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Vol. XI, No. 2

ONLINE: www.StonebridgePress.com

Beauchemin resigns amid controversy over cabinet

BY JASON BLEAU VILLAGER CORRESPONDENT

STURBRIDGE — Despite a lengthy debate and at least one selectman coming to her defense Melissa Beauchemin has resigned as Senior Center director in the wake of controversy stemming from the mishandling of a cabinet.

Beauchemin appeared before selectmen in early January choosing to forgo the normal practice of discussing her situation as a town employee in the privacy of executive session. At the end of 2017 Beauchemin was approached by Town Administrator Leon Gaumond who requested her resignation after a series of events revealed that Beauchemin had been keeping an antique cabinet purchased for the senior center in her home and allegedly lied about being in possession of the item when approached about the issue. Gaumond made his official request before selectmen on Jan. 2 saying he felt Beauchemin's actions and lack of honesty warranted her firing.

Gaumond quoted regulations in the town charter that justified Beauchemin's termination, however Beauchemin was given the chance to leave on her own. He said the issue began in November when an audit revealed that the cabinet was, in fact, missing. Beauchemin initially said she

was unaware of the cabinet's location and later said she did in fact have the cabinet at her home. In early December Gaumond said Beauchemin "came clean" and blamed herself.

"As the Town Administrator I'm faced with many difficult decisions and clearly this is one of them. At this point I was left to believe that Melissa kept a piece of furniture, paid for by the gift account left for seniors, at her house for over a year. She lied to the town accountant when asked about it and she lied to the town administrator when further asked about it. As a department manager, I feel (she) is held to a higher ethical standard and in this case I feel that termination is appropriate," Gaumond said.

On Dec 22 Beauchemin was notified of Gaumond's intention to seek her termination for apparent misappropriation of town property and for misrepresenting the situation to town officials. Beauchemin chose to appeal to selectmen and presented her side of the story on Jan. 2. At that meeting Beauchemin confirmed that the cabinet was one of many items purchased for the senior center that, due to lack of transportation, had been stored in her garage temporarily. Most of the items eventually made their way to the senior

Turn To BEAUCHEMIN, page A3

Police install car seats instead of issuing a ticket

Alex

Photo shows, from left: Alexander Toth of Framingham, Reagan Gosselin of Sturbridge, and Nicholas McElroy of Webster.

New student representatives at Bay Path

CHARLTON — This term, practical nursing students Alexander Toth of Framingham, Reagan Gosselin of Sturbridge, and Nicholas McElroy of Webster were voted as student representatives for the class of 2018.

The student representatives are an important part of the Bay Path Practical Nursing Academy Faculty Organization. Their main responsibility is to be a link between practical nursing faculty, staff, and the students, and to contribute to Bay Path Practical Nursing Academy activities and projects. Toth, Gosselin, and McElroy represent the students of PN class of 2018 on the advisory board and steering committee. PNFO meets every second Tuesday of the month and the advisory board meets twice a year in March and September.

Bay Path Practical Nursing Academy offers a 40-week, (10-month), fulltime, 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. Visit us on online at www.baypath.net

COMPLIMENTARY HOME DELIVERY



Friday, January 12, 2018

BY TARA VOCINO VILLAGER CORRESPONDENT

STURBRIDGE — Instead of issuing a citation, public safety officials installed two car seats free of charge after stopping a car for a minor motor vehicle infraction on Saturday, Dec. 29.

'We take passenger safety very seriously," Police Lt. Earl Dessert said. "We have a strong stance of buckling up not only your child, but yourself."

Police received a \$2,000 grant through the Executive Office of Public Safety and Security paying for 25 car seats in their inventory to install this year, if there's a need, Dessert said.

Several police officers and dispatchers are trained in installing car seats, and Dessert asks residents in need to make an appointment by calling (508) 347-2525, ext. 0.

"We want to encourage parents to have the proper seating," Dessert said. "Either buy the proper seating yourself for \$40 to \$100, or call us to see if we can assist you if we have seats and staff available. The most expensive one I have seen goes for \$160."

Dessert explained the seats will be available as long as supplies last. He said a couple have been given out during car stops over the past couple years, and most are walk-ins, Dessert said. However, it's best to make an appointment, pending an emergency call.

"We'll do our best to supply everyone," Dessert said. "But there's no guarantee. Once we run out, that's it until next year.'



urtesy photo Sturbridge Police Departr

Public safety officials installed two car seats during a car stop on Saturday, Dec. 29 as part of a state-funded grant and community policing efforts.

Dessert said police use a vendor that the state recommends and doesn't buy them in a store.

Dispatcher/EMT Scott Belanger, who is one of the staff trained in installation said Thursday it was a pleasure work-

Turn To CAR SEATS, page A3

A young man's commitment to serve others

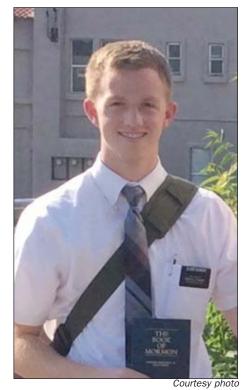
Young women and young men of the Church of Jesus Christ of Latterday Saints often elect to spend 18 to 24 months as full time missionaries. They go where they are called to go, sometimes to a foreign country where learning a new language becomes essential and sometimes within the United States, but always away from the comfort and security found at home.

To serve a mission is a huge step yet over 74,000 Mormons are currently doing so.

Among those is Elder Brayden Burdick from Sturbridge who is completing two years spent in the Mesa, Arizona Mission. Prior to going on his mission, Brayden completed a year studying mechanical engineering at Brigham Young University-Idaho. Upon the completion of his mission he plans to continue his studies, with maturity and perspective beyond his years born of his experiences on his mission.

When asked what was the biggest thing he has learned on his mission, Brayden said "No matter how hard things get I can still stay committed to a good cause. No matter how hard things get, my commitment to serve God and others can help me enjoy life more. As I focus on reaching out to those who are in need, I have learned that I am able to lift myself too.'

Mission rules are very strict.



Brayden Burdick on his way to his chosen adventure

Brayden said the biggest adjustment was learning that he needed to be committed to serving his mission rather

Turn To BURDICK, page A4

Nomination papers now available

Sturbridge Town Clerk Lynne Girouard has announced that nomination papers are now available for the annual town election to be held on Monday, April 9. Candidates must be registered voters and (obtain at least) 36 signatures of registered voters to be placed on the ballot. The following is a list of the positions that are open:

2 for 3 years: Board of Selectmen

1 for 3 years: Board of Assessors

1 for 3 years: Sturbridge School Committee

2 for 3 years: Tantasqua School Committee

- 1 for 3 years: Constable
- 1 for 3 years: Board of Health
- 1 for 3 years: Town Moderator
- 1 for 3 years: Recreation Committee
- 2 for 3 years: Zoning Board of Appeals
- 2 for 3 years: Library Trustees
- 1 for 2 years: Library Trustees

IMPORTANT DATES

Thursday, Feb. 15, last day to take out papers.

Tuesday, Feb. 20 at 5 p.m. Last day to submit papers to the town clerk. Papers must be filed with the town clerk by March 5.

Tuesday, March 20 at 8 p.m. Last day to register to vote in the town election

Monday April 9 town election Also, a reminder that the 2018 Dog Licenses are now available. Male and female dogs are \$15; altered dogs are \$10. Current rabies vaccination records are required to license your dog(s). Applications are available on the town clerk's webpage as well as on the town census. Penalties will be levied after March 31.

Brimfield Elementary Giving Tree



Our school worked very hard to help bring a little joy into the hearts of 21 families and 57 children. I feel blessed to be working at Brimfield Elementary school with such kind-hearted people. Thank you to the students, parents, staff, Mr. Ledbetter and our community partnerships for your generosity. What comes to mind when I think of their generosity is just like the lesson in George Bailey's, "It's a Wonderful Life", one' person act of kindness can mean everything to someone else. A big thank you to our wonderful BES Partnerships!

Courtesy photos

At right: Nicholas Loglisci, Michelle Auclair, Elvin Jorge & Victoria Bowler from the TR High School Student Council





Car Buying Tips

Customers ask place: When is the best time to buy a Car or Truck?

The RIGHT answer: (Part 2) There are some times of the year that seem better than others. I already spoke about the end of the year. Another good time is toward the end of winter going into spring. We all know about the Presidents Day sales in February. Customers, dealers and manufacturers all are beginning to feel a little stir crazy from the long cold days of January and early February. As this holiday comes along there is a bit more excitement and a strong desire on the dealer and manufacturer to get selling for the spring and summer markets. Usually this is also a time in which the

manufacturers step up their advertising and incentives to support this goal. The model year changeover is a good time to buy. This is normally the September, October time frame. Incentives on the current model year are usually strong and inventories are still pretty good as the new model year is beginning to show up. Dealers will be making room for the next years vehicles and starting to trim inventories approaching the year end and holiday seasons. At Place Motor we will always do our best to save our customers as much as possible whenever you decide to buy. We will lay out all your options for you to see and make your best decision. We want the time you choose to be the right time to buy your new car or truck.

Send your questions to BillLeavitt@FordPlace.com





Courntry Bank donates \$48,000 to local food pantries

Community outreach has been a part of Country Bank's mission since its inception in 1850. Now, during this season of giving, the bank announced its support to organizations whose missions are similar — helping friends and neighbors in area communities.

In addition to the bank's annual donation of \$28,000 to its local food pantries, Country Bank recently made an additional \$10,000 donation to both The Food Bank of Western Massachusetts and the Worcester County Food Bank to help those in need.

With the spirit of the holiday season in mind, the greater need for food and shelter this time of year is critical. These donations were made on behalf of the banks' employees, corporators and trustees" stated Paul Scully, president and CEO.

To learn how you can help, please visit, www. foodbankwma.org or www.foodbank.org.

Country Bank is a



Courtesv photo

How to Use



OFFICE HOURS: MONDAY THROUGH FRIDAY 8:30am-4:30pm

TO PLACE A RETAIL AD: ADVERTISING MANAGER

JEAN ASHTON (508) 909-4104 jean@stonebridgepress.news

TO FAX THE STURBRIDGE VILLAGER: (508) 764-8015

TO PRINT AN **OBITUARY:** E-MAIL: jean@stonebridgepress.news KERRI PETERSON (508) 909-4103 kerri@stonebridgepress.news TO SUBMIT CALENDAR OR

SUBSCRIPTION SERVICES:

AROUND OUR TOWNS ITEMS: E-MAIL: ruth@stonebridgepress.news

TO SUBMIT A LETTER TO THE EDITOR OR SOUND-OFF: E-MAIL: ruth@stonebridgepress.news

TO PLACE A CLASSIFIED AD: (800) 536-5836 Classifieds@stonebridgepress.news

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GOT A NEWS TIP, AND IT'S AFTER 5 P.M. OR A WEEKEND? CALL A REPORTER'S LINE, OR SIMPLY DIAL (800) 367-9898 AND LEAVE A MESSAGE.

full-service mutual community bank servcentral and west-Massachusetts with 14 offices in Ware, Palmer, West Brookfield,

Brimfield, Belchertown, Wilbraham, Ludlow, Leicester, Paxton, Charlton and Worcester. Country Bank is a mem-

ber of FDIC, DIF and the SUM network. Country Bank can be reached at 800-322-8233 or online at countrybank.com.



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VILLAGER ALMANAC

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HOLLAND: 413-245-7108 Mon – Thurs 9:00 a.m. – 12:00 p.m. and 1:00 p.m. – 4:00 p.m.

FISKDALE: 508-347-6486 Weekdays 9:00-4:30 and Sat. 9:00 -12:00

STURBRIDGE 508-347-6463 Weekdays 8:30 – 5:00 and Sat. 9:00 -12:00

BRIMFIELD: 413-245-3451 Weekdays: 9:00 – 4:30 and Sat. 9:00 -12:00

WALES: 413-245-9808 Weekdays 8:30 - 12:30 and 2:00 - 4:30 and Sat. 9:00 – 12:00

CHAMBER CORNER: January 2018

Chris Tieri and Nathan Hardt of Idea Agency

Network with us at Sturbridge Porterhouse!

The Chamber's Fun at Fives are casual get-togethers held monthly at outstanding venues throughout our area. The events start at 5:00 p.m and feature networking, cocktails, fantastic hors d'oeuvres, cool drawing prizes, your chance to meet and get to know local professionals and perhaps make the deal of a lifetime. On the evening of Monday, January 22, Fun at Five visits our good friends at Sturbridge Porterhouse. We would love to meet you there!

Porterhouse Sturbridge

offers classic world cuisine using contemporary techniques and ingredients in a casual environment. Chef Ken and his staff are passionate about providing great food and an amazing atmosphere to their guests. The menu features mouthwatering steaks, chops and burgers cooked to perfection. You will also find a fantastic selection of wines and beers on tap, a decadent dessert menu, even a piano bar upstairs, along with beautiful amenities throughout and a friendly and helpful staff. The brainchild of Chef Ken Yukimura, who also operates Sturbridge Seafood, Sturbridge Porterhouse is an extraordinary steakhouse waiting to welcome you! Sturbridge Porterhouse is located at 407 Main Street, Sturbridge. You can visit online at www.sturbridge-porterhouse.com or call (508) 347-2700



for reservations. The cost to attend is \$10 for registered members, \$15 at the door

or \$20 for non-members. RSVP by phone at (508) 347-2761

or email info@cmschamber.org Thank you to our January Fun

at Five Sponsor! bankHometown "The Bank of You." bankHometown has been serving local communities for more than 125 years. The bank continues to be a safe

and sound institution offering a broad range of customizable products and services for individuals and businesses of all sizes. Become a customer and become a part of bankHometown's banking family. The institution is a member of both FDIC and SIF, so 100% of your deposits are insured. bank-Hometown, 331 Main St., Sturbridge. Karla Christiansen, branch manager, (508) 347-3312.

Three Pillars of Online Success: Building Your Digital Presence

Your local Chamber of Commerce offers monthly learning opportunities at our Brown Bag lunchtime seminars. Always free for Chamber members (only \$15 for non-members), these sessions are held at the Chamber Conference Room at 46 Hall Road in Sturbridge.

Next up in the series is a fun, power-packed 90-minute workshop to learn three ways to create a stronger online pres-

BEAUCHEMIN

continued from page A1

center, however Beauchemin said the cabinet was forgotten after he husband was diagnosed with cancer and began past procedures as justification for a lighter punishment than termination.

"I think that the punishment doesn't fit the crime as the saying goes. It's like a child that spills milk and you ground them for a month," Gimas said. "We have had situations where people have not stepped up to the plate, have not done their job, and we have worked with them – We haven't seen this piece of furniture. I think progressive discipline should have been warranted along the way. I think we jumped right off the pier - We need to have some humanity here and I don't think we have any if we're not listening to what she's telling us."



Agency Idea is an award-winning New England brand development and marketing firm dedicated to building extraordinary

brands that command long-lasting attention and creating high-performance activities that connect with the audience to drive success. Visit online at www.ideaagency.biz.

This seminar is scheduled for Tuesday, January 23 at noon (Snow Date: January 30). Space is limited! Please RSVP. Call (508) 347-2761 or email info@cmschamber.org to save your spot. Feel free to bring your lunch. Use our microwave to heat it up. We welcome you to relax, learn and grow with us!

Welcome New Member!

The Chamber is excited to introduce our newest member! Jones & Jones Realty, Inc., Sturbridge, www. HomesWithJonesRealty.com

Contact us today to find out how membership can help grow your business.

THE CHAMBER'S MISSION

The Chamber of Central Mass South is the leading advocate for business, promotes the success of its members, and enhances regional prosperity through networking, education, and promotion. Contact us today to find out more about the benefits of joining our dynamic organization! Follow the Chamber on Facebook at

www.facebook. com/cmschamber, on Twitter twitter.com/ at ChamberofCMS and Pinterest at www.pinterest. com/cmschamber. Contact: The Chamber of Central Mass South, 46 Hall Road, Sturbridge, MA 01566; (508) 347-2761, www. cmschamber.org, info@cmschamber.org.





ACCURACY WATCH

The Sturbridge 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) 909-4140 during normal business hours. During non-business hours, leave a message in the editor's voice mailbox. The editor will return your phone call.



treatment.

"Ultimately it just sat there. Days turned into weeks. My husband was having some tests done for health reasons and our worst fears were realized, and he was diagnosed with cancer. I say this not for sympathy, but just to show that the cabinet was really and truly not in the forefront of our minds," Beauchemin told selectmen. She said when the audit occurred she was confused by the descriptions of some of the items and it wasn't until the cabinet resurfaced during work on her home that she realized it had never been properly moved.

'The point is I had no reason to feel 'caught' so to speak nor did I rush home and say to my husband 'oh my God we have to get this to the senior center right away'," Beauchemin said. "For six years I have received stellar reviews. I have turned back money to the town at the end of each fiscal year. I actually have two pieces of (personal) furniture at the senior center as we speak that I haven't moved to my house for the same reason, lack of transportation. I don't feel like I was given any opportunity at all to bring forth any circumstances that would clear up any of the confusion. I'm not asking for any special treatment. I'm asking to be treated fairly.'

Beauchemin's situation received mixed reviews from selectmen with selectman Priscilla Gimas coming to the embattled director's defense noting the husband's cancer diagnosis and

However other selectmen, including chair Mary Dowling, disagreed on the grounds that Beauchemin not only had possession of the cabinet, but lied about it after jumping to the conclusion that she didn't have it in her home.

"It seems to me the main issue ruling this is still the issue of lying," Dowling said. "Other people that we have given progressive discipline to have not been department heads. We have a department head that had a cabinet, for whatever reason, had it too long and shouldn't have had it and then lied to two people - This is a decision the selectmen have to make based on the discretion of the town administrator. This is a department head."

Two motions were placed on the table as a result of the discussion, one to approved Beauchemin's termination and a second to put her on two weeks of paid leave for an internal investigation to take place. Rather than allow either option Beauchemin simply declared she wanted the controversy to end and signed her resignation which took effect immediately.



Are you over 65?

- · Do you receive Medicaid, Fuel Assistance, Veteran's Aid or SNAP?
- Are you a resident of Southbridge or Sturbridge?

NOW LOCATED at our **Parish Ministry Center** 279 Hamilton St., Southbridge (Next to Trinity Catholic Academy)

All participants are eligible to come once a month.

JANUARY DATES **January 10 January 17 January 24**

REGENCY





By appointment only Please call 508-765-3701 the *day before* for a time Supplement includes: food staples, some dairy items, frozen meats, canned goods, toiletries, paper products, \$10 gift card of your choice at local grocery store or pharmacy

BOXBOROUGH • FREE PARKING

ANUARY 26-28, 2018 FORMERLY HOLIDAY INN

CARSEATS

continued from page A1

ing that night, and he is glad he could help that family. Installation took about 20 minutes. The children were 3 and 5 years old, Police Sgt. Larry Bateman said.

Children under age 8 must be restrained in the back seat, according to Triple AAA. Children over 12 can wear a seat belt. Violations of the child restraint law is a standard offense.

www.StonebridgePress.com

XPO

2017 Year in Review

2017 was again filled with positive growth in Real Estate. We saw interest rates as high as 4.44% in mid March for a 30 year fixed rate mortgage and closed out the year at 4.15%. The Average Sales Price in Worcester County went from \$292,009 to \$308,381 or a 5.6% increase. The Average Days to Offer went from 55 days to only 45 days or a

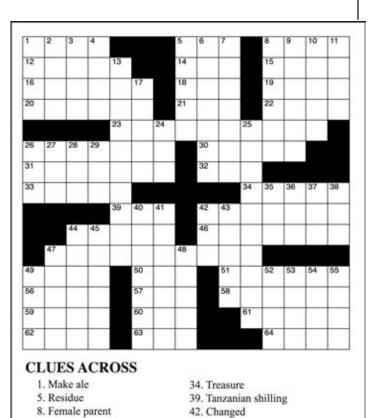


18.2% decrease in time for homes to sell. The increase on sold homes was only 0.7% and the List Price to Sales Price ratio went from 98% to 99% showing that the lower inventory has cause less negotiation room for buvers. At the beginning of the year

many were wondering if we would have a market shift locally or a surge and the market surged and is continuing on that path. The month over month data I have been reporting on throughout the year has been better than the last month every time. I personally was concerned that we had to be at our peak and we would have a market shift soon. I have yet to see any data to indicate we are there yet.

Going in 2018, Several sources such as the National Association of Realtors, Mortgage Bankers Association and Realtor.com all state that rates should be 4.5% or higher for a 30 year fixed loan before the end of 2018. Realtor. com projects a 3.2% growth in home prices Nationally in 2018 compared to 5.5% in 2017. They also project by the fall we will actually see our first year over year increase in inventory of homes for sales since 2015. National Association of Realtors forecasted a 4.8% growth in homes prices in 2018.

There are several factors that will continue to have an effect on the Real Estate Market. One is Interested Rates rising which with the projected increase in rates I don't think that will have an effect on our home prices. Student loan debt is always a concern as many of the millennials are now purchasing homes and that debt decreases what they able to purchase for a home. Then there is the big unknown as to how the market will be affected by the tax reform. I suggest if you are thinking of buyer or selling a home that you hire a Realtor who knows your market to let you know how your local market compares and to help you make the decision if buying or selling a home is a good option for you right now.



No tickets in car fire and Thursday's storm results

BY TARA VOCINO CORRESPONDENT

Sturbridge — No citations were issued when a car caught fire on Saturday, Dec. 29 heading on the on-ramp from Route 20 to Interstate-84 East toward the Massachusetts Turnpike interchange.

Firefighter/Paramedic Pat Normandin said Saturday afternoon there are several ways to prevent car fires, especially in cold weather.

'Preventive maintenance," Normandin said. "When the vehicle goes unattended, there

is extra stress on getting it unstuck. Revving engines and overheating are where we see most of the problems."

A State Police spokesperson said Thursday afternoon a fire extinguisher was used to put out the fire. Normandin said it took 30 minutes to put the fire.

No injuries were reported, and the victim called 911, Fire Lt. John Marinelli said. The fire was only in the engine, but there was heavy smoke showing. Normandin said crews were on scene for 45 minutes.

THURSDAY'S BLIZZARD

A car slid off the road and into another operator's driveway at 10 Preserve Way around 1 p.m. on Thursday.

No injuries were reported, and the car had to be towed, Dispatcher/EMT Scott Belanger said.

A State Police spokesperson said multiple spin-outs were reported, but no accidents, as of press time.

Normandin said there were 11 Fire Department calls for service that day, none of which accidents required evaluation.

Gateway announces newest production

Gateway Players Theatre of Southbridge presents "Sex Please, We're Sixty!" written by Michael Parker and Susan Parker.

Performance dates are Feb. 9, 10, 16, 17 at 7:30 p.m., and Feb. 18 at 2 p.m. All performances will be held at the Fellowship Hall of Elm Street Congregational Church, 61 Elm St. in Southbridge.

This comedy will be directed by Lou-Ellen Corkum and produced by Kathi Grenier. Stage manager is Gwen O'Brien and David Corkum is the technical director. The cast includes William Bolster, Joni Metras, Rom Portwood, Lynne Boucher, Joan Stewart, and Barb Lammert.

Presented by permission through special arrangement with Samuel French, Inc.

Tickets are \$15 for adults and \$13 for seniors and youth under 18. Tickets may be purchased by calling Gateway at (508) 764-4531, or online at https://www.brownpapertickets.com/event/3225173

The story: Mrs. Stancliffe's Rose Cottage Bed & Breakfast has been successful for many years. Her guests (nearly all women) return year after year. Her next-door neighbor, Bud "Bud the Stud" Davis believes they come to spend time with him in romantic liaisons. The fun begins as her three guests arrive and they turn the table on Bud and Mrs. Stancliffe's suitor, Henry, in an uproarious funny attempt to show them who is the smarter sex.

BURDICK

continued from page A1

than expecting to do what he wanted to do at any given time.

He said, "In the beginning of my mission, I had one foot in the mission field and one back at home. One of the Church hymns includes a line, 'Because I have been given much, I too must give' and that point, along with my realization of how much Jesus Christ has done for me, combined to help me decide that I wanted to help others instead of myself. When I came to that decision, it lifted the fog and I was able to serve others with all that I had.'

Brayden's missionary service is not unique in his family. Both his mother, Pat, and father, Jeff, served full time missions in their youth; his mother served in Argentina and his father served in Japan and respectively became fluent in Spanish and Japanese in order to serve well. Brayden's brothers and sister have also served full time missions: Matthew served in Colorado among Spanish speaking people, Brian served in Tennessee, and Lauren served in Hungary, adding Hungarian to the family polyglot/multilingualism.

Serving a mission is difficult not just for the missionary but also for the family at home.

In order to help the missionary focus on the tasks of his/her mission, communication with home is strictly limited; phone calls are limited to twice a year; emails are limited to once a week. Perhaps the communication restrictions are easier for Brayden's parents to cope with because of their own service as missionaries in the past, but a parent's love and concern for a child far away from home remains unabated. From Brayden's viewpoint about the limited communication, he found a bit of 'family' as his commitment helped him realize, "that no matter what or who, the people I was working with are all children of God and with that realization I started to feel a lot of love for the people that I hardly knew. When I return home, I will not judge people the way I did before my mission."

From his mother's viewpoint about the limited communication, the growth she sees in her son helps her cope with the miles between them.

She said, "I have seen his ability to put his own needs secondary and his ability to give to others magnified over the last two years. He has tried very hard to seek direction through prayer and has allowed himself to be led to those in need. He shows tremendous gratitude (to the point that he

wrote to thank us for teaching him how to work hard)."

Though happy in his growth, she added that still her greatest challenge was missing him. She said, "So often I would write, "I miss you so much!" and then just as quickly I would erase those words and remind him to stay focused and work hard and that I would love him forever!"

Brayden's father's feels an ever growing closeness to Brayden despite the minimal communication permitted, because, he says, "I think that Brayden has learned to trust in the Lord. I think he is much more in-tune with others and ways to uplift and inspire them. He has learned to appreciate the little things, a clean pair of socks, a warm shower, a reliable car and a roof that doesn't leak. He has become resilient and able to work through some tough, and personally challenging times, including learning to deal with difficult people and personal health challenges." What father wouldn't feel closer to a child who is growing into such a fine adult? The local congregation from which Brayden entered the mission field is the North Brookfield Branch of the Church of Jesus Christ of Latter-day Saints located at 108 New Braintree Rd (Rt. 67). The North Brookfield congregation membership stretches from Southbridge to Barre and beyond, the Brookfields and from Ware to Leicester. When Brayden returns home soon at the completion of his 24 month mission, in addition to being embraced by his family, the congregation from which he comes will welcome him with wide stretched arms and a grand, "Well done!"

8. Female parent 12. Succulent plants 14. OJ's judge 15. Czech river 16. Embarrassing predicament 18. NHL legend Bobby 19. Sunfish 20. One who acclaims 21. On the __: running away 22. Oklahoma's "Wheat Capital" 23. The Golden State 26. Merrymake 30. Siberian nomads 31. Pock-marked 32. Baleen whale 33. Leaf-footed bug genus

CLUES DOWN

- 1. Crush
- 2. Razorbill genus 3. "Full House" actress Loughlin 36. Not even
- 4. Bluish green
- 5. Garlic mayonnaise
- 6. Attacks repeatedly
- 7. Secretion
- 8. Special instance
- 9. A handsome youth loved by Aphrodite
- 10. Tree genus in the mahogany family
- 11. Israeli city
- 13. Formed a theory
- 17. Remove
- 24. Type of light
- 25. Repeats
- 26. Certified public accountant
- 27. River in eastern France
- 28. Returned material authorization (abbr.)



44. Intestinal pouches

35. Ribonucleic acid

29. Special _: military group

- 49. Swedish rock group
- 52. Expresses pleasure
- 53. Expression of boredom
- 54. Queen of Sparta
- 55. Where Adam and Eve were
- placed at the Creation

FREELANCE REPORTER WANTED

Are you a writer at heart? Do you love to capture the moment you're in with a photograph? Do you have an interest in the goings on in your community, and want to get involved in your town?

Stonebridge Press, your best source for weekly local news, is looking for a hard-working, flexible freelance reporter. Job will include writing several stories per week, photography, information gathering and networking.

Candidates must be able to work nights and weekends when needed. Residence in the area is preferred, but not required.

> Stonebridge Press is an equal opportunity employer.



So what are waiting for? Send your résumé to Editor Ruth DeAmicis at ruth@stonebridgepress.news, or mail to Stonebridge Press, ATTN: Editor, P.O. Box 90, Southbridge, MA 01550

REAL ESTATE T<u>RANSACTIONS</u>

STURBRDIGE

\$479,000 43 Collette Rd, Forss, Robert C, and Forss, Debra A, to Green, Thomas B, and Green, Kristen E.

\$317,000 136 Paradise Ln, Maclean, Paula A, and Maclean, Jeff A, to Barnes, Christopher G, and Barnes, Kimberly

\$317,000 136 Paradise Ln, Maclean, Paula A, and Maclean, Jeff A, to Barnes, Christopher G, and Barnes, Kimberly Α.

\$265,000 65 Old Farm Rd, Ward Bergeron LT, and Ward, Diane V, to Brown, Kyler.

\$240,000 5 Haynes St, Grossi, Amy C, to Richards, Mark S, and Richards, Gail N.

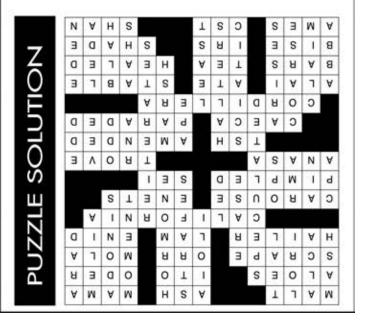
\$240,000 92 Colonial Dr #92, Stperre, Monique A, to Proulx, Gerard D, and Proulx, Patricia A.

\$228,000 36 Hamilton Rd, Johnson, Paul F, and Johnson, Laurie A, to Machado, Fernando N, and Machado, Heidi S.

\$225,00 112 Wallace Rd, Southbridge Re LLC, to Carter-Leone, Maxine.

\$197,000 28 Plimpton Ave, Loranger, Marcia D, to Cardenas, Eric, and Smith, Amanda.

\$185,000 8 Village Grn #8 Cronin, Brian J, and Cronin-Godfrey, Frances J, to Rodier, Thomas P.



37. Power transmission belt 38. Doctor of Education 40. Type of nerve 41. Types of tops 42. Large primate 43. Flooded, low-lying land 44. Gritty 45. Gets up 47. Stake 48. Not the most

Brookfield Indivisible program to feature immigrant stories and dispel myths

BROOKFIELD — Two area immigrants who have navigated the path to citizenship, Mehlaqa Samdani and Helena Paez, will share their stories, and those of loved ones, in a program sponsored by Brookfield Indivisible, Sunday, Jan. 14 at 2 p.m. at the Brookfield Inn, 8 West Main St., Brookfield. The program is free and open to the public, and refreshments will be served.

The program will dispel some myths about immigration policy and the legal options for the undocumented and so-called Dreamers, young people brought to the United States as children. Finally, attendees will learn ways they can advocate for fair and compassionate treatment of immigrants.

"It's important to hear these stories to understand immigration as a human issue," said Regina Edmonds, of Warren, Brookfield

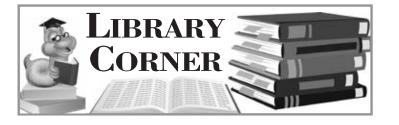
immigrants and U.S. Indivisible vice-chair and program organizer. "We need to shed the stereotypes and consider the obstacles people with undocumented or uncertain status - and even some legal residents are facing right now."

Samdani, a native of Pakistan, is foundexecutive and er director of Critical Connections, a nonprofit organization based in Longmeadow, that seeks to improve understanding of social, political and religious trends related to Muslim communities here in the U.S. and abroad. She also serves as a peacebuilding associate at the Karuna Center for Peacebuilding in Amherst. She has worked with leading think tanks, including the Center for Strategic and International Studies and Council on Foreign Relations, and has been involved in peace initiatives between India and Pakistan. Her writings have been published in

the New York Times, Foreign Policy (AfPak Christian Channel), Science Monitor, and Daily Times (Pakistan).

Paez came to the U.S. from Bogota, Colombia more than 20 years ago. After achieving U.S. citizenship, she was able to sponsor her mother and is in the years-long process of trying to secure permanent status for her partner and her partner's children. She teaches foreign languages at Tantasqua Regional High School.

Brookfield Indivisible: Democracy in Action, is a grassroots action group focusing on issues such as healthcare, elections and voting rights, protection of immigrants and refugees, the environment, and tax reform and income inequality. Founding members hail from the Brookfields, Spencer, Sturbridge and Warren, and membership is open to all area towns. For more information, visit https://brookfieldindivisible.com.



Joshua Hyde Public Library

306 Main St. Sturbridge (508) 347-2512 sturbridgelibrary.org

NOW

Open Monday noon-5 p.m.; Tuesday & Thursday 10 a.m.-8:30 p.m.; Friday & Saturday 10 a.m.-5 p.m.; Sunday (Oct. 15-April 29) noon-5 p.m.

Friday, January 12: Story Times require registration in advance. For children ages 2.5-4.5 years with caregiver. Stories, songs, crafts, and more! Enjoy the library experience with your child! Please call 508/347-2512 or stop by to sign up. Free.

Tuesday, January 16: Drop-in Story Times are for children of all ages with caregiver. Books, songs, a simple craft, and fun create a perfect way to introduce children to the joys of reading and lifelong learning! Free.

Thursday, January 18: ELF! (Early Literacy & Fun!) This book-in-hand program is for the very young child and their caregiver. We'll share books, finger rhymes, songs, and more for the perfect introduction to literature and learning! A brief "formal" program is followed by play time. Ages 6-18 months. Pre-register. Free.

Friday, January 19: Story Times require registration in advance. For children ages 2.5-4.5 years with caregiver. Stories, songs, crafts, and more! Enjoy the library experience with your child! Please call 508/347-2512 or stop by to sign up. Free.

Tuesday, January 23: Drop-in Story Times are for children of all ages with caregiver. Books, songs, a simple craft, and fun create a perfect way to introduce children to the joys of reading and lifelong learning! Free.

Officials give tips on staying safe in extremes

BY KEVIN FLANDERS NEWS STAFF WRITE

Temperatures have been frozen in place over the last few weeks, with a record-breaking stretch of dangerously frigid conditions entrenched in the northeast. Residents are reminded to take several measures to guard against the polar plunge.

Starting vehicles often is critical during single-digit stretches, especially vehicles which aren't driven for a few days. AAA recommends keeping your gas tank at least half full at all times during the winter months, and officials also advise residents to have winter apparel and blankets in their vehicles in case of a breakdown. Additionally, be sure your vehicle's exhaust pipe isn't clogged with snow or ice, as this could cause a potentially deadly carbon monoxide situation.

Meanwhile, fire officials warn against using blowtorches or other open flame devices to thaw the inevitable frozen pipes.

"This bitter cold weather brings the risk of frozen pipes. As difficult as that situation is, it's important not to make a bad situation worse," said State Fire Marshal Peter Ostroskey. "Many people cause fires trying to thaw frozen pipes."

Ostroskey recommends letting water drip from a faucet during stretches of extreme cold. Running water through the pipe - even at a trickle - helps prevent pipes from freezing, he said. If a pipe becomes frozen, offi-

cials advise applying heat to the pipe using an electric heating pad or towels soaked in hot water.

Apply heat until full water pressure is restored, officials said. If you cannot thaw the pipe, call a licensed plumber.

Prolonged cold snaps also bring danger to our four-legged friends, and police remind residents about the laws in place to protect pets. Despite these laws, police still respond to incidents of flagrant neglect each winter.

"With the severe cold that we are experiencing, owners need to use a common sense approach in caring for animals," said Spencer Police Sgt. Michael Befford. "Under the cruelty statute, owners are responsible to provide proper food, drink, shelter, sanitary environment and protection from the weather. Tethering for long, unmonitored periods should be avoided in severe weather."

Police in area towns have responded to several animal-related incidents over the last few weeks, many of them involving homeless animals in need of shelter. Extended exposure to the elements, especially during nights with below-zero temperatures, can be deadly for animals. Pet owners are also urged to reduce the length of walks and accompany their pets outside; even thick fur does not protect against extreme cold. If you see a pet exposed to the elements, notify police immediately.

It's also important to check on your neighbors during the winter months, police said, especially the elderly. Last week in Leicester, police were able to assist a man found unconscious outside in subzero conditions thanks to a report from a vigilant neighbor.

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For rental applications, visit: BixbyRoadApartments.com or call (508) 752-8022, U.S. Relay # 711

Use and occupancy restrictions apply. Handicap/Disabled households have preference for 3 accessible units. 11 Units of Project Based Mass Rental Voucher Program, set-a-side for the homeless. For more information or Reasonable Accommodations, call Maloney Properties, Inc. (781) 943-0200 x214, Relay #711.



LEARNING Medical center part of giving initiative

Brimfield Elementary school has made a wonderful partnership with Integer/ Lake Region Medical located on Mill Street in Brimfield. We appreciate Sue Kennedy's efforts as the coordinator of the BES Thanksgiving basket and Giving Tree initiatives. We appreciated the individuals from Integer who delivered all the cans and boxes from their organization to our school to add to the collected food items from the BES students. We also appreciated Dave Niemiec for coordinating the donation from the Springfield Motor Cycle Club. Everybody came together in the company and collected multiple boxes of can goods and boxed food items to make for a very successful Thanksgiving for 21 local families.

Teachers, Krystin Timmins and Deb Reilly have been coordinating the BES Thanksgiving baskets for as long as I can remember and what a wonderful job they do! The families received 3 baskets and a turkey thanks to a very generous Brimfield School Community.

On November 15, the students were responsible for putting the baskets together for distribution. It was truly a BES student-based initiative and we are proud of all their hard work. These acts of kindness have impacted our student's health and wellness! The families and children of Brimfield Elementary have been blessed by this partnership. Brian Ledbetter/Principal & Kate Angilly/School nurse thank you for your continued support of our children.

Courtesv photo

Distribution Team: Bob Shanley, Krystin Timmins, Tony Henriques, Marc Harding, Deb Reilly, Brian Ledbetter & Rich Angilly





Hitchcock Academy Free Academy 2 Brookfield Road Brimfield (413) 245-9977 www.hitchcockacademy.org

Linda Day teaches Violin and Viola lessons at Hitchcock Academy on Mondays and Thursdays!

IrishStepDancing(ages7-13):Thisisan older style Irish step. Done in soft shoes or bare feet It is called Sean-nos. It was a form of dance that was used to tell stories

around the campfire and is a non-competitive style for children (6 classes) Students need a completed consent form. Three sessions planned: Tuesdays, Jan 16-Feb 27 (no class 2/20), March 6-April 10 and April 24-June 5 (No class May 8). Time will be 5:30-6:15 p.m. with instructor Karen Larsen. Fee: \$70

Circus Yoga (ages 6-13): This class is a playful expression of yoga poses where children and adults combine poses together, and use each other for balance. It is a safe and fun way to explore movement, flexibility and trust.



Circus Yoga, a parent and child program for fitness and fun starts next week.

Ages 6-13. (6 classes). Three sessions: Tuesdays 4-5 p.m., Jan 16-Feb 27 (no class Feb 20); March 6-April 10 and April 24-June 5 (No class May 8) with instructor Karen Larson. Fee: \$70.

UPCOMING EVENTS

GAME DAY: Get together with your friends and family and enjoy some tabletop fun! Bring a favorite game to share with some friends or learn a new game! Some games available will include: Giant Yahtzee, Twister, Battleship, Quelf, Banana-grams, Checkers, Cards, King's Cribbage, Upwords, Betrayal at the House on the Hill, Tsuro, Bottom of the 9th, Gloom, Forbidden Island and many more! Participants receive a free raffle chance to win a \$25 gift card for a class of your choice at Hitchcock. Date: Sunday January 7, 4:00- 8:00. Pizza available for \$1 per slice. FREE! Contact Hitchcock at 413 245 9977 or www.hitchcockacademy.org for more information.

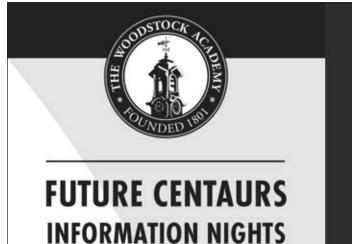
867-2232 or email union61cfce@tantasqua.org. Contact Hitchcock for more information.

GRANDPARENTS RAISING GRANDCHILDREN:

This support group provides social activities for grandchildren and speakers as well as support. The group meets on the first Tuesday of the month from 9-10:30 a.m. (no childcare available) and on the second Thursday of the month 5:30-7:30 p.m. For more information, please contact Margo Chevers PO Box 281 Wales, MA 01081, (413) 245-1219 or



Irish Step Dancing is beginning Jan. 16



FOR PROSPECTIVE STUDENTS AND THEIR FAMILIES

Attend one of our six information nights to learn how to take advantage of all The Woodstock Academy offers to build the right high school experience for you!

Register at woodstockacademy.org/infosessions

YOGA NIDRA: Coming Thursday, Jan. 18 7:15-8:45 p.m.: Do you want to reduce tension and anxiety in your life? Explore your deepest state of relaxation by joining Sharon Palmer to experience Divine Sleep Yoga Nidra®.

Yoga Nidra, also known as yogic or psychic sleep is a state of consciousness between wakefulness and sleep. The body is completely relaxed and all senses, except hearing, are turned inwards to focus on healing, restoration, and inner connection with yourself. No prior yoga experience is needed, just bring a blanket, pillow or whatever else you need to be comfortable. After each

yoga session, you may lay down and listen to guided meditations.

ONGOING

FAMILY FOUNDATIONS 5: This playgroup is free for preschool aged children. Mondays: Parent/Child Playgroup 9-11 a.m. Wednesdays: Music and Movement 9-10 a.m. Thursdays: STEM Experiments 9-10:30 a.m. Preregister by contacting Karen DiStefano at (508)

by email margo@margochevers.com Contact Hitchcock for more information.

TRI-TOWN DOMESTIC VIOLENCE TASK FORCE:

This group's mission is to serve the citizens of Brimfield, Holland and Wales with education and provide services for anyone who is affected by abuse. DVTF meets the first Friday of every month at 9 a.m. at Hitchcock Academy. Contact Hitchcock for more information.

ART GROUP:

This group meets on Tuesdays from 9-11:30 a.m.. Participants enjoy time to socialize, draw and paint together informally without instruction. No pre-registration required. Bring your own supplies and enjoy! Free, but donations are accepted. Contact Hitchcock for more information.

WATERCOLORS WITH BETH:

Ongoing watercolor classes with a new painting every 3 weeks. This group meets on Wednesdays 9:30-Noon. \$17/ week plus supplies. Must register in advance to participate. Contact Beth Parys for information and to register at (413) 245-3295. Contact Hitchcock for more information.

WEIGHT WATCHERS:

Traditional Weight Watchers meetings at 6 p.m. on Mondays. New members come at 5:30 p.m. to register. Leader: Angela Kramer Contact Hitchcock for more information.

SEN-I-JUDO CLUB:

The Judo Club meets all year long on Mondays from 4:30-6:30 p.m. and Thursdays from 5-7 p.m. For more information and to sign up, call Sensei Israel Lopez at (413) 279-4330 visit their facebook page. Contact Hitchcock for more information.

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Brooklyn Middle School Tuesday, January 23rd at 6:30 p.m.

Courtesv photos

Eastford Elementary School Wednesday, January 24th at 5:45 p.m.

Canterbury - Dr. Helen Baldwin Middle School Tuesday, January 30th at 6:30 p.m.

Union School Tuesday, January 30th at 7:00 p.m.

Pomfret Community School Wednesday, January 31st at 6:30 p.m.

Woodstock Middle School Wednesday, January 31st at 6:30 p.m.

Gobi January office bours

Tyler Wolanin, district aide to Senator Anne Gobi (D-Spencer) will be holding office hours throughout the district during the month of January. Constituents and town officials are invited to meet with Tyler to express any concerns, ideas and issues they have. Walk-ins are welcome, but to set up an appointment you can e-mail Tyler at tyler.wolanin@masenate.gov, or call at (508) 641-3502. Appointments are strongly encouraged in this winter season so that information on cancellations can be shared. Town groupings are not restricted to residents of those towns.

Monday, January 15th Hubbardston Selectboard Office, 11 AM to 12 PM Barre Municipal Building, 12:30 to

1:30 PM Hardwick Town Hall, 2 to 3 PM

Tuesday, January 16 Brimfield Senior Center, 11 AM to 12 PM Wales Senior Center, 12:10 to 1 PM Sturbridge Town Hall, 2 to 3 PM

Wednesday, January 17 Brookfield Town Hall, 11 AM to 12 PM West Brookfield Senior Center, 12:30 to 1:30 PM New Braintree Town Hall, 2 to 3 PM

Monday, January 22 Ashburnham Town Hall, 12:30 to 1:30 PM Winchendon Town Hall, 2 to 3 PM

Tuesday, January 23 Charlton Senior Center, 11 AM to 12 PM Holland Town Hall, 12:30 to 1:30 PM Monson Town Hall, 2 to 3 PM

Monday, January 29 Paxton Senior Center, 11 AM to 12 PM Spencer, Howe Village 12:30 to 1:30 PM East Brookfield Town Hall 2 to 3 PM

Tuesday, January 30 Oakham Senior Center, 9:30 to 10:30 AM North Brookfield Senior Center, 11 AM to 12 PM Rutland Senior Center, 12:30 to 1:30 PM

Friends Of Stone Church

McCurdy Staff Passes Licensing Exams

STURBRIDGE — McCurdy Insurance is pleased to announce that two employees have recently passed licensing exams.

In November 2017 Justin Bellinger passed both the Massachusetts Producer's Property Insurance and the Massachusetts Producer's Casualty Insurance. And in December 2017, Emily Simons also passed both the Massachusetts Producer's Property Insurance and Casualty Insurance exams.

Bellinger joined McCurdy Group in

Sturbridge as a commercial lines account manager in the husband, Jeff, live in Charlton raising their two children spring of 2017. Prior to joining McCurdy Group, Justin was a well-known professional stunt driver who traveled the coun-



Justin Bellinger **Emily Simons**

Bree and Brody.

try performing for such notable thrill shows as: Tim Chitwood's Legends Stunt Show, Tonny Petersen's Stunt Drivers, Joie Chitwood's Reunion Thrill Show, and Doug Dangers Stunt Show.

Simons originally joined McCurdy Group in 2016 as the morning receptionist and was promoted to personal lines risk manager in June 2017. She brings to McCurdy Group a diverse work history including insurance, banking and municipal experience. Outside of the office, she is the volunteer coordinator for the Charlton PTO. Emily and her

Manolian joins Harrington Physician Services

Patients interested in

Dr. Manolian is board

SOUTHBRIDGE — Richard Manolian, DPM, has joined Harrington Physician Services in Southbridge as a specialist in podiatric medicine.

Dr. Manolian received his medical degree from Northeastern University in Boston. He completed his preceptorship in podiatric medicine and surgical rotation at University Hospital in Boston. He is a 10-year diplo- Dr. Richard Manolian mat of the American College of Lower Extremity Surgeons and

A Potato

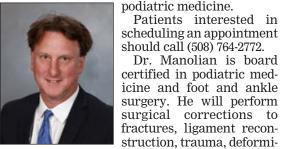
Has Eyes,

But it doesn't read this paper

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ty and chronic disease. In addition, he can provide treatment for common

has more than 20 years of experience in podiatric conditions, including: bun-

ions, arch pain and fasciitis, heel spurs, ulcers (diabetic or vascular), neuroma or pinched nerve, ganglions, diabetic foot care, rheumatoid foot conditions, sports injuries, or PVD.

Most recently, Dr. Manolian has practiced with New England Orthopedic Specialists at North Shore Medical Center.

The HPS specialty service office at 94 South St. also includes pain management, orthopedic surgery and rheumatology.

* * * Friday's Child * * *

Eziah needs a family!



Eziah is one of over 800 children in Massachusetts foster care, waiting to be matched for adoption. If you're 18+, have a stable income, and room in your heart, you may be just the right parent to adopt them or





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> **FRANK G. CHILINSKI** PRESIDENT AND PUBLISHER

RUTH DEAMICIS Editor, Sturbridge Villager



While the world is swirling over a tell all book about the presidency, we found more to take our attention in two older books. Both were more economic in nature, but wildly diverse in topic.

The first, a quasi-biography of a middle class college professor wouldn't be much of an attention getter at all if you didn't know the rest of his story. You see, he was a hillbilly.

Yes, that term fit.

There is a segment of the population, many of them of Scots Irish descent, who have lived in the Appalachian Mountains for generations and take that epithet with pride. They are intentionally proud of their stubbornness, their pride itself and of needing no one but themselves and their extended families.

That isn't a bad thing. It is an amazing thing. Family is all. Family is important.

But when family is torn apart due to economics. Or family becomes insular and frightening; a place to keep secrets from the outside world because of problems beyond the pale, children become victims.

Obviously, no family is without problems, but families become problems, become part of bigger problems, become underlying problems and become part of a circuitous, failing attitude of...failing expectations.

The book is called Hillbilly Elegy. And while we can, as New Englanders, sniff and say that isn't

Sleep away post holiday stress

Extreme exhaustion is a common

side effect of the high energy hustle and bustle of the holiday season. With sleep deprivation and post holiday stress taking its toll, often all it takes to cure "festive fatigue" is a good, long snooze – and now sleepers have society's bless-

ing, as "Festival of Sleep Day" is celebrated in January!

The unofficial holiday offers a guilt free pass to relax, chill out, and catch up on some well-deserved Zs. Moreover, the day, which promotes sleeping, also encourages adequate slumber throughout the year, which can boost both physical and mental health.

In honor of "Festival of Sleep Day," this week's column shares sleep facts, suggestions and stats – all in the name of 40 winks!

Benefits of Proper Sleep: Getting the proper amount of sleep is of optimum important for good health, so it's necessary to get your nightly sleep quota. According to published reports, toddlers need 11 hours of sleep every night, plus a two-hour nap during the day; preschoolers require 11 to 12 hours of sleep a night; school-age children need 10 hours of sleep each night: teens require nine and a quarter hours of sleep every night — most get less than eight and a half. And adults need about eight hours of sleep every night.

Getting your share of quality sleep not only makes you refreshed, but experts reveal it boosts your immune system, which can halt a pending cold and flu virus.

"Not getting enough sleep makes you more vulnerable to picking up illnesses and not being able to fight them off," said Donna Arand, PhD, DABSM, clinical director of the Kettering Sleep Disorders Center in Dayton, Ohio. "What's going on is your immune system is degraded."

More importantly, studies have shown a possible link between heart disease and sleep deprivation.

"When you don't get enough sleep, you have an inflammatory response in your cardiovascular system (in the blood vessels and arteries) and that's not a good thing," said the sleep director.

Arand added: "We see the same thing in hypertension. If that sleep deprivation continues long term, chronic inflammation has been linked to things like heart attack, stroke, and diabetes.' Good, deep slumber also helps turn back the clock because it sharpens your mind and defuses stress. It also rejuvenates your body. During sleep, your body secretes melatonin, cortisol, and other hormones that help you repair cells and burn fat according to experts. Sleeping well can also help ward off diabetes, according to another study by the Kettering Sleep Disorders Center of young, healthy adult males. When the participants decreased their sleep time to about four hours per night for six nights, every one of the healthy young men showed impaired glucose tolerance, a precursor to developing diabetes, according to the data. The study revealed after a few nights of regular sleep, the men in the diabetes study returned to a normal state of glucose tolerance. Medical research also points out a link between lack of sleep and obesity in both young and old. In one study, people who slept five hours per night were 73% more likely to become obese than those getting seven to nine nightly hours of sleep. In fact, one study found that lack of sleep was a bigger contributor to childhood obesity than any other factor.

and get up earlier, dim the lights after 9 p.m. and let the morning sun shine in your room.

Views and commentary from Sturbridge, Brimfield, Holland and Wales

Another strategy to reset your internal sleep/ wake cycle, according to a Harvard Medical School study, is to fast for several hours. The research suggests fasting for a 12-16 hour period

before you want to be awake. Once you begin eating again, your sleep clock will be reset as if it is the start of a new day. The body will respond to the first meal after the break as a new morning. For example: If you want to wake up at 7 a.m., start fasting at 3 to 7 a.m. the previous day and don't eat until you wake up at 7 a.m.

Insomnia Cures: If you're always tired, you're not alone. The National Sleep Foundation in Washington D.C., conducted a study that revealed just 26 percent of adults said they get a good night's sleep a few nights a month or less. Another 24 percent say they get a good night's sleep only a few nights a week. In fact, to current medical and psychological research, over half of Americans are sleep deprived, and California studies show who have less than six hours sleep a night have a 70 % higher mortality rate. People getting only six to seven hours of sleep every night have a longer life expectancy than those who sleep eight hours.

Think your body will never miss a few winks of sleep? Think again. If you get one hour less sleep than you need each night for eight nights in a row, your brain will need sleep as desperately as if you had stayed up all night.

Insomnia can also affect the body as much as drinking alcohol. Studies show 17 hours of sustained wakefulness can result in a decrease in performance equivalent to a blood alcohol-level of 0.05%. And after five nights of partial sleep deprivation, three drinks will have the same effect on your body as six would when you've slept enough. Reports reveal sleepiness is second only to drunkenness as the leading cause of automobile accidents.

Want to ensure a good night's sleep? Experts advise against watching TV in bed, because the noise increases alertness, which makes sleep difficult. If you wake up in the middle of the night, don't look at the clock; reading the time will jerk your brain awake. To avoid temptation, turn the clock face away from you before you go to sleep. In the morning, get up once you wake up.

Time is a key factor in investing

With the arrival of the New Year, many of us will pause and ponder the age-old question: "Who knows where the time goes?" And, as is always the case, none of us really do know. However, wherever the time goes, it will usually be a key factor in your success as an investor.

Time can affect how you invest, and the results of your investing, in different ways:

Growth potential – Contrary to myth, there's no real way to "get rich quick" when investing. To build wealth, you need patience – and time. If you own quality investments with growth potential, and you give them years – in fact, decades – to increase in value, your perseverance may be rewarded. Of course, there are no guarantees, and you'll need the discipline to withstand the inevita-



FINANCIAL FOCUS BUT in describing how long he likes to keep his investments, r e n o w n e d i n v e s t o r Warren Buffet

says his favorite holding period is "forever."

Targeted goals – To accumulate resources for retirement, you need to save and invest throughout your working life. But along the way, you'll probably also have some shorter-term goals – making a down payment on a home, sending your children to college, taking a round-the-world trip, and so on. Each of these goals has a specific time limit and usually requires a specific amount of money, so you will need to choose the appropriate investments.

Risk tolerance - The element of time also will affect your tolerance for risk. When you have many decades to go until you retire, you can afford to take more risk with your investments because you have time to overcome periods of market volatility. But when you're on the verge of retirement, you may want to lower the risk level in your portfolio. For example, you may want to begin moving away from some of your more aggressive, growth-oriented investments and move toward more income-producing vehicles that offer greater stability of principal. Keep in mind, though, that even during retirement, you'll need your portfolio to provide enough growth opportunity at least to help keep you ahead of inflation. Thus far, we have looked at ways in which time plays a role in how you invest. But there's also an aspect of time that you may want to keep out of your investment strategies. Specifically, you might not want to try to "time" the market. The biggest problem with market timing is it's just too hard. You essentially have to be right twice, selling at a market top and buying at the bottom. Also, as humans, we appear to be somewhat wired to think that an activity especially a long-running activity - will simply continue. So, when the market goes up, we seem to expect it to keep rising, and when the market drops, we think it will continue dropping. This can lead to big mistakes, such as selling after a major market drop even though that can be the time when it may be much smarter to buy because prices are low. As we've seen, the way you interact with time can affect your investment efforts. So, think carefully about how you can put all the days, months and years on your side. Time is the one asset you can't replenish - so use it wisely.



us, indeed it is. We read it and saw us, saw our failing children in our high schools who don't have any expectations of going to college; who have no idea they could; saw the loss of blue collar jobs with nothing to take their place; saw the loss of extended families who support one another and are there for one another when one person fails and needs the help of others.

The second book is called Empire of Things and by its title might give one an idea of where it goes.

What is enough?

Are we drowning ourselves with too much?

And just when did we decide that consumerism was the best kind of economics for our country?

What could we be doing instead?

Buying and selling.

Things.

Stuff.

We are drowning in it. Our oceans are awash in plastic we can't destroy, we all have too much clutter, our closets are stuffed, our cupboards are full and yet, and yet, we buy. And we buy.

But what would our economy, based on consumerism, do instead? If we didn't base our economy on the buying and selling of goods, what do we do? And how do we get into a different mindset? A different place?

It's easy to pontificate and say yes, we know we have too much, spend too much, shouldn't be doing it this way; but the answer isn't to just stop because something needs to happen instead. Humans being human will need something else... we just do.

Buying and selling, stuff for ourselves? Weapons for others? Food?

It's a quandary not easily answered but most of us have never even asked the question, so maybe we should at least do that. What would we do instead? Resetting the (Sleep) Clock: To determine exactly how much sleep you need — on a night you feel fairly rested sleep until you wake up on your own. If you feel rested and refreshed, the length of the time you slept is how much sleep you need.

If you are over exhausted and always tired but can't sleep, it might be time to reset your sleep clock to ensure your daily dose of rest. If your body clock is set to a different time than your schedule, you'll feel tired. Experts say when you're in your 20s and 30s, your body is typically set to stay up late and sleep late. On the other hand, it's not unusual for people in their 60s and 70s to fall asleep at 8 p.m. and wake up at 4 a.m.

Here's how to get back to a normal sleep rhythm by resetting your sleep clock: Bright electric light can shift your body clock, according to a study published in the Journal of Investigative Medicine. If you want to stay up later, sit under a bright light bulb for one to two hours before your current bedtime. This will slowly shift your body clock to a later bedtime. In the morning, block out bright light until you've been up for an hour or two. If you want to go to bed Lounging in bed cuts into your waking hours and will postpone your bedtime that evening, a problem if you have to wake up early the next day.

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.

Lemon balm also promotes sleep as it acts as a very mild sedative and chamomile is a muscle relaxer that has mild sedating properties. Chamomile tea has long been used to relieve stress and promote sleep. It is also used to treat anxiety in sufferers young and old.

Insomnia can also be successfully combated by bathing in hot (up to 103 degrees) water approximately two hours prior to bedtime. And walnuts can even help you sleep more soundly. The nuts boost melatonin levels, which induces sleep, to three times the norm.

Win Dinner for Two: 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 dinner for two at the renowned restaurant, located on Route 131 across the town common in historic Sturbridge. Because I'm in the business of dispensing tips, not inventing them (although I can take credit for some), I'm counting on you readers out there to share your best helpful hints!

Do you have a helpful hint or handy tip that has worked for you? Do you have a question regarding household or garden matters? If so, why not share them with readers of Stonebridge Press publications? Send questions and/or hints to: Take the Hint! c/o Stonebridge Press, PO Box 90, Southbridge, MA 01550. Or e-mail <u>kdrr@aol.com</u>. Hints are entered into a drawing for dinner for two at the historic Publick House Inn. This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Please contact Jeff Burdick, your local Edward Jones Advisor in Sturbridge at 508-347-1420 or jeff.burdick@edwardjones.com



Sully's wins top prize in annual Hot Dog Safari

BY JASON BLEAU TIMES CORRESPONDENT

DUDLEY — The town of Dudley was represented well in the 2017 Worcester Hot Dog Safari with a local hot dog shop claiming the top prize in the annual fundraiser in August.

Sully's Dog Shack on West Main Street in Dudley was overwhelmingly chosen as the winning shop among five contenders in Worcester County including the Clambox in Charlton, the Tony Island Hotdog Truck which was parked in Webster, and two other

hot dog shops in Grafton. Sully's owner John Sullivan said they were approached in May of last year to be a part of the annual safari for the first time and the event included numerous groups of participants making the rounds between each of the competing stands to judge the quality and unique aspects of each venue.

"The group met at Ralph's Diner in Worcester on Aug. 19 and every participant bought in with the money raised going to the Worcester County Food Bank. The participants got maps so they all didn't go to the same place at the same time. The groups all got scorecards and showed up in waves of about 15 to 20. The last group was about 40 people. The whole afternoon was a blast," Sullivan said.

Sully's offered an array of hotdog options, including their popular July hot dog of the month called the All American, with participants in the safari trying many different options from their extensive menu over the course of the day. Sullivan said the event proved to be a fun experience and one that allowed the shop to promote its product while also supporting as worthy cause.

'They tried everything and at the



Jason Bleau photo

Proprietors John and Laurie Sullivan of Sully's Dog Shack in Dudley show off their trophy for placing first in the 2017 Hot Dog Safari

> end of the event they had a party and we were informed late into the night that we were selected as the winner. I guess when they tallied things up people chanted 'Sully's, Sully's' which is pretty cool. We were the overwhelming favorite," Sullivan said. "It was a great time and they raised a lot of money for the food bank and it was great publicity. We got a trophy and we had people come back the following week from the safari to have lunch."

> In the end, Sully's won a trophy and the participants raised \$3,500 for the Worcester County Food Bank and American Red Cross. Looking to the 2018 event Sullivan said he'd be more than happy to participate again not necessarily to defend his shop's title, but just to enjoy the fun of the event all over again.

> "Thinking back to that night and the following weeks it was amazing. We played with the big boys from all around Worcester County serving people mostly from the Worcester area who had never been down here and to get their support felt great," Sullivan said. "it was a heartwarming feeling to have over 200 people choose us as the best hotdog stand in Worcester County and we look forward to doing it again in 2018. It was a fun day."

Valuable antiques for 2018

Our last column listed some of the collectibles that have been selling well and may continue to do so in 2018. In this column, we'll discuss some of the types of antiques that we believe will bring strong auction results this year. Some items are the same that appeared in my 2015 "Top 10" column, but there are some new antiques here as well.

The antique furniture market has seen a decline but some pieces still bring strong auction prices. Arts & Crafts/Mission Oak furniture by Gustav Stickley, Limbert and other important manufacturers can still bring thousands of dollars, and even five figure sums at auction. Period furniture from the 18th and early 19th century prices have dropped somewhat,

but well crafted pieces by talented cabinet makers can bring strong prices. We sold a chest by a New Hampshire cabinet maker for over \$20,000 and a card table by a New York craftsman that brought over \$22,000 several years ago.

several years ago. Tiffany is well known and has had a major influence on other glass makers. Tiffany Glass Company began in 1885 according to the Morse Museum website. The more well known Tiffany Studios was in business from 1902 to 1932. There are many stained glass lamps and Tiffany copies that get confused as original Tiffany glass. If you have a real Tiffany lamp, it will a real finally famp, it will typically bring 6 figure sums at auction. We auctioned a small bud vase with the LCT (Louis Comfort Tiffany) mark that brought over \$1,000.

The antique and classic

car market has seen some prices drop, but there have been many vehicles that have brought strong prices in 2017. A new Ferrari LaFerrari Aperta set a record for a new car at auction. It brought 8.3 million euros (approximately \$10 million). We sold a classic 1969 Volkswagen in 2015 that brought close to \$12,000.

ANTIQUES.

COLLECTIBLES

& ESTATES

WAYNE TUISKULA

Chinese antiques seem to show no signs of weakening auction prices. As I reported in a previous column, a 900 year old bowl from the Song dynasty brought nearly \$38 million at auction in 2017. Older, rarer piec-



es can easily bring figures in the thousands of dollars. We sold a bronze figure of Buddha estimated to be from the 19th century for over \$3,000.

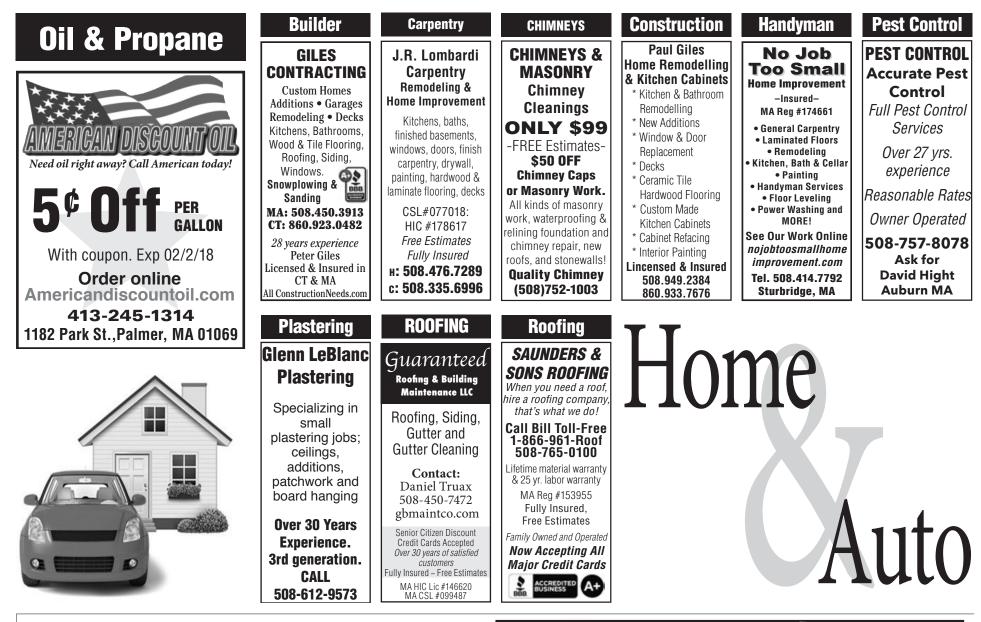
Antique paintings, sculptures and other important pieces of artwork by listed artists draw strong bidder interest. Some works can bring millions of dollars. We sold a painting of a ship by Canadian artist John O'Brien that brought well over \$20,000.

Gold, platinum, diamond and other jewelry has been selling well over the past several years and there is no reason to believe it won't continue to do so in 2018. De Grisogono's 163-Carat D Flawless Diamond Sells sold for a world record \$33 million in 2017. Collectors and dealers will pay well above scrap prices for well made pieces of antique estate jewelry. We sold a 3 ½ karat diamond ring at our August auction that brought \$30,000. It still looks to be a good time to sell jewelry as you ring in the New Year.

Our next live auction will take place in Worcester on January 25th. My Evaluating your Antiques class at Bay Path Evening School is scheduled for March 5th. The class is limited to 12 students and registration is underway. We are also working on estate sales in Webster on January 27th and 28th and another in Westford in early February. Keep checking www.centralmassauctions.com for details.

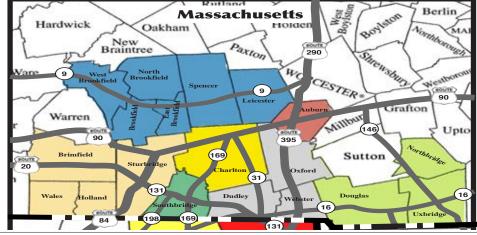
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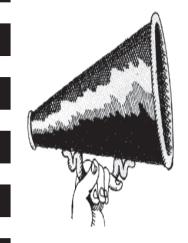


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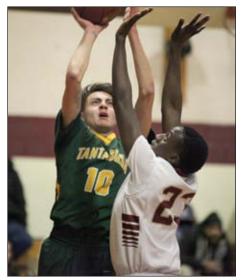
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SPORTS

Tantasqua plays tough with Highlanders, but runs out of gas late in defeat



Cam Arello of Tantasqua elevates to shoot up and over Doherty's Patson Pierre for a basket.

BY NICK ETHIER SPORTS STAFF WRITER

WORCESTER — A lot of energy was exerted by the Tantasqua Regional boys' varsity basketball team to be able to hang with Doherty High — one of the top teams in Central Mass. — when they met on Monday, Jan. 8. But the Warriors kept it within fighting distance after the first quarter (19-14) and at halftime (32-28).

Then, with 2:40 to play in the

third quarter, the Warriors' Garrett Cassavant hit an inside bucket to give his team their first lead of the contest, 45-44.

From there, though, Tantasqua began to tire and the Highlanders ended the contest on a 28-9 run to win the game by 18 points, 72-54.

"We were pretty tired," head coach Tom O'Neil conceded. "I think we gave all of our energy to come back here, a tough place to play. They're very talented. We made some mental mistakes and they capitalized."

Doherty, who scored a pair of 3-pointers early in the first quarter, also got hot in the third frame to regain the lead. The Highlanders drained four treys in the quarter and finished with eight 3's.

The Warriors played a zone defense to extend the floor as much as possible on the defensive end, but Doherty simply hit the open shot.

"We knew we couldn't match them man-to-man, so we wanted to play a zone," O'Neil said. "If they hit 3's they'd beat us, and that's what they did."

O'Neil, who teaches at Doherty High, knew that Marty Silvera and Alex Momo were the Highlanders' top players, and they lived up to the billing. Silvera poured in a game-high 23 points, while Momo finished with double-double totals of 20 points and 16 rebounds.

Cam Arello was Tantasqua's top performer, as the 6-foot-4 swingman battled



in the paint all game long against a tough and talented defense and posted 22 points and 9 rebounds.

"This is his first game back from an ankle injury. In the beginning of the game his ankle was bothering him and I asked him to play through it. He played through the pain and played very well," O'Neil said of Arello's performance.

Drew Peretti added 11 points for the Warriors, as he got off to a hot start with two 3-pointers and another inside basket in the first quarter. Hayden Peterson chipped in with 8 points.

All in all, O'Neil was pleased with how his team performed against Doherty, who recently defeated powerhouse programs in St. John's High and Wachusett Regional in back-to-back games.

"We were down five with six minutes to go, so we were close," he said. "I was very proud of how they played. I don't believe in moral victories, but I think if we play that way against our teams coming forward we'll win a lot of games."

The Warriors are now 3-4, but O'Neil expects Tantasqua's win total to elevate as the games continue to be played.



Tantasqua's Drew Peretti releases a first quarter free throw attempt.

"We'll beat almost every team we play from now on," he said if they play like they did versus the Highlanders. "This is probably the best team we'll see all season."



Nick Ethier photos

Tantasqua's Hayden Peterson pivots away from a Doherty defender and makes his way toward the basket for a layup.



Evan Couture of Tantasqua handles the ball near the top of the key and looks for a teammate to pass the ball to.





Jack Dalton of Tantasqua nearly has enough space to catch a pass thrown his way, but Doherty's Marty Silvera gets his fingertips on the ball to knock it out of bounds.

Tantasqua's Garrett Cassavant flings a pass up toward the top of the key.



Tantasqua's Chase Freeland turns and dribbles away from Doherty defender Patson Pierre.

HIGH SCHOOL NOTEBOOK

Jan. 3

Tantasqua 51, Auburn 22 — Backed by high scorers Liam O'Brien (12 points) and Nick Lavalle (11 points), the Warriors won their freshman boys' basketball matchup with the Rockets. Tantasqua remained undefeated at 5-0.

Jan. 6

Tantasqua 93, Northbridge 70 — Robert Wilson (100 Butterfly), Gavin Morris (500 Freestyle), and the 400 Freestyle relay team of Andrew Wade, AJ Osimo, Eli Currier and Morris all won their races for the Warriors swim team in the boys' meet versus the Rams, improving their record to 5-1 in the process.

Northbridge 94, Tantasqua 75 — The girls' swim team from Tantasqua, meanwhile, lost a close one and dropped to 3-3. Alyson Locke won the 200 Freestyle and the 100 Backstroke for the Warriors, while Rebecca Turley won the 500 Freestyle. The team of Locke, Christine Izbicki, Kami Davis and Sarah Kersting-Mumm won the 400 Freestyle relay for Tantasqua.

SPORTS BRIEFS

Dudley/Charlton women's basketball looking for available players

There will be women's pick-up basketball happening at the Heritage School gym from 7-9 p.m. We play Monday evenings based on school schedule until June. There are no set teams and no fees, so no weekly commitment. Come when you can for some friendly competition and exercise. Must be 18 years of age or older. Please contact Deb at (508) 248-3600 or mzd531@charter.net for more information.

Worcester State University to host catcher, youth baseball coaches clinics

On Martin Luther King, Jr. Day (Monday, Jan. 15), the Worcester State University baseball program will host two clinics at the new \$52 million wellness center.

The catcher's clinic is from 9 a.m. to noon and is for ages 8-18 with a cost of \$50. It is designed for both the serious catcher plus beginners new to the position.

A free youth baseball coaches clinic follows later that night from 6-8 p.m. This is a lecture-style clinic for adults who coach ages 7-12. The focus is to talk baseball and present drills for coaches to use with their own teams along with how to run a successful practice inside or outdoors.

Please visit wsulancers.com/camps-clinics and facebook.com/ WSUbaseballclinics for more information on these clinics and other happening throughout 2018. You can also call (508) 929-8852, (774) 230-3872 or email dbaker1@ worcester.edu.

Fall into fitness: Youth sports at the Y

SOUTHBRIDGE — The Tri-Community YMCA, a non-profit organization, is offering kids a great way to stay active and connected with others interested in healthy competition. Choose from a variety of youth sports for both boys and girls of all ages this Fall 2 Session.

Youth Basketball League: Runs 10 weeks through the end of February. Boys and Girls will learn the fundamentals of basketball, good sportsmanship, and most importantly, to have fun! Includes clinics, weekly team practices, games, team shirts and more!

Rock Climbing: Fridays from 6:30-8 p.m. Come try our 20-foot indoor rock wall with five different climbs from beginner to advance. The basics of climbing are reviewed. Come have fun and try out your skills. Free for Members and non-members included in a guest pass.

Cheer: Cheer is here! For Grades K-5. Practices will be once a week on Thursdays and game times announced by coaches. This session offers a sound foundation for cheer, while learning about team building and the importance of good sportsmanship in a supportive and fun environment. No tryouts or experience required. All divisions are Co-Ed.

For more information on costs and to register, please call (508) 765-5466 or visit tricommunityYMCA.org.



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- Mark A., Renewal by Andersen customer, Attleboro, MA



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OBITUARIES

Lorraine A. (Sorel) Forgit, 92



S P E N C E R -Lorraine A. (Sorel) Forgit, 92, formerly of 301 E.Main St., died Sunday, Dec. 31st at Quaboag Nursing & Rehabilitation in W. Brookfield. Her husband of 67 years, Lorenzo "Lester"

Forgit, died in 2016. She leaves her daughters; Linda Stanley and her husband Alden, Louise Small and her husband Ed all of Spencer, Lucille Newton and her husband Andrew of E.Brookfield and Lisa Chaffee and her husband Herb of Brookfield and sons; Lester Forgit and his wife Susan of Worcester, Lawrence Forgit and his wife Claudia of No.Brookfield, and Lance Forgit and his wife Cindy of Sturbridge, a brother Edward Sorel of Gilbertville, sisters Cecile Chapdelaine, and Rachel Sorel , Madeline Cebula all of Ware and Sylvia DiMaio of Belchertown, a sister in law; Louisa Sorel of Ware, 18 grandchildren, 15 great grandchildren, many nieces and nephews. She is predeceased by brothers Roland, Raymond and Bernard

Sorel, and sisters Claire Charbonneau and Yvonne Vadnais. Born in Ware, she was the daughter of Edmond and Lucia (Roy) Sorel.

Lorraine was known for her love of family gatherings, especially the weekly Sunday afternoon gatherings at her home with her children and grandchildren. She enjoyed playing cards and Scrabble. When she was younger she was on a bowling league. She was a member of Mary, Queen of the Rosary Parish in Spencer.

A Funeral Mass for Lorraine was held on Wednesday, Jan. 3 at 10 a.m. in Mary, Queen of the Rosary Church, 7 Church St., Spencer. Burial followed in Worcester County Memorial Park, Paxton. Those attending are asked to go directly to the church. Calling hours are private for the family.

In lieu of flowers, memorial donations may be made to the Mary,Queen of the Rosary Food Pantry, 60 Maple St., Spencer, MA 01562. The J.HENRI MORIN & SON FUNERAL HOME, 23 Maple Terr., Spencer is directing funeral arrangements for the family.

www.morinfuneralhomes.com



STURBRIDGE -Patricia A. (Howard) Johnson, 74, of Old Village Rd., passed away on Wednesday, Jan. 3rd, in the Harrington Memorial Hospital, Southbridge, after a sudden illness.

She leaves her husband of 55 years, D. Alden Johnson; her two sons, Paul H. Johnson and his wife Suzanne of Shrewsbury and Karl A. Johnson of Sunderland; her brother, Peter A. Howard of Vermont; and her four grandchildren, Ashley Johnson and Amanda Johnson, both of Sunderland, and Phoebe Johnson and Quinn Johnson, both of Shrewsbury. She was born in Southbridge the daughter of Walter B. and Ruth (Chamberlain) Howard. She was a graduate of Tantasqua Regional High School and of Salter College.

Patricia worked at the JI Morris Co. in Southbridge, retiring many years ago. She was a lifelong member of the Sturbridge Federated Church. Patricia was an avid golfer and was a member of Cohasse Country Club in Southbridge and of Harbour Ridge Country Club in Palm City, FL and she was a former member of Hickory Ridge Country Club in Amherst. She was also an avid reader and loved her crossword puzzles. Patricia was a lifelong resident of Sturbridge and enjoyed wintering at her residence in Palm City, FL. She also enjoyed many wonderful memories at her beloved Big Alum home with dear friends and family. Above all she was a devoted wife, mother and

grandmother. Her funeral service was held on Monday, Jan. 8th, at 10:00am in the Sturbridge Federated Church, Maple St., Sturbridge. Burial followed in North Cemetery, Sturbridge. Calling hours were held in the Daniel T. Morrill Funeral Home, 130 Hamilton St., Southbridge, on Sunday, Jan. 7th, from 4:00 to 6:00pm.

www.morrillfuneralhome.com

Animal Disaster Team helps hurricane relief effort in 2017

The Central Massachusetts Disaster Animal Response Team, Inc. participated in the 2017 relief effort to aid animals, pet owners, and rescue organizations during a most unprecedented year of hurricanes and other animal-related incidents.

The 2017 hurricane season was powerful, destructive, unforgiving, and widely impactful. From strong winds to heavy rain, powerful storm surge, and tornadoes; hurricanes Harvey, Irma, and Maria totaled damage costs in the order of hundreds of billions of dollars and will leave scars in the places they impacted for decades. Many animals perished in the hurricanes. Some were wandering strays with no owners, some separated from their owners, and unfortunately some were for varied reasons left behind without proper safety or care.

Over a period from June through December, CMDART team members were aiding the response and recovery effort from New Hampshire to Florida, Texas and Puerto Rico. From June into the fall, several team members assisted the Humane Society of the United States with emergency animal sheltering in the care of several Great Danes in New Hampshire. In September, team members responded with various organizations, including the American Red Cross and others to aid human and animal hurricane relief efforts in Texas following Hurricane Harvey. "While it was hard to find the beauty in such destruction, there was a blessing that came from the response efforts," said JoAnn Griffin, president of the Central Mass Disaster Animal Response team. "While we have helped with emergency animal sheltering for hurricanes, tornadoes, and ice storms in Central Mass, the magnitude of the devastation was greatly multiplied in 2017. We were very proud of the training our team members received to make them ready to aid the needs of pet owners and animals in these very painful, large-scale events." Starting in early September, CMDART partnered with the Pet Rock Festival Committee, Daisy's Animal Rescue League, All Phase Glass of Grafton, and Julia Cuoco with Masterpiece Dog Training of Franklin to send tractor trailer loads of pet goods to needy pet owners in the rural areas of Houston and elsewhere. Many of the animal organizations present at Pet Rock contributed to the collection of goods. This year, animal advocates everywhere were largely concerned and focused on the series of natural disasters that were occurring, and putting our animals in harm's way, said Charlene Arsenault and Jeannie Hebert, co-founders of Pet Rock Fest,



Rescued pets in a safe zone during the Houston hurricane.

Inc. "The timing of the annual festival was opportune to provide a platform to gather donations to be sent to Puerto Rico, Texas and others affected by disaster. With CMDART, the area's leaders in animal emergency response, pushing for help, we were more than happy to provide an assist, with donations exceeding expectations."

Pet Rock Fest is held each year in early September, now at their new location, the Wyman Gordon Field in Grafton. CMDART is grateful to have received an annual donation from Pet Rock Fest for team efforts this year and in the past.

Daisy's Animal Rescue League Director and founder, Melissa Prescott and their team, provided needed manpower for the effort. out to CMDART and they sent several amazing volunteers to help with all the tasks of caring for these pets", said Sheryl Blancato, executive director of Second Chance Animal Services with headquarters in Brookfield. "It helped to get these pets the care they needed during this emergency. We sincerely appreciated the volunteer help of CMDART to with these pets. These were pets that were already in shelters in Florida that had to be evacuated to make room for pets coming in from the community. Therefore, it was urgent to move as many of these pets as possible during this critical time. The help of

Courtesy photos



This too shall pass

out of state, duties and training needed to continue here at home in Central Mass. Fifty-three new volunteers were trained and added to the team in 2016 and 2017. Together with local emergency management and animal control, volunteers participated in local trainings, practice exercises, and continued their mission to educate the public on their personal responsibility for preparedness.

January 3 will start the 15th year of service for CMDART. The Board of Directors is currently seeking additional board members to aid the administration of our non-profit. These directors will help to support our forward progress, assist a manageable distribution of tasks, and assist the establishment of strategic short and long-range goals. Central Mass residency preferred. For more information, contact president@ cmdart.org, go to our website www.

Patricia A. Johnson, 74

"It was DARL's pleasure to collaborate with such an organized and experienced group of people. We all worked very hard to get donations to help the people and pets in need during such a tragic time."

Locally, CMDART team members also helped at local Central Mass shelters like Second Chance of Brookfield, when dogs and cats were shipped up from hurricane-ravaged states.

"This is one of the blessings that came from the hurricanes. Thousands of sheltered animals got rescued from a long-term sheltering including some scheduled for euthanasia. They were given an option for new life as a result of the hurricanes," Griffin said. She said animal shelters located in

She said animal shelters located in the devastated areas found resources to ship animals out of their local shelters to make room for owned animals that have to be temporarily sheltered or missing animals that will hopefully be reunited with owners.

"At Second Chance, we took in an overwhelming 99 pets from Hurricane Irma in just 48 hours. This meant that our need for care of these pets increased dramatically. We reached CMDART was extremely important in the accomplishment of this mission."

While the team heeded the call to help

Volunteer training in the new year

CMDART is holding several trainings in January and February. If you are interested in volunteering go to www.cmdart.org, complete paperwork and then contact membership@cmdart.org to get sign up to take our one-night Introduction to Animal Disaster Services training.

Courses are being scheduled now. This course offers the basics of animal disaster response including local, regional, and national response systems, what psychological characteristics a team member needs to work in disasters, how to organize a personal, family and/or community emergency response plan, requirements for team membership and more. The cost of the course is \$35 to cover the training, materials, tee shirt and member ID

In January and February, the team is offering Pet First Aid/CPR and Psychological First Aid courses. Go to our Facebook page for more information or contact training@cmdart.org.

Central Mass Disaster Animal Response Team asks you to think of them in your year-end giving and shopping. Amazon will donate 5% of the price of your eligible AmazonSmile purchases to CMDART when you log in to smile. amazon.com at the CMDART link.

http://smile.amazon.com/ch/25-1919307

CMDART is actively seeking Board members to expand our current core group of Directors. January 3 will start the 15th year of service for CMDART. The Board of Directors is currently seeking additional Board members to aid the administration of our non-profit. These directors will help to support our forward progress, assist a manageable distribution of tasks, and assist the establishment of strategic short and long-range goals. Central Mass residency preferred. For more information, contact president@cmdart.org, go to our website www.cmdart.org or call 508-476-2873.

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CALENDAR Bitter cold doesn't keep a good sportsman indoors

Tuesday, January 16

FRIENDS OF STURBRIDGE TRAILS: The fifth annual meeting of FrOST will be held on Tuesday, Jan. 16 at 7 p.m. graciously hosted by the Publick House. On the agenda, will be a short presentation on where the trail building progress of 2017 and plans for 2018, the status of Friends of Sturbridge Trails, 2018 activities and a review of our first five years. The Friends group is open to anyone who would like to support trails in Sturbridge. If you cannot make the Jan. 16 meeting, have more questions or want to help in the organizational effort, email David Barnicle at: dmbarnicle8141@gmail.com or email Sturbridgetrails@gmail.com. More information on FrOST can be found on our Facebook Page: https://www.facebook.com/Friends-of-Sturbridge-Trails-476149822433894/ and the Sturbridge Trails website: http://www.sturbridgetrails. org/

Membership forms to sign up and join FrOST will be available that night Monday, January 22

BUST THE BLUES! Let's Bust the Winter Blues! Italian Fest Party at the Brimfield Senior Center, Jan. 22, 11 a.m. to 1 p.m. It's cold outside so come on down for some of Eva's fantastic homemade lasagna layered with seasoned ground beef, homemade sauce, creamy ricotta cheese and gooey mozzarella. On the side enjoy warm garlic bread and garden salad tossed with Italian dressing. Local entertainer Dwayne Carlson will be here to perform a variety of popular songs. Feel free to sing along, tap your feet or get up and dance! January birthdays will be celebrated with cake and song. There is a \$5 suggested donation for this event. Please reserve prior to January 19. The Senior Center is located in the 1stCongregational Church, 20 Main St., Brimfield 413-245-7253 Tuesday, January 23

FEASTING ON SOUPS: On Tuesday, January 23 at 6:30 p.m. at Dexter Hall, Charlton Public Library, 40 Main St. join us for a fantastic soup feast.

Nothing is better than a delicious, healthy soup; unless you could take that one delicious soup and add a few ingredients to create an entirely different soup. Chef Liz Barbour of Creative Feasts calls this a "progressive" soup and she is eager to walk you through the steps to prepare two soup recipes you can prepare at home. Enjoy a cooking demonstration of two recipes and samples for all to taste. Recipes provided. Seating is limited so register now on the library calendar events at www. charltonlibrary.org or call (508) 248-0452.

ONGOING

ALZHEIMER'S SUPPORT GROUP: On the third Wednesday of 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.

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

The bitter cold of this past week sure slowed ice fishing, but now the ice fishing angler can start enjoying the safe ice conditions in most areas. As mentioned in previous columns, always check ice thickness for first time fishing.

Jig fishing can be extremely productive. I often set out my four ice fishing tilts first. Sounding the hole for each ice tilt will ensure you're fishing at the correct depth. The bait should be 2 to 3 ft. off of the bottom, but can be raised if the action is slow. Make sure that the live bait is active before lowering it to the bottom. Most anglers hook the live bait in the back, but placing the hook thru the eyes causes less trauma to the shiner. Pickerel and other large fresh water fish swallow the bait head first increasing your chance of a good hook up.

Also, moving the ice trap to another location of ice can often increase your

chances of catching fish.

After your fish traps are in, it is time to do a bit of jigging. After cutting a few more holes, jigging with

a Swedish Pimple lure baited with a grub, worm, or perch eve, can get vou into a school of hungry yellow perch, and the action can be fast. If no action is realized after a few minutes move to another hole. Many families bring along plenty of food for the day, and a good shelter from the elements that can make the day a lot more enjoyable for evervone.

The Whitinsville Fish & Game Club held there 60 year founders' dinner this past Saturday, and was attended by a full house of members and guests. The attendees enjoyed a dinner of prime rib that was fantastic. Numerous members were recognized for their many years of service to the club. It was through the efforts of many generations of



Courtesy photos

Even the littlest anglers are learning the rules of ice fishing.

sportsmen & their families that made the Whitinsville Fish & Game Club what it is today. Numerous raffles were held while the attendees dined on their meal and talked THE GREAT with old friends and acquaintances. OUTDOORS

Special thanks to all of the kitchen committee and officers of the club.

the final In weeks of December, Jerome Jussaume of

Douglas attended a field trial in Lagrangeville New York located at Bruzgual Farm, with his dog Shimmering President Roosevelt (TR). It was December 16 and 17 to be exact, when Jerome's dog was placed in the open and amateur trial and took first place in the Central Connecticut Spaniel club field trial for English Springer Spaniels in New York.

Handlers were Visolis "Billy " Akkouris (open) and Jerome Jussaume (amateur.

Other trials TR (was among the final 21 dogs contesting for the National Open Championship for English springer spaniels in Austin, MN from Nov. 14 through 18,168 qualified, 114 entered, 108 started.) Jerome



Jerome Jussaume's prize winning **English springer TR**

has put a lot of work into his Springers, and when they win it is a sweet victory for both man & dog.

I have watched Jerome hunting at the Uxbridge Rod and Gun Club in the fall, and it is exciting for any dog owner to watch TR in the field. Nice job Jerome. This week's picture shows Jerome's prize winning dog.

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Car Buying Tips

Customers ask place: When is the best time to buy a Car or Truck?

The *RIGHT* answer: (Part 2) There are some times of the year that seem better than others. I already spoke about the end of the year. Another good time is toward the end of winter going into spring. We all know about the Presidents Day sales in February. Customers, dealers and manufacturers all are beginning to feel a little stir crazy from the long cold days of January and early February. As this holiday comes along there is a bit more excitement and a strong desire on the dealer and manufacturer to get selling for the spring and summer markets. Usually this is also a time in which the manufacturers step up their advertising and incentives to support this goal. The model year changeover is a good time to buy. This is normally the September, October time frame. Incentives on the current model year are usually strong and inventories are still pretty good as the new model year is beginning to show up. Dealers will be making room for the next years vehicles and starting to trim inventories approaching the year end and holiday seasons. At Place Motor we will always do our best to save our customers as much as possible whenever you decide to buy. We will lay out all your options for you to see and make your best decision. We want the time you choose to be the right time to buy your new car or truck.

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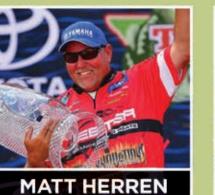
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WEBSTER LAKE - 55 Colonial Rd! South Pond! 105' Level Waterfront! Western Expo! Awesome Sunsets! 10 Rm Contemp! Pano Lake Views Most Rms! Open Flr Plan! Froled Liv Rm! 4 2nd Flr Bd Facing! Master Bath! 2.5 Remodeled Baths! 2 Car Garage! Dock! Add Lot Across St! Porch! Beautiful Lake Views! Frolc Liv Recent Roof! \$599.900.00

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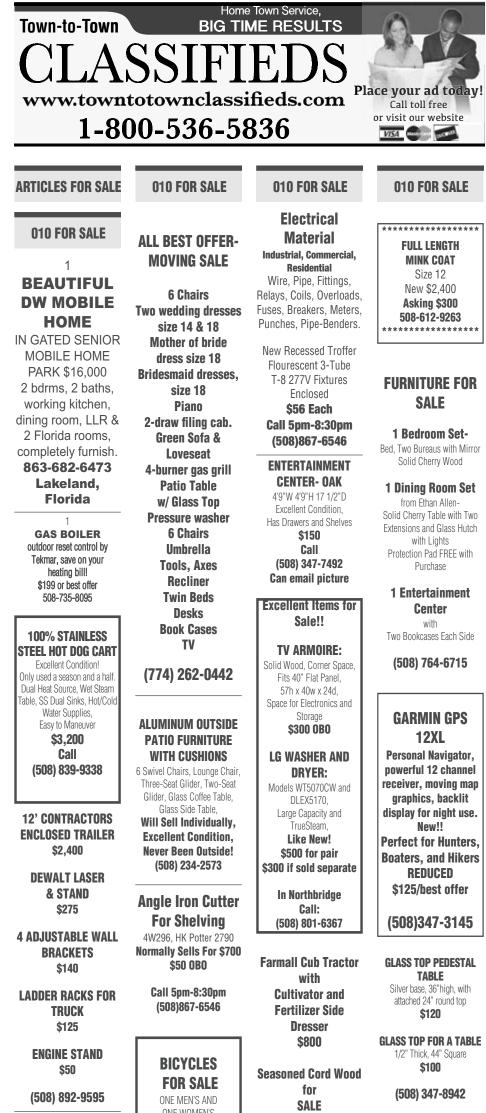
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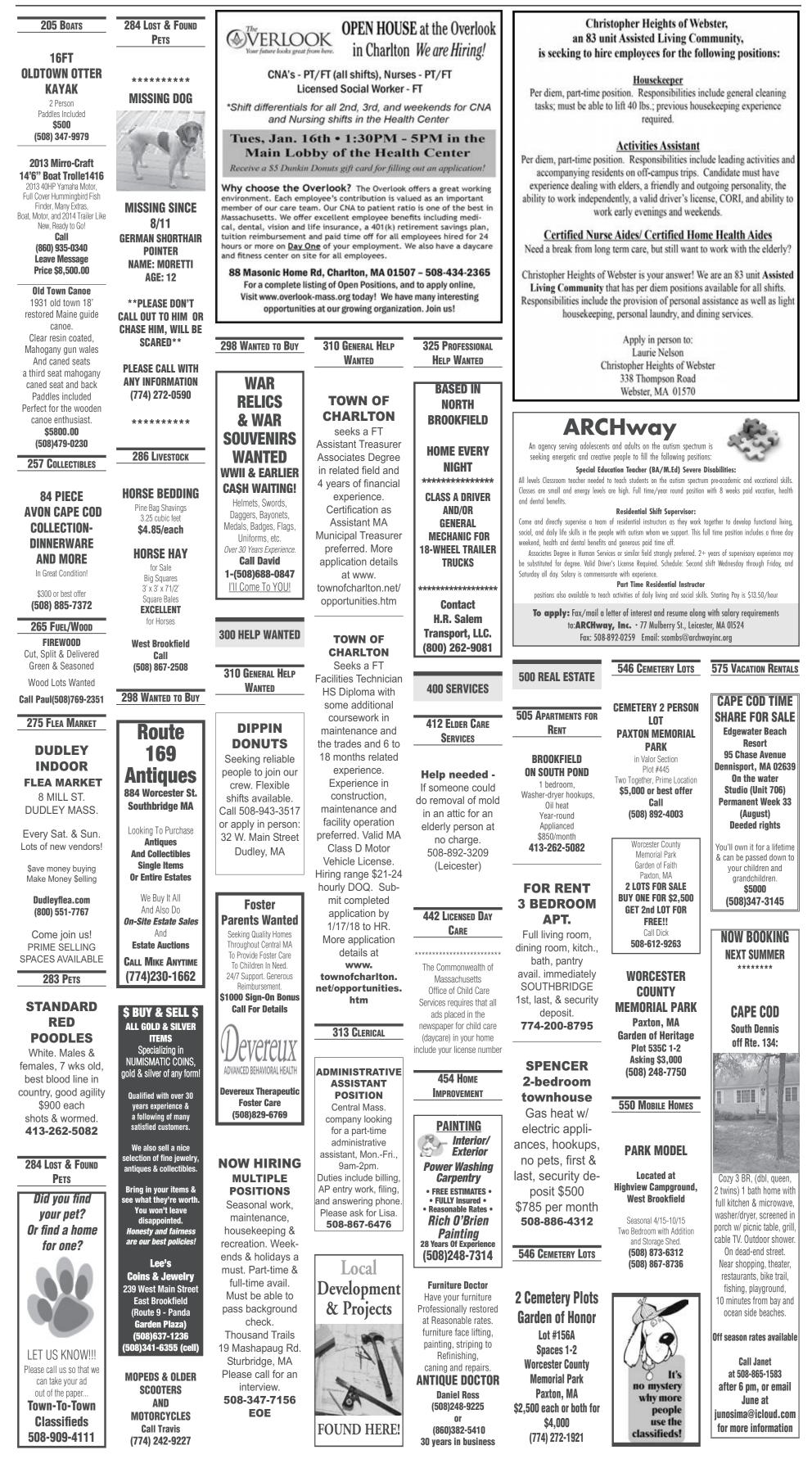
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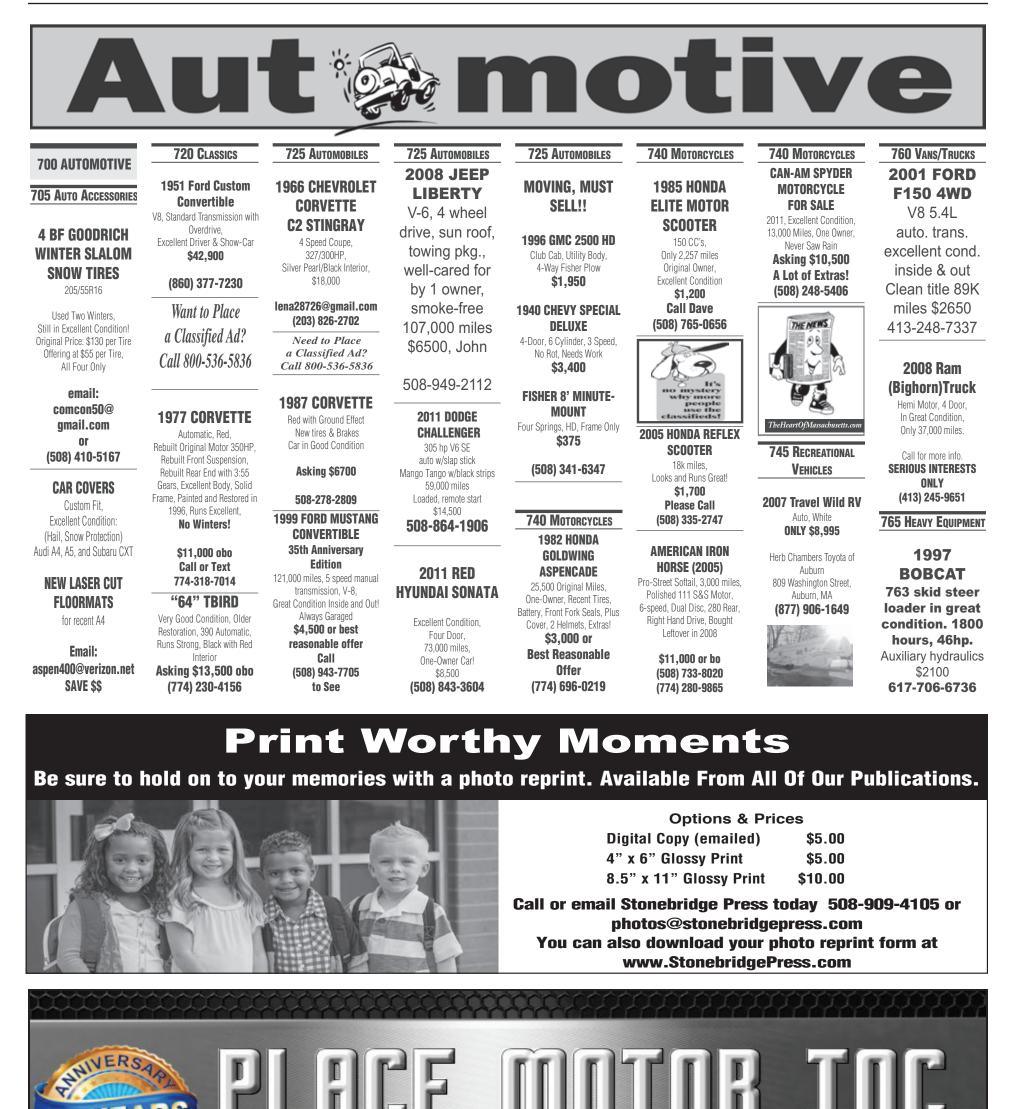
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