese to pot and stir. Cook for another half hour until cheese is melted. Stir soup before serving. Sprinkle parmesan cheese as a garnish.

Health Note: Studies show tomatoes, rich in antioxidants and high in

lycopene, can help protect your body against a number of health conditions, including cardiovascular disease, various forms of cancer and inflammation. Studies show tomatoes may also help halt sun damage and low aging of skin. Tomatoes are also touted as a natural aid in the prevention of osteoporosis.

Savory Stews

Thick stews bubbling in the pot have long been a New England winter staple. Preparing a simmering pan of homemade stew is not only delicious, it can be therapeutic. The scent of savory stew wafting through the air on a cold afternoon is a simple pleasure that can spark generations of memories.

New England Stew

Apples, carrots, parsnips and fresh herbs surround this superb chicken stew.

Ingredients: 4 teaspoons olive oil; 1 pound fresh chicken, cut into bite-size pieces; 1 large onion, chopped; 4 medium parsnips, peeled and chopped; 2 medium carrots, peeled and chopped; 2 teaspoons chopped fresh rosemary; 1/2 teaspoon salt; 1/4 teaspoon freshly ground pepper; 4 cups reduced-sodium chicken broth; 2 hard variety apples, peeled and chopped; 2 teaspoons cider vinegar

Directions: Heat 2 teaspoons oil in a Dutch oven over medium heat. Add chicken and cook, stirring occasionally, until just cooked through, 3 to 5 minutes. Transfer to a plate.

2. Add the remaining 3 teaspoons oil to the pot. Add onion, parsnips, carrots, rosemary, salt and pepper and cook, stirring often, until the vegetables begin to soften, 3 to 5 minutes. Add broth and apples; bring to a simmer over high heat. Reduce heat to maintain a simmer and cook, stirring often, until the vegetables are tender, 8 to 10 minutes. Return the chicken to the pot and stir in vinegar.

Health Tip: Parsnips are packed with potassium and folate, two nutrients important for cardiovascular health. Potassium helps protect you from high blood pressure.

Win Dinner for Two at the Publick House

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

Do you have a helpful hint or handy tip that has worked for you? Do you have a question regarding household or garden matters? If so, why not share them with readers of Stonebridge Press publications? Send questions and/or hint to: Take the Hint!, c/o Stonebridge Press, P.O. Box 90, Southbridge, MA 01550. Or email kdrr@aol.com.



Staff photo

BING-BANG-BOOM

The intersection of Park Street and School Street was the site of yet another accident this week. With a curve in both directions and a hill, it's a bit difficult for drivers from the side street to make the move safely. No one was injured this time.



Staff photo

CLEANING UP THE MESS

Central Street was closed in sections Wednesday as the DPW tried to get rid of some of the snow piles before another storm visits. It's possible a few inches were expected again before the weekend, and the snow piles were getting a little out of hand.

SERVICE DIRECTORY

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KIDS' CORNER

Healthy Heart Word Find

Find the hidden words in the puzzle.

- | | | |
|----------|----------|--------|
| ARTERIES | EXERCISE | PULSE |
| BEAT | HEART | PUMP |
| BLOOD | MUSCLE | RHYTHM |
| CHEST | OXYGEN | VEINS |

Z F L G P E B R E A W P
 R H G A L T J L R W U R
 R T Z C V W A T O L L F
 L I S D V B E E S O F H
 A U R D E R M E B N D L
 M H T S I E J H E A R T
 P N Y E N B L S T P C O
 M E S A S C R Q J Y H L
 U G E S I C R E X E H R
 P Y M N I T R D H O J R
 C X T S E H C Q E W V C
 C O G J P N P U Y T L X

THIS DAY IN...



HISTORY

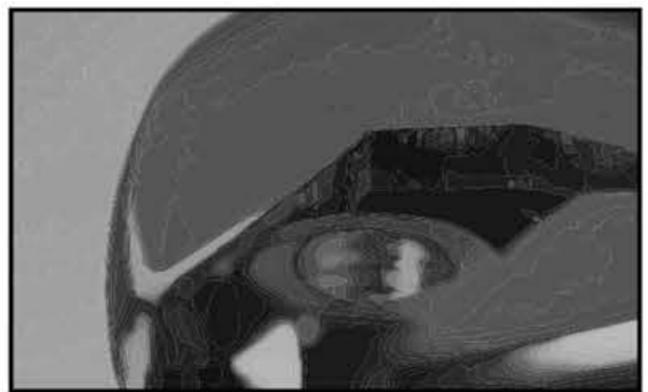
- * **1770:** MARIE ANTOINETTE MARRIES THE FUTURE KING LOUIS XVI OF FRANCE.
- * **1929:** THE FIRST ACADEMY AWARDS ARE AWARDED TO HONOR THE MOTION PICTURE INDUSTRY.
- * **1946:** THE MUSICAL, "ANNIE GET YOUR GUN," OPENS ON BROADWAY.

New
word

DEMOLISH

pull or knock down

GET THE PICTURE?



CAN YOU GUESS WHAT THE BIGGER PICTURE IS?

ANSWER: WRENCH

SCIENCE FACT:

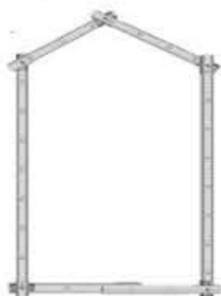
THIS ODORLESS GAS CAN BE DANGEROUS IN HOMES AND TOXIC TO PEOPLE AND ANIMALS



ANSWER: CARBON MONOXIDE

Did You Know?

MATH IS AN IMPORTANT SKILL WHEN MAKING HOME IMPROVEMENTS. MEASUREMENT IS ESSENTIAL WHEN FIXING OR BUILDING.

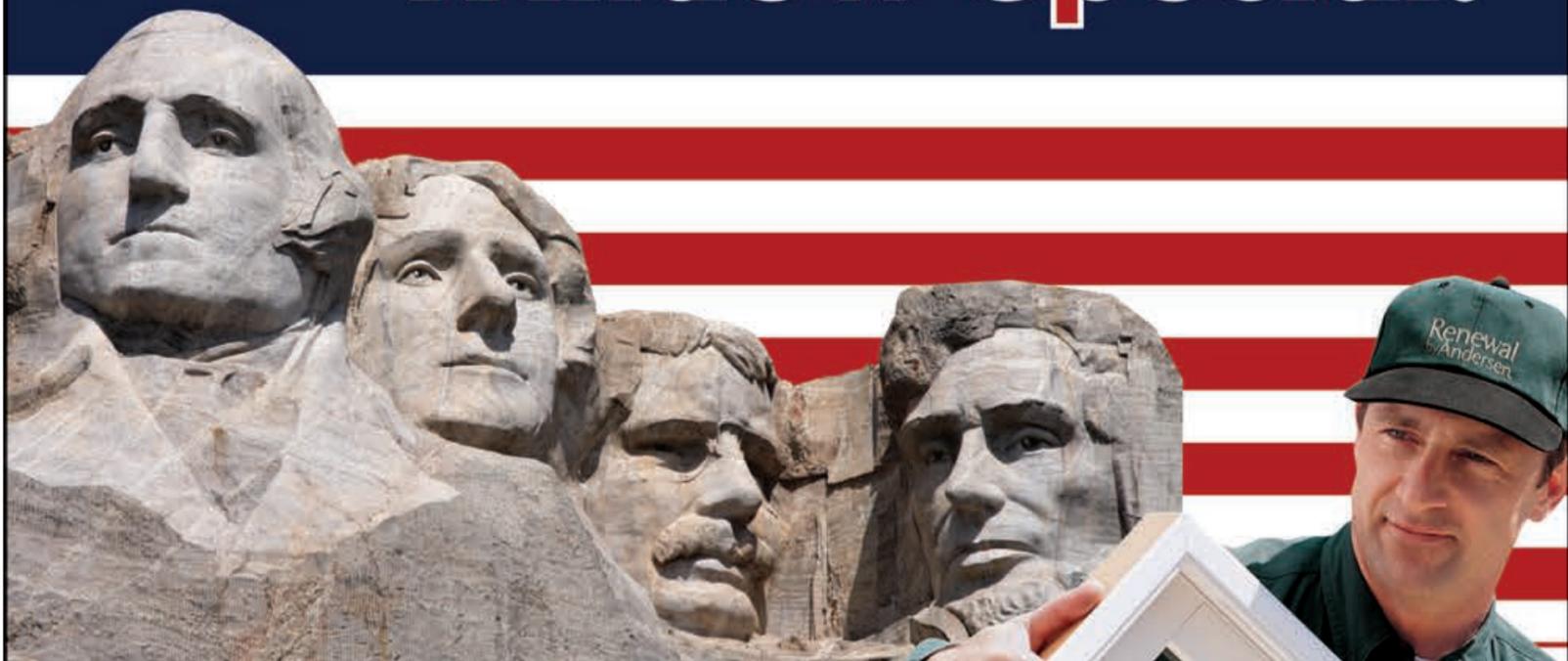


How they SAY that in...

- ENGLISH:** Repair
- SPANISH:** Reparar
- ITALIAN:** Riparare
- FRENCH:** Réparer
- GERMAN:** Reparieren



PRESIDENTS' DAY Window Special!



- We are the full-service replacement window division of Andersen, and every window that we custom-build has to live up to their strict quality standards
- Our window helps make homes more comfortable because our window material is much more durable than vinyl
- To lock in this Presidents' Day Special, call on or before Saturday, February 25th, and schedule your free Window Diagnosis

Presidents' Day Special ENDS Saturday, February 25th

SAVE 20% on windows and patio doors¹

PLUS



Take an additional \$200 OFF your project¹



PLUS

NO NO NO FOR 1 YEAR¹

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Interest accrues from the purchase date but is waived if paid in full for 12 months. Minimum purchase required.



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¹DETAILS OF OFFER: Offer expires 3/4/2017. Not valid with other offers or prior purchases. 20% off your entire purchase with no money down and 12 months no payments, no interest when you purchase 4 or more windows or patio doors between 2/5/2017 & 3/4/2017 with approved credit. \$200 off your entire project when you set your appointment by 2/25/2017 and purchase 4 or more windows by 3/4/2017. APR of 16.68% as of 6/1/2015, subject to change. No interest and no payments for 12 months available. Interest accrues from date of purchase but is waived if paid in full within 12 months. Savings comparison based on purchase of a single unit at regular list price. Available only at participating locations. See your local Renewal by Andersen location for details. License MN: BC130983/WI:266951. Excludes MN insurance work per MSA 325E.66. MHIC #121441. VA Lic. #2705155684. DC Lic. #420215000125. Some Renewal by Andersen locations are independently owned and operated. "Renewal by Andersen" and all other marks where denoted are trademarks of Andersen Corporation. ©2017 Andersen Corporation. All rights reserved. ©2017 Lead Surge LLC. All rights reserved.