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Friday, February 1, 2019



Jason Bleau

TASTE OF THE TOWN

Guests smile for a photo op after enjoying their meal at the 10th Annual Taste of the Town event. For more photos from this year's event, see page A2.

Four finalists announced for Dudley-Charlton Superintendent

BY JASON BLEAU
VILLAGER CORRESPONDENT

DUDLEY/CHARLTON – The Dudley Charlton Regional School District is one step closer to having a new Superintendent with four finalists for the position announced by the school committee during a meeting on Jan. 23.

Superintendent Search Committee Chair and School Committee member Elaine Rabbit revealed the names to the public during the meeting and said the pool of final candidates was originally bigger but only four finalists chose to be considered for the job.

“On Jan. 10, the search committee entered deliberations and selected five candidates to move forward for consideration. We were notified that one candidate has requested that their name be removed from consideration,” Rabbit told the school committee.

The remaining four finalists are all candidates with extensive backgrounds in education, each having served in administrative positions during their careers. Revealed in alphabetical order, the candidates are:

Turn To **SUPERINTENDENT** page **A7**

Local marathon runner continues fundraising efforts

BY KEVIN FLANDERS
STAFF WRITER

STURBRIDGE — As Mary Galonek-Langevin continues to train for the physical rigors of an upcoming marathon, she is asking the community to help her with the fundraising requirements.

Galonek-Langevin is currently training and fundraising for her next event – the London Marathon in April – and she needs the community's help to reach her goals. She is running as a member of Team Endure to Cure, which supports children battling pediatric cancer across the world.

Several upcoming fundraisers will take place throughout the area, beginning today (Feb. 1) with a Paint and Sip event from 6:30-9:30 p.m. at Brush It Off in Sturbridge. A portion of all proceeds will go to Endure to Cure, and you must register by phone or online using the group name: “Paint for a Purpose.”

Meanwhile, a “doughraiser” will be held on Feb. 7-8 at Pizzeria Uno's in Sturbridge. The restaurant will donate twenty percent of your check to Endure to Cure (includes dine-in or takeout meals).

The following month, on March 28, Homefield Brewery in Sturbridge will host an Endure to Cure fundraiser from 5:30-8:30 p.m. Tickets are \$20 per person for the event, which will include beer, food, musical entertainment provided by Tony Fazio, and several raffles and prizes. Tickets for the event can be purchased online at paypal.me/EnduretoCure.

A lifelong Sturbridge resident, Galonek-Langevin and her teammates are each hoping to raise \$8,500 for children and families battling pediatric cancer. Having participated in the

Boston Marathon, the New York City Marathon, the Chicago Marathon, and the Berlin Marathon in Germany, the Sturbridge mother of two has perfected her training routine over the years. She also knows that the fundraising component of a marathon can be just as demanding as the physical training.

“I still have a lot of fundraising to do,” Galonek-Langevin told Stonebridge Press. “I am officially three weeks into my training and am doing my part on that end of things. I'm logging lots of miles already.”

Galonek-Langevin knows it's impossible to reach her fundraising goals without strong support from local residents and businesses. She thanks all residents who have supported the cause, as well as the local businesses that have stepped up and embraced the charity.

“I continue to look for donations from local restaurants and businesses for the raffles. Those willing to cooperate in corporate matching would also be great,” Galonek-Langevin added.

After receiving her bachelor's degree in art therapy at Anna Maria College, Galonek-Langevin obtained a master's degree from Boston College in clinical social work. She has been employed by the Department of Youth Services as a clinical social worker for 12 years, working daily with young people involved in the juvenile justice system.

Once she takes part in the London Marathon, Galonek-Langevin will have participated in five of the six major world marathons. In the process she has helped raise thousands of dollars for several teams and organizations.

The Endure to Cure organization provides financial support for families

Turn To **RUNNER** page **A7**

Stageloft announces upcoming production of “Hate Mail”

BY ANNIE SANDOLI
VILLAGER CORRESPONDENT

STURBRIDGE — Stageloft Repertory Theater Has announced that its upcoming February show will be

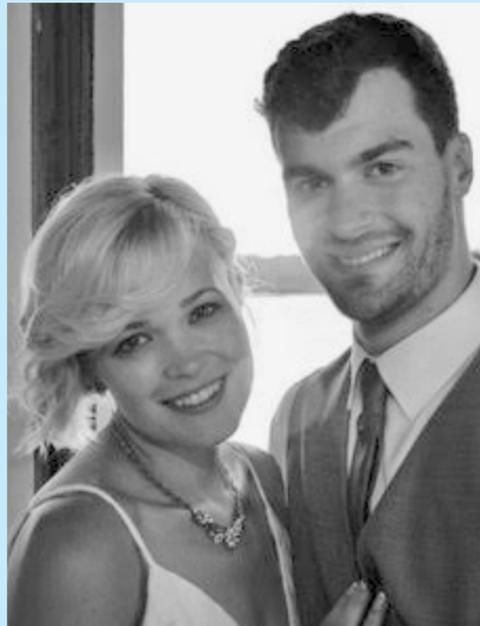
“Hate Mail,” an epistolary romantic comedy by Kira Obolensky and Bill Corbett.

Similar to the play Love Letters by A.R. Gurney, but more humorous and wild, “Hate Mail” depicts the

complicated relationship between a couple through revealing their letters written back and forth as their emotions for each other shift unpredictably.

“Love Letters’ has been kicking around for a long time, a lot of theaters do it around Valentine’s Day, and I appeared in it at Stageloft multiple times in the past,” said Christine Taylor, Executive and Artistic Director of Stageloft. “It’s two actors who sit on the stage and read letters back and forth, and it is beautiful but also has a really depressing, heavy ending. ‘Hate Mail’ is written just like ‘Love Letters,’ except it’s modern and really funny.”

“Hate Mail” tells the story of a rich kid named Preston, an anxiety-ridden artist named Dahlia, and their correspondence back and forth. Everything changes when Preston sends a complaint letter that gets Dahlia fired from her job, and then



Courtesy

Nick Doig and Kaitlyn Ekstrom-Doig, stars of the Stageloft Repertory Theater's upcoming show “Hate Mail”

Turn To **STAGELOFT** page **A1**



Electric car chargers installed at Town Hall

BY JASON BLEAU
VILLAGER CORRESPONDENT

CHARLTON – Residents of Charlton may have noticed a new feature to the parking lots adjacent to the town hall, as a pair of new electric car charging stations having been erected for public use.

The charging stations are the result of a grant acquired by the town to provide a location for electric cars to recharge while parked on the

Jason Bleau

The new electric car chargers at the Charlton Town Hall.

public property. Town Administrator Robin Craver revealed that the stations are near operational during a Board of Selectmen meeting in mid-January.

“There are two charging systems up that we received from a grant. They're right in front of the town hall on the opposite side of the road. We are in the process of making some signs so it will be a little clearer to people when they can utilize them,” Craver said.

The charging stations will be available for public use at a price, estimated to be three dollars for two or three hours.

Charlton is only the latest of numerous communities to install charging stations. In 2017, such stations began showing up along the Massachusetts Turnpike in droves and now those passing through Charlton will have a location to recharge their vehicles when needed. However, Craver also laid out some limitations on when these stations will be available.

“What we've planned for is one of those (parking spots) to be reserved just for electric cars. The other one would be reserved for electric cars after town hall office hours. That way we only

lose one parking spot during the day because parking is a premium and we're not really looking to displace our employees either,” Craver said. “We are making a sign that says the second one is open after 5 p.m. and on the weekend.”

Craver did not specify exactly when the charging stations would be opened for business but insinuated that once the signs are made up and the particulars ironed out locals in need of a bit of a charge while doing business at the town hall will have a place to keep their cars road ready.

Charlton Taste of the Towns celebrates tenth year



Jason Bleau

Sturbridge Coffee Roasters provides a pick-me-up for anyone looking to stay the entire night for the Taste of the Town event.



Guests try their luck in the raffle containing goods from numerous Charlton businesses and organizations. A Silent auction was also held during the night.



Guests smile for a photo op after enjoying their meal at Taste of the Town.

CHARLTON – For a decade, the town of Charlton has played host to a popular event showcasing the many eateries that call the town and its surrounding communities home. Businesses from Charlton and other local communities were a part of the tenth annual Taste of the Towns event on Saturday, Jan. 26 at the St. Joseph's Church hall in Charlton where raffles and free samples of local food helped create an awesome sense of community for all to embrace. Each year the event serves as the largest fundraiser for the Charlton Residential Energy Assistance for Seniors (REAS) Foundation, Inc. which provides energy assistance for senior citizens in the local community through grants. To date \$115,868 has been provided through the organizations and the Taste of the Towns event makes around \$10,000 on average a year to support the cause. Final numbers for the 2019 event were not available for press time; however, it was assumed that the decennial celebration would match if not top the average funds raised from Taste of the Towns.



Representatives of Ted's Package Store provided samples of some of their adult beverage options.



Bay Path culinary arts cooked up some delicious food right in front of visitors.



Charlton REAS Member Terri Gough served as MC for the event announcing prize winners and informing guests about the organization's programs.



Old Sturbridge Village set up shop with their own traditional chowder recipes.



Ronnie's Seafood serves up delicious goods.



Representatives of Ted's Deli pass out one of their delicious sandwich samples.



Guests enjoy each other's company at one of the long tables during Taste of the Town.



At right: In need of a cake or cupcakes? Francesco's Italian Bakery has you covered.



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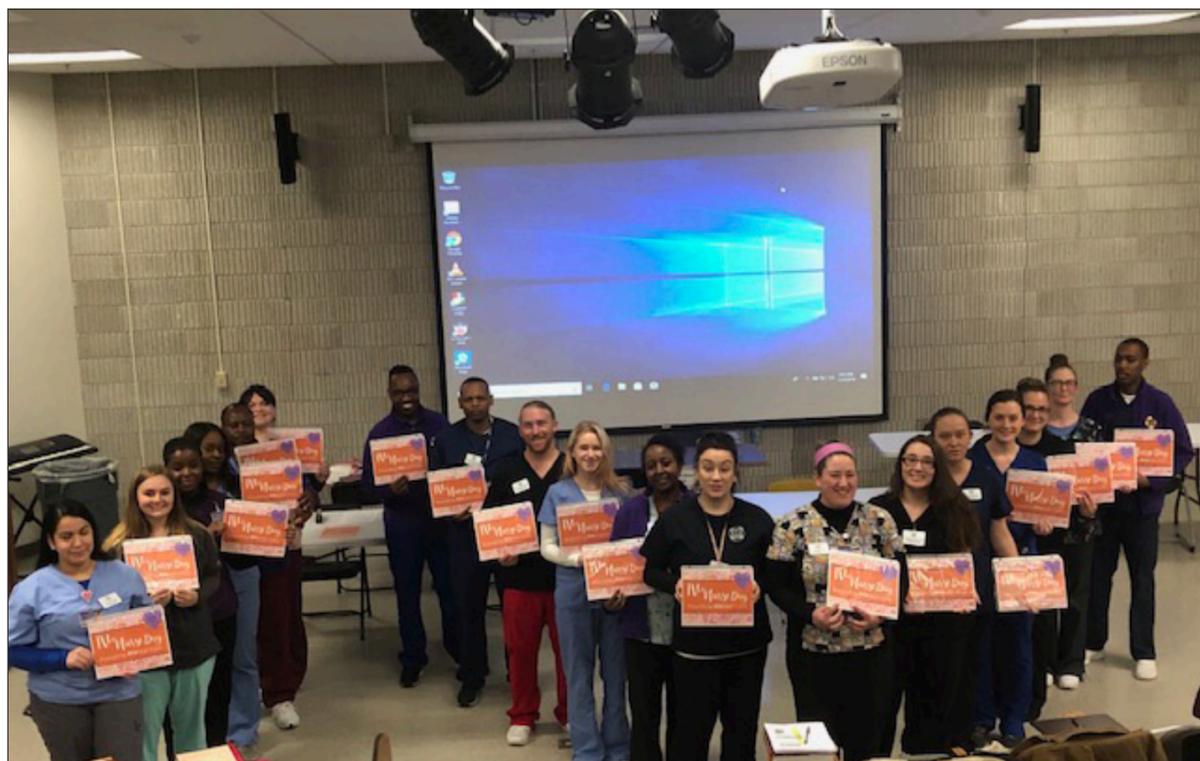
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Bay Path PN Academy celebrates IV Nurse Day



Courtesy

Every Jan. 25, infusion nurses around the world celebrate IV Nurse Day. Bay Path RVTHS Practical Nursing Academy is honored to celebrate IV Nurse Day with the Class of 2019.

CHARLTON — Every Jan. 25, infusion nurses around the world celebrate IV Nurse Day. Established in 1980, IV Nurse Day is especially meaningful to nursing professionals who have dedicated their lives to providing patients with the best infusion care. Bay Path RVTHS Practical Nursing Academy is honored to celebrate IV Nurse Day with the Class of 2019.

For 90 percent or more of hospitalized patients, infusion treatment is needed, and IV nurses have the unique skills, knowledge, and experience in the highly specialized field of infusion. We are delighted to be working with IV nurses who are highly valuable asset to the nursing profession. Bay Path honors and thanks Fran Lacasse, BSN, RN and Jan Stephanos, RN, CRNI for their dedication and support.

This year's theme, "Providing PIVotal Care" invites nurses everywhere to commemorate their commitment to their work and to their patients. The official IV Nurse Day proclamation reads, "recognition is long overdue for the nurses who practice IV therapy." For more information about the

Infusion Nurses Society, visit <https://www.ins1.org>.

- Kudos to our IV Certified Nurses!
- Paige Wood-Huie, LPN, CHT
 - Jacquelin Gebhart, LPN
 - Sonja Brytowski, RN
 - Gena Sears, LPN
 - Lori Sheldon, LPN (IV Nurse Liaison)
 - Jodi Cantell, LPN
 - Alicia Festa, LPN
 - Elizabeth Lamica, LPN
 - Elizabeth Lartey, LPN
 - Linda Layman, LPN
 - Rachel Lear, LPN
 - Heather Lynds-Aldrich, LPN
 - Samantha Marcotte, LPN
 - Erin Martin, LPN
 - Nicholas McElroy, LPN
 - Wendy Menard, LPN
 - Heather Monks, MS, LPN
 - Marissa Mungham, LPN
 - Evanson Muthondu, LPN
 - Antony, Njoroge, LPN
 - Brooke Sawinski, LPN
 - Jeanne Schultz, MS, LPN
 - Heather Sheehan, LPN
 - Krisanne Koebke, BS, LPN

Bay Path Practical Nursing is a 40-week, (10-month), full-time, Monday through Friday, evening program. The program begins mid-August and is completed in late June. Graduates receive a Practical Nursing Certificate and are eligible to take the NCLEX-PN licensure exam.

The Bay Path Practical Nursing Academy is fully approved by the: Commonwealth of Massachusetts Executive Office of Health and Human Services Department of Public Health Board of Registration in Nursing, 239 Causeway St., Boston, MA 02114 617-973-0800; www.mass.gov/dph/boards/rn.

The Bay Path Practical Nursing Academy is accredited by the: Council on Occupational Education 840 Roswell Road Building 300, Suite 325 Atlanta, GA 30350 Telephone: 800-917-2081 www.council.org Bay Path Regional Vocational Technical High School is fully accredited by the: New England Association of Schools and Colleges 209 Burlington Rd, Suite 201 Bedford, MA, 01730-1433 781-271-0022 www.neasc.org

CHARLTON VILLAGER

ACCURACY WATCH

The Charlton Villager is committed to accuracy in all its news reports. Although numerous safeguards are in place to ensure accurate reporting, mistakes can occur. Confirmed fact errors will be corrected at the top right hand corner of page 3 in a timely manner. If you find a mistake, call (508) 909-4130 during normal business hours. During non-business hours, leave a message in the editor's voice mailbox. The editor will return your phone call.

Local students named to Assumption College Dean's List

WORCESTER, Mass. — Assumption College has announced that 493 students have been named to the College's Dean's List for the fall 2018 semester. Local students include:

Erin Wilbur of Charlton, Class of 2019
Travis Butler of Uxbridge, Class of 2020

Cameron MacLean of Charlton, Class of 2021

Students must achieve a grade point average of 3.5 for a five-class, 15-credit semester to be included on the prestigious list, which is announced at the completion of the fall and spring semesters.

"Each semester Assumption College recognizes the hard work and dedication of its students through the Dean's List," said Francesco C. Cesareo, Ph.D., president of Assumption College. "Students who have earned this high honor have demonstrated academic excellence and hard work, as well as committed themselves to the formation of their intellectual and academic lives, an important aspect of the College's mission."

The Assumption College curriculum enables students to gain a depth and breadth of knowledge that leads to professional success and personal fulfillment. Students-whether studying on the Worcester, Mass. or Rome, Italy campus-become engaged participants in Assumption's classic liberal arts education and professional programs, exploring new ideas, making connections across disciplines, and pushing themselves to achieve more than they ever thought possible. To prepare for the workforce, students learn cutting-edge theory and best practices, and develop excellent communication and critical-analysis skills - quintessential skills of a liberal arts education - through classroom work, internships, and involvement in extracurricular activities.

For more information about Assumption College, please visit www.assumption.edu.

Worcester Polytechnic Institute announces Fall 2018 Dean's List

WORCESTER — The following local residents were among 1,595 students from Worcester Polytechnic Institute (WPI) named to the university's Dean's List for academic excellence for the fall 2018 semester.

Eric Himebaugh of Charlton is a member of the class of 2021 majoring in chemical engineering.

Bailey Savage of Charlton is a member of the class of 2022 majoring in mechanical engineering.

Tyler Lizotte of Charlton is a member of the class of 2022 majoring in aerospace engineering.

Ryan Benasutti of Charlton

is a member of the class of 2020 majoring in computer science.

Nicholas Ostrowski of Charlton is a member of the class of 2020 majoring in civil engineering.

Timothy Cotter of Uxbridge is a member of the class of 2020 majoring in mechanical engineering.

Robert Wondolowski of Uxbridge is a member of the class of 2020 majoring in actuarial mathematics.

Kyle Suchanek of Uxbridge is a member of the class of 2020 majoring in biomedical engineering.

Brent Whitlock of Uxbridge is a member of the class of 2020 majoring in mechanical

engineering.

Emily Philbrook of Uxbridge is a member of the class of 2022 majoring in biomedical engineering.

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

"WPI's academic programs are rigorous and require a level of independence beyond what is required in traditional courses. WPI students go beyond the classroom to work on open-ended problems in and for communities around the world. The problems are important and the impact is real" said dean of undergraduate studies Arthur C. Heinricher. "Some of this nation's best and brightest students come to WPI to study engineering and science and business and the humanities. Those named to the Dean's List have excelled in all of their work, and we are exceptionally proud of these outstanding students."

About Worcester Polytechnic Institute

WPI, a global leader in project-based learning, is a distinctive, top-tier technological university founded in 1865 on the principle that students learn most effectively by applying the theory learned in the classroom to the practice of solving real-world problems. Recognized by the National Academy of Engineering with the 2016 Bernard M. Gordon Prize for Innovation in Engineering and Technology Education, WPI's pioneering project-based curriculum engages undergraduates in solving important scientific, technological, and societal problems throughout their education and at more than 45 project centers around the world. WPI offers more than 50 bachelor's, master's, and doctoral degree programs across 14 academic departments in science, engineering, technology, business, the social sciences, and the humanities and arts. Its faculty and students pursue groundbreaking research to meet ongoing challenges in health and biotechnology; robotics and the internet of things; advanced materials and manufacturing; cyber, data, and security systems; learning science; and more. www.wpi.edu

Becker College recognizes Fall 2018 graduates

WORCESTER — Becker College's fall 2018 graduates included several local residents.

Sydney Anger, of Auburn, graduated Magna Cum Laude with a BS in Business Administration.

Tristan Lacroix, of Charlton, graduated Summa Cum Laude with a BA in Interactive Media Design, Game Arts Concentration.

Founded in 1784, Becker College is an undergraduate and graduate, career-focused private college, providing a supportive and inclusive learning community that prepares graduates for their first to last careers. Nearly 1,800 students from the United States and around the world live and learn on the College's Worcester and Leicester campuses. With nationally recognized programs in nursing, game design and animal studies, Becker has been consistently ranked as a "Best College" for undergraduate education by The Princeton Review.

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TAX TIP

Big life events affect your taxes

Babies, big promotions, new jobs — all these things can affect your taxes. If you foresee a big change in 2019, you may need to make adjustments to your tax planning strategy. That could mean altering your withholding or increasing retirement plan contributions. Not sure how to adjust? Call and we'll help you ensure you're getting the most tax savings for your situation.

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Students support Woman in Business scholarship fund with dinner theater show



The 2018-19 Woman in Business, Inc. Board of Directors

BY ANNIE SANDOLI
VILLAGER CORRESPONDENT

STURBRIDGE—Tantasqua Regional High School's Drama Club is getting ready to present All in the Timing, a student-directed dinner theater show that will take place in the Grand Ballroom at the Sturbridge Host Hotel on Thursday, March 7 and benefit the Woman in Business Scholarship Fund.

The scholarship fund is part of Woman in Business, Inc., a 501c(3) charitable organization founded in 1985 that supports women by encouraging networking, sharing information and experiences, and providing educational opportunities by offering workshops and seminars and awarding annual

scholarships to students graduating from Tantasqua Regional High School, Shepherd Hill Regional High School, Southbridge Middle and High School, Bay Path Regional Vocational Technical High School, and Bay Path's University's One-Day-A-Week Saturday program.

"Woman in Business is a fabulous organization that supports women in every sense," said Laurie Nelson, the President of Woman in Business and Executive Director at Christopher Heights Assisted Living of Webster. "It's important to know that you have a group of women surrounding you at every turn in whatever you do to help you and cheer you on. Whether you wish to become a surgeon, pastry chef, or stay at home mom and entrepreneur, there are

business and personal opportunities for women of all ages."

The play, written by David Ives, directed by Tantasqua Regional High School students, and led by Club Advisor and Tantasqua English teacher Samantha Briggs, is a collection of six different one-act comedies with topics ranging from first dates that come with the opportunity to reset mistakes to alternate universes where one must ask for the opposite of what he or she really wants. This production is the Tantasqua Drama Club's second fundraiser for Woman in Business, with an interactive murder-mystery dinner, "Dinner at Eight, Dead by Nine" by Michael Druce, taking place in May of last year at the Sturbridge Host Hotel.

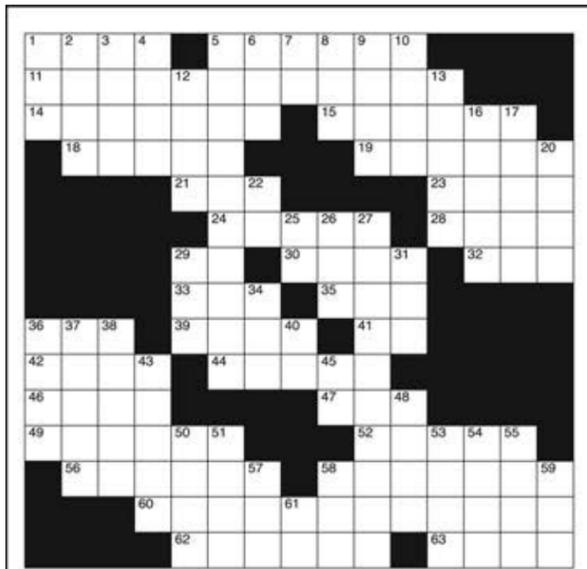
"It was a phenomenal success," said Nelson. "The students were incredible, the community support was fabulous, and even greater support is expected this year. To be able to see the students so engaged and working so hard was incredible and the show was a worthwhile endeavor for everyone involved."

Tickets for the show are \$30 each, and include dinner, the performance, and a sweet treats dessert buffet. There will also be a penny auction and a raffle ticket auction. All of the proceeds go directly towards the Woman in Business Scholarship fund, which has given out over \$40,000 in scholarships to over 100 young women who want to continue their education.

"Students apply for the scholarship through their school guidance counselors and we review the applications and award them to those who seem to be most promising in terms of making a difference," said Nelson. "Four people receive a scholarship each year and there is a fifth scholarship that is in the name of the founder, Judith A. Jaeger. Our goal is to more than cover the scholarship costs for each year so we can have a fund to draw from."

For more information on Tantasqua's dinner theater show or to purchase tickets, email Woman in Business, Inc. at info@wibsturbridge.org or go to <https://wibsturbridge.org/events/all-in-the-timing-spring-scholarship-fundraiser>.

Courtesy



CLUES ACROSS

- 1. Sheep sounds
- 5. Turn up
- 11. Statements of support
- 14. Spells
- 15. Evildoer
- 18. One-time baseball stadium staple
- 19. Activities
- 21. WWII-era US President
- 23. Soft, flexible leather
- 24. Proverb
- 28. Wish (Hindu)
- 29. Injury treatment
- 30. Red Sox ace
- 32. "Deadliest Catch" captain
- 33. Baseball stat
- 35. Where marine life lives
- 36. Heartbeat test
- 39. Signs on the dotted line
- 41. Atomic #24
- 42. Bind securely
- 44. Swiss Nobel Peace Prize winner
- 46. Fragrant brown balsam
- 47. Where you were born
- 49. Sells a ticket for more than its price
- 52. Where goods are presented
- 56. Jewish salutation
- 58. Fruits
- 60. Poorly educated
- 62. Microorganism
- 63. Depicted

CLUES DOWN

- 1. Ballplayer's tool
- 2. Hairdo
- 3. From a distance
- 4. Belt one out
- 5. Revising a text
- 6. More (Spanish)
- 7. Beloved Spielberg alien
- 8. BBQ dish
- 9. Provoke
- 10. Within
- 12. Canadian flyers
- 13. Smugly smile
- 16. Buffalo
- 17. Lake in the Kalahari Desert
- 20. Grab
- 22. Rural delivery
- 25. Equally
- 26. It's sometimes passed
- 27. Citizens who are qualified to vote
- 29. Greek letter
- 31. Body part
- 34. Boxing result
- 36. Newts
- 37. Predatory semiaquatic reptiles
- 38. Cockatoo
- 40. The NFL's big game (abbr.)
- 43. Leguminous east Indian tree
- 45. News reporting organization
- 48. A nemesis of Batman
- 50. Legal term
- 51. Not all
- 53. A way to greet
- 54. Knot in a tree
- 55. Satisfy
- 57. Russian space station
- 58. A baby's mealtime accessory
- 59. Stitch together
- 61. ___ and behold

Edward Jones to host career open house

STURBRIDGE — Jeffrey Burdick, a local financial advisor for the financial services firm Edward Jones, invites the public to attend a career open house from 6 to 8 p.m. on Wednesday Feb. 13 at Sturbridge. The event is designed to give individuals the opportunity to talk face to face with Edward Jones financial advisors and get firsthand knowledge of the career opportunities Edward Jones offers. "Edward Jones is truly different from other Wall Street firms," Burdick said. "We're looking for high achievers who have a desire to run a business with the support of a much larger organization. Our financial advisors live in the communities where our clients live and work." In a time when many U.S. businesses are experiencing zero growth or are actually downsizing, Edward Jones is aggressively expanding its number of financial advisors. "Our financial advisors come

from diverse backgrounds. Teachers, bankers and engineers all have joined the ranks of Edward Jones. They all, however, have one thing in common: They are self-starters who enjoy working with and helping other people," Burdick said. Edward Jones offers an extensive training program for new financial advisors. As part of that training, financial advisors build their businesses by calling on people in the communities where they have chosen to put down their roots. "We want our new financial advisors out where people can get to know them and decide if they are the kind of people they want to do business with," Burdick said. If you would like more information on the event or would like to reserve your space, contact Jeffrey Burdick at 508-347-1420, or visit the firm's recruiting Web site at www.careers.edwardjones.com. Edward Jones provides financial services for individual investors in the United States

and, through its affiliate, in Canada. Every aspect of the firm's business, from the types of investment options offered to the location of branch offices, is designed to cater to individual investors in the communities in which they live and work. The firm's 10,000-plus financial advisors work directly with nearly 7 million clients to understand their personal goals -- from college savings to retirement -- and create long-term investment strategies that emphasize a well-balanced portfolio and a buy-and-hold strategy. Edward Jones embraces the importance of building long-term, face-to-face relationships with clients, helping them to understand and make sense of the investment options available today. Edward Jones is headquartered in St. Louis. The Edward Jones interactive Web site is located at www.edwardjones.com, and its recruiting Web site is www.careers.edwardjones.com.

Nichols College students named to Fall 2018 Dean's List

DUDLEY — Approximately 600 Nichols students achieved Dean's List or Dean's High Honors status during the fall 2018 semester.

The Dean's List recognizes students who earned high grades during a single semester. To be on the Dean's List, a student must maintain a minimum grade point average of 3.2 for at least 12 credit-hours and receive no grade below a C+ during the semester. A student who earns a grade point average of 3.6 or higher is awarded Dean's High Honors.

Isabel Baillargeon of Charlton achieved Dean's List.

Riley Bishop of Charlton achieved Dean's High Honors.

Dylan Delaney of Charlton achieved Dean's High Honors.

Bethany Faford of Charlton achieved Dean's High Honors.

Amber Grybowski of Charlton achieved Dean's List.

Nathan Healy of Charlton achieved Dean's High Honors.

Emily Maestro of Charlton achieved Dean's List.

Richard March of Charlton achieved Dean's High Honors.

Sean McGuigan of Charlton achieved Dean's List.

Lauren Oppewall of Charlton achieved Dean's High Honors.

Andrew Smith of Charlton achieved Dean's High Honors.

Honors.

Edward Smith of Charlton achieved Dean's List.

Emily Sprague of Charlton achieved Dean's High Honors.

Adam Warnajtyts of Charlton achieved Dean's High Honors.

Jacob White of Charlton achieved Dean's High Honors.

ABOUT NICHOLS COLLEGE

Nichols College is a college of choice for business and leadership education as a result of its distinctive career-focused and leadership-based approaches to learning, both in and out of the classroom, and through impactful research and professional education. Founded in 1815, Nichols transforms today's students into tomorrow's leaders through a dynamic, career-focused business and professional education. Within a supportive community, Nichols offers and experiential business curriculum with a strong liberal arts foundation that is enhanced by the scholarship of practice and pedagogy; integrates research and scholarship into the student experience programs and activities that cultivate and enhance professional skills and readiness; and develops the communication and critical-thinking abilities, the ethical and cultural perspectives, and the necessary teamwork skills that are required of leaders in a global economy.

Nathan Mozinski of Charlton
Sally Cederberg of Charlton
Jessica Rousakos of Charlton

Local students named to President's List at Plymouth State University

PLYMOUTH — A total of 831 students have been named to the Plymouth State University President's List for the Fall 2018 semester. To be named to the President's List, a student must achieve a grade point average of 3.7 or better for the Fall 2018 semester and must have attempted at least 12 credit hours during the semester.

Bryana Reardon of Uxbridge

About Plymouth State University
Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates and by providing graduate education that deepens and advances knowledge and enhances professional development. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire.



Conservation Commission names winners of Ninth Annual Winter Tree Scavenger Hunt

STURBRIDGE — The excited shouts of happy children zinged through the clear, frosty air as they discovered hidden decorated trees in the Sturbridge Conservation Commission's Ninth Annual Winter Tree Scavenger Hunt on the rolling uplands of the Town's Heins Farm Conservation Area.

Families and small groups searched along the Pond Loop and Cabin Loop Trails of the property's 2.4 miles of marked trails. When they settled on their favorite tree, with its colorful, shiny decorations, they photographed themselves alongside, and a grand prize winner was selected from a recent random drawing of the submitted collection of pictures.

This year's grand prize was shared by three siblings, Max, Cole and Zoe Jalbert of Sturbridge. The family got out onto the trails while the weather was still mild in December, and sent in their photos!

The siblings received a year's subscription to "Ranger Rick," a National Wildlife Federation publication, and a birdhouse specially designed for the saw whet owl. Other

participants received a lively Certificate of Participation, and encouragement to get out and enjoy the trails.

This is the ninth year of this event, which typically lasts from Thanksgiving weekend through Christmas and New Year's school vacation. Several Town departments and community organizations voluntarily joined in the preparations, including the Conservation Dept., Recreation Dept., Town Clerk's office, and the Assessor's office, the Board of Health Department, The Moms Club of Sturbridge., Brownie Scout Troops #64510 and Cub Scout Troop 161.

In addition to the 2.4 miles of trails on Heins Farm, the Town maintains an additional 13 miles of marked trails on the 981-acre Leadmine Mountain Conservation Area.

Although separate from the Conservation Commission, the Sturbridge Trails Committee is charged with the development, maintenance, and promotion of the trails on Sturbridge-owned property. They welcome vol-



This year's grand prize in the Winter Tree Scavenger Hunt was shared by three siblings, Max, Cole and Zoe Jalbert of Sturbridge.

unteers to help in any and all aspects of trails, and can be reached at treksturbridge@gmail.com

The Trails Committee has published their guide to Open Space properties in town, "Guide to the Trails and Open Spaces

of Sturbridge" and are currently in the process of making minor modifications and updates. Information includes descriptions and maps of nine properties, including the Grand Trunk Trail, Army Corp and Opacum Land Trust properties,



Courtesy

and more. This free 28-page full color guide is available at the Town Hall, Town Clerk's office and the Conservation Office, or can be downloaded from the town's website; look for Trails Committee; then Trail Maps.

For any additional information, please contact or visit the Sturbridge Conservation Department during regular business hours.

Dudley holds public forum on hemp production

BY JASON BLEAU
VILLAGER CORRESPONDENT

DUDLEY — As the town of Dudley continues to seek opportunities for economic growth part of the focus has turned to the future of farmland in the community. Citizens have not shied away from voicing their disdain for adding more solar farms to the town which had left farmers and the town's economic development committee exploring new options more akin to traditional agriculture practices.

One option may be the grown and manufacturing of hemp. Often closely related to marijuana, hemp is a much milder art of the cannabis family. Whereas marijuana is often used as a recreational drug hemp is not psychoactive and is used for more manufacturing purposes than anything else. With that in mind the plant has been considered as a potential viable crop that Dudley farmers might be interested in producing. The interest is abundant enough to have warranted a public forum on Jan.

17 where representatives of the Massachusetts Department of Agriculture Resources (MDAR) shared information about hemp and its potential uses and profitability.

The forum was born from a meeting in December at the Dudley Grange where Dudley's impending Agriculture Advisory Committee was discussed as well. Until that committee is made official the Economic Development Committee is "carrying the torch" with committee chair John Briare serving as the mod-

erator for the hemp forum. Briare said that agriculture continues to be an important part of Dudley's identity and if the town wants to preserve that aesthetic hemp may be one viable future option for farmers to explore.

"Dudley has almost a third of its land agriculturally protected here. A lot of that land is dormant, so we were trying to figure out how to get those dormant lands active again. We were looking at what we call crops of opportunity," Briare said to start off the forum. "The more research we did it turns out that Dudley, believe it or not, was one of the centers of industrial hemp production for years. That's why there are mills all around us. It was processed here, it was made into clothing and other material all within miles of where we are so it's kind of neat to see things coming full circle."

Taryn LaScola-Miner, Director of Crop and Pest Services for MDAR, led the discussion presenting a slideshow detailing the specifics of hemp. While hemp's close relative marijuana has proven to be a controversial substance since being legalized for recreational use in the commonwealth, LaScola-Miner said that it's important to remember that the two plants are not the same. In fact, it would be extremely difficult for anyone to get a "high" off of hemp.

"The difference between hemp and marijuana is the THC level. Legislation and farm bill has basically said if you have a cannabis plant that has a THC level of three tenths of a percent or lower, it is considered hemp because at that level it is not psychoactive. We are learning about new uses (for hemp) pretty much every day," LaScola-Miner said. "This plant is pretty versatile. It's also a good remediator. It takes up a lot of stuff from the soil. We've heard from other states that some farmers have used it as a cover crop. It really has a lot of different uses."

The many potential uses discussed at the forum ranged from fuel and ink to cosmetics and body care products and even paper, rope and clothing.

LaScola-Miner revealed that hemp was legalized long before marijuana through the 2014 Farm Bill while marijuana remains federally illegal. Hemp falls under the jurisdiction of MDAR. In 2018 another Farm Bill was passed removing hemp from the Controlled Substance Act while still requiring state licensing and testing. The act makes it eligible for federal crop insurance and interstate transport and also makes it subject for oversight from the FDA. Licenses require annual renewals, pre-licensing site inspections, field signage, and yearly forms

as well as testing of the crops as there is always the potential for cross pollination between hemp and marijuana.

LaScola-Miner explained that MDAR has just completed its first year with licensed hemp growers in the commonwealth and while they continue to learn a lot about hemp and its possibilities, they consider the first year of operations to be a tremendous success.

"I think that was a good start for our first year. I think a lot of people are dipping their toes to see how it would go," LaScola-Miner said. "We had about I think 76 acres licensed to be planted but only 21 were planted and then about 15,000 square feet were produced inside, such as greenhouses."

LaScola-Miner added that all of the current growers want to renew their licenses while 19 new applicants have sought licenses of their own.

After lengthy discussions about issues like using leased land and roadblocks still to be resolved at the state level one question stood out from the forum: would Dudley even want hemp in the town? With marijuana becoming a huge issue for nearby Charlton, the idea of adding a cannabis product to the Dudley community could be a contentious one. However, John Briare acknowledge that concerns like that are why they are holding public forums as education can be a powerful tool to helping the public decide on the future of agriculture in Dudley.

"Dudley recently passed at town meeting its marijuana zoning districts basically concentrated in the industrial parks. To the best of my knowledge I don't believe any marijuana companies have approached the town about host agreements or putting anything in town at this point. That is something that is handled by the town administrator and the board of selectmen. That's where that would start," Briare said.

For now, the possibility of hemp cultivation coming to Dudley remains nothing more than a possibility. The prospect is there. The question now is whether or not farmers consider this a viable option. If so the future of Dudley's agricultural identity may be the production of one of the most versatile plants in the United States.

Call volumes up for Dudley Fire Department in 2018



Courtesy

Dudley firefighters respond to an incident in October. Emergency calls through the department were up 14 percent in 2018.

BY JASON BLEAU
VILLAGER CORRESPONDENT

DUDLEY — Dudley fire and emergency calls were up in 2018, according to Fire Chief Dean Kochanowski, who presented an updated look at call records for the department to the Board of Selectmen in January.

As he does every year, Chief Kochanowski presents a five and ten year breakdown of recorded calls through his department as well as a comparison between 2017 and 2018 showing that while there have been increases over a long period of time the increase over the last year was uncharacteristically high.

"The five-year increase was 29 percent total and just under 15 percent for the ten year increase. The more important one is the increase from 2017 to 2018 and fire calls were up 14 percent," Kochanowski said. "EMS was up just over two percent and the total was up almost six percent, so they were some pretty significant increases."

These increases include fire calls, EMS calls and mutual aid where the Dudley Fire Department assists outside towns. With around 2,000 calls total reported over the last year the chief explained that is nearly six calls a day for a variety of emergencies. The data does not include inspections which the chief said totaled between 250 and 300 over the same time span.

Chief Kochanowski was asked how calls from Nichols College impacted those numbers and he reported that the school didn't require any more help than usual during the calendar year.

"It's not as much as everybody thinks it is. It does go through spurts where it seems like we'll have a big cluster of calls up there and then it will go dormant for a while. I'm not just talking on the off season, it's also during the school year. It's up and down and it's different from year to year. Overall, it's probably a little under two percent of our call volume," said the chief.

As for why Dudley saw such an increase in calls from one year to the next, the chief noted that an increase in the elderly population could be impacting the numbers. However, the chief couldn't comment on why more fires may be occurring in town.

Fully documented data from the fire department and other department in town are expected to be a part of Dudley's upcoming annual report. For now, Chief Kochanowski says he will make the data presented to selectmen available to the general public on the town's Web site.

www.StonebridgePress.com

In Print and Online



OBITUARIES

CALENDAR

Barbara Zajac, 102



THOMPSON, CT- Barbara (Reynolds) Zajac, 102, formerly of Thompson, CT, died Saturday, January 19, in Overlook Masonic Healthcare.

Her husband Edward Zajac died in 2000. She leaves 2 sons Gerald Zajac of Waterbury, CT., and James Zajac of Coatesville, PA., her brother Myron Reynolds of Charlton, her sister Marion Reynolds of Charlton, 4 grandchildren, 5 great grandchildren, many nephews and nieces.

She was predeceased by 2 sons Clifford Zajac who died in 1967 and Donald Zajac who died in 1985, 2 brothers Warren Reynolds and Emerson Reynolds, 3 sisters Helen Brewer, Shirley Bromley, Gertrude Miller.

She was born in Charlton the daughter of Lewis and Lena (Jaskoviak) Reynolds. She graduated from Charlton High School Class of 1932 and Becker

Junior College.

Barbara was a teller for Canterbury Bank and Brooklyn Savings Bank.

She was a member of the Charlton Federated Church and sang in the choir. She was also a member of the Charlton Grange, the former Southbridge Grange and was a Grange member of 88 years.

She enjoyed knitting, crocheting reading and crossword puzzles.

A Memorial Service will be held at 11:00AM Saturday, Feb. 2, in the Charlton Federated Church, 64 Main Street Charlton. A calling hour will be from 10 to 11AM in the church prior to the service.

Memorial contributions may be made to the Charlton Federated Church, 64 Main St. Charlton, MA 01507

Belanger-Bullard Funeral Home, 51 Marcy St. Southbridge is directing arrangements.

An online guestbook is available at www.BelangerFuneralHome.com

Stanley J. Misiuk, 72



WORCESTER- Stanley J. Misiuk, 72, of Clapp St., passed away on Tuesday, Jan. 23rd, in the UMass Memorial Medical Center, University Campus, Worcester, after a brief illness.

Stanley leaves his sister, Diane Gauthier and her husband Bob of Charlton; his brother, Raymond Misiuk of South Portland, ME; his niece, Cheryl Gauthier of Southbridge; his two nephews, Christopher Gauthier of Charlton and Isaac Misiuk and his wife Samantha of South Portland, ME; a grandnephew, Landon Misiuk and a grandniece, Ellie Misiuk of South Portland, ME. He was born in Worcester the son of the late Edward J. and Regina J. (Matyczynski) Misiuk and lived here all his life. He

was a 1964 graduate of South High School in Worcester and a 1966 graduate of the Worcester Industrial Technical Institute. He was a US Army Veteran of the Vietnam War.

Stanley was an account service rep for Reliable Cash Register, Inc. in Worcester for over 30 years, retiring in recent years. He enjoyed playing golf and working with computers. He enjoyed making radio-controlled model boats and air planes. Stanley was dearly loved by his family and will be missed.

A graveside service for Stanley in West Ridge Cemetery, Charlton, will be held at a later date. There are no calling hours.

The Daniel T. Morrill Funeral Home, 130 Hamilton St. Southbridge, is directing arrangements.

www.morrillfuneralhome.com

Sarah "Sally" Puccelli, 95



CHARLTON- Sarah "Sally" (Toppin) Puccelli, 95, formerly of Highland St., Southbridge, passed away Saturday, Jan. 19th, in the Overlook Masonic Health Center, Charlton, after

an illness.

Her loving husband Carlo C. Puccelli died in 2003. She leaves her son, Charles P. Puccelli and his wife Jan of Hubbardston; her two daughters, Janet Puccelli of Worcester and Kathryn Ritter and her husband Michael of Southbridge; her brother, John Toppin of Charlton; her two grandchildren, Tyler Ramsey of New York, NY and Josh Ramsey of Chatham; and her step grandson, Kevin Buxton of Northbridge. Sally was predeceased by two brothers, Kenneth Toppin and Vincent Toppin. She was born in Brookfield the daugh-

ter of Samuel and Katherine (O'Brien) Toppin.

Sally was a longtime employee of Sears in Southbridge. She worked for the American Optical Company during the war. Sally is a member of St. Mary's Church of St. John Paul II Parish. She enjoyed reading, baking, and playing Bingo. Sally loved her family and cherished her time spent with her grandchildren.

Funeral service for Sally was held on Monday, Jan. 28th, at 10:00am in the James C. Nicoll, Jr. Chapel at the Overlook Masonic Home, 88 Masonic Home Rd., Charlton. Burial in Oak Ridge Cemetery, Southbridge, will be held at the convenience of the family. There were no calling hours.

In lieu of flowers donations may be made to the Overlook Masonic Home, 88 Masonic Home Rd., Charlton, MA 01507.

www.morrillfuneralhome.com

Saturday, February 2

MEAT RAFFLE: The Charlton Lions Club is hosting a Meat Raffle on Saturday, Feb. 2 from noon to 3 p.m. at Zorba's Restaurant on Route 20 in Charlton. The theme will be the "Patriots and Super Bowl." Six tables of beef, chicken and pork from Fairway Beef are yours for the winning. Come join us for an afternoon of fun and fill your freezer with your prizes. Increase your chances with free "Early Bird Special" tickets to those arriving before 1 p.m. See you there!

Tuesday, February 5

BEGINNERS FLY TYING CLASS: Buffumville Lake office, Charlton, 7-9 p.m. Call (508) 248-5697 to register.

Wednesday, February 6

"A CARING PLACE" MEMORY CAFÉ — SING-ALONG WITH SUE: A Memory Café is a place where people living with a cognitive related illness or injury such as; Parkinson's, Dementia, Alzheimer's, PTSD, autism and any other related illness or injury can go with their loved ones (often their caregivers), and spend quality time together away from the negativity and stigma that often accompanies this. A Memory Café is a safe, judge free and fun place for people to go where they can be themselves and enjoy the company of loved ones and never have to worry about what others are thinking. We will never ask for a diagnosis and anyone from any town or city and any age are welcome. We only ask that all guests have a caregiver with them and that the guest has a cognitive related illness or injury. Staff is not responsible for the personal care of any guest. We are accepting to any level of ability and always welcome new people. Our Memory Café is run on donations and sponsors. Light refreshments are often served. Our atmosphere is geared toward fun yet comfortable and always safe. Our Café often hosts singers, dancers and performers who will help bring back old memories and days gone by. Our Café also hosts fun interactive activities but never educational events; we feel this should be a fun time spent together. Please see the upcoming scheduled events coming to our Memory Café over the next few months. Signups are encouraged. We are open the first Wednesday of each month from 3-5 p.m.

Thursday, February 7

BEGINNERS FLY TYING CLASS: Buffumville Lake office, Charlton, 7-9 p.m. Call (508) 248-5697 to register.

Friday, February 8

SOME SPECIAL & ME DANCE, 6:30-8:30 p.m., Burgess Elementary School cafeteria, Sturbridge. Hosted by Girl Scout Troop 14412. Open to Burgess students in grades K-6, accompanied by their "Someone Special." This could be a parent, grandparent, guardian, or other special adult. Cost: \$5 per person, with a maximum of \$20 for families. Please e-mail Troop14412@gmail.com for a permission slip, or with any questions.

Monday-Friday, February 18-22

SCHOOL WINTER BREAK FUN AT BUFFUMVILLE LAKE: 3:30-4:30 p.m. daily. Pre-registration requested by Feb. 15. Please contact Park Ranger Jamie Kordack at (508) 248-5697 or Jaime.r.kordack@usace.army.mil.

Thursday, February 21

AN EVENING WITH PSYCHIC

MEDIUM GARY MCKINSTRY: Live at Old Sturbridge Village. Dinner will be served at 5 p.m., with the show beginning at 7 p.m., and tickets are available for either or both. This event is a fundraiser for the students of Old Sturbridge Academy. Throughout New England & beyond, Gary McKinstry is legendary for giving peace, comfort, and perhaps closure to grieving loved ones. Talking to people about their everyday lives, as well as those that have crossed to the Other Side. Understanding that we are never really alone, and how we're all "Connected" through spirit and love. Snow date: Feb. 24

Sunday, February 24

BUFFUMVILLE DAM TOUR: Join Park Ranger Jamie today at 1 p.m. at Buffumville Lake, Charlton.

Sunday, March 31

BUFFUMVILLE DAM TOUR: Join Park Ranger Jamie today at 1 p.m. at Buffumville Lake, Charlton.

Sunday, April 28

BUFFUMVILLE DAM TOUR: Join Park Ranger Jamie today at 1 p.m. at Buffumville Lake, Charlton.

ONGOING

BUSINESS NETWORKING: Join us for a FREE Business Networking Meeting! Thursdays - 7am at Old Sturbridge Village Oliver Wight Tavern - Grecian Room, 1 Old Sturbridge Village Rd, Sturbridge, For more info call Tia @ 774-200-6740

WOMEN'S BASKETBALL: Please come join us for a fun evening of exercise and basketball at the Heritage School gym in Charlton. We play pickup basketball from 7-9 PM every Monday evening from September to June based on the school schedule. There are no set teams and participation is free for women 18 years and older. Please contact Deb at 508-248-3600 for more information.

Pilgrimage to Italy, Holy Land, and Medjugorje

St. Joseph's Church in Charlton is sponsoring a Pilgrimage Sept. 29- Oct. 9, 2019 to Italy, Holy Land, and Medjugorje with Fr. Robert Grattatori. The cost is \$4,599; 11 days includes 4-5 star hotels, airfare, luxury transportation, and breakfast/dinner daily. A \$500 deposit is due at the time of registration. Please contact parishioner Dr. Karen Zaleski for trip details at karenzaleski42@gmail.com or you may call Proximo Travel directly for information and to register at 1-855-842-8001, or 508-340-9370.

ALZHEIMER'S SUPPORT GROUP: third Wednesday each month, 6-7 p.m. at the Overlook Independent Living Building, fourth floor Solarium, 88 Masonic Home Road, Charlton. The intent is to build a support system, exchange practical information, talk through issues and ways of coping, share feelings, needs and concerns and to learn about community resources. Contact Kathy Walker at (508) 434-2551 or kawalker@overlook-mass.org for more information. Presented by Alzheimer's Association MA/NH Chapter, visit (800) 272-3900 or alz.org.

NUMISMATICS: Looking for a new hobby? Come learn about the hobby of coin collecting. Or maybe you are an old time collector. Our club, the Nipmuc Coin Club, has both. We learn from each other through our monthly guest speakers, show and tell presentations, monthly coin auctions and free attendance prizes. Our group loves to share their knowledge with each other. About half of our members also like to eat. Each month we have a simple dinner with dessert and refreshments just prior to our meeting, which allows us time to socialize too. We meet the fourth Wednesday of each month starting at 6:30 p.m. in the Oxford Senior Center located at 323 Main St. in Oxford. It is the building directly behind the Oxford Town Hall building. For more information, please contact Dick Lisi at (508) 410-1332 or lisirichard15@yahoo.com.

Free Playgroup at the Hitchcock Academy; sponsored by Union 61 Family Foundation Five Grant. It includes: Music & Movement on Wednesday 9-9:45 a.m. and Playgroup on Monday & Thursday 9-11 a.m. For more information about these and a variety of other classes visit us at www.hitchcockacademy.org or call 413-245-9977

Grief Support Group: at Overlook Hospice, Charlton: Have you recently experienced the loss of a parent, child, sibling, friend or spouse? We are here to help. Join a safe, supportive and caring group to share your stories and support others who are learning to live again after the death of a loved one. Drop-in group for adults meets on the second and fourth Wednesday of every month, 1-2:30 p.m. Contact Susan Fuller at (508) 434-2200.

Send all obituary notices to
Stonebridge Press, PO Box 90,
Southbridge, MA 01550, or by e-mail
to obits@stonebridgepress.news

Professional Directory

For advertising information:

Call June (508)909-4062
if your business is in Charlton

Call Mikaela at (508) 909-4126
if your business is in Sturbridge

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CALENDAR

CALENDAR

continued from page A6

THRIFTY: Saint Paul II Parish's Flea Market, at 40 Charlton St., Southbridge, is open each Monday from 9:30 a.m. to 1 p.m. and each Saturday from 8:30 a.m. to 1 p.m. Items for sale include household, linens and furniture. We also have a holiday room. Donations are appreciated. All proceeds go to the support of the church.

NUMISMATICS: Southbridge Coin Club meets on the third Friday of the month (except July and August). The doors open by 7 p.m. and the meeting begins at 7:30 p.m. Collectors of all ages are welcome. The meetings include raffle, auction, and show and tell. Light refreshments are served. The meetings are held in the community room at the Southbridge Savings Bank at 200 Charlton Rd. (Route 20), Sturbridge.

ALCOHOLICS ANONYMOUS: Traditional open AA meetings in a friendly setting. Come early to chat and share in refreshments. Friday evenings at 7:30 p.m., Hitchcock Academy, Brimfield.

K9 NOSE WORK: A sport open to all breeds of dog and their people Saturday mornings over six weeks at Hitchcock Academy in Brimfield starting Jan. 19. Progressive training levels offered. Fee: \$145 per dog, per session. Instructor: Laurie Merritt, M.Ed., CPDT-KA, CNWI, Certified K9 NoseWork Instructor – National Association of Canine Scent Work.

SEN-I JUDO CLUB: This course runs all year long on Sundays, Mondays and Thursdays at Hitchcock Academy in Brimfield, and is well suited for all levels of practitioners, including beginners! Call Sensei Israel Lopez at (413) 279-4330 for more information.

FAMILY FOUNDATIONS 5: PLAYGROUP: This free program for preschool-aged children is sponsored by the Union 61 Family Foundation 5 Grant. 9-11 a.m. Mondays while school is in session until May at Hitchcock Academy, Brimfield. Pre-register your child by calling Karen Distefano at (508) 867-2232 or e-mailing union61cfce@tantasqua.org.

WEIGHT WATCHERS: Traditional Weight Watchers Meetings Monday evenings at Hitchcock Academy in Brimfield. Times: WeighIn/Registration 5:30 p.m., meeting 6 p.m. Leader: Angela Kramer. Visit www.weightwatchers.com to become a member or to learn more about Weight Watchers.

YOGA: Hatha Yoga benefits are stress-relieving. Relax & rejuvenate with postures & guided meditation to restore the body. Bring a mat and wear comfortable clothing. All levels welcome. Six weekly classes held on Monday nights at Hitchcock Academy in Brimfield from 7:15-8:45 p.m., beginning Jan. 21.

ART GROUP: Participants enjoy time to socialize, draw and paint together informally, without instruction at Hitchcock Academy in Brimfield on Tuesday nights beginning Jan. 22. No pre-registration required. Bring your

own supplies and enjoy! Free will donations are welcome. 9-11:30 a.m. Contact Hitchcock at (413) 245-9977 for more information.

GRANDPARENTS IN THE KNOW: Grandparents with custody of their grandchildren meet on the first Tuesday of the month from 9-10:30 a.m. at Hitchcock Academy in Brimfield.

GENEALOGY RESEARCH ABC'S: We all know something about our families — it's what we don't know that's intriguing. Genealogical research is becoming very popular, and for good reason. You might be living right next door to a third cousin twice removed! The research can be simple, or it can be a real challenge. "ABC's" will guide you along the right path with tips on research on- and offline. If you would like to have a conversation with your own great grandparents, then your job is to tell your family story to hand down to your descendants. Four classes at Hitchcock Academy in Brimfield beginning Tuesday, Jan. 22. Instructor: Dave Robinson, Old Bones Genealogy of New England.

WATERCOLORS WITH BETH: Ongoing watercolor classes for all levels with a new painting every three weeks. You must register with Beth in advance to attend. 9 a.m.-1 p.m. Wednesdays at Hitchcock Academy with instructor Beth Parys. For information and to register, call Beth at (413) 245-3295.

FAMILY FOUNDATIONS 5: Music & Movement. This free program for preschool aged children is sponsored by the Union 61 Family Foundation

5 Grant. 9-10 a.m. every Wednesday when school is in session until May at Hitchcock Academy. Pre-register your child by calling Karen Distefano at 867-2232 or e-mailing union61cfce@tantasqua.org.

FAMILY FOUNDATIONS 5: STEAM GROUP. This free program for preschool aged children is sponsored by the Union 61 Family Foundation 5 grant. 9-10 a.m. Thursdays when school is in session until May at Hitchcock Academy. Pre-register your child by calling Karen Distefano at (508) 867-2232 or e-mailing union61cfce@tantasqua.org.

FENCING: Fencing is a sport of combat that originally started as practice for dueling with swords. Since that time, it has grown into a modern sport while maintaining those virtues that made it great: honor, valor, and grace. Bring a water bottle, sneakers and comfortable clothing. Youth and adult classes with Andy Bloch at Hitchcock Academy. Fee: \$99.

AMERICAN SIGN LANGUAGE (ASL): American Sign Language is a visual language using hands, facial and body expressions. Learn about deaf culture and mostly come and have fun. Laughter guaranteed. Six classes on Thursdays at Hitchcock Academy from 7:15-8:15 p.m. with instructor May Marques, Rehabilitation Counselor for the Deaf, Massachusetts Rehabilitation Commission. Session A — Beginners Part I — goes until March 7 (no class Feb. 21). Session B — Beginners Part II — goes from March 14-April 25.

Aromatherapy for What Ails You

Aromatherapy products are big business. With a seemingly never-ending array of candles, oils, and potions promising to do everything from altering a mood to healing an ailment, it can be easy to be taken in by exaggerated marketing claims. While outrageous promises are often just hype, don't be too quick to dismiss the power of scent. Beneath all the brouhaha is intriguing data supporting a link between smells and moods. Medical research proves scent stimulation does in fact, send particular messages to the brain, which in turn affects our moods and feelings. Not convinced? Read on for some research findings, as well as some aromatherapy potions you can whip up to change your little corner of the world - or at least the way you perceive it! **NOTE:** Organic essential oils should be used with care and caution. Be sure to check with a health professional before using any aromatherapy treatment. ***

Orange you calm?: University of Vienna research revealed exposure to ambient odor of orange can have a relaxant effect and it relieved levels of anxiety in study subjects awaiting dental treatment. As a bonus the orange scent prompted a positive mood among the participants. Tip: Have a fresh orange handy for a quick snack to de-stress and cheer up. Or, add some

natural orange essential oil to the bath to ease anxiety. ***

Vanilla memories: In a study conducted at the Memorial Sloan-Kettering Hospital in New York, patients undergoing an MRI reported 63 percent less claustrophobic after being exposed to the aroma of vanilla. Experts attributed the reduced anxiety to the pleasant memories evoked by the vanilla aroma or by some other physiological response related to the fragrance. Tip: Mix up this vanilla room freshener and spritz at whim or will to relax fast: Mix together two ounces of vanilla extract and two ounces of distilled water. Pour into a small, clean perfume or spritz bottle. ***

An apple a day: Scientific studies show the scent of apple and cinnamon make people feel secure, comfortable and "at home." The feeling of well being was experienced by both men and women participants who experienced the fragrance of an apple and cinnamon mixture. Tip: Welcome visitors with a batch of apple and cinnamon potpourri. Mix together in a glass jar or ziplock bag: one cup dried apple slices; two tablespoons ground cinnamon; 1/4 cup whole allspice berries (or two tablespoons ground allspice); two tablespoons whole cloves; 10 two inch cinnamon sticks; 10 to 12 small pinecones; eight drops cinnamon



TAKE
THE
HINT

KAREN
TRAINOR

oil (or 32 drops of cinnamon extract). Shake up every few days to distribute scent until desired fragrance is achieved. *

Safe slumber: In a study published in the British Medical Journal Lancet, elderly patients slept "like babies" when a lavender aroma was wafted into their bedrooms at night. These patients had complained of difficulty falling asleep and had to take sleeping pills to get sleep prior to the aromatherapy. Tip: Place one drop of natural lavender essential oil in one cup of boiling water. Inhale the vapors to induce sleep. Or if fresh lavender flowers are available, sew up a muslin sachet, fill with lavender flowers and tuck between a bed pillow and its case. ***

Dump Depression: Studies show the fragrant flowers of ylang ylang and roses help halt depression. Furthermore, ylang ylang has been touted as an anti panic treatment. When added to a warm bath, feelings of depression can literally be washed away. Tip: Simply add three drops

of rose essential oil and four drops of ylang ylang essential oil to a tub full of warm water. To induce further relaxation, bath by candlelight. ***

Here are some more "tried and true aromatherapy aids: *To improve concentration: Blend equal parts of basil, cardamom, ginger and black pepper essential oils in a diffuser. *To increase alertness: Peppermint, dill and coffee essential oils dispersed in the air might do the trick. *To aid memory: Try using lily of the valley or coriander essential oils in a diffuser. *Heighten focus by combining in a diffuser equal parts cypress and cinnamon oils. *Tame a headache by dabbing one drop of lavender essential oil on each temple. Take several deep breaths and relax. (Note: most essential oils should not be applied directly to the skin, but lavender is one exception). ***

Organic essential oils to transform moods: *These oils promote inner security and self-acceptance: frankincense, jasmine, sandalwood, vetiver, cedarwood and bergamot. * To improve self esteem and confidence, try bay laurel, bergamot, cypress, grapefruit, jasmine, rosemary or orange essential oils. *Be the vibrant happy person you should be with help from

grapefruit, lemon, orange, rose, sandalwood and ylang ylang. *Jasmine is the oil to boost your spirit help bring out your sunnier side. *Help dispel negative feelings and loneliness with rose, clary sage, frankincense and Helichrysum oils. *Cheer up with the essential oil of lemon balm. ***

Your tips can win you a great dinner for two at the historic Publick House Historic Inn in Sturbridge! Simply send in a hint to be entered into a random drawing. One winner per month will win a fabulous three course dinner for two at the renown 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 hints to: Take the Hint!, c/o Stonebridge Press, P.O. Box 90, Southbridge, MA 01550. Or e-mail kdrr@aol.com. Hints are entered into a drawing for dinner for two at the historic Publick House Inn.

STAGELOFT

continued from page A1

there's no turning back. The show stars real-life married couple Nick Doig and Kaitlyn Ekstrom-Doig, who have been involved with Stageloft for years.

"This is a laugh out loud, fun, crazy show as we watch the characters move from hate to love, and then back to hate," said Taylor.

"I'm delighted that we

have two actors who work at Stageloft a lot and have both appeared in a whole bunch of productions," said Taylor. "They hardly ever get to appear in the same show or work opposite of each other, and I needed two actors who I knew could do justice to the characters."

Although Stageloft doesn't normally do an adult show in February because it is a slow time of year for the theater and a busy time of year for auditions and casting, Taylor

is confident in "Hate Mail" and excited for its opening because it is something everyone can relate to just in time for Valentine's Day.

"It's really funny and a good night out, and there are so many people in the world who consider Valentine's Day to be a disappointing holiday because not everyone has a fairytale relationship in their life," she said. "This is maybe a little anti-Valentine's Day and everyone can come enjoy it and relate to it."

Hate Mail will have a limited run of three performances, including Thursday, Feb. 14 and Friday, Feb. 15, both at 8 p.m., and Saturday, Feb. 16 at 2 p.m. Those who are attending on Thursday, Feb. 14 will receive free Valentine's Day refreshments. Tickets are \$20 each or \$18 for seniors over age 60, students, and military personnel.

Stageloft's upcoming shows in the 2019 season include "Real Housewives the Musical," "Drinking Habits,"

"Legally Blonde the Musical," "Seven Ways to Say I Love You," "Disney's Newsies," "Beer for Breakfast," "Spitfire Grill the Musical," and "Every Christmas Story Ever Told (And Then Some)."

To purchase tickets to Hate Mail or for more information about Stageloft's 2019 season, call the theater at 508-347-9005 or visit their Web site at www.stageloft.org.

SUPERINTENDENT

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Dr. Julia Carlson, the assistant superintendent of Fall River public schools. She holds a Master's degree from the University of Hawaii and a doctorate from Boston College. A resident of

RUNNER

continued from page A1

with children battling cancer. Funds raised help cover the costs of treatments, travel expenses, and gifts for kids to enjoy during their procedures. To learn more about the organization, visit www.EndureToCure.org.

If you would like to donate to Galonek-Langevin online, visit her personal fund-raising page: EnduretoCure.org/Mary.

Providence, R.I., Dr. Carlson began her career as a special education teacher and served as a principal and vice principal for schools in both Hawaii and Rhode Island.

Jennifer Haggerty currently serves as superintendent of Erving School Union #28. She has a Master's degree from Fitchburg State University, and currently lives in Athol. She began her career as an elementary school teacher before serving as a Title 1 director and principal with various northern Worcester County district schools.

Steven Lamarche is the superintendent of Bourne public schools, and holds a Master's degree from Assumption College. Currently living in Pocasset, Lamarche started his career as a special education teacher as well and served as an interim special education direc-

tor, dean of students, principal, and director of accountability in several Massachusetts school districts.

Finally, Dr. Michael Whaley is the current principal of Burrillville Public High School in Rhode Island and holds a Master's degree from Providence College and doctorate from Johnson & Wales University. Currently residing in East Greenwich, Rhode Island, Dr. Whaley began as a science teacher and has been a dean of students, assistant principal, and assistant to the director of curriculum instruction, assessment and professional development in various Rhode Island school districts.

With the candidates set the school committee went on to discuss what will happen over the next month in order to decide the best leader for the district's foreseeable future. Interviews were

expected to take place on Saturday, Feb. 2 but due to scheduling conflicts with committee members the interviews were changed to Monday, Feb. 11 and Tuesday, Feb. 12 with two interviews each day. The school committee is also expected to pay a visit to each candidate's school while inviting the candidates to the Dudley-Charlton Regional School District to for a local visit to show them what they will be leading if they are hired.

The committee is expected to announce a hire in late February or early March. The district is currently led by Dr. Kristine Nash who took over on an interim basis after the departure of former Superintendent Gregg Desto, who now serves as a principal in Auburn.

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OPINION

VIEWS AND COMMENTARY FROM CHARLTON, CHARLTON CITY, CHARLTON DEPOT AND BEYOND

Let's agree to disagree

The wise Thomas Jefferson once said, "I never considered a difference of opinion in politics, in religion, in philosophy, as cause for withdrawing from a friend."

The increasingly divisive political atmosphere that has taken hold across the country over the past decade has led to a regrettable erosion of civility as well. It seems as though people are incapable of shaking hands and agreeing to disagree anymore. Instead, friends, family members, and even businesses are banished because someone said or saw something they didn't approve of. What is imperative to remember is that it is OK, and in fact, quite normal to disagree. It is how you disagree that sets you apart and makes all of the difference in how you choose to have your character defined.

Life is more than politics. We are not, by any means, suggesting that if you have a difference of opinion with a person that strongly opposes your values, you skip hand in hand in the park. What we're suggesting is that you can shake hands, give a nod and a friendly smile and agree to disagree like ladies and gentlemen used to do in the past.

It is entirely possible to have a strong friendship and respect for those on the other side of the aisle. At the end of the day, we all want what we think is best. That outcome may be different for each person, however at the core of it, is good intentions. The next time you find yourself angrily reading something, or hearing an interview that you strongly disagree with, think about that person having good intentions. Good intentions won't be enough to sway you, but it can help to soften the blow.

Debates between political parties are as old as time, it's almost human nature. What trumps any division is our need as human beings to feel connected to one another above all things, it is an innate characteristic that no one can shake as hard as they might try.

A recent poll showed that many people have few to no friends with opposing views. For us, living in a small town, that is almost impossible. Many of us are still surrounded by our childhood friends and are not about to give them up over a political disagreement, the same goes for family members. One benefit to surrounding yourselves with those who think differently than you is to gain knowledge and insight into how the other side thinks. Asking questions can expose why a person feels the way they do and often times can lead the conversation into a non-political direction that could be more fruitful to the friendship in the long run.

So, how do we move forward peacefully when we have family and friends with opposing views? It's easy. Accept the fact that not everyone thinks the way you do. As long as they're a good person, and they respect you, does it really matter?

One way to remain in good graces with someone who does not share your beliefs is to find other things you do have in common and focus on those things. At the end of the day, there are things much more rewarding than politics. Truly.

Another tip is to keep your views off of social media, unless it is something that you are passionate about, just be prepared for the fun comments to follow. Essentially, however, politics and social media are not a good combination.

Taking a moment to think before you speak is always a smart move. Let's face it, you will not change anyone's mind as much as you might hope, and they cannot change yours.

Never discuss politics while sharing a meal. It can turn a nice time into a sour one real fast. Again, focus on the things you do like about the other person, they are sure to outweigh any misguided beliefs you might think they have.

'Tis the season for fishing derbies



Jerry's bait & tackle



cut holes for fishing.

They only cut holes large enough to pull an average size perch through. If a large fish was hooked up, they would call on their buddy to chop the hole larger while they kept there line tight. No reels were used on their small ice fishing rods, so they could not allow the fish to run. The often lost the big fish to broken line. The rods were called dead sticks. One group of Swedes lived on a hill close to the Worcester Steel & Wire Works. They made their own ice jigs and jig sticks. I still have one of the rods that had a small spring on the end of them, allowing the angler to feel every little bite. Today, power ice augers are used by most serious ice fishing anglers.

State of the art jig sticks equipped with reels and six-pound test line allow the angler to enjoy the fight of a big fish like pike and bass. Using a perch eye for bait along with a Swedish pimple lure with a single hook works very well today. Lowering the jig to the bottom of each new hole is necessary, as the depth of the water and bottom structure can change. Each licensed angler is allowed five pieces of fishing equipment, which often consist of five ice tip-ups or four tip-ups and a jigs stick. Give the jig stick a try. It can provide plenty of enjoyment while waiting for a flag to pop on your ice tilts.

There was limited ice fishing on the Cape, but by this weekend, ponds like Hamilton and other kettle ponds should provide some good ice fishing if the predicted cold weather materializes. Always call bait shops like Red Top to get the latest fishing reports and safe ice conditions as they can change daily.

The Uxbridge Rod & Gun Club finished their dam repairs last week, and is planning another ice fishing derby next month, safe ice permitting. The Whitinsville Fish & Game Club is also planning an Ice fishing derby next month. No date had been made public prior to this column's deadline. Stay tuned!

This week's second picture shows a trophy given to an angler that caught the largest fish at a fishing derby at the Singletary Rod & Gun Club in 1982. It more than likely was awarded to a junior angler. I purchased it at a local yard sale a few years ago and thought it would be nice to share it with our readers. I think it is real neat!

Mass. Wild Turkey regulations are being reviewed by Mass. Fish & Wildlife that could allow licensed sportsmen the opportunity to harvest more birds during the spring and fall hunts for 2019 along with other changes. They are certainly overdue. The high populations of birds and there nuisance to farmers and residents certainly need to be addressed. Some birds need to see a psychiatrist. If someone calls you a turkey, it should not be taken lightly!

Take A Kid Fishing & Keep Them Rods Bending!

Ice fishing this past week provided local anglers with some impressive fish being caught at local fishing derbies, and at numerous other lakes and ponds in the valley. Planning to go fishing at the Singletary Rod & Gun Club derby last weekend, I decided to check the ice thickness at the Uxbridge Rod & Gun Club. It was a bit shaky on the edge of the pond, but once you were on the ice, the measured thickness showed a solid 12 inches. Unfortunately, the Singletary Rod & Gun canceled their derby last Sunday for of unknown reasons. Attempts to contact the club were unsuccessful.

Most ponds had the same problem of unsafe ice along the shoreline because of the heavy rain last week, but most anglers brought along a good plank to lay across the thin ice on the shoreline to safe ice only a couple of feet away. I do not recommend that youngsters play on this kind of ice without supervision, but by the time you read this column, the shoreline ice should have become safe. Constant monitoring of ice thickness is something I always stress. This week's picture shows Dan King with a nice four-pound largemouth bass that he recently caught at one of his favorite fishing holes. Numerous five-pound-plus largemouth bass were also caught last week.

Last weekend, the Nipmunc Rod & Gun Club held their annual ice fishing derby that had a good number of anglers fishing in the derby. One lucky angler caught a prize golden trout, and also caught the largest fish of the day, giving him a substantial amount of prize money. All of his fish that he caught were taken on a jig stick. It is this writer's favorite and most productive way to fish through the ice. Numerous holes need to be cut throughout the day, and can usually have you on a school of perch and other species of fish like pickerel and calico bass in a very short time. When a school of perch are located, you can have non-stop action for a few minutes, catching as many as a dozen perch from one hole. When the action slows you need to cut another hole only a few feet away. If you do not start catching fish, you need to cut numerous holes until you find the school of perch.

In the old days, we cut all of our holes with an ice chisel, and we were called spudders. This was the name of the Swedish anglers had that often came from Worcester. Most of them worked at the steel mill on Millbury street and often made their own ice chisels which cut a hole in the ice with only a couple of chops. This writer was given one of the hand made Ice chisels from a good friend of mine many years ago. Although I only use it to test ice conditions and thickness as I traverse across frozen water, I do occasionally use it to



THE GREAT OUTDOORS
 RALPH TRUE

Insurance can protect your aspirations

You probably already know that life insurance can protect your family if something were to happen to you. But you might not realize the many ways in which insurance can help you preserve your plans for the future – whether for yourself, the next generation, or those charitable groups you support. Specifically, life insurance can potentially help you address several areas, including the following:

Help in covering final expenses – The proceeds of a life insurance policy can provide immediate funds at the time of your death to pay for your funeral costs, your debts and your final income taxes.



FINANCIAL FOCUS
 JEFF BURDICK

Transfer wealth (with potential tax advantages) – Some wealth transfer vehicles carry significant tax consequences.

But the proceeds from life insurance are typically free of income tax, so if your death benefit is \$1 million, your heirs will receive the full \$1 million. (Consult with your tax advisor about all potential tax consequences beneficiaries might face.)

Provide charitable gifts – You can use life insurance in various ways to support charitable organizations. One option is to donate a policy you may no longer need. Either you or the charity would continue paying the premiums, but the charity would become both the owner and beneficiary of your policy. Alternatively, you could purchase a permanent life insurance policy and donate it to the charity, which could then use the policy's cash value when you're alive and receive the death benefit when you die.

Help fund a revocable living trust – Depending on your situation, you might want to establish a revocable living trust as part of your estate plans. A revocable living trust helps you avoid the time-consuming, expensive and public process of probate. And, among other benefits, a living trust allows you to distribute your financial assets over time, and in amounts that you specify – which may be quite appealing, if, for example, you'd rather not give your children a large amount of money at once. Life insurance can help fund your living trust – you just need to name the trustee (which may well be yourself while you're alive) as the owner and beneficiary of the policy. However, you will need to consult with your legal advisor before creating and funding a living trust.

Help cover long-term care costs – You may never need any type of long-term care, but if you do, you'll find it quite expensive. It now costs, on average, more than \$100,000 per year for a private room in a nursing home, according to the 2018 Cost of Care Survey, produced by Genworth, an insurance company. Medicare typically pays little of these costs, so the burden will fall on you. To avoid using up your financial assets – or, even worse, having to rely on your adult children for help – you may want to purchase insurance. Some life insurance plans offer long-term care coverage, either through a special "rider" or by accelerating your death benefit, but you might also want to consider a traditional long-term care insurance policy.

As you can see, one of the most flexible tools you have is life insurance. Start thinking soon about how you can put it to work.

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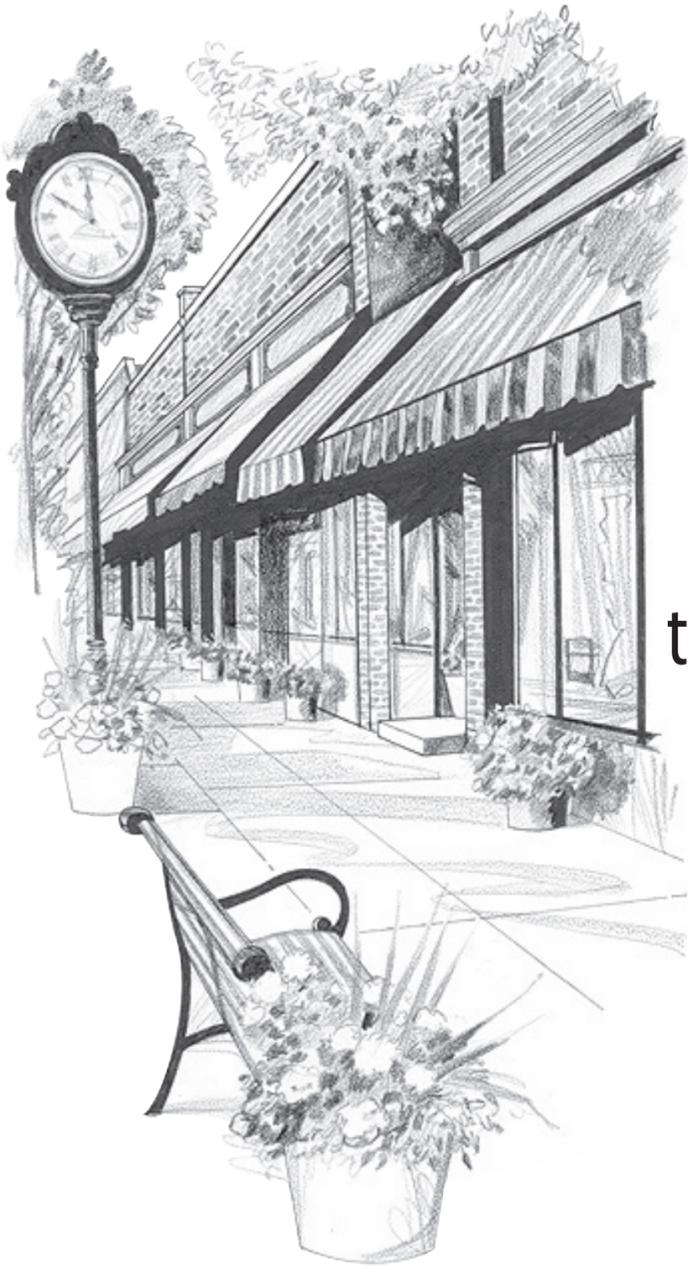
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SPORTS

'Hard work' pays off for Rams' 55-meter dash specialist Santos

BY KEN POWERS
SPORTS CORRESPONDENT

DUDLEY — Given his humble demeanor, the fact that he is soft spoken and has a keep-to-himself personality, it might be easy to overlook Bryan Santos in the halls and classrooms at Shepherd Hill Regional High School. When the junior climbs into the starting block for the 55-meter dash, however, he is impossible to miss.

The indoor track season is a little more than a month old and Santos has already broken the school record in the event, as well as several meet records.

The high point of the season — thus far — came at the Yale Scholastic Meet earlier in January when the 18-year-old Santos ran the fastest 55-meter race in the country this season, finishing in 6.33 seconds.

"His time, 6.33 seconds, is the fastest 55-meter time ever run by someone from the state of Massachusetts," said Shepherd Hill boys' track coach Len Harmon, a marketing professor at Nichols College who has coached the Rams for 13 seasons. "No one else in Massachusetts has ever run faster."

The week before the Yale meet the 5-foot-9 Santos competed in the Hispanic Games, held at the Armory in New York City. His winning time that day was a meet record. 6.40 seconds.

At the large schools division of the Winter Festival, held at the Reggie Lewis Athletic Center in December, Santos finished second in the 55 in at time of 6.45 seconds, breaking the Shepherd Hill school record, which was held by Santos's



Ken Powers photo
Shepherd Hill coach Len Harmon, left, with his 55-meter specialist, junior Bryan Santos. Santos is blazing through the competition this season, so it's always good to have a fire extinguisher at the ready (background).

good friend, Kevin Mensah, a former Rams' track star who currently plays Division 1 football for the University of Connecticut.

Interestingly enough, Mensah — along with Kobe Jean-Guillaume, one of Santos' current teammates — urged Santos to give track a try.

A week after his showing in the Winter Festival — at the Boston Holiday Challenge — Santos won the 55-meter event in a meet-record 6.39 seconds.

Last week Santos was invited to compete next month in the prestigious Millrose Games, which, like the Hispanic Games, will be held at the

Armory.

"It's a huge meet; just to get invited is an honor," Harmon said. "Bryan is just one of six athletes nationwide selected to compete in the 55-meter dash at the Millrose Games."

Making Santos' accomplishments this season even more impressive is the fact that last winter was his first as a member of the Shepherd Hill track program.

"Kevin and Kobe kept telling me I should run track," said Santos, a Southbridge resident who attends Shepherd Hill as a school-choice student. "So I tried it and I enjoyed it and I felt really good about how the

season went. But I knew I could do better."

After an impressive outdoor track season last year — which culminated in a trip to Nationals in Greensborough, N.C., to compete in the 100-meter dash and as part of the Rams' 400-meter relay team — Santos dedicated himself to getting better at track, working out tirelessly all summer and fall, focusing on, among other things, his running, stamina, endurance and technique.

"Hard work," was Santos' answer when asked the secret of the success he's enjoyed so early in his track career. "Hard work and doing what

coach Harmon tells me to do. I worked on my technique a lot and getting out of the block fast. Last summer I didn't train anywhere, I didn't have a program that I followed; I just worked out as much as I could every day with my teammate Max Siwik.

"I have a lot of confidence in myself," added Santos. "During the summer I decided — and I even told coach Harmon this — that I wanted to be No. 1 in the country in the 55 meters. He told me to do that I had to work hard, and I have."

Santos finished sixth in the 100 at Nationals last spring. He participated in the relay with Jean-Guillaume, Gabe dos Santos and Lucas Robert, who graduated last year. Siwik has moved into Robert's spot on the relay team. Santos usually runs the opening leg of the relay.

"Bryan is a fierce competitor. He is probably one of the most talented athletes I have ever coached," Harmon said. "He worked hard and got better and he did all the right things and kept getting better. I told him to keep working — on his technique, getting out of the block and getting stronger. I told him, 'then you'll really be able to fly.'"

"It's really a combination of things that allows Bryan to be so successful," Harmon continued, "but the biggest thing is he is just excellent at getting out of the blocks so fast. He's so explosive. By the time he gets to 20 meters he has already gapped the kids that he's racing against, and it's very hard in such a short race to come back on somebody."

Shepherd Hill earns needed win against Rangers



Nick Ethier photos

Shepherd Hill's Grace Nellis launches a pass down the court and between Westborough defenders.

BY NICK ETHIER
SPORTS STAFF WRITER

DUDLEY — With the Shepherd Hill Regional girls' varsity basketball team starting its season out with a 2-7 record — very uncharacteristic of the Rams' perennially



Shepherd Hill's Triniti Sughrue remains focused before taking and making a free throw.

strong program — victories are needed in bunches. Shepherd Hill picked up a win over Leominster High and then defeated Westborough High, 77-61, on Tuesday, Jan. 22 to improve to 4-7.

"We played well," said head coach of the Rams, Jim Hackenson. "I'm just happy we won. We need six more."

In order for The Hill to qualify for the Central Mass. Division 1 Tournament, a record of 10-10 or better is needed, hence the reference to six more victories.

Shepherd Hill was paced by senior forward Molly Springer, who was immense down low. She scored 29 points, all coming on the block are at the free throw line, and collected 9 rebounds.

"It was huge," Springer said of beating Westborough. "In my mind it was the make or break of the season because we



Defender Carly Snyder of Shepherd Hill makes life difficult for a dribbling Grace Buffone of Westborough.



Shepherd Hill defender Paula Barbale provides plenty of pressure on a full-court trap.

have some very tough games coming up and this was a tough team. I knew that if we all played together as a team and we all played to the best of our ability that we could pull it off and it will help us for the future."

With the Rams and Rangers all tied up at 10-10, Shepherd Hill embarked on an 11-0 run to close the first quarter. Springer scored seven of those points during the charge.

"She's a force," Hackenson said of Springer. "She does a lot out there for us offensively, defensively, rebounding."

After Westborough (3-8) netted to the first seven points of the second quarter, the Rams got back on track with a 7-0 run of their own, which was capped by a traditional three-point play from Springer.

Shepherd Hill freshman Trinity Sughrue provided a spark in the second, scoring all eight of her points in the frame. And after junior Kerry Greenough beat the buzzer with a layup, the Rams led at the half, 38-26.

The lead continued to grow for Shepherd Hill in the third quarter, as Springer scored 10 more points in the period, her highest total of the four frames. Although continuously drawing double teams and getting hacked, Springer remained tough and either scored the necessary basket or kicked a pass out to an open teammate.

"I grew faster than everyone else, so I was used to the contact," Springer said of embracing the toughness. "I've always been able to play through it and this year especially since they've been double-teaming on me. I've been able to pass it out to teammates and they've been hitting their shots."

Junior Paula Barbale was one of those teammates making outside shots, as her early 3-pointer in the third extended the lead to 43-26. Barbale canned three 3's and finished



Molly Springer of Shepherd Hill maneuvers around Westborough defender Carolyn Kelley and toward the basket.



Shepherd Hill's Emma Lanpher looks inside before delivering a pass down low.

with 11 points.

Junior Grace Nellis then added eight points in the fourth quarter — she finished with 14 — as the Rams won by a comfortable 16-point margin.

"I think we're back on track," said Springer, noting that the younger players — including sophomore Emma Lanpher, who scored nine points — have been getting more comfortable on the court with each passing day. "They've been gaining confidence through practice and it's been showing."



Meg Burdett of Shepherd Hill bounces a pass just past the fingertips of Westborough's Annie Beckman.

SPORTS

Playing at Holy Cross' Hart Center, Rockets split boys-girls doubleheader



Photos courtesy Mark Seliger, www.SeligerPhotography.com

Auburn's Joel Miller chips the puck down the ice before bracing for contact against a Leominster defender.

WORCESTER — On Friday, Jan. 25, the Auburn High girls' and boys' varsity ice hockey teams had the opportunity to host games at the Hart Center on the campus of the College of the Holy Cross.

The girls' team played first and took on Longmeadow High. The Rockets, whose co-op includes student-athletes from Auburn, Tantasqua, Grafton, Douglas, Millbury, Oxford, Notre Dame Academy, Shepherd Hill and Blackstone-Millville, fell short against the Lancers, 9-0. Auburn's record now stands at 4-7-1.

Then, in the nightcap, the Rockets emerged victorious versus Leominster High, 4-3. The highlight for Auburn — whose co-op includes members from Auburn, Tantasqua and Shepherd Hill — was Ryan Lempicki's hat trick. The Rockets improved to 9-4 following the win.



Auburn's Bella Direda rifles a shot on net.



Anthony List of Auburn breaks into the Leominster zone with the puck on his stick.



Delany Novick of Auburn tries to tuck the puck into the Longmeadow goal.



Auburn's Caleb Mackin reaches his stick out to regain possession of the puck.



With a Leominster defender poking him, Ryan Slade of Auburn plays a game of keep-a-way with the puck.



At left: Auburn's Ryan Lempicki takes a shot on net. Lempicki scored three goals against Leominster in the Rockets' 4-3 victory.

SPORTS BRIEF



Charlton Softball accepting registrations for Spring 2019 season

Charlton Softball Association, the town's youth recreational softball league, has opened up registration for the upcoming spring season. Visit <http://charltonsoftball.org> to register.

All girls, ages 4-16, are encouraged to play regardless of experience or skill. Charlton Softball will teach new players the fundamentals of the game, the value of teamwork and good sportsmanship, and develop a love for the game. For more experienced players, the league provides a competitive, yet fun atmosphere to further develop their skills and passion for the game of softball.

The cost is \$95 (\$70 for t-ball) and a \$20 sibling discount is available to families registering more than one child.

Visit <http://charltonsoftball.org> to register your daughter, and make sure to follow CharltonMASoftball on Facebook for the latest news and information.



The Auburn High girls' ice hockey team huddles up during a break in the action.



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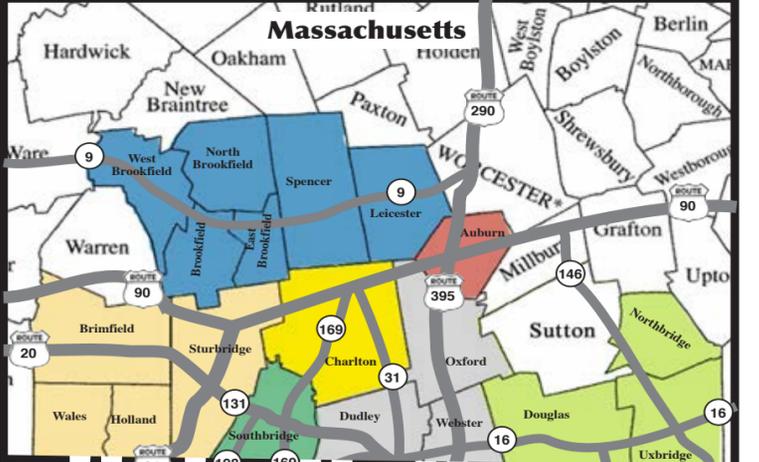
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Flu FAQs: Massachusetts cases still ramping up

AMERICAN FAMILY CARE DOCTORS SEEING AN INCREASE IN GREATER WORCESTER AREA

WORCESTER, Mass. – This year’s flu season kicked off early, with physicians at American Family Care (AFC) diagnosing the first few cases in the early days of September. By mid-December, the Centers for Disease Control (CDC) was reporting that the flu was widespread only in Massachusetts, and now, a month later, AFC is seeing increased activity in its Worcester urgent care center.

“We’re definitely seeing an uptick in the number of patients with the flu this month,” said Dr. Vincent Meoli, regional medical director of AFC. “While not unexpected this time of the year, it provides a good opportunity to remind people about the importance of prevention and awareness. There are many misunderstandings about the flu, how it’s spread and how it’s treated, so education is essential.”

Dr. Meoli talked about the questions he and the other providers receive most often, which include:

Can you get the flu from the flu vaccine? “No,” said Dr.

Meoli. “The vaccine contains a dead virus. However, each year’s vaccine provides protection against only a small number of strains of the flu that are expected to be most active each year. It’s still possible to get a different strain of the flu. Also, it takes two weeks for the vaccine to work to its full effect, so patients are still susceptible during that time.”

Is it too late to get the flu vaccine? Again, Dr. Meoli said no. “Flu season extends through March and beyond in New England. We occasionally even see cases in the summer. We’re just ramping up now. It’s definitely not too late to get vaccinated.”

Why won’t antibiotics help me get rid of the flu? “The flu is a virus, and antibiotics are only useful for bacterial infections. Prescribing antibiotics will only increase your resistance to their effectiveness in the future; but they won’t help you get over the flu. There are antiviral medications we can prescribe to help shorten the duration and severity of the flu, but they are most effective when taken within 48 hours of

the start of the illness.”

The best protection against the flu is the vaccine, and the second best is frequent hand-washing, according to Dr. Meoli. He also advised avoiding contact with those who have the flu, and regularly cleaning items that are touched often, from light switches and door knobs to faucets, where the virus can linger.

Dr. Meoli noted that the flu can feel like a bad cold on steroids. “Most people experience cough and congestion, muscle and headaches, fever, chills and fatigue. If you think you have the flu, even though you won’t feel like leaving your bed, your best bet is to get to your doctor or urgent care center as soon as possible so that you might benefit from antiviral flu medication,” he said. “While there is no cure for the flu, if started within 48 hours, this medication can help you feel better faster.”

In addition, Dr. Meoli advised flu sufferers to get plenty of rest and fluid, take over-the-counter medications for fever and aches, and avoid contact with others, espe-

cially those most vulnerable to the flu and complications, such as children, the elderly and those who have weakened immune systems. He said the infection typically takes about two weeks to clear up.

The AFC staff in Worcester offers convenient, walk-in care seven days a week, and offers the flu vaccine as well as diagnosis and treatment. Online check-in and current wait times are available at AFCUrgentCareWorcester.com.

ABOUT AFC WORCESTER:

Locally owned and operated, AFC Worcester is a physician-staffed provider of urgent care, occupational medicine, and other non-emergency health care. The facility features a high-tech, high-touch approach, including digital x-rays, on-site lab testing, state-of-the-art diagnostics, and electronic medical records. The clinics are open from 8 a.m. to 8 p.m. during the week and 8 a.m. to 5 p.m. on weekends, with no appointments necessary.

Visit AFCUrgentCareWorcester.com for more information.

About American Family Care:

Founded by Dr. Bruce Irwin with a single location in 1982, American Family Care has pioneered the concept of non-emergency room urgent care. With its 2013 acquisition of the Doctors Express, and its subsequent rebranding, AFC has become the nation’s leading provider of urgent care, accessible primary care, and occupational medicine, with 200 clinics and 600 in-network physicians caring for nearly 3 million patients a year. Ranked by Inc. Magazine as one of the fastest growing companies in the U.S., AFC’s stated mission is to provide the best healthcare possible, in a kind and caring environment, while respecting the rights of all patients, in an economical manner, at times and locations convenient to the patient. For more information, visit AmericanFamilyCare.com.

Winter makes a roaring return to central Mass.

BY KEVIN FLANDERS
STAFF WRITER

REGION — After receiving a refreshing break from winter weather for more than a month, central Massachusetts residents dealt with a barrage of snow and ice last weekend, followed by a polar plunge.

Local police departments responded to several spinouts and minor accidents during the storm on Jan. 19-20. No major injuries were reported, although one vehicle was heavily damaged in Spencer after leaving North Brookfield Road on Jan. 19 as the storm began.

Plow drivers throughout the area appreciated the first significant snowfall of the winter season, but no one was thrilled with the arctic blast following the storm. High temperatures on Jan. 21 didn’t rise out of the single digits, with windchills bringing the feel of subzero air. Several school districts, including Southbridge Public Schools, delayed classes on Jan. 22 due to extreme cold.

The cold snap also serves as a reminder of pet safety during the winter months. State law prevents dog owners

from tethering their pets outdoors during storms and cold stretches, and it also restricts the length of outdoor tethering allowed during good weather.

Locally, police encourage residents to keep a close eye on their four-legged friends when temperatures drop. It is also important to avoid leaving dogs in vehicles during extreme cold, even if it is only temporary. If you see an animal exposed to the elements, please call your police department.

“Pet owners should consider, just as in extreme heat, that pets are endangered when outside or in a motor vehicle,” said Spencer Police Sgt. Michael Befford.

For winter driving, police recommend having a flashlight, blanket, water, and warm clothing in your vehicle. You should also perform monthly checks to make sure your vehicle is ready for punishing temperatures and slippery travel.

“Properly preparing your vehicle for winter driving is essential for the safety of all passengers,” said



Courtesy

Central Mass. drivers had to contend with slippery conditions during last weekend’s storm. In Spencer, no one was injured during this accident on North Brookfield Road.

AAA regional director John Nielsen. “It will greatly decrease the chances of your

vehicle letting you down.” Police also ask drivers to know about parking restric-

tions in place during storms in their towns.

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Cornerstone Bank & employees donate \$45,000 to the United Way



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Featured here with Cornerstone Bank employees are representatives from the United Way of Southbridge, Sturbridge and Charlton (UW SSC). From left: UW SSC's Board President Jessica Brigham, Board Vice President and Campaign Chairman April Parzych, and Executive Director Mary O'Coin; Cornerstone Bank's EVP/Chief Administrative Officer and Chairman of the Charitable Donations Committee Susan A. Gunnell, Webster Branch Manager and UW SSC Board Member Angela L. Sarna, VP/Controller and UW SSC Treasurer Scott M. Dungey, and Bank President and Treasurer Todd M. Tallman.

WORCESTER — Cornerstone Bank and its employees have contributed more than \$45,000 to three local United Way organizations. During the recent holiday season, the Bank held a company-wide pledge campaign where employees were given the opportunity to donate to the non-profit organization dedicated to supporting the needs for education, income, and healthcare for communities across the globe.

The money raised included employee contributions of \$23,551, as well as a \$22,000 corporate gift. Three different United Way organizations were supported through the Cornerstone Bank campaign: United Way of Southbridge, Sturbridge and Charlton; United Way of Webster and Dudley; and United Way of Central Massachusetts.

"Once again, our employees have come together to help others," stated VP/Controller and UW SSC Treasurer of Cornerstone Bank Scott M. Dungey.

"We are pleased to support the United Way," commented President and Treasurer of Cornerstone Bank Todd M. Tallman. "This donation demonstrates our generosity and commitment to the

communities we serve."

For more information on the United Way of Southbridge, Sturbridge and Charlton; United Way of Webster and Dudley; and United Way of Central Massachusetts, please visit: <http://www.unitedwayssc.org>, <http://www.united-wayofwebsterdudley.org/> and <http://www.unitedwaycm.org/>.

About Cornerstone Bank
Cornerstone Bank is an independent, mutual savings bank serving the residents, businesses, and communities throughout Central Massachusetts from offices in Charlton, Holden, Leicester, Rutland, Southbridge, Spencer, Sturbridge, Warren, Webster and Worcester. Deposits are insured in full by a combination of the Federal Deposit Insurance Corporation and the Depositors Insurance Fund. The Bank is an Equal Opportunity Employer, Equal Housing Lender, and SBA Preferred Lender. For more information, visit online at cornerstonebank.com, on Facebook or call 800-939-9103.



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The Guild of St. Agnes, the largest child care agency in Central Massachusetts has openings for Family Child Care Providers. This is a great opportunity to work from home and earn a great income at the same time.

Stageloft Repertory Theater offers Valentine laughs with "Hate Mail"

FISKDALE — Stageloft Repertory Theater, 450A Main St., Fiskdale, is pleased to announce our upcoming production of "Hate Mail," a comedy by Kira Obolensky & Bill Corbett.

"Hate Mail" will have a limited run of just three performances: Thursday, Feb. 14 & Friday, Feb. 15 at 8 p.m. and Saturday, Feb. 16 at 2 p.m. Audience members attending on Thursday, Feb. 14 will receive special Valentine's refreshments at no additional charge. Tickets are \$20, \$18 for seniors (60 and older), students, and military and can be purchased online at www.stageloft.org. Advance ticket reservations can be made by calling Stageloft at 508-347-9005. All seating is reserved and our theater is fully accessible. Please call Stageloft to inquire about ticket discounts for groups of 20 or more.

Starring real-life married acting duo extraordinaire Kaitlyn Ekstrom-Doig and Nick Doig, "Hate Mail" is an epistolary play something like "Love Letters," with two actors reading letters and other correspondence, but it's a little wilder and more hysterically funny. It tells the story of Preston, a spoiled rich kid who meets his match in Dahlia, an angst-filled artist. Their worlds collide when Preston sends a complaint letter that gets Dahlia fired from her job, and then there's no turning back. The play follows their increasingly crazed correspondence as they move from hate to love, and then right back again. Presented through special arrangement with Playscripts, Inc.





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<p>2013 DODGE AVENGER NEW Retail Price: \$21,935 #118631A • ALLOYS, SXT TRIM, HEATED SEATS, REMOTE START WHOLESALE PRICE: \$8,988</p> <p style="background-color: #0070C0; color: white; padding: 2px; text-align: center;">SAVE \$12,900 OFF OF RETAIL PRICE!</p>	<p>2018 CHRYSLER PACIFICA NEW Retail Price: \$34,340 #D9390R • TOURING TRIM, NAV, HEATED LEATHER, 17" ALLOYS WHOLESALE PRICE: \$27,277</p> <p style="background-color: #0070C0; color: white; padding: 2px; text-align: center;">SAVE \$7,100 OFF OF RETAIL PRICE!</p>	<p>2016 FORD ESCAPE SE NEW Retail Price: \$24,845 #18694A • BACK-UP CAM, TURBO, ALLOYS, BLUETOOTH, SPOILER WHOLESALE PRICE: \$15,855</p> <p style="background-color: #0070C0; color: white; padding: 2px; text-align: center;">SAVE \$9,000 OFF OF RETAIL PRICE!</p>
<p>LIKE NEW 2017 GRAND CHEROKEE LAREDO 4x4 #D9488 NEW RETAIL PRICE: \$37,490 WHOLESALE PRICE: \$26,977 <i>Keyless Start, Alloys, Parking Sensors, Back-Up Camera, Bluetooth, Roof Rails.</i></p> <p style="background-color: #0070C0; color: white; padding: 2px; text-align: center;">SAVE \$10,200 OFF OF RETAIL PRICE!</p>	<p style="background-color: #0070C0; color: white; padding: 2px; text-align: center;">SPECIAL PURCHASE #H0558L</p> <p style="color: red; font-weight: bold;">Like New 2016 HYUNDAI TUCSON SPORT SUV</p> <p>ALL-WHEEL DRIVE NEW RETAIL PRICE: \$30,775 STARTING AT ONLY: \$20,499 6 Available <i>Heated Seats, Back-Up Camera, Turbo, 19" Alloy Wheels!</i></p> <p style="background-color: #0070C0; color: white; padding: 2px; text-align: center;">SAVE \$10,300 OFF OF RETAIL PRICE!</p>	<p>LIKE NEW 2015 RAM 1500 EXPRESS CREW CAB #H0552 NEW RETAIL PRICE: \$39,585 WHOLESALE PRICE: \$27,999 <i>Bedliner, 20" Alloys, iPod Input, 4x4, 5.7L V8 Hemi, Tow Hitch.</i></p> <p style="background-color: #0070C0; color: white; padding: 2px; text-align: center;">SAVE \$11,600 OFF OF RETAIL PRICE!</p>
<p>2017 RAM 1500 EXPRESS NEW Retail Price: \$41,930 #19272A • CREW CAB, 4X4, 5.7L V8, BEDLINER, 20" ALLOYS, NAV WHOLESALE PRICE: \$31,988</p> <p style="background-color: #0070C0; color: white; padding: 2px; text-align: center;">SAVE \$9,900 OFF OF RETAIL PRICE!</p>	<p>2015 LINCOLN MKC SUV NEW Retail Price: \$33,995 #P11258A • ALL-WHEEL DRIVE, TURBO, HEATED LEATHER WHOLESALE PRICE: \$22,355</p> <p style="background-color: #0070C0; color: white; padding: 2px; text-align: center;">SAVE \$11,600 OFF OF RETAIL PRICE!</p>	<p>2016 HYUNDAI ELANTRA NEW Retail Price: \$22,305 #H8550A • GT HATCHBACK, HEATED SEATS, 17" ALLOYS WHOLESALE PRICE: \$7,988</p> <p style="background-color: #0070C0; color: white; padding: 2px; text-align: center;">SAVE \$14,300 OFF OF RETAIL PRICE!</p>
<p>2013 NISSAN ALTIMA SL NEW Retail Price: \$28,630 #18707A • 3.5L V6, 18" ALLOYS, MOONROOF, HEATED LEATHER WHOLESALE PRICE: \$8,899</p> <p style="background-color: #0070C0; color: white; padding: 2px; text-align: center;">SAVE \$19,700 OFF OF RETAIL PRICE!</p>	<p>2017 HYUNDAI SONATA NEW Retail Price: \$28,775 #H0523 • SPORT TRIM, TURBO, HEATED SEATS, BACK-UP CAM WHOLESALE PRICE: \$16,699</p> <p style="background-color: #0070C0; color: white; padding: 2px; text-align: center;">SAVE \$12,100 OFF OF RETAIL PRICE!</p>	<p>2017 HYUNDAI SONATA NEW Retail Price: \$28,775 #H0523 • SPORT TRIM, TURBO, HEATED SEATS, BACK-UP CAM WHOLESALE PRICE: \$16,699</p> <p style="background-color: #0070C0; color: white; padding: 2px; text-align: center;">SAVE \$12,100 OFF OF RETAIL PRICE!</p>
<p>LIKE NEW 2017 FORD ESCAPE SE SUV #39138A NEW RETAIL PRICE: \$28,045 WHOLESALE PRICE: \$17,544 <i>4x4, 17" Alloys, Back-Up Camera, Turbo, Bluetooth, Satellite Radio.</i></p> <p style="background-color: #0070C0; color: white; padding: 2px; text-align: center;">SAVE \$10,500 OFF OF RETAIL PRICE!</p>	<p>LIKE NEW 2017 CHEVY EQUINOX LT AWD SUV #39339L NEW RETAIL PRICE: \$28,695 WHOLESALE PRICE: \$20,244 <i>All-Wheel Drive, 17" Alloys, Remote Start, Heated Seats, Back-Up Camera.</i></p> <p style="background-color: #0070C0; color: white; padding: 2px; text-align: center;">SAVE \$8,400 OFF OF RETAIL PRICE!</p>	<p>LIKE NEW 2015 FORD F-150 4x4 SUPERCAB #P11746L NEW RETAIL PRICE: \$38,965 WHOLESALE PRICE: \$30,355 <i>2.7L V6 EcoBoost, Alloy Wheels, Bluetooth, SYNC, Back-Up Cam.</i></p> <p style="background-color: #0070C0; color: white; padding: 2px; text-align: center;">SAVE \$8,600 OFF OF RETAIL PRICE!</p>

SALE ENDS 02/06/19. CANNOT BE COMBINED WITH ANY OTHER DISCOUNT OR PROMOTION AND MUST USE DEALER SOURCE FINANCING. SOME RESTRICTIONS APPLY. SEE US FOR DETAILS. NEW RETAIL PRICE BASED ON MSRP OF NEW MODELS. NOT VALID WITH PRIOR SALES. SELLING PRICE INCLUDING OUR \$1,000 IMPERIAL TRADE ASSISTANCE BONUS FOR A QUALIFYING 2007 OR NEWER TRADES. SEE US FOR DETAILS. ADVERTISED PRICE DOES NOT INCLUDE TAX, TITLE, REGISTRATION OR DOCUMENTATION FEE. VEHICLE MUST BE PAID IN FULL AND TAKE SAME DAY DELIVERY. NOT RESPONSIBLE FOR TYPOGRAPHICAL ERRORS. CALL 1-800-526-AUTO TO SEE WHICH INCENTIVES YOU QUALIFY FOR.

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- WANTING TO SPREAD SOLAR TO OTHER PEOPLE

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Coors Light 30pk	\$22.99	
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Coors Light		
Corona 24pk Loose	\$25.99	
Heineken 24pk Loose	\$25.99	STELLA ARTOIS
Stella Artois 12pk	\$12.99	

*all beers are plus deposit

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Fireball 1.75L	\$26.99	FIREBALL
Evan Williams 1.75L	\$19.99	

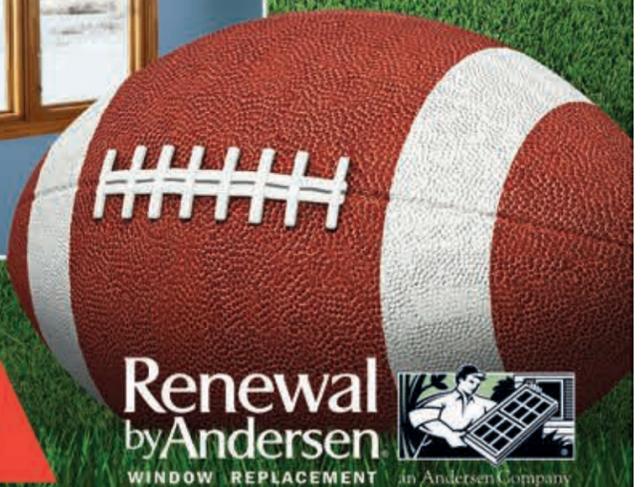
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 - 2** with great financing **\$0 down, \$0 monthly payments, 0% interest for 1 year¹**
 - 3** Plus, take an additional **\$50 OFF** every window & patio door¹
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¹DETAILS OF OFFER: Offer expires 2/9/2019. You must set your appointment by 2/2/2019 and purchase by 2/9/2019. Not valid with other offers or prior purchases. Buy one (1) window or patio door, get one (1) window or patio door 40% off, and 12 months no money down, no monthly payments, no interest when you purchase four (4) or more windows or patio doors between 1/13/2019 and 2/9/2019. Additional \$50 off each window or patio door, no minimum purchase required, taken after initial discount(s), when you set your appointment by 2/2/2019 and purchase by 2/9/2019. Subject to credit approval. Interest is billed during the promotional period, but all interest is waived if the purchase amount is paid before the expiration of the promotional period. Financing for GreenSky® consumer loan programs is provided by federally insured, federal and state chartered financial institutions without regard to age, race, color, religion, national origin, gender, or familial status. 40% off windows and patio doors are less than or equal to lowest cost window or patio door in the project. Savings comparison based on purchase of a single unit at list price. Available only at participating locations. See your local Renewal by Andersen location for details. License number available upon request. Some Renewal by Andersen locations are independently owned and operated. "Renewal by Andersen" and all other marks where denoted are trademarks of Andersen Corporation. ©2019 Andersen Corporation. All rights reserved. ©2019 Lead Surge LLC. All rights reserved. Renewal by Andersen received the highest score in the product segment of the J.D. Power 2018 Windows and Patio Doors Satisfaction Study of customers' satisfaction with their windows and patio doors. Visit jdpower.com/awards.

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442 LICENSED DAY CARE

The Commonwealth of Massachusetts Office of Child Care Services requires that all ads placed in the newspaper for child care (daycare) in your home include your license number

WEBSTER: 1 bedroom apt. newly remodeled, 1st floor off-street parking convenient location \$750 508-943-8755

546 CEMETERY LOTS

Pine Grove Cemetery, Whitinsville. Double plot for sale, lower than the going price. Yew Avenue. Call owner 774-602-8211

454 HOME IMPROVEMENT

FURNITURE DOCTOR: Have your furniture Professionally restored at Reasonable rates. Furniture face lifting, painting, stripping to Refinishing, caning and repairs. ANTIQUE DOCTOR, Daniel Ross (508)248-9225 or (860)382-5410. 30 years in business

WORCESTER COUNTY MEMORIAL PARK, Garden of Valor, Paxton, Mass. 2 lots for sale, \$4000 for both lots. Call Alan at 508-885-4381

576 VACATION RESOURCES

CAPE COD TIME SHARE FOR SALE: Edgewater Beach Resort, 95 Chase Avenue, Dennisport, MA 02639 On the water. Studio (Unit 706). Permanent Week 33 (August). Deeded rights. You'll own it for a lifetime & can be passed down to your children and grandchildren. **REDUCED \$3500.** (508) 347-3145

500 REAL ESTATE

505 APARTMENTS FOR RENT

DUDLEY - 2-BEDROOM APT. Hardwoods, country setting, pond view, off-street parking, heat, hot water, rubbish and hook-ups included. Starting at \$925. 1st. last, security. No dogs. 860-935-9105

TIMESHARE FOR SALE full-flex week at The Manhattan Club in New York located across from Carnegie Hall. Great buy; illness forces this sale. Asking \$7,000. For details 508-248-5123

Automotive



700 AUTOMOTIVE

725 AUTOMOBILES

1971 Chevy Impala Convertible 400 2 barrel carb with 89,000 miles, 1 owner, runs smooth, new top in 2012, asking \$8,000 or best offer 508-885-6878

1987 BMW 325i Convertible, red with black leather interior, 153,000 miles and in good condition, no rust, newer top, needs a tune-up. \$4100 or B/O, Adam 508-735-4413

1998 Mercedes Benz SL500 convertible and removable hard-top. Pled to keep you young! Perfect condition. \$14,000 508-885-6988

2001 CAD EL DORADO TC 72,000 miles. Must see \$11,000 7 Hartley Street, Webster, Mass.

725 AUTOMOBILES

2002 BMW 525IA. \$3995. Call Ray for more details. 508-450-5241

2007 TOYOTA COROLLA S \$3995. Call Ray for more info. 508-450-5241

2010 MAZDA M3 ISV. \$6800. Call Ray 508-450-5241

2011 SUBARU OUTBACK - 136,000 miles, great shape, regular maintenance, roof rack, trailer hitch, back-up camera. \$7500. 508-688-7666

2012 TOYOTA RAV4 - 79,000 miles. Well-maintained, 3rd row seats, black, one-owner. \$11,000. 508-688-7666

Black 2011 Honda Fit Sport, 5-speed automatic 73,000 miles, very good condition. Asking \$8,000 508-341-7644

725 AUTOMOBILES

F250 work truck, 2012, RWD, 71K, equipped with aluminum flatbed with fold-down sides. Recent brakes, battery, ac compressor, tires, 10 ply. Ready to work. 10,000 GVW. \$17,000 508-943-1941 or 508-320-2765

RED 1971 MUSTANG MACH 1 in good condition. 302 engine with automatic transmission. Lots of new parts. Call Eric at 508-987-2628. Serious buyers only.

Want to Place a Classified Ad? Call 800-536-5836

740 MOTORCYCLES

1991 HARLEY DRESSER: 55,000 Miles. Runs Great! \$4,500 or Will Trade for Car of Equal Value. BASS BOAT 16 1/2ft LUND Very Good Condition! MANY EXTRAS \$3,750 O.B.O. Call for info (508) 943-5797, Cell (508) 353-9722

740 MOTORCYCLES

2002 HARLEY DAVIDSON ELECTRA-GLIDE FLHT 38,340 miles, asking \$6,000 508-277-8745

Local News



FOUND HERE!

2005 YAMAHA V-STAR 1100 CLASSIC, PEARL-WHITE Has all options- hardbags, windshield, custom seats/exhaust, backrest, floor-boards. 20,000 well-maintained miles. Great looking & performing bike. \$3500 OBO 774-289-4550

740 MOTORCYCLES

BMW MOTORCYCLE, rare K75 (4-stroke in-line 3 cyl motor), 1995. Mileage 10,800 (tires have about 1K wear) color: silver (#705). Asking \$5,200. Accessories: 3rd generation saddlebags with keys and insert bags, tail rack, Monoshock upgraded to YSS dialed to 250 lbs. Adjustable - all documents. Original toolset and bike manual. OEM windshield, Corbin low seat, Trickle charger, heated handgrips. This bike was stored in a garage for many years and is in like-new condition. Cruises between 60-80 with no effort and accelerates 0 to 60 in 4.5 seconds. A true 3-season miler! 508-943-1790 or ndc0001@charter.net

745 RECREATIONAL VEHICLES

2007 TRAVEL WILD RV Auto, White, ONLY \$8,995. Herb Chambers Toyota of Auburn, 809 Washington Street, Auburn, MA (877) 906-1649



2016 RIVERSIDE TRAVEL TRAILER RETRO WHITEWATER MODEL 195 bought new, used twice in new condition w/ extras; must give up camping. Asking \$13,900 860-779-3561

750 CAMPERS/ TRAILERS

5TH-WHEEL HITCH, 1 yr old, for Chevy or GMC, \$700, Chevy 5th-Wheel taiglate, good condition \$200, 5 trailer tires 235/ 80/16R on mag wheels, like new \$800 Marc 508-847-7542

760 VANS/TRUCKS

2000 GMC 2500 SIERRA 4-door cab & 1/2, 4-wheel drive, no rot, with plow + truck mount slide-in Fleetwood Alcom camper (2001) w/bath, fridge, a/c, kitchenette. \$5900 508-341-6347

2006 Ford E150 Van, good condition. 65,952 miles, \$3,300 Call 508-765-4738 x 322

8' PLOW - three cable hook, in good condition. \$700 or best offer. Call Jim at 774-317-0628. No texting please.

Want to Place a Classified Ad? Call 800-536-5836

765 HEAVY EQUIPMENT

1997 BOBCAT 763 skid steer loader in great condition. 1800 hours, 46hp. Auxiliary hydraulics \$2100. 617-706-6736

Local Development & Projects



FOUND HERE!

Automotive



REAL ESTATE



111 East Main Street, Webster, Massachusetts 508-943-9306 508-987-0767 1-800-552-7444
Licensed in MA & CT



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"Listings Always Needed - We're Always Busy Selling!!!"



WEBSTER - 3 Blueberry Lane! Blueberry Hill - Stunning 9 Rm Colonial! Level Acre Lot! Sought after Neighborhood! Move-in Ready! Expansive Fam Rm w/Stone Fireplace & Cathedral Ceiling! Slider to the Deck! Custom Kit w/Granite Counters and Island Opening to the Dining Rm! Great Living Rm for Entertaining! Large, Bright 4th Bdrm/Office w/Double Closets, Cathedral Ceiling & Private Slider to the Deck! Half Bath w/Laundry! Master Bdrm w/His & Hers Closets, Master Bath w/Dble Sinks! Generously Sized 2 Additional Bdrms w/Large Closets! Halfway 2nd Full Bath! Partially Finished Lower Level - Great TV or Game Rm! Large Storage Area! Private Backyard w/Shed & Basketball Court! 2 Car Garage w/Plenty of Storage! Charm & Character that can't be Beat! Minutes from 395, an Ideal Location! 3 Z C/Air, Newer Windows & Furnace! This Could Be Yours! **\$359,900.00**

DUDLEY - 73 Tracy Rd! Majestically Perched on a Knoll, 1.47 Acres Beautifully Landscaped, Spacious 2252' 8 Rm Colonial! Stainless Appliances! Eat-In Country Kit w/Center Isl, Pantry Closet, Recessed Lighting, Tile Flr & French Dr to Deck! Formal Din Rm w/Hrdwd Flr & Classic 3 Windowed Bumped-out Wall! Entry Foyer! Formal Living Rm w/Hrdwd Flr! The Fireplaced Family Rm w/Wide Plank Hrdwd Flr will Keep the Family Close! Side Entry Hall! Dble Closet, Half Bath w/Laundry Closet! Upstairs 4 Comfortable Bdrms, 2 w/Hrdwds, 2 w/Wall to Wall w/Plenty of Closet Space! 18 Master Bdrm w/Hrdwds, Ceiling Fan, Walk-in Closet, Master Bath w/Granite Vanity & Tile Flr! Off the Hrdwd Hall the 2nd Full Bath w/Dble Sinks, Granite Vanity, Tile Flr & Linen Closet! Breezeway Attached 2 Car Garage! Quick Closing Possible, Start Packing! **\$349,900.00**

THOMPSON - 854 Thompson Rd! Appealing 9 Room Split! Beautiful 63 Acre Lot! Applianced Granite Kitchen! Dining & Fireplaced Living Rm w/Hrdwds! 17x18 Cathedral Ceiling Great Rm w/Tile Floor! 3 or 4 Bedrooms, 3 w/Hrdwds! Fireplaced Family Rm! Updated Full Bath! 1.5 Baths Total! 2 Car Garage! Recent Furnace! 18x24 Deck! Shed! Convenient to 395 in both Directions, Close to Raceway Golf Course & Thompson Speedway! **\$249,900.00**

WEBSTER - 26 Spring St! 5 Rm Ranch on Quiet Side Street! Walk into the 3 Seasons Rm w/Tile Flr, Ceiling Fan & Slider to Deck! Cabinet Packed Eat-In Kit! Spacious Liv Rm w/Hrdwds! 3 Bdrms! Finished Lower Level w/Tile Flr, 10' Bar w/Drop Lights! Vinyl Siding! Replacement Windows! **\$249,900.00**

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NEW PRICE

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WEBSTER - 23 Lincoln St! 3 Family w/ Great Curb Appeal! Owner Occupied or Investor! 5/4 Rooms! 2/2 Bedrooms! Hardwood Floors in Most Rooms! First Floor Apart! Freshly Painted! Replacement Windows! Off Street Parking! 2 Car Garage! Easy Highway Access! Conveniently Located! **\$229,900.00**

WEBSTER - 10 Oak St! 2 Family! 5/5 Rms! 2/2 Bdrms! Both Flrs w/Eat-in Kitchens! Liv Rms w/Wall to Wall! Bdrms w/Wall to Wall! 3 Season Porches! Gas Heat w/Recent Buderus on 1st! Electric Heat on 2nd! Recent Roof, Siding & Windows! Off Street Parking! Owner Occupied or Investment! **\$169,900.00**

PUTNAM - 48 Smith St! 2 Family! 3/8 Rooms! 1/4 Bedrooms! 1/1 Bath! Major Rehab 2005 - Roof, Gutter & Downspouts, Vinyl Siding, Windows, Entry Doors! 2018 Electric Heat Conversion! Gas Hot Water! Off Street Parking! Garage! Town Services! **\$129,900.00**

DUDLEY - 13 Oakwood Ave! Mason Road Area! 7 Rm Cape! HARDWOOD FLOORS! Throughout! Home Offers Quiet Kitchen, Open Concept Dining & Living Rm! 3 Bedrooms! Full Tile Bath! 2 1st Floor Bdrms! 2nd Flr Bdrm! Walk-in Cedar Closet! Breezeway to Garage! **\$205,000.00**

AUBURN - 9 Lorna Dr! 2680' Split Entry! Applianced Oak Eat-In Kit w/Corian Countertops! Spacious Liv Rm w/Hrdwds! Sun Rm! Cathedral to Trex Deck! 3 Bdrms w/Hrdwds! Frplc Fam Rm! 2 Full Baths! 4th Bdrm/Office! Laundry! C/Air & Vac! Professionally Landscaped, 46 Acre Lot! 2 Car Garage! **\$389,900.00**

WEBSTER - 21 Spring St! 6 Rm Ranch! Eat-in Applianced Kit w/Mahogany Cabinets & Tile Flr! Liv Rm w/Carpet over Hrdwd! 3 Bdrms w/Hrdwds! Master w/Walk-in Closet! Full Tile Bath! 14'x10' Fam/Game Rm! 2nd Bathrm w/Laundry! Workshop! Utility Rm! 2 Z Oil Heat! C/Air! 2 Car Garage! Porch! Don't Miss Out! **\$209,900.00**

DUDLEY - 13 Pineview Rd! 7 Rm Colonial! Tiled Foyer! Kit w/Din Area & Slider to Composite Deck! Din Rm! Liv Rm! Den! 1/2 Bath w/Laundry! 2nd Flr w/Carpeted Bdrms & Full Hall Bath! Master/Walk-in Closet & Bath! Finished Lower Level w/Gas Frplc! Patio! Fire Pit! Roof 2017! Attached 2 Car Garage! Town Services! **\$359,900.00**

DUDLEY - 9 Page Ln! Newly Renovated 6 Rm, 3 Bdrm, 2.5 Bath! Cape! 1 Acre Lot! Cal-de-sac! Hrdwds Throughout! Open Liv Rm, Kit & Din Area! SS Applianced Granite Kit w/Sl! Slider to Composite Deck! 1st Flr Master w/Walk-in Closet & Master Bath! 2nd Flr w/2 Large Bdrms & Full Bath! Garage Under! **\$309,900.00**

SUTTON - 30 Jones Rd! 9 Room 2,156' Colonial! 5.31 Acres of Privacy! Long Circular Drive! New Granite Kitchen! Dining, Living & Fireplaced Family Rooms w/Hardwood Floors! Year Round Sunroom w/2 Skylights! 3 Bedrooms! 2 1/2 Master w/Master Bath! 2.5 Bathrooms Total! 12x24 Season Porch w/3 Skylights! Expandable Attic! Wraparound Deck! 2 Car Garage! Central Air! Generator! Super Easy Access to Rte 146! **\$464,900.00**

WEBSTER LAKE - 54 West Pt Rd! North Pond - Killdeer Isl - West Expo - Beautiful Lake Views & Sunsets! 2002 Built 6+ Rm Colonial! Ideal 2nd Home or Yr Rd Living! Applianced Kit w/Center Isl! Lake Facing Din Rm w/Panoramic Water Views & Recent Wood Frplc! Lake Facing Liv Rm w/LP Gas Frplc, Recent Wood Fr & French Door to Deck! 1st Flr Laundry & Half Bath! 2nd Flr w/3 Spacious Bdrms! Lake Facing Master Suite w/Fantastic Lake Views, Frplc, French Dr to its Deck, Dressing/Office Area & Full Bath w/Whirlpool Tub! 2nd Full Bath Off the Hall! Huge Lake Facing Walk-out Lower Level w/Gas Stove & Slider to Stone Patio is Ready for "Finishing"! Additional Lakeside Deck! Dock! **\$559,900.00**

DOUGLAS WATERFRONT! 36 Cedar St! Badluck Pond (110Acres) aka Cedar Lake or Laurel Lake! Western Expo - Beautiful Sunsets! 2.74 Acres! 633' Waterfront! 471' Road Front! Beautiful Private Setting! Huge 2830sq, 2688' Custom 6 Rm Cedar Ranch w/Hrdwd Flrs Throughout! Spectacular, Open Din Rm & Great Rm w/Stone Frplc, Soaring Beamed Cedar Cathedral Ceiling, 6 Sky Lights, Recessed Lighting, 1/2 Bath & 3 Sliders to 96' Lake Facing Screened Porch! Custom Kit w/2 Skylights, Recessed Lighting, Slider to Porch, Wall Oven & Center Island w/Triplic Bow Sink, Cooktop & Dishwasher! Mud Rm Entry w/2 Dble Closets, Tile Flr, Door to Kit & Door to Full Bath! 2 Lake Facing Bdrms w/Walk-in Closets, Skylights & Sliders to Porch! Full Tile Bath w/Separate Shower & Whirlpool Bath w/Door to Master & Hall! Office w/Dble Closet! 2.5 Baths Total! Cedar Lined Closets! Full Basement! Plus 3672' 2 Story Heated Boat House w/Garage/Work Shop w/Half Bath! Upper Level 5 Rm Caretaker/In-Law Apartment w/2 Full Baths! Game Rm w/Full Bath! 5 Full + 2 1/2 Baths Total! One of a Kind Waterfront Home! **\$599,900.00**

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WEBSTER LAKE - 60 Bates Point Rd! Middle Pond! Absolute Prime 52' Level Waterfront Lot w/Western Expo! Beautiful Sunsets! Panoramic Lake Views! 8 Rms, 3 Bdrm, 2 Baths, A/C'd, Ranch! Custom SS Applianced Granite Kit! Din Rm w/Hrdwds & Slider to Waterfront Deck w/Awning! Lake Facing Frplc Liv Rm w/Cathedral, Skylight & Hrdwds! Comfortable Master Bdrm! Frplcd Lower Level Fam Rm! 2 Car Garage! **\$729,900.00**

WEBSTER LAKE - 412 Beacon Park! WATERVIEW 1280' 5 Rm Townhouse! End Corner Unit! Lake Views! Applianced Kit! Frplcd Liv Rm w/Hrdwds! Din Rm w/Hrdwds! Master w/Hrdwds, Custom Bath & Closet w/Skylight! 2nd Bdrm w/Hrdwds! 2.5 Remodeled Baths! C/Air! Garage! Great Lakeside Pool! Sandy Beach! **\$294,000.00**

WEBSTER LAKE - 130 Killdeer Island - North Pond! West Expo - Beautiful Sunsets! 6 Rm 3 Season Home! Add Heat & Use Fr Round! Great Potential! 4 Bdrms w/Hrdwds, 2 Lake Facing! Frplc Liv Rm w/Lake Views! Spacious Kit & Dining Area! 2 Baths! 55' of Sandy Beach! **\$475,000.00**

WEBSTER LAKE - 7 Point Pleasant Ave! Panoramic Lake Views! Eastern Expo! Super Sunrises! 9,000' Level Lot! 2,300' Custom Contemp Colonial! Built 2015! Like New! Open Fr Plan! Custom Granite Kit w/Island, Stainless Appliances, Gas Range, Soft Close Cabinets & Recessed Lights! Spectacular Lake Facing Great Rm, Stone Gas Frplc, Surrounded by Custom Cabinetry, Recessed Lights & Ceiling Fan! Dining Area w/Custom Ceiling! Full Bath w/Granite Vanity & Custom Tile Shower! Laundry Rm! "Wood Look" Tile Floors throughout the First Floor! 2nd Flr Features 3 Comfortable Bdrms w/Being Waterfront! Lake Facing Master w/Slider to Deck, Hrdwds, Recessed Lighting, Walk-in Closet & Bdrm Access! Lake Facing Bdrm w/Hrdwds, Dble Closet & Door to Deck! 3rd Bdrm w/Hrdwds & Dble Closet! Full Bath w/Dble Granite Vanity & Tile Flr! C/Air! Gas Heat! 2x6/2 Story Detached Garage! Deck! Get Packing! **\$789,900.00**

WEBSTER LAKE - 194 Killdeer Island! North Pond Views! Sandy Shore! 6 Rm Cape! Open Liv & Din Rm w/Recently Restored Fireplace! New Lake Facing Windows! 2 1st Flr Bdrms, 1 Lake Facing 3 Bdrms! 2 Updated Bathrooms! Huge Composite Deck w/Vinyl Balis! Walk-out Lower Level to Courtyard! Garage Under! **\$559,000.00**

WEBSTER LAKE - 704 Treasure Island! 1.874' Townhouse! 6 Rms, 2 Bdrms, Master Bath, 2.5 Baths Total! Recent Cherry & Granite Kit! Large Applianced Din Rm w/Sliders to Deck! Frplcd Fam Rm! Patio! Newer C/Air, Heat & Hot Water! Garage! 2 Boat Slips! Heated Pool! Sandy Beach! **\$344,900.00**

WEBSTER LAKE - 104 Treasure Island! 1.974' Townhouse! Oak Cabinet Kit w/Breakfast Counter! Formal Din Rm! Frplc Liv Rm! Screened Porch! 1st Flr Master w/Walk-in Closet & Bath! 2.5 Baths! 2nd Level w/2nd Master Bdrm & Bath! Recent C/Air! Attached Garage! 2 Boat Slips! Heated Pool! Sandy Beach! **\$324,900.00**

WEBSTER LAKE - 895 Treasure Isl! WATERFRONT! 1.874' Townhouse! 6 Rms! 1.874' Hrdwds! SS Applianced Quartz Kit! Open Fr Plan! 2 Bdrms! Master Bath w/Dble Vanity! 2.5 Baths! Frplc Fam Rm! Newer C/Air & Gas Heat! Trex Deck! Garage! 2 Boat Slips! Heated Pool! Sandy Beach! **\$449,000.00**

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NEW LISTING

WEBSTER LAKE - 202 Killdeer Island Rd! Panoramic View of North Pond! Natural Sandy Shoreline! Complete Rebuild Since 2002! Custom Center Island Applianced Granite Kitchen w/Walk-in Pantry, Recessed Lighting, Hardwoods & 1/2 Bath! Open Floor Plan! Dining Rm w/Window Seat, 2 Closets & Hardwoods! 19'x19' Lake Facing Living Rm w/Hardwoods & 2 Sliders to Deck w/Recent Awning! Upstairs to 4 Bedrooms or 3 Plus Office! Lake Facing Master w/Cathedral Ceiling, Walk-in Closet & Master Bath w/Tile Floor, Frplc, French Dr to its Deck, Dressing/Office Area & Full Bath! Halfway Laundry Closet! Lake Facing Walk-out Lower Level Family Room, 2 Sliders to Patio! Full Bath! 3.5 Baths Total! 4 Zone Heat & 2 Zone C/Air only 2 Years Old! Start Packing! **\$629,900.00**

WEBSTER LAKE - 8 Reid Smith Cove Road! Panoramic Lake Views! West Expo! Super Sunsets! 5,698' Lot! Gently Sloping! 2,254' Custom Contemp Cape, Built 09 as 2nd Home, Like New! Open Fr Plan! Spectacular Lake Facing Great Rm w/Tile Ceiling, Recessed Lights, Sliders to Trex Deck, Stone Gas Frplc, Surround Sound & Grooming Hrdwds! Granite Kit w/Is, SS Appliances, Soft Close Cabinets, Hrdwds & Recessed Lights! 1st Flr Master w/Tile Bath, Whirlpool Tub! Shower, Dble Sink & Linen Closet! Upstairs Sitting Area Overlooking Grand Rm w/Lake Views! Hrdwd Hall to 2 Bdrms w/Recessed Lighting, Ceiling Fans & Dble Closets! Full Bath & Linen Closet! Lower Level Walkout Fam Rm w/Tile Flr, 10' Ceilings, Recessed Lights, Ceiling Fans, Stone Gas Frplc, Surround Sound, Wet Bar & Slider! Full Bath w/Tile Flr! Utility Rm w/Laundry & Storage! Nice Decks! Get Packing! **\$724,900.00**

WEBSTER LAKE - 37 Bates Grove Rd! South Pond! As a Second Home, Getaway or Expand it into Your Dream Home - Have Possible Plans! 4+ Rooms! Open Floor Plan! Applianced Kit! 2 Bedrooms! Bathroom! Covered Deck! Ideal Gradual Sloping Lot w/Panoramic Lake Views! **\$399,900.00**

WEBSTER LAKE - 104 Treasure Island! 1.974' Townhouse! Oak Cabinet Kit w/Breakfast Counter! Formal Din Rm! Frplc Liv Rm! Screened Porch! 1st Flr Master w/Walk-in Closet & Bath! 2.5 Baths! 2nd Level w/2nd Master Bdrm & Bath! Recent C/Air! Attached Garage! 2 Boat Slips! Heated Pool! Sandy Beach! **\$324,900.00**

WEBSTER LAKE - 895 Treasure Isl! WATERFRONT! 1.874' Townhouse! 6 Rms! 1.874' Hrdwds! SS Applianced Quartz Kit! Open Fr Plan! 2 Bdrms! Master Bath w/Dble Vanity! 2.5 Baths! Frplc Fam Rm! Newer C/Air & Gas Heat! Trex Deck! Garage! 2 Boat Slips! Heated Pool! Sandy Beach! **\$449,000.00**

WEBSTER LAKE - 17 Wakefield Ave! South Pond! Western Expo! Protected from the Storms - Quiet Cove! 24 Acre Lot! 104' Waterfront! Water Views! 2,412' 8 Rm Contemp! Just Renovated! 4 Bdrms! 2 Baths! Cathedral! Skylights! 2 Fireplaces! C/Air! Composite Decks! Patio! 2 Car Carport! **\$535,900.00**

WEBSTER LAKE - 15 South Pond! Waterfront Lot! Middle Pond - Panoramic Views! Conservation Approval! Built 2015! Like New! Open Fr Plan! Custom Granite Kit w/Island, Stainless Appliances, Gas Range, Soft Close Cabinets & Recessed Lights! Spectacular Lake Facing Great Rm, Stone Gas Frplc, Surrounded by Custom Cabinetry, Recessed Lights & Ceiling Fan! Dining Area w/Custom Ceiling! Full Bath w/Granite Vanity & Custom Tile Shower! Laundry Rm! "Wood Look" Tile Floors throughout the First Floor! 2nd Flr Features 3 Comfortable Bdrms w/Being Waterfront! Lake Facing Master w/Slider to Deck, Hrdwds, Recessed Lighting, Walk-in Closet & Bdrm Access! Lake Facing Bdrm w/Hrdwds, Dble Closet & Door to Deck! 3rd Bdrm w/Hrdwds & Dble Closet! Full Bath w/Dble Granite Vanity & Tile Flr! C/Air! Gas Heat! 2x6/2 Story Detached Garage! Deck! Get Packing! **\$789,900.00**

WEBSTER LAKE - 174 Killdeer Island! North Pond Views! Sandy Shore! 6 Rm Cape! Open Liv & Din Rm w/Recently Restored Fireplace! New Lake Facing Windows! 2 1st Flr Bdrms, 1 Lake Facing 3 Bdrms! 2 Updated Bathrooms! Huge Composite Deck w/Vinyl Balis! Walk-out Lower Level to Courtyard! Garage Under! **\$559,000.00**

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WEBSTER LAKE - 202 Killdeer Island Rd! Panoramic View of North Pond! Natural Sandy Shoreline! Complete Rebuild Since 2002! Custom Center Island Applianced Granite Kitchen w/Walk-in Pantry, Recessed Lighting, Hardwoods & 1/2 Bath! Open Floor Plan! Dining Rm w/Window Seat, 2 Closets & Hardwoods! 19'x19' Lake Facing Living Rm w/Hardwoods & 2 Sliders to Deck w/Recent Awning! Upstairs to 4 Bedrooms or 3 Plus Office! Lake Facing Master w/Cathedral Ceiling, Walk-in Closet & Master Bath w/Tile Floor, Frplc, French Dr to its Deck, Dressing/Office Area & Full Bath! Halfway Laundry Closet! Lake Facing Walk-out Lower Level Family Room, 2 Sliders to Patio! Full Bath! 3.5 Baths Total! 4 Zone Heat & 2 Zone C/Air only 2 Years Old! Start Packing! **\$629,900.00**

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WEBSTER LAKE - 104 Treasure Island! 1.974' Townhouse! Oak Cabinet Kit w/Breakfast Counter! Formal Din Rm! Frplc Liv Rm! Screened Porch! 1st Flr Master w/Walk-in Closet & Bath! 2.5 Baths! 2nd Level w/2nd Master Bdrm & Bath! Recent C/Air! Attached Garage! 2 Boat Slips! Heated Pool! Sandy Beach! **\$324,900.00**

WEBSTER LAKE - 895 Treasure Isl! WATERFRONT! 1.874' Townhouse! 6 Rms! 1.874' Hrdwds! SS Applianced Quartz Kit! Open Fr Plan! 2 Bdrms! Master Bath w/Dble Vanity! 2.5 Baths! Frplc Fam Rm! Newer C/Air & Gas Heat! Trex Deck! Garage! 2 Boat Slips! Heated Pool! Sandy Beach! **\$449,000.00**

WEBSTER LAKE - 174 Killdeer Island! North Pond Views! Sandy Shore! 6 Rm Cape! Open Liv & Din Rm w/Recently Restored Fireplace! New Lake Facing Windows! 2 1st Flr Bdrms, 1 Lake Facing 3 Bdrms! 2 Updated Bathrooms! Huge Composite Deck w/Vinyl Balis! Walk-out Lower Level to Courtyard! Garage Under! **\$559,000.00**

WEBSTER LAKE - 17 Wakefield Ave! South Pond! Western Expo! Protected from the Storms - Quiet Cove! 24 Acre Lot! 104' Waterfront! Water Views! 2,412' 8 Rm Contemp! Just Renovated! 4 Bdrms! 2 Baths! Cathedral! Skylights! 2 Fireplaces! C/Air! Composite Decks! Patio! 2 Car Carport! **\$535,900.00**

WEBSTER LAKE - 15 South Pond! Waterfront Lot! Middle Pond - Panoramic Views! Conservation Approval! Built 2015! Like New! Open Fr Plan! Custom Granite Kit w/Island, Stainless Appliances, Gas Range, Soft Close Cabinets & Recessed Lights! Spectacular Lake Facing Great Rm, Stone Gas Frplc, Surrounded by Custom Cabinetry, Recessed Lights & Ceiling Fan! Dining Area w/Custom Ceiling! Full Bath w/Granite Vanity & Custom Tile Shower! Laundry Rm! "Wood Look" Tile Floors throughout the First Floor! 2nd Flr Features 3 Comfortable Bdrms w/Being Waterfront! Lake Facing Master w/Slider to Deck, Hrdwds, Recessed Lighting, Walk-in Closet & Bdrm Access! Lake Facing Bdrm w/Hrdwds, Dble Closet & Door to Deck! 3rd Bdrm w/Hrdwds & Dble Closet! Full Bath w/Dble Granite Vanity & Tile Flr! C/Air! Gas Heat! 2x6/2 Story Detached Garage! Deck! Get Packing! **\$789,900.00**

ON DEPOSIT

WEBSTER LAKE - 202 Killdeer Island Rd! Panoramic View of North Pond! Natural Sandy Shoreline! Complete Rebuild Since 2002! Custom Center Island Applianced Granite Kitchen w/Walk-in Pantry, Recessed Lighting, Hardwoods & 1/2 Bath! Open Floor Plan! Dining Rm w/Window Seat, 2 Closets & Hardwoods! 19'x19' Lake Facing Living Rm w/Hardwoods & 2 Sliders to Deck w/Recent Awning! Upstairs to 4 Bedrooms or 3 Plus Office! Lake Facing Master w/Cathedral Ceiling, Walk-in Closet & Master Bath w/Tile Floor, Frplc, French Dr to its Deck, Dressing/Office Area & Full Bath! Halfway Laundry Closet! Lake Facing Walk-out Lower Level Family Room, 2 Sliders to Patio! Full Bath! 3.5 Baths Total! 4 Zone Heat & 2 Zone C/Air only 2 Years Old! Start Packing! **\$629,900.00**

WEBSTER LAKE - 8 Reid Smith Cove Road! Panoramic Lake Views! West Expo! Super Sunsets! 5,698' Lot! Gently Sloping! 2,254' Custom Contemp Cape, Built 09 as 2nd Home, Like New! Open Fr Plan! Spectacular Lake Facing Great Rm w/Tile Ceiling, Recessed Lights, Sliders to Trex Deck, Stone Gas Frplc, Surround Sound & Grooming Hrdwds! Granite Kit w/Is, SS Appliances, Soft Close Cabinets, Hrdwds & Recessed Lights! 1st Flr Master w/Tile Bath, Whirlpool Tub! Shower, Dble Sink & Linen Closet! Upstairs Sitting Area Overlooking Grand Rm w/Lake Views! Hrdwd Hall to 2 Bdrms w/Recessed Lighting, Ceiling Fans & Dble Closets! Full Bath & Linen Closet! Lower Level Walkout Fam Rm w/Tile Flr, 10' Ceilings, Recessed Lights, Ceiling Fans, Stone Gas Frplc, Surround Sound, Wet Bar & Slider! Full Bath w/Tile Flr! Utility Rm w/Laundry & Storage! Nice Decks! Get Packing! **\$724,900.00**

WEBSTER LAKE - 37 Bates Grove Rd! South Pond! As a Second Home, Getaway or Expand it into Your Dream Home - Have Possible Plans! 4+ Rooms! Open Floor Plan! Applianced Kit! 2 Bedrooms! Bathroom! Covered Deck! Ideal Gradual Sloping Lot w/Panoramic Lake Views! **\$399,900.00**

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JUST LISTED



THOMPSON-This great Ranch style home has been well maintained. Home features 2 good sized bedrooms with hardwood floors & generous closets. The eat-in kitchen is neat and clean and has plenty of space. The living room also has nice hardwood floors and the windows make it nice and bright. The basement has a full walk-out and is a great workspace. There is a great detached 3 car garage with tons of potential! Great water view just off the backyard. **\$189,900**

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WOODSTOCK-Charming Cape style home on a quiet country rd. This home offers a first floor bedroom & office, living room with cathedral ceilings and fireplace, large eat in kitchen and first floor laundry. Two more bedrooms & 2nd full bath are located on the second floor. There is a family room with walk out on the lower level that includes a large workshop off the garage, all on 2 acres! This home is located less than a mile from the Woodstock Town Beach to easily enjoy through the seasons. **\$245,000**

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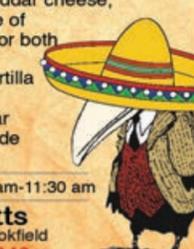
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VALENTINE

Sentiments that the colors of roses are meant to convey

Roses are a popular gift on Valentine's Day. When accompanied by a box of chocolates, a bouquet of long-stemmed roses is sure to make a sweetheart smile on February 14.

Few people may know that the color of a rose is meant to convey a certain message. As a result, even the most head-over-heels-in-love man or woman may not be saying what they mean to say when giving roses. If that special someone has a favorite color of rose, then it might be wise to give that color regardless of what tradition suggests. But when sweethearts have no such preferences, it might be best to keep this guide, courtesy of ProFlowers®, in mind.

- Red: Red roses say "I love you." Red is symbolic of love, especially romantic love. Red also symbolizes beauty, courage and respect.

- Pink: Pink is a popu-



lar color on Valentine's Day, but sweethearts should know that pink roses say "Thank you,"

which makes them a better choice for friends than lovers.

- White: White roses

say "I am the one for you." White symbolizes true love, purity, innocence, reverence, humil-

ity, youthfulness, and charm.

- Yellow: Yellow roses say "We're friends and

I care about you." Joy, gladness, friendship, delight, and remembrance are just a few of the sentiments yellow conveys.

- Yellow with red tip: Yellow roses may be best for friends, but yellow roses with red tips say "I'm falling in love with you."

- Orange/coral: Another awe-inspiring color, orange/coral roses say "I want you in my life." This color indicates desire, enthusiasm and fascination.

- Red and white together: A mixed bouquet of red and white roses says "We are a great match."

- Peach: Peach symbolizes intimacy, telling a lover, "Let's make this a memorable Valentine's Day."

Different color roses say different things, meaning Valentine's Day celebrants can find a rose to convey any message they hope to send this February 14.

Valentine's gifts for your No. 1 guy



Get great gifts for guys this Valentine's Day with a little help from industry trends.

As Valentine's Day approaches, the pressure is on to find ideal gifts for a special sweetheart. The National Retail Federation indicates shoppers spent around \$19.6 billion on Valentine's Day gifts in 2018, a dramatic increase from the year prior.

When gifting the men in their lives, others may be hard pressed to find an ideal gift for the guy who seems to have it all. Even though a small study published in Psychology Today determined that gifting men is seemingly easier than gifting women — regardless of who is doing the buying — there's a prevailing stereotype that men are hard to buy for. That said, these suggestions for men's gifts may get the creative gifting juices flowing.

- Leather gloves: Leaving home when the weather is frightful can be a challenge. But warm, stylish gloves may help the process along. Look for gloves that also have touchscreen compatible

tips, so that he doesn't have to remove the gloves to send that "I (heart) you" text.

- Pixel heart mug: This heat-changing mug is ideal for gamers who realize you need full health, or hearts, to make it through game play — or the workday. The heart illustration turns red when it's filled with a hot beverage. This mug is available from Kikkerland on Amazon.

- Luxury shave kit: More men are realizing that indulging in quality grooming items does not require checking manliness at the door. In fact, it is quite trendy for men to use products entirely geared toward their skin and hair types, with more masculine scents to boot.

- Portable record player: If he's a music buff and has collected vintage albums through the years, give him a modern way to play them. A wireless, Bluetooth-enabled turntable can be a heart-felt and practical gift.

- Whiskey-inspired gifts: From whiskey barrel-faced watches to jumbo ice wedges to chill without watering drinks down, whiskey gifts are definitely trending upward. Of course, a good bottle of single-malt is certainly a winning go-to gift as well.

- Ticket stub organizer: Whether he's a sports fan, a concert-goer, or collects stubs to other events and outings, provide an organized way to preserve those memories.

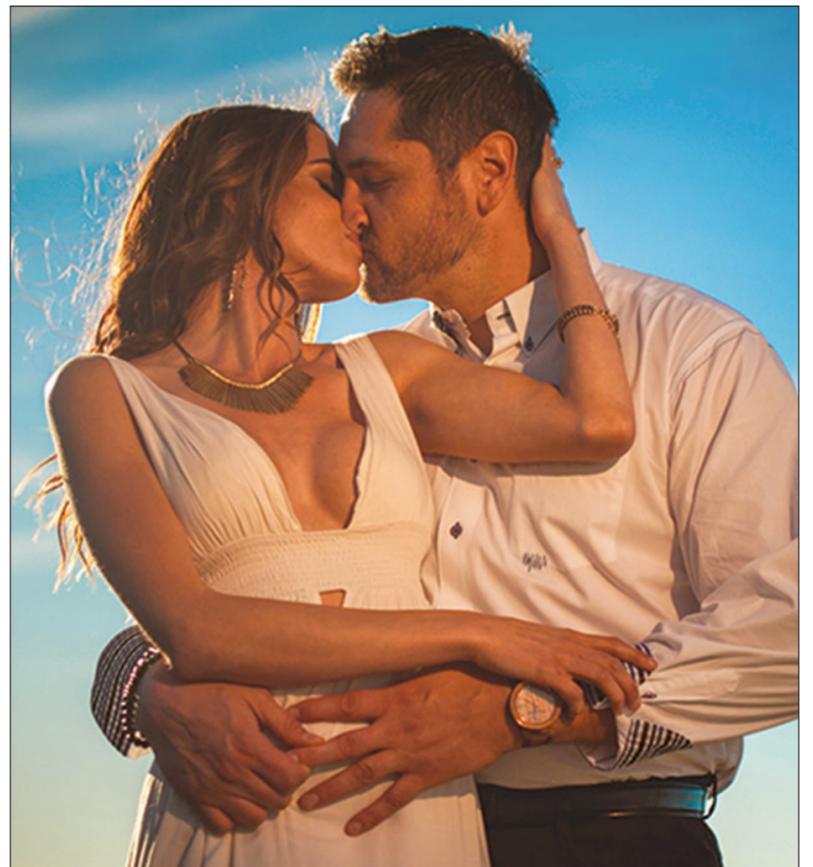
- Wireless phone charger: Tame that cord clutter with a gizmo that can quickly charge his phone and have him ready to take your calls or receive your texts.

- Noise-cancelling headphones: Remove ambient sounds from his day, especially when commuting, traveling or working in his cubicle.

- Stub Hub gift card: Gift him with the perfect way to catch up on live games.

Gifting guys is a little easier with some Valentine's inspiration.

Learn about the history of kissing



How do you show your love and affection? Many people do so through the tender gestures they share throughout the day, including kisses.

Kissing exemplifies love and passion and can express many different sentiments. A kiss also can provide comfort in a time of need.

Even though kissing may seem universal to human beings, it is not embraced by all cultures. Information published in Psychology Today suggests kissing is not innate to all people. However, many still peck and kiss ardently. Even some animals are known to express affection through kissing. How did this behavior then come to be?

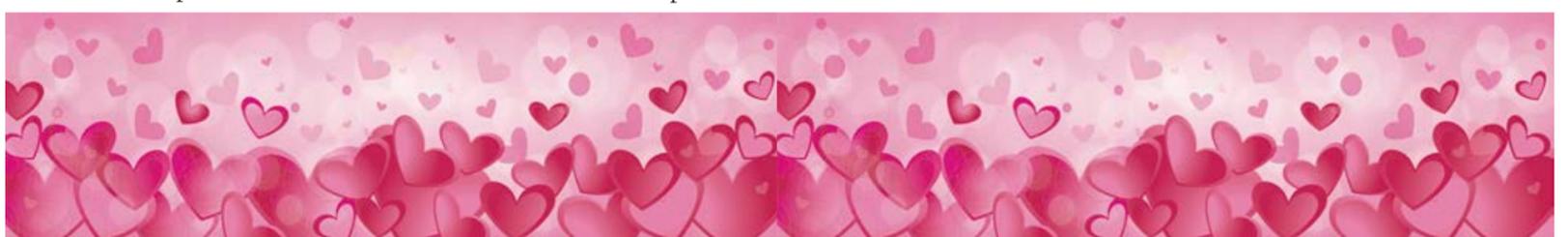
Two theories give some ideas about where kissing may have originated. Vaughn Bryant, an anthropologist at Texas A&M University who specializes in the history of the kiss, says the earliest references to kissing-like behavior dates to around 3,500 years ago in Sanskrit scriptures that influenced various Eastern religions. Kissing is mentioned in both Sumerian and Egyptian poetry. The

Old Testament also references kissing in the book of Genesis when Isaac asks his son Jacob to kiss him.

Another theory is that kissing evolved from a process known as "kiss feeding." This is when mothers would pre-chew food and then pass it to their babies.

Some suggest that kissing may be an extension of grooming behavior. That's because primates such as bonobo apes frequently kiss one another. Dogs and cats also lick and nuzzle other animals and humans. This may indicate that so-called "kissing" is merely a way of communicating or grooming other beings as a form of establishing trust and bonding.

Even though people are not entirely sure about the origins of kissing, many men and women around the world engage in some form of kissing each and every day. The next time sweethearts lock lips, whether on Valentine's Day or another time during the year, they can think about how kissing became the norm for showing love.



VALENTINE

The gift of healing for Valentine's Day

The gift of massage treats recipients to relaxation and the healing power of therapy and can serve as an escape from the stresses of daily life.

In their 21st annual consumer survey, the American Massage Therapy Association says 19 percent of consumers reported receiving a massage from a professional therapist in the previous year. Many people rely on massage for medical relief, including to alleviate muscle soreness, stiffness or spasms. Massage can also aid in the recovery from migraines, help prevent injury and assist in general well-being.

Gifts of massage is easy when one knows the type of massage a person desires and the place he or she frequently visits for massage therapy. However, those who are new to massage can use the FindaMassageTherapist.org locator to find professionals in their area. Brushing up on the types of massage therapies available can help gift-givers make more informed decisions.



Hot stone massage is just one type of massage therapy offered today.

SWEDISH MASSAGE

This classic, standard massage offered at many facilities has become synonymous with massage therapy. Using lotion or oil, therapists will begin with general, broad strokes on the body and then move on to address specific problem areas. The basic strokes involved in Swedish massage include petrissage (kneading, rolling

and lifting), effleurage (long, smooth strokes), friction, tapotement (percussion-like movements), and vibration. Swedish massage is ideal for those who have never before visited a massage therapist.

DEEP TISSUE MASSAGE

According to Massage Envy, a retail chain of massage therapy locations, deep tissue mas-

sage is similar to Swedish massage, but the technique focuses on the deepest layer of muscles to target knots and release chronic muscle tension. This massage can work out kinks and is recommended for people who like a deeper-pressure massage.

HOT STONE MASSAGE

When giving a hot stone massage, massage therapists will use a form of therapy that follows the same principles of Swedish massage with the addition of heated stones, according to Hand & Stone massage centers. Adding heat to specific areas of the body enhances feelings of relaxation. The heat also enables the massage to be delivered without extra exertion of pressure.

SHIATSU

The health resource VeryWell states that shiatsu is a form of Japanese bodywork that involves localized pressure by the therapist's fingers or other body parts (elbows/arms) in a rhythmic sequence along the body. Each point is held for a few seconds. The

practice has roots in traditional Chinese medicine, and can be used to stimulate acupressure points on the body.

REFLEXOLOGY

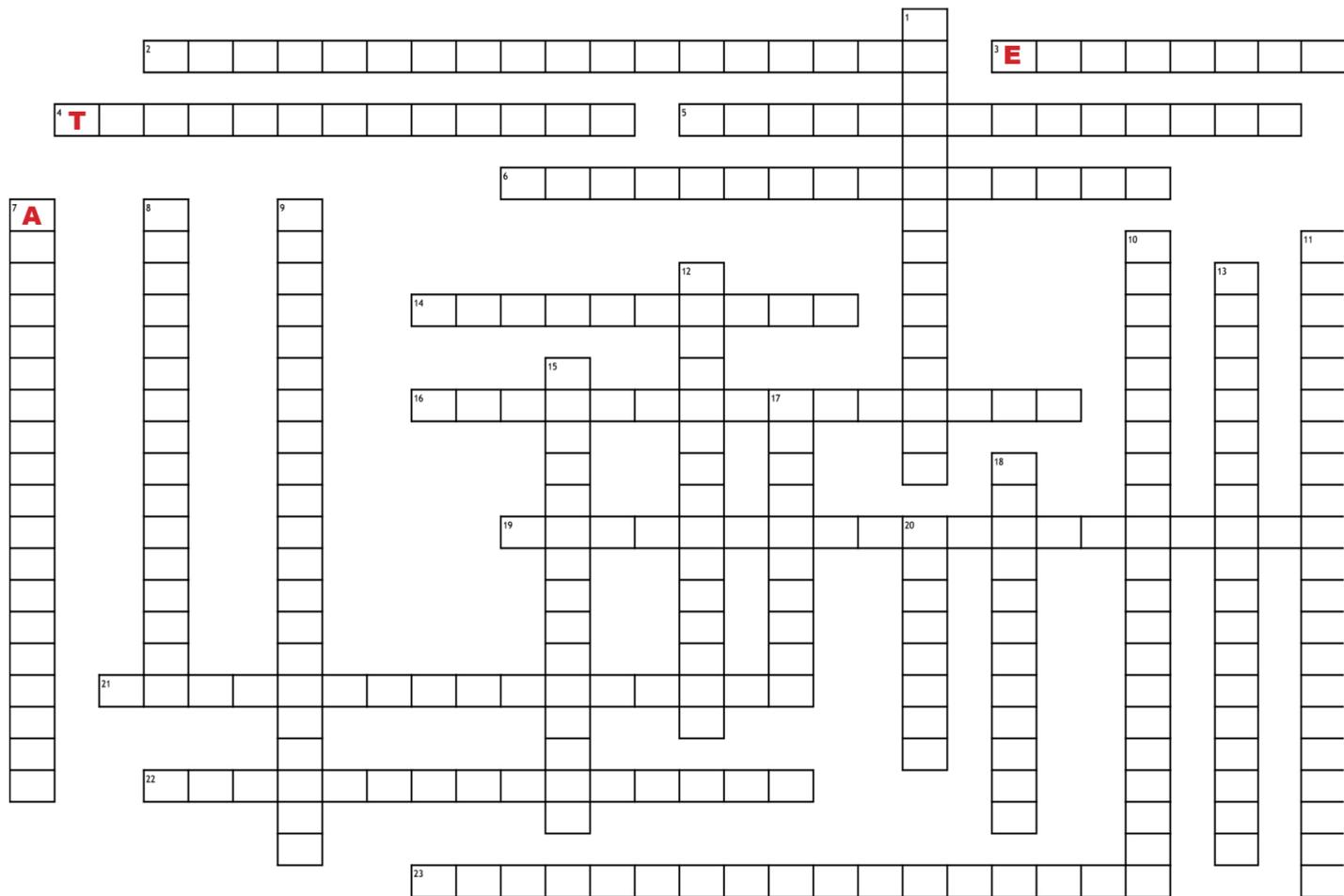
Reflexology has ancient origins, but was refined by physiotherapist Eunice Ingram in the 1930s. It targets areas on the hands and feet believed to be connected with other areas of the body. Reflexologists apply pressure to these points and can stimulate the release of endorphins in the body to reduce stress and discomfort.

AROMATHERAPY MASSAGE

Many massage therapists will offer aromatherapy as part of massage packages. Scents may trigger certain responses, helping to invigorate, relax or recharge the body. Oils may be scented, or perfumed candles or incense may be present in the room.

Massage can help relax and heal. Many people see it as a luxury indulgence, making it a prized gift for Valentine's Day.

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