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#### Vol. IX, No. 22

**ONLINE:** www.charltonvillager.com

THIS WEEK'S QUOTE

"All that is neces-

evil is that good men do nothing."

Edmund Burke

**EDITOR'S** 

MONDAYS 12-5

Wednesdays 1-5

FRIDAYS 1-5

INSIDE

Almanac ..... 2

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Police Logs.....

Opinion ..... 10

Learning .....

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Real Estate ..... B Sect.

Sports.....16-17

sary for the triumph of **OFFICE HOURS** 

Photos courtesy Jeremy Guay

Above, Daniel Bachand with his instructors Paul Daoust (left) and Robert Ceminski, who nominated Bachand for the All-Star Student Award.

# An 'all-star' plumbing performance

**BAY PATH STUDENT RECEIVES TOP STATE AWARD** 

COMPLIMENTARY HOME DELIVERY

Friday, May 27, 2016

# Full-time firefighters OK'd

## SURVEY HELPS DIAGNOSE COMMUNITY NEEDS

#### **BY OLIVIA RICHMAN** NEWS STAFE WRITE

CHARLTON — The hiring of four new fulltime firefighters was approved at a town meeting on Monday, May 16. For the past few years, Chief Charles E. Cloutier Jr. presented the proposal in his annual budget request because the Fire Department felt they were in need of additional staff.

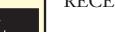
'I believe the added staff are definitely needed and will provide us with the opportunity to handle all responsibilities within the community. Hopefully it will translate to improved service that we provide to the community," said Captain E. Knopf. "It will hopefully save costs in overtime reduction and added rev-

on the survey takers' interactions with the Fire Department, whether it be EMS, fire situations, an education situation or inspection.

The survey was created and designed by college students at Clark University in Worcester, the questions provided by the Fire Department.

"We were attempting to get a feel from the community regarding how their expectations of the Fire Department matched what services we are able to provide," said Knopf. "We want to reformulate our strategic plan going forward."

The Fire Department did not receive as many results as they were hoping for, and Knopf said he believes it may be related to time restrictions and having a tight window. The results were still being looked at and interpreted at press time, but the responses were in line with what Knopf and the rest of the Fire Department were concerned about.





'A beautiful building, a great landmark' Page A2

## **SPORTS**



**Undefeated Bay** Path baseball clinches league championship Page A16

## **O**PINION

Get Your POINT ACROSS PAGE A10

BY OLIVIA RICHMAN NEWS STAFF WRITER

CHARLTON Bay Path Regional Vocational Technical High School student Daniel Bachand received the All-Star Student Award for 2015-2016 at the Plumbing-Heating-Cooling Contractors of Massachusetts Inc., an award that recognizes the top plumbing students in each vocational

and technical school in the state.

Bachand was nominated by Plumbing Instructor Bob Ceminski, who had this to say about the soon-tobe graduate.

"Every once in a while you get a truly outstand-ing student," Ceminski said. "He is involved with the co-op pro-

Please Read BAY PATH, page A18



enue opportunities."

Applications became available on Wednesday, May 18. Interested candidates can pick up an application at the Fire Department. Positions are looking to be filled in the August-September time frame.

The recent staff approval came about after the **Charlton Fire Department** put out a survey aimed at the community, asking a series of questions based

"Many people mentioned situations where there was a delay in response," said Knopf.

Please Read FIREFIGHTERS, page A18

# DCEF awards \$30K in grants

## 'IF WE DON'T DO THIS, NOBODY ELSE REALLY WILL<sup>2</sup>

#### **BY OLIVIA RICHMAN** NEWS STAFF WRITE

CHARLTON The Dudley-Charlton Education Foundation (DCEF) announced the recipients of their annual grants on Friday, May 13.

This year, the foundation was able to award around \$30,000 in grants to 10 teachers in schools from all over the Dudley-Charlton School District in a continued effort to fund programs and projects that would otherwise be looked over by the district's tight budget.

"There isn't a lot of money in the district. Anybody who deals with a budget knows first-hand," said Board of Directors member Jordan Evans. "There are a lot of great projects and possibilities teachers can do, but it's not

considered a high priority. The budgets are very hard to manage. We don't want to see any of these awesome ideas slip through the cracks. We give educators the opportunity to come to us and tell us what their project is and what the goal is."

fundrais-Through ers held throughout the year, including dance nights and silent auctions, the Dudley-Charlton Education Foundation is always looking for ways to raise money towards the grant program. The bulk of the grant money comes from their annual appeal, which is the foundation's big outreach to the communities. Local businesses will make donations, including KARL STORZ,

Please Read DCEF, page A18



The dodge ball tournament had groups of all ages, from middle school students to teams like the Twisted Seniors.



Photos courtesy Marie Barse

Ball Stars consisted of staff members and community members.

## DODGING FOR A CAUSE

#### SOUTHBRIDGE

Center of Hope Foundation's first-ever Dodge Ball Tournament was a huge success and a lot of fun, said Fundraising Director Marie Barse. On Saturday, May 7, 19 dodge ball teams came together to raise \$1,265 towards the organization's Special Olympics program. For more photos, turn to page A9!

# 'A beautiful building, a great landmark'

## WINDMILL GROUP SEEKS FUNDING TO FINISH OFF PROJECT

#### **BY OLIVIA RICHMAN**

BRIMFIELD — One of Brimfield's most well-known and recognized landmarks is in the process of being restored.

The Friends of the Windmill have been working to bring the St. Christopher Church's windmill back since it was torn down four years ago and had to stop on Thursday, May 12. In order to continue their mission, the Friends of the Windmill need more funding.

"We are out of money," said Project Manager Lee Santella. "We have three openings of windows, one is a door. We built panels underneath the windows. We built the door. We're using as much as the old building as possible.'

The windmill in its current state is recognizable, but nowhere near com-



#### pletion.

Said Santella: "We have not even started on the wheel. We have not purchased any materials to build the wheel. The pump itself is currently at a machine shop in Holland, where they're working to rebuild metal work from the 1800's. I don't know how expensive that will be."

The Friends of the Windmill had all of the money at one point when former Sen. Stephen Brewer donated \$50,000 towards the cause. Unfortunately, said Santella, they never saw the check. The town was "unable to find it in their good graces" to get it to the Friends and it had to be returned.

In order to finish the historic landmark. the Friends are looking for around \$50,000 to complete it. The Friends received grants from the National Grid two years in a row, a total of \$10,000. Many local organizations, businesses and individuals have donated as well, averaging around \$100. The Friends have used every dime to get to this point.

"People are very generous. I can't believe it. It's awesome," said Santella. "I have so many people to thank. I can't wait to finish it and have a dedication. This is a fascinating machine. I know of no other like it."

The Brimfield Windmill has been in town since the 1860's. It became part of the St. Christopher Church when they purchased it in the 1950's. A hurricane and a flood around that time knocked the windmill off of its foundation and the Mass Highway Department wanted to tear it down. The priest at St. Christopher at the time saved the wind-

middle schools

mill and redid the foundation, putting the building back and renovating it.

By the 1960's it was damaged and worn once again. A parish at the time redid the windmill once more. It remained until the 1990's, when Santella's daughter decided to clean up the windmill area as part of a confirmation project.

"The wheel was falling apart. The parish organized and fundraised and to renovate the building. We redid the wheel, tail and pump," said Santella. By then, he was invested and interested in the windmill. So when the tornado of 2011 took place, the windmill was one of the first things Santella went out to inspect.

The windmill had survived, but "on closer inspection, everything that was repaired in the 1990s had rotted. The wheel was not functioning properly," he said. "It was too far gone and had to be taken down."

With help of Sue Collins, Save the Windmill Committee's secretary, the Friends of the Windmill are still accepting donations. People interested in helping to restore the historic landmark can find Friends of the Windmill's page on Go Fund Me or donate to the Friends at the Country Bank in Brimfield.

"It's the only one in Massachusetts that I know of," said Santella. "It's a beautiful building, a great landmark that's been here since the 1860's. There's a large group of people who feel that it belongs in Brimfield and we should try and save it.'

Olivia Richman can be reached at 508-909-4132 or by e-mail at olivia@stonebridgepress.com.

in a game show like pre-

sentation which tested

the students' knowledge

in History, Math, Science,

Art, Music and Financial

tation allowed us to promote

Financial Education as well

as many other subjects in a

way that speaks directly to

students, all while working

together as a team," said Country Bank Financial

Education Officer Jodie

Gerulaitis. "Principals and

students acknowledged this

show as the most exciting presentation they had seen

in years. Students were not

the only ones dancing and

learning, the teachers had a

to sponsor Savings Makes

Country Bank is proud

"The Brain Show presen-

Education.

blast too!'

Courtesy photo

WARE — Country Bank

recently sponsored an excit-

ing and highly education-

al presentation called The

Middle School, Charlton

Students from Ware

Brain Show.



Olivia Richman photo

Project Manager Lee Santella with carpenters Jonah Faucher and David Santella, who have been working hard to restore the historic windmill.

## CHARLTON ALMANAC THEY SAID IT

"Participating in the Special Olympics is very important for them. It gives them a sense of pride and a sense of belonging to the community. They enjoy getting out and being competitive. It keeps them healthy.'

- Center of Hope Foundation Fundraising Director Marie Barse, commenting on the proceeds generated from last week's dodge ball fundraiser, which will be used for the organization's Special Olympics program.

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#### 7862, www.stjosephscharlton.com, Saturday Vigil Mass 4:30 p.m., Sunday Mass 8 a.m. Sunday Family Mass 10 a.m., Sunday LifeTEEN Mass 5 p.m., Weekday Mass Monday, Tuesday, Thursday, Friday 8:30 a.m. • Hope Christian Fellowship, 6 Haggerty Road, 248-5144 Assemblies of God Southern New England District Headquarters, Route 20, 248-3771 snedag.org, Office hours Monday-Friday 8:30 a.m. to 4:30 p.m.

• Jehovah's Witnesses, Route 169, 765-9519

• Lamblight Christian Church, 37 Main Street - Grange building 1st Floor, Charlton, Ma 01507, Rev. Stephen Wade, (774) 452-2393 Pastor's Cell. Sunday Service 10:30am. www. visitlamblight.com

• New Life Fellowship A/G, SNED Chapel, 307 Sturbridge Road, Rt. 20, Charlton, MA, Sunday Worship 10:00 a.m.

#### **REAL ESTATE TRANSACTIONS**

#### **CHARLTON**

\$435,000, 30 Knollwood Drive, Kathryne E and William N Kring to Gearlyn N and Richard C Wetherbee Π

\$143,000, 34 Fitzgerald Road, Raymond A and Nancy D Condrate to Kelly M Condrate

\$60,000, Hycrest Road, Capstone rRealty Trust and Christine and Charbel Najem TR to Benjamin Oguniobi

# A new frontier at Bay Path

## OFFICIALS EXCITED TO OFFER NEW DENTAL ASSISTING PROGRAM



Lead Instructor Christina Genatossio poses with the freshman taking the dental assisting program's first exploratory.

#### BY OLIVIA RICHMAN NEWS STAFF WRITER

CHARLTON — Bay Path Regional Vocational Technical High School's brand new dental assisting program will officially be offered next school year, instructed by Christina Genatossio. Bay Path decided to offer the program when they realized many vocational schools in the area didn't offer any programs like it.

"We wanted to give the kids a chance to go into something that has many different career options once they complete the course," said Vocational Director Don Montville. "There are multiple job opportunities in this field. We felt this was another way to provide kids with opportunities and I'm sure it will entice a lot of kids once the program is up and going."

As of press time, 22 freshmen had signed up to explore the new dental assisting program. As sophomores they will be able to decide if they want to participate in the program. So far, the freshmen taking part in the program's first exploratory have commented that they love the program and are hoping to get in.

Genatossio was hired back in January and has been "working hard," said Montville, "at developing the curriculum."

Staff writer Olivia Richman sat down with the busy instructor to discuss her excitement for the upcoming semester, her hopes for the program and her experience in the dental assisting field.

## You were hired in January. Were you teaching before?

"I worked previously at QCC at their Dental Assisting and Hygiene Department, a total of seven years. I worked in the field as a hygienist for 20 years and I started adjunct teaching at QCC and liked it. I furthered my degree and am currently finishing up my master's degree. I was on the advisory board at Bay Path and the position opened up and it just kind of fell into place." "I think this area is underserved for dental assisting in high school setting. They are located in Worcester, out towards Springfield. I think there's a need as far as this age group is concerned, giving them the opportunity to get into this field and touch upon the community services that are out here."

#### Are there a lot of opportunities for students who take part in the dental assisting program?

"Absolutely. The dental field is growing. There's a dental office, two or three of them, no matter where you go. There's a couple of assistance per office. Once you're certified, you can make around \$20 an hour with a high school education. They have the opportunity to work and make a great salary and decide whether they want to stay there or move forward and become a dentist or get their master's degree at some point."

## What did you like about being a dental assistant?

"What's nice about is that it's a profession. It gives you self-esteem and you feel good about what you do. If you care about other people and want to help them, this is all about health. We're just as important as a nurse or doctor. There's so many different aspects - technology, hands-on skills, social skills you need. You have to be a well rounded person and you have to be smart and motivated."

## How have you liked working with this first group of students?

"We are the pioneers right here of the program at Bay Path. They've been fantastic. I thought I'd have trouble getting them to understand. But they're rising to the occasion. They're stepping up to the plate and they seem to love it. They're not afraid to get their hands dirty and ask questions and help each other."



Olivia Richman photos

The brand new dental assisting program at Bay Path came to be during the school's large renovation project. All of the equipment (and the instructor) is brand new.

#### to learn?

"When the students leave here they are certified in radiation health and safety. They'll learn about X-rays and how to take them and how radiation affects the body. They'll learn OSHA and infection control, knowing all aspects of minimizing cross-contamination and how to sterilize instruments and keep them clean, wiping down and setting up units, which is an important process."

How do you feel that the students are so excited about participating in this exploratory?

"This is get-ting my feet wet as well as theirs. It's validating all the work I've been doing since January. I've been by myself putting all this stuff together. These guys have given me great feedback. They're having fun and getting along. That's how you learn. I know they're learning something."

Olivia Richman can be reached at 508-909-4132 or by e-mail at olivia@ stonebridgepress. com.



## ACCURACY WATCH

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

Confirmed fact errors will be corrected at the top right hand corner of page 3 in a timely manner.

If you find a mistake, call (508) 909-4130 during normal business hours. During non-business hours, leave a message in the editor's voice mailbox. The editor will return your phone call.

## PUBLIC MEETINGS

Editor's Note: Meetings as listed are retrieved in advance from multiple sources, including Town Hall and on the Internet. The Charlton Villager is not responsible for changes and cancellations.

#### CHARLTON

Tuesday, May 31 6:30 p.m., Board of Selectmen will meet at the Town Hall

Wednesday, June 1 7.15 nm Planning Board

7:15 p.m., Planning Board Public Hearing will take place at the Town Hall







eet Melissa Miller, native of Auburn, Massachusetts and owner and Director of Revival Academy of Dance, conveniently located on Stafford Street in the heart of Rochdale.

How do you feel about this opportunity?

"It's very exciting. I just think that having the opportunity to start something from scratch and make it your own, put your own twist on it — and use all the experiences I've had for past 20 years and pass it onto these students to give them an opportunity to start their own career in their own life — is very exciting."

What brought you from working in this career field to wanting to teach?

"I love doing what I did at the time. It's a very difficult position physically. Over time, people tend to migrate somewhere else and I think it was time for me."

Do you think there's a definite need for this program at Bay Path?

What can students who are interested in taking this program expect



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Melissa is a passionate dance instructor and studio owner with over 40 years of dance experience. She received her training primarily in the New England area and has had the privilege of studying under dance legends such as Luigi, Gus Giordano, Rhee

Gold, Frank Hatchett and Dianne Walker. She is a current member of the New England Dance Master's of America Chapter 5 and possesses certifications from Dance Teacher Magazine for participation in their Dance Teacher Programs.

While studying dance, Melissa was given the opportunity to perform with the Worcester Ballet Society and compete at the regional and national level. She has extensive training in ballet, pointe, tap, jazz, contemporary, lyrical, acro and

choreography, and has worked for regional and national dance competitions as an adjudicator for the past 6 years.

Melissa has taught at and owned studios in both Colorado and Massachusetts. Her students have been awarded high scores, special awards and both regional and national titles, and many have gone on to major in dance at well-known colleges and conservatories. Melissa is proud to bring her students professional dance and fitness education.

"Revival Academy of Dance offers classes to students of all ages and levels. We cater to all levels of students, whether recreational, competitive, adult, or students with disabilities. If you have a passion to dance we have a bigger passion to help you excel and achieve your personal best. Our instructors provide a nurturing environment in a professional setting and possess degrees and training in Dance, Nursing, Marketing, Education, Dance Movement Therapy, Biology, Anatomy, and more. We are excited to stand out above the rest by offering an adult fitness program as well as a dance movement program for the disabled, our Interactions Classes. Interactions Classes, taught by a Registered Dance Movement Therapist, give students the tools to dance and express themselves, be creative, exercise, and create new social and emotional interactions. Our mission is to help each student excel in the studio, in personal life, and within the community by providing them with the tools necessary to grow as individuals. As part of this mission, our studio is proudly and givingly involved in performing at and working for charitable events and organizations."

Melissa also works as a Registered Nurse for a home care company where she provides skilled nursing services in the community. Currently, Melissa resides in Charlton with her fiance, George and her two morkies, Oliver and Chewbacca. She has two adult children, Jason and Kelci as well as a daughter-in-law, Merce. In her spare time she loves to read and do yoga. In the future, she is hoping to be able to travel more; next summer she will be visiting her fiance's family in Greece.

"Come see what all the hype is about and join us for our open house on June 9th and 10th from 6-8pm, and for our Grand Opening Celebration on June 11th from 9am-4pm!"



or by email at jsima@stonebridgepress.com

# The drive of a lifetime

LOCALS PREPARING FOR ULTIMATE TEST IN 'GREAT RACE'



recently had the opportunity to chat with the team members about their upcoming journey.

#### How did you two get involved with the Great Race?

Peter: "I've done Route 66 in the past on motorcycles. It's a historic highway. I've done it on a couple of occasions. Bill said he wanted to do it in an old car. We saw the Great Race was taking place in Route 66. But we didn't see any of it really while participating."

Bill: "We were too busy cal-

culating where we're going to

go. I have to tell him where to

go and he's busy maintaining speed, because one thing they tell you to do is what speed to

travel at. If you go faster or

slower, you arrive at the spot

early or late. And that's how

Bill: "The directions they

#### Why was that?

they score you."

The ultimate test of friendship, two Central Massachusetts Wanderers will be taking part in The Great Race. Driver Peter LaMountain and navigator Bill Sacramone will leave for San Francisco on June 17.

#### BY OLIVIA RICHMAN

Two Central Massachusetts Wanderers will be taking part in The Great Race on June 18 in San Francisco and are inviting everyone to follow their exciting, cross-country journey.

The Great Race is an antique, vintage and collector car competition that tests the driver-and-navigator team's ability to follow precise course instructions and the classic car's ability to endure on a cross-country trip, following set speed limits.

Driver and car owner Peter LaMountain (Oxford) and navigator Bill Sacramone (from

Southbridge, now living in Florida) will receive a set of course instructions, around 250 each day. The objective is to arrive at each checkpoint at the correct time, a test of "human mental agility and endurance, as well as classic car endurance," according to the official website.

Follow The Great Race Team 34 on Facebook as they make their way down historic Lincoln Highway in a 1964 Chevy Impala Super Sport. Sacramone will be taking photos every night, updating everyone on what they did and how each day went.

Staff writer Olivia Richman

41 48 53 CLUES ACROSS 1. Chinese mountain range 37. Has required courage

38. Spoke

41. Scatter

42. Pouch

50, Hell

55. Pick up

57. Northeast

65. Frozen spike

67. Type of number

56. Wrath

63. Cigar

66. Unusual

40. Monetary unit

44. Have already done

45. They ring receipts

52. Pay this before leaving

53. Alternating turns on the roads

58. She launched "Just Say No"

48. Fixed charges

give you have you going less than posted speed limit. It's not a cannon ball run. Fifty miles per hour is the fastest speed." Doreen (Bill's wife): "It's all about timing.' Peter: "And discipline." Bill: "You can't use a cal-

culator. It all has to be done

by hand. The only thing we're allowed is an electronic stopwatch and we're only allowed one.'

Doreen: "No cell phones. Nothing.'

#### Were you guys always interested in cars?

Bill: "My wife, Doreen, and I have been Central Wanderers Massachusetts since 1992.'

Doreen: "I got him into it. I worked 25 years at the electric company. I told him I wanted a toy. He asked what I wanted and I said I wanted a car that I had when I was younger, the first car I made car payments on — A 1966 GT Mustang, but a convertible this time."

Bill: "We've been involved in classic cars right along. We've known Peter. They're both from Oxford."

Doreen: "He has too many cars collected.'

How many cars do you have?

Peter: "I have upward of 70. I'm a car collector. I don't drink. I don't do drugs. I'm not married. This is what I do. I've always liked cars, ever since I could do anything. I went to trade school for a mechanic and automotive at Bay Path."



Photo courtesv Team 34

Team 34's car of choice is a 1964 Chevy Impala Super Sport, which has been updated and rally-prepped for the upcoming competition.



Photo courtesy Team 34

Team 34 finished fourth place in the rookie class in last year's race, a huge accomplishment. "When I crossed the finish line on the Santa Monica Pier I held up the last hubcap we had out the window and everyone started clapping," said Bill Sacramone. "When we went under that finish line, that was all worthwhile."

#### Peter: "Fourth in rookies. There were 44 rookies."

#### How did you feel about finishing fourth at your first **Great Race?**

Bill: "Psyched. It was a big accomplishment."

Peter: "It sunk the hook." Bill: "First of all, there were

127 cars and we were 35th overall. We did really, really well.' Peter: "We never saw any of

these charts before. We had to figure it all out.

Doreen: "Ask if they loved each other."

#### Did you two get along during the competition?

Bill: "The idea was friends no matter what happens when it's all over."

Peter: "We were put to the test."

hoping reliability is there. We are hoping it's a bit more comfortable. We are hoping we can wear it out again. After that race last year, we went from St. Louis to Santa Monica, then I drove it back to Oxford. That's 6,500 [miles] on that car in three weeks. I would like to drive it to California, but I don't want to wear it out. We had it shipped there this time." Doreen: "To think it's a 1964 and it made it all the way there and all the way back!"

#### Are you excited for the upcoming Great Race?

Bill: "One of the things we're doing in San Francisco to start race this year is viewing the 50th anniversary showing of the 'Great Race' movie."

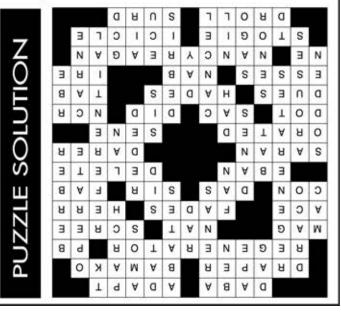
Peter: "The cars in the original picture will be there." Bill: "We have to be at a par-

10. Mad Men's Don 12. Mali capital 14. One who restores 16. & J 18. Defunct PlayStation game 19. King Cole, musician 20. Rock fragments 22. Breeze through 23. Languishes 25. German courtesy title 26. Bunko game Boot" 27. War film "\_ 28. Title of respect 30. He "sang" with Rob 31. Abba \_\_, Israeli politician 33. Erase 35. It's a wrap

5. Adjust

#### CLUES DOWN

1. David Alan Grier	
2. Someone who copies the	32. Hits a pitch
words or behavior of another	34. Local area network
3. Franklin is one	35. Soaking
4. Where rockers play	36. Stimulates
5. Reduces	39. Dash
6. Datong Yungang Airport	40. Female sibling
7. Andy's partner	43. Annul
8. A way to dry	44. Scattered fragments
9. Taka	46. Chili con
10. Large constellation	47. Relative biological
11. Regrow	effectiveness (abbr.)
13. What a surgeon does	49. Adult male
15. Cool!	51. Not night
17. Indigenous people of N. Africa	54. Starch
18. Goes great with cheese	59. Zero
21. Contains allusions	60. French coins
23. A supporter	61. Ventilate
24. Caesar, comedian	62. Greatest common devisor
27. Some are great	64. Touchdown
29. Interpreted	
SS	



#### How was your first experience with the Great Race?

Peter: "It's a nine-day rally covering 2,400 miles. It's a timed event. We were going for the sites but we got addicted to the competitiveness of the Great Race. ... It has to be old cars. It used to be anything prewar. Now it's 1972 or earlier."

Bill: "The winner of the 2015 race was a 1916 Hudson Hill Climber. The older your car is the bigger handicap you get. The guys that have been in it a long time drive really old cars. If Pete and I scored 4 minutes on the race and another car scored 4 minutes, the older car would win. Some of these guys drive the oldest car they can possibly get their hands on.'

#### Impressive that it finished the race! What car did you two use?

Peter: "A 1964 Chevy Impala Super Sport.'

What was the reasoning behind using this car in the race?

Peter: "Air conditioning." Bill: "It went through the

Mojave Dessert. We reached 127 degrees. That's hot. That was in Arizona.'

Peter: "It was a very collectible, original car. Since doing the rally, it's a very expensive rally car. It's been all reworked - motor reworked for power, suspensions rebuilt. The tires and brakes were upgraded. I turned that expensive, collectible car into a nice rally car."

Bill: "We also redid the seats. It's a long ride."

#### How did you end up doing?

Bill: "There were 127 cars signed up for the race. Only 89 finished. The other ones broke down, blew up, quit and went home. All kinds of stuff that happened. This year there's 145 cars signed up. They're estimating 90 to 95 will finish."

#### How did you decide who was the driver and who navigated?

Bill: "We self picked that. I called Peter up and explained what it was and if he wanted to do it. I said I had three cars and he went and got a car with air conditioning. Since he owned it he can drive it. I'm the numbers guy so I navigate."

#### Do you have any favorite moments from last year's race?

Bill: This is my personal favorite moment. Route 66 is a very, very rough road. There's a lot of potholes and washboards. The hubcaps go at about \$120 a piece. We lost three of them. When I crossed the finish line on the Santa Monica Pier I held up the last hubcap we had out the window and everyone started clapping. When we went under that finish line, that was all worthwhile.'

Peter: "The most memorable part was finishing. I don't care if you come in dead last, if you finish you won."

Bill: "There was about 10,000 people on the pier. We came holding up the hubcap, everyone cheering and screaming.

Peter: "Just finishing was a reward."

Doreen: "I felt it was a huge accomplishment and now they're doing it again."

#### What car will you be using this year?

Peter: "We're using the same car. I did all that work to it over the winter. I had Rob's Automotive in Dudley rally prep the car for me. We are

ticular place at a particular time and we don't know the place or the time. The race is going to start on Main Street in San Rafael, Calif., where 'American Graffiti' took place. The route this time is Route 30, the Lincoln Highway. We're going to get to the Salt Flats and we're going to Mount Rushmore, all that stuff along the way. We're psyched. We're prepped, car prepped.'

Peter: "I'm excited. I like it. It's something I enjoy doing so I'm pretty excited about going. I'm glad the car is a little more put together this year. We were running on a hope and a prayer. We're hoping to move up in rank."

Bill: "We were Rookie Class last year. This year we are in Sportsman Class, which is the toughest class there is. We're ready.'

Bill: "We meet all types of people. People from all over the world participate.'

Peter: "Japan, England, Belgium..."

Bill: Driving older cars from their country. People from England drive Jaguars or Austin Healey. Japanese drivers have older Toyotas.'

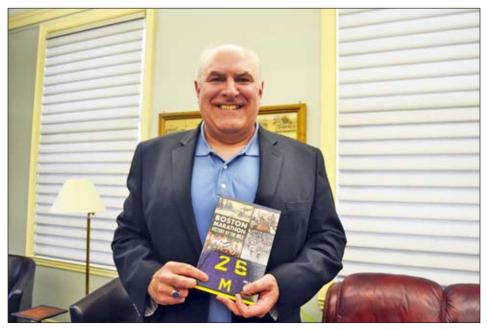
#### Doreen, how are you feeling about all of this?

Doreen: "I'm so excited. I'm going to be up there seeing all the sights. I stop and sight see while they're busy doing that. I meet up with that in the evening. I can't be on the same road with them. I can't wait to see Mt. Rushmore, the Badlands, the Salt Flats. I'm also going to see my sister in Utah.

Bill: "One of the last things on my bucket list is the Salt Flats. After this race it'll be off my bucket list.'

Olivia Richman can be reached at 508-909-4132 or by e-mail at olivia@stonebridgepress.com.

## History, by the mile AUTHOR VISITS JEL TO DISCUSS BOSTON MARATHON



Olivia Richman photos

Author and runner Paul Clerici came to the Jacob Edwards Library on May 19 to discuss his book, "Boston Marathon: History by the Mile."

#### **BY OLIVIA RICHMAN** NEWS STAFF WRITER

SOUTHBRIDGE — With the Boston Marathon still fresh on many people's minds, it was the perfect time to have author Paul Clerici visit the Jacob Edwards Library to discuss his book, "Boston Marathon: History by the Mile.'

A freelance journalist, photographer, former newspaper editor and sports editor, this Walpole resident has been recognized in Who's Who in the East publication and has won the Massachusetts Press Association award.

Olivia Richman sat down with the accomplished writer and prolific runner to discuss his book and his personal experience with the Boston Marathon.

#### What made you write about the **Boston Marathon?**

"I've run the Boston Marathon 23 years in a row. I've covered it in magazines, newspapers for almost 30 years now. Between those two things and my love of running, it seemed like a good fit. There are so many landmarks, statues and stories. You look around to occupy your time as you're running. I thought this would be a great idea."

#### How did you come up with the concept of discussing the landmarks in each town?

"I started to jot some stories down and I devoted each chapter to each town along the course. I put the history of the town, what happened over the 120 years of the Boston Marathon in each town, sites to see, statues along the course, landmarks..

#### do you think has made it such a success over this long period of time?

"It's the great history. When you run Boston you run the race Clarence DeMar ran, who has won it seven times. You run the same path as him. Over the years it became that there were qualifying standards. You had to run a certain time based on your age in another marathon to get into this marathon. It's become even tougher and now that's not even a guarantee. You have to run another marathon, qualify, submit that to the BAA and then you may not even get picked if there are enough faster people than you."

#### So it's really tough to qualify for the Marathon.

"There were so many runners in the 70's and 80's, people in costumes, walking ... they wanted to tighten it. What that did is made the marathon a special thing. It made even more runners participate because of this limit. It slowly got to where it is now. It became a huge goal for runners."

#### You said you've been in the Boston Marathon over 20 times. How has your experience been?

"It was great. It was tough every year. I ran through rain, everything. One year it was really hot in 2012 when I went through Wellesley. It said it was 91 degrees. Mentally, it's a great challenge. Mentally and physically. It's an enormous sacrifice throughout the year to train for it. It's so personal. It's a life change. It's months and years to get there. All the while you're enjoying the race, the camaraderie, the spectators."

#### So you know first-hand what sites to see along the Marathon.

"I've had elite racers buy the book and love it. They run so fast during the race that they don't even see the landmarks. When you run 4.5 minutes a mile you don't see the statues. The amateur runners love it because of the history. There's just so much fun stuff going on there. It's a tough race so site seeing can help. As people train on the course they'll read the book and try to remember where some things are. Then when they see a landmark during the race they know where they race and it keeps them going. It helps you get through the race."

#### What's your favorite part of the race?

I love Boylston Street — the last 300 meters. It's a love-hate. You have finished. You run 26 miles. You see the 26-mile mark and you want it to end. But you don't want it to end because the crowd just goes nuts. The noise bounces off the buildings."

#### How many people are there?

"It's packed. It's packed. It's from the curb to the buildings. I've walked through it and you can't get through. After the bombings, now the police won't let people in from the side streets because it's so packed. Some people cheer on friends and family. Some people are there cheering all day, having little parties.'

#### So, it's as much about the runners as it is about the spectators, it seems.

"You'll see families that have BBQs every year. You see the kids grow up each year. One house always has the Rocky theme every year. One early town has a house with a huge banner and it says 'Shortcut to Boston' with an arrow. There's a place in Natick that has a façade of something on their yard - the Eiffel Tower, the Green Monster -

and they'll sit there and cheer you on. It's neat to see what they design each year. There's a Santa Claus every year cheering us on, saying we've been good. Boston College – the kids are just great. Wellesley College - the women have been cheering since the beginning of the race since 1897. They don't stop. You can hear it as you approach. It's really neat.'

#### How have things changed since the bombing?

"The biggest thing is the security. It's tighter. When they close the roads you have to get your baggage checked. You have to get there early as a vendor. The process is longer. Unofficial runners used to wait until everyone goes and then they'd tag along at the end with no numbers. It's dangerous because there are only so many waters and food along the way. Now there are gates. There's no way to do that. Measures of security have always been there but now you can see it clearer. It's right in front of vou."

#### So the Boston Marathon itself hasn't lost support or runners from that event it seems.

"Things like that always work against the terrorist. It brings people together. That's the immediate response. During the bombing there were 5,700 runners stranded on the course. People came out with blankets and water. Boston College and churches opened up their doors and 400 runners got in to get bagels and cell phone chargers. The year after the bombing, the Boston Marathon had thousands more who wanted to run it to show support. That's great to see. Survivors came back as well and it was awesome to see that.'

#### What keeps you going to the **Boston Marathon year after year?**

"It's an amazing race, an amazing event. It's more than just the race. It's the amateur runners, the charity runners, the spectators, the Olympic runners, the elite runners – that to me is the Boston Marathon - all of that together. That's why people come back. That's why people want to come. Everyone is coming together. That's the whole thing."

Olivia Richman can be reached at 508-909-4132 or by e-mail at olivia@stonebridgepress.com.



#### Over 120 years! How did the **Boston Marathon start?**

"The first year was 1897. The Boston Athletic Association that organizes the race sent some members to the Olympics in 1996. They did very well, gold medals and everything. One was a marathon. They brought the idea back here and had the BAA games themselves. They wanted to end it with this marathon.'

It's been around for so long. What





Michael Hewitt President & CEO

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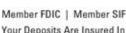
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## **Concert for the Congo**

FUNDRAISER NETS \$2.4K FOR LOCAL NON-PROFIT



Photo courtesy Lynn Brouillette

"We are all connected," said Kids in the Congo President and co-founder Lynn Brouillette. "Despite the fact that there's 9,000 miles between Sturbridge and Congo, we are much closer than that distance by virtues and the way the world works. These kids are the potential building blocks of raising that country out of poverty."

#### BY OLIVIA RICHMAN NEWS STAFF WRITER

STURBRIDGE — Kids In the Congo Inc. held their annual Concert for Sal's Kids fundraiser, raising \$2,400 towards educating children and teenagers in the Democratic Republic of Congo. The concert, which took place earlier in the month at St. Anne's Shrine, featured local talent and aimed to spread awareness and gain sponsors towards the cause.

'We are all connected," said President Lynn Brouillette of Sturbridge. "Despite the fact that there's 9,000 miles between Sturbridge and Congo, we are much closer than that distance by virtues and the way the world works. These kids are the potential building blocks of raising that country out of poverty. That's why people get involved. They see potential. We see what could be. That's why it's so important. We have so many opportunities in this country and they don't have a lot, unless someone from outside helps them. The help isn't about bringing them here. It's about teaching them and providing them with the hope and means to succeed, which come from education."

Brouillette co-founded Kids in the Congo with Salvator Musande, a priest at Assumption College, who came from Congo. When she went to speak with Musande about the needs of Congo, he wouldn't take any money. So instead, Brouillette asked how she could help. His answer: To educate a child.

"My background is in education, I had two teenagers at the time... He was telling me the story about how in his village there were 20 kids in first grade. By the time they got to high school there were only two kids left," recalled Brouillette. "The rest couldn't afford the school fees. I have always said that education is the way out. That was one of my things. When I found out they couldn't even get a primary education I thought there was some way to help these kids. When I learned it was only \$50 a year I knew I could help."

As of the 2015-2016 year, Kids in the Congo is supporting 106 children in grades two through 12, which includes tuition assistance, uniforms, footwear, backpacks and school supplies. This fall, a new primary school will be completed in Beni and the students will primarily be war orphans from villages that border Rwenori Mountains in Eastern Congo, said Brouillette.

Many people often ask Brouillette why she helps children in Africa instead of children within the United States. She said she responds by asking these individuals if they know how important the Congo is to America. Many say no.

"Congo is the most mineral rich country in the entire world. Our technology depends on those minerals so they can be created and run. Without the minerals from the Congo," she explained, "the U.S. and any western civilization wouldn't have the phones and computers we have today. Despite being one of the most mineral rich countries in the world, the Congo is one of the most impoverished countries and many children do not go to school."

While traveling to the Congo, Brouillette met children – first graders – who wanted to be teachers, doctors, nurses, priests and even airplane pilots. To Brouillette, America can't ignore what's happening all over the world and it's the United State's responsibility to help.

There are several ways to support Kids in the Congo. People can sponsor a child by paying for their tuition, make a general donation (which is used to buy school supplies and uniforms) and redeeming cans and bottles, which has helped Kids in the Congo raise over \$3,000 per year. People can also create a fundraiser.

Email kidsinthecongo@ gmail.com or call 413-209-6526 for more information or to find out how you can support Kids in the Congo.

Olivia Richman can be reached at 508-909-4132 or by e-mail at olivia@stonebridgepress.com.



Photo courtesy Lynn Brouillette

After learning that many children in Congo are unable to afford education, Lynn Brouillette co-founded Kids in the Congo, hoping to raise awareness of the importance of education and raise funds to pay for the children to go to school.



Photo courtesy John Bishop

Kids in the Congo, Inc. held their annual Concert for Sal's Kids fundraiser, raising \$2,400.



Photo courtesy John Bishop

The money raised from the Concert for Sal's Kids helped children in the Congo go to school, paying for their tuition and school supplies.





# At your service in the Villager Community

SEE YOUR LOCAL PROFESSIONAL FOR ALL THE SERVICES





# PMC Kids Ride benefits Dana Farber

Olivia Richman photos

STURBRIDGE — A drizzly forecast didn't stop families from all over community from pouring into the Burgess Elementary parking lot on Sunday, May 22, to participate in the town's 4th Annual PMC Kids Ride, which raises money for Dana Farber's cancer research and patient care programs.

The Kids Ride acts as an extension of the Pan Massachusetts Challenge, a family event that brings the tradition and experience of the PMC "down to the next level," said Coordinator Melissa Earls. "It empowers kids from a very young age, showing them that they can participate in something that makes a big difference.'

Two Peddle Partners were also present at the PMC Kids Ride, cheering as the children biked around Burgess Elementary. The Jimmy Fund assigned a child to each participating team, which not only encourages children to ride in support of these kids, but to know they have people cheering and rooting for them as well.



Charlton residents Liam and Jacob Greenwood sported awesome helmets.



And they're off! Children of all ages made their way around Burgess Elementary School.





Team De-Feet Cancer wore pink and sported a cat logo in support of Paris, their Pedal Partner.



Charlie, 9, Patrick, 6, and William, 3, Linton get ready to ride! Said their parents: "It's an awesome event. It's a great cause and a great day for the kids."



Krish and Ishan Jain were very excited to start the bike ride.

"This empowers kids from a very young age," said coordinator Melissa Earls, "showing them that they can participate in something that makes a big difference."



John Steppic and Mike St. Clair from Southbridge Bicycles came to support the PMC Kids Ride, raising seats and pumping tires.



Christina and Jamie Reidy with their 4-yearold son Desmond at the start of the race.



Southbridge Middle/High School Principal Melissa Earls coordinated the PMC Kids Ride. this before and it's just so great."



Students from Tantasqua came to volunteer at the PMC Kids Ride, helping children decorate helmets and handing out snacks.



Partner Aiden, 2. "We've never been a part of trips to ride trails in Cape Cod.



"This is amazing," said North Brookfield Elizabeth and Leland Maxfield love to bike. resident Christina Los, pictured with Peddle said mother Sarah, who said they often take

# Center of Hope dodges and ducks their way to success



Photos courtesy of Marie Barse

Ryan Thompson (pictured giving out raffle tickets), Andrew St. George, Martin Dawson, Cindy Howard, Ken LaHue and Marie Barse organized the Center of Hope's first dodge ball tournament.

SOUTHBRIDGE — Center of Hope Foundation's first-ever Dodge Ball Tournament was a huge success and a lot of fun, said Fundraising Director Marie Barse. On Saturday, May 7, 19 dodge ball teams came together to raise \$1,265 towards the organization's Special Olympics program.

Money raised for the Special Olympics program goes towards uniforms, equipment, transportation and other fees to participate in the games. The Center of Hope serves many families who may not be able to support their family member participating in the Special Olympics without the help.

"Participating in the Special Olympics is very important for them," said Barse. "It gives them a sense of pride and a sense of belonging to the community. They enjoy getting out and being competitive. It keeps them healthy."



They enjoy getting out and being com- The Twisted Seniors prepared for their first round of dodge ball.



Marie Barse and son Christian Barse – part of Balls of Hope. "I loved it. I totally enjoyed it," said Marie Barse, pictured with son Christian Barse. "Thank God I had Christian on the team!"



The Twisted Seniors (which included Cindy and James Howard) had a blast at the dodge ball tournament.



Andrew St. George's team, which had many other COH employees, were excited to show their dodge ball skills.



These Balls Are Made for Dodging was made up of all COH employees, including three directors of the Day Program.



Director of Center of Hope Day Hab Kristine Bauce hung out at the dodge ball tournament with her child.



The Day Hab Defeaters worked together during the competition.







One member of the BSB team went to the hospital with a dislocated finger during the tournament and came back with a split and continued to play!



Andrew St. George discussed the rules to team captains before the games began.

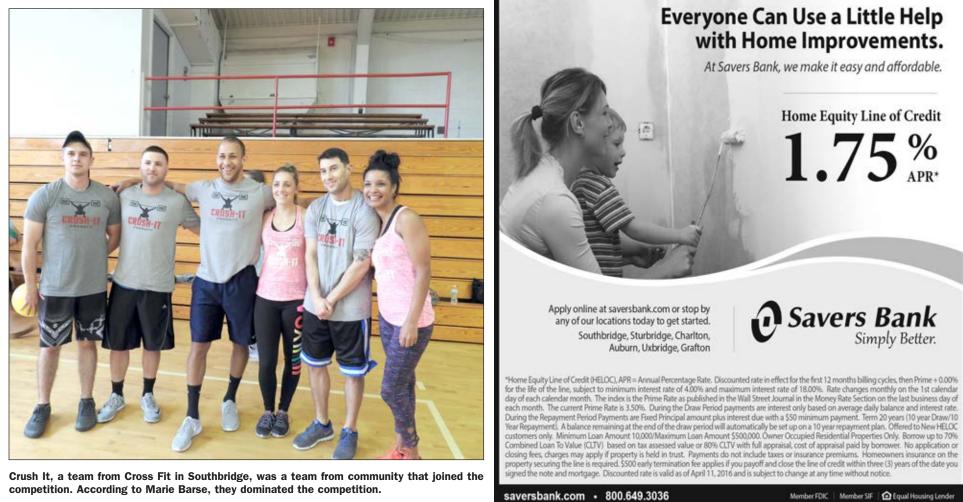


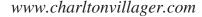
Center of Hope CEO James Howard was excited to be a part of the first dodge ball tournament.

Not in the Face was made up of all Center of Hope employees.



COH employees from Incrediballs get ready to dodge.







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> FRANK G. CHILINSKI PRESIDENT/PUBLISHER

> > ADAM MINOR Editor

# Daddy's checklist

I stood there focused like a laser on the action on the stage. I aimed my video



camera carefully angled at the production, making sure to zoom in and capture the

emotion

of the performance, all while trying to enjoy it as best as I could. After all, it

was my son up there. As we near the end of the school year, that means that my son's preschool year is just about complete, and in remembrance of Memorial Day next week, his school (which also just so happens to be alma mater) held a concert, his first-ever performance. So of course, that meant that I couldn't miss it, even if I had to fall behind on a deadline day by an hour or two to attend it. I wasn't missing this for the world.

As the boy gets older, there are going to be more and more events like this that are listed on what I like to call "Daddy's Checklist." His first concert was one of those items, which was special to me in particular just because of where it was held. On that very stage from 1988 to 1997, I had many concerts, plays and other performances on that stage, some more memorable than others. Flash forward to May 2016, and my very own son was singing his very own heart out to various adorable patriotic songs. I have to admit, I was one proud papa.

At one point, I couldn't help but laugh, as he noticed me off to the side as he was singing, and instead of playing it cool, he took the opportunity to give me a wide smile and wave at me in the middle of the song. Soon after, he was picked to play percussion on one of the songs with some of his classmates. He kept the beat quite well for a 4-year-old. After the final song, the audience applauded loudly, and thinking it was a cue, my son followed suit, applauding to himself. I like to think he was clapping for a job well done. Perhaps it was a thank you clap, in appreciation for the crowd's response to his performance. I suppose we'll never know... His entire part of the concert only constituted about 7 minutes of the event as a whole, but that video will remain one of the classics in the Minor family library. I watched it back again when I got home, and I couldn't stop from smiling. It made me think of all the awesome stuff to come — his first soccer game, first day of kindergarten this fall, and all the other firsts coming his way soon enough. Speaking of kindergarten, I found myself back at the school only a few days later for his orientation for kindergarten this fall, and to say that time has flown is an understatement. I think it hits me harder than most just because it's all happening in the same school I grew up in. Perhaps if it were a different school it wouldn't affect me so much, but there are so many memories of that school for me, no matter how different it looks today, that stepping back into it for any reason brings up this nostalgia in my mind that is hard to shake, and now that my son is going there, just like his old man, it's like a piece of me is back there, reliving everything that I did, in the same spots, the same classrooms, and in some cases, even the same teachers. He is playing on the same playground I ran around on for nine years as a child. He is in the same gym, breaking a sweat and learning new games. He is in the same art room that I enjoyed so much a child, with the same teacher, no doubt learning the same stuff I was taught. Last week was another trip down memory lane, and another item off "Daddy's Checklist." There will, no doubt, be many more to come in the very near future.

It was a haven. Sixteen years ago, my husband and I were eager to find the perfect home for us to begin our lives together and start a family in a safe and quiet neighborhood, with 2-3 acres of property so that we'd have privacy and a yard for our children.

So there we were, heading

to Charlton to look at land to be built on (after getting tired of not finding the right place), with thoughts about a daily long commute for both of us, as we turned onto Route 169, getting closer to our des-tination. I nearly said, "No way, too far," until we turned onto Berry Corner Road, and slowly drove up the winding hills, surrounded by beautiful trees (and this is when the music got turned off, sunroof opened and windows down to breath the fresh air) and the harmony of birds chirping ... so peaceful and captivating. No longer did we care about the commute - this alone was worth it.

Then a left onto H Foote Rd., up and over the first hill and I started smiling. I remember the feeling that came over me. On a mission to find our first home and finally, we were finally excited and hadn't even gotten to the property yet! More turns and hills, and a few homes along the road and then just woods. There we were, having arrived at the lot that our realtor suspected we'd be interested in and she was right on.

Just perfect for our first home, and so it was.

Slowly fast forwarding through the years, this became a whole neighborhood, and our house was our haven. We left it every weekday so we could pay for it, stayed home on weekends so we could care for it. We started a plan, we began our family there, we advanced in our careers. A well faceted life has evolved in our home.

Early on, during this journey, something happened. Something that we didn't know would greatly impact our big plans and dreams that we knew one day could be a reality. Something that we had no idea would affect our neighborhood in ways that would even threaten the health and well-being of us. Something foul smelling, something loud, something toxic.

This "something" developed well after we had chosen to live there. The noise produced from it would wake us out of a sound sleep in the wee hours of the morning ... even weekends. It would intrude on an outdoor gathering, where family and friends would ask questions like, "What is that smell?" and "Is there construction

dreams too, that could no longer be carried out because their homes are not sell-able. Some have continued to keep their homes on the market, despite the situation. Can't say I blame them for trying. We were thinking about putting our "haven" on the market around the time that

covered. We had had enough of the disturbances. We wanted to love where we live again, as I'm sure is the same for many others around us. It's heartbreaking.

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

It was perfect, for our first home, once. Our home in Charlton is less than a quarter of a mile from the Southbridge Landfill. And we do not have a choice any longer as to where we live. We are upside down on our mortgage now and no longer can we look forward to upgrading our home to enjoy the fruits of our labor, and where we can also take in my parents, who are struggling with MS and various other ailments. No, that is no longer an option, which should be. And if anything should ever happen where one of us couldn't work for an extended period of time, we wouldn't even have the option of downsizing, selling our home, and moving into a more affordable option in that type of situation. Nevermind the option of borrowing against equity! We've become fearful of anything major needing repair, which is not unrealistic for the age of our home now, because if it were to happen, we don't have equity to draw from. We can't even re-finance to lower our payments. Because the worth of our home is now less than the amount of the mortgage. Our home should have gone up in value significantly by now, not down.

We do try to enjoy what we have. It's very difficult.

We love to entertain in the summer. However, we're too embarrassed of our own home now, always worried if it will smell outside, even if being inside. Windows are open, on cooler days, and when temps are high and humid, air conditioning brings in the odor. We work very hard, our kids have busy lives too, yet we've been woken at 6 a.m. on weekends from loud banging noises (yes, that early), so no 'sleeping-in'. We've suffered years and years of this. It has taken its toll on us. Depression, anxiety, fear — all of which has become a daily battle. And we are not alone in that, here in our neighborhood.

What is my point in all this?

The well contamination is a major problem and must be solved. However, just like health is threatened with the well water; our well-being and quality of life has already been heavily affected with the atmosphere that has been created around us. We are surrounded with toxins and pollutants that we did not arrive to 16 years ago. It came to us. In some cases, people may have been (or are) sick. And others could become sick from having drunk the water for years now before knowing it was toxic. What are we breathing in? What are the long-term effects from that? And unfortunately, with all of the intelligence and awareness now, as to how to live a healthy lifestyle, enabling longevity of strength and mental wellness, our neighborhood atmosphere cannot possibly foster that! It is no longer a healthy and peaceful haven to live well. The fight continues for clean water, which is most important today, but there must be an equal fight for a healthy atmosphere. We did not choose this.

# A 529 plan can help with those college bills



We're at the end of another school year. If you have younger kids, might vou be thinking about summer camps

and other activities. But in the not-toodistant future, your children will be facing a bigger transition as they head off to college. Will you be financially prepared for that day?

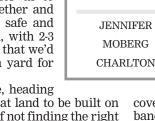
A college education is a good investment – college graduates earn, on average, \$1 million more over their lifetimes than high school graduates, according to a study by Georgetown University but a bachelor's degree doesn't come cheap. For the 2015-2016 school year, the average expense – tuition, fees, room and board – was \$19,548 at a public fouryear school and \$43,921 at a four-year private school, according to the College Board. And by the time your children are ready for college, these costs may be considerably higher, because inflation is alive and well in the higher education arena.

Your children may be eligible for some types of financial aid and scholarships. But even so, you may want to consider some college-savings vehicles and one of the most popular is a 529 plan.

A 529 plan offers a variety of benefits, including the following:

High contribution limits - A 529 plan won't limit your contributions based on your income. In all likelihood, you can contribute as much as you want to a 529 plan, as many states have contribution limits of \$300,000 and up. And you can give up to \$14,000 (\$28,000 for a married couple filing jointly) per year, per child, without incurring any gift taxes.

Tax advantages – Your earnings can accumulate tax free, provided they are used for qualified higher education expenses. (529 plan distributions not used for qualified expenses may be subject to federal and state income tax, and a 10 percent IRS penalty on the earnings.) Furthermore, your 529 plan contributions may be eligible for a state tax deduction or credit if you participate in your own state's plan. But 529 plans vary, so check with your tax advisor regarding deductibility. Freedom to invest in any state's plan You can invest in a 529 plan from any state – but that doesn't mean your child has to go to school there. You could live in one state, invest in a second state's plan, and send your student to school in a third state, if you choose. Money can be used for virtually any program – Upon graduating high school, not all kids are interested in, or prepared for, a traditional four-year college. But you can use your 529 plan to help pay for qualified expenses at a variety of educational institutions, including two-year community colleges and trade schools. Of course, a 529 plan does have considerations you will need to think about before opening an account. For example, your 529 plan assets can affect your child's needs-based financial aid, but it might not doom it. As long as the 529 assets are under your control, they typically will be assessed at a maximum rate of 5.64% in determining your family's expected contribution under the federal financial aid formula, as opposed to the usual 20 percent rate for assets held in the student's name. In any case, though, a 529 plan is worth considering. But don't wait too long – as you well know, your kids seem to grow up in the blink of an eye.



A homeowner's worst nightmare

YOUR

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MOBERG

contaminates had been dis-

Bring it on.

Adam Minor may be reached at (508) 909-4130, or by e-mail at aminor@stonebridgepress.com.

going on behind your property?"

Well, no. Unfortunately there is a landfill behind our home. This disturbance became more and more prominent over time, becoming a "slow death" of the desire to live here anymore, or the motivation to develop the landscape and gardening and worst of all, the equity in our home.

Fast forward to the fall of 2015. Neighbors had voiced alarming concern around discoveries of well contamination toxins that are considered to be human carcinogens — some higher levels than others, and some variation of levels from one water test to the next. And some, none .. for now.

Stories had been shared about what everyone had been going through, unexplained health conditions, illness (and death) of pets. In addition, stories were shared about others that had plans and

## TO THE EDITOR It's time to 'dump Casella,' Part 5

#### To the Editor:

Deception. Distortion. Denial. The website Casella recently launched to tell its side of the story about reported landfill contamination is filled with all of it. So much so that it makes me wonder if this desperate PR stunt is really fooling anyone.

Let's start with the section of the website ironically titled "Facts." In an attempt to prove that toxicity levels at the origin of contamination can never test lower than highest-recorded detections elsewhere, Casella says "it is important to note that the highest concentrations of 1,4-Dioxane and TCE have been detected in one residential well along H Foote Rd. located approximately 2,400 feet up-gradient from the landfill.'

OK, stop. Lumping combinations of contaminants together to make statements like this is very interesting. Is it to deceive and distort? Instead of pointing fingers, I'll point out the facts.

Fact 1: When you look at the concentration of each VOC separately, Casella's factoid turns falsehood. The truth is the residential well they speak of had a high 1,4-Dioxane reading of 2.7ug/L in 2015. By comparison, one monitoring well (MW-3A) at the landfill had a 1,4-Dioxane reading of 11ug/L way back in 2009 when testing properly began. That's four times

the residential well reading and 36 times the drinking water standard of today, which is a maximum of .3ug/L. As I believe a former Southbridge BOH member noted in a recent article, a plume can be assumed to be flowing from the highest concentrations of 1,4-Dioxane to the lowest. In this case, the highest concentrations of 1,4-Dioxane have indeed been recorded at the landfill, not the address they reference.

Fact 2: The well at the address on H Foote Rd is not "up-gradient" of the landfill as Casella suggests. The house is. The well isn't. And there's a diagram to prove it if Casella wants to post it to their website. If they did, it would show that the house is up-gradient by about 80 feet relative to the landfill. But its 500-foot deep well is more than 400 feet below the level of the landfill.

You know, to me, Casella's spin-doctoring, data-twisting and lack of accountability are as clear as clean well water. If only clean well water was what residents and their families near the landfill had.

Casella, your website may fool some but not everyone. Keep true to fact and clean up your act. Our health and property values depend on it. Enough is enough.

> CHRISTIAN BOUSQUET CHARLTON

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.



# DIY repairs on flea market finds

Hot on the heels of the first Brimfield Antique Show of 2016 and the official start of yard sale season, it's time to assess those great finds!

While good deals on vintage wares are still plentiful, chances are many old items you scored will need a little TLC before being put into active duty.

To usher in a new season of flea markets, tag sales and estate auctions, this week's column will review a roundup some of my favorite tricks to transform your (not so perfect) bargains into fantastic finds!

#### \*\*\*

Marble repairs can break the budget, but this do-it-yourself tip does the trick for a lot less! Small cracks in marble can be hidden with a mixture of wax and chalk dust. Melt a candle the color of the marble, blend in chalk dust to give it body and apply to the crack carefully with a paintbrush.

#### \*\*\*

Aged linens are lovely, but are often found with stains. Take a tip from housewives of the past to keep vintage textiles terrific: To remove rust stains from old linens the chemical free way, simply rub lemon juice and salt directly on the stain and hang in the sun to dry. For stubborn stains on sturdy linens, boil them in a pot of hot water to which a little eco friendly powdered laundry detergent has been added. Let cook for about twenty minutes. Hang out in the sun to dry. If the stain is not gone, try leaving linens out for subsequent sunny days until stain has faded.

#### \*\*

If your less than perfect porcelain or glass piece needs repair, the following chemical free glue often yields great results: You'll need: two packets (1/2 ounce) unflavored gelatin; two tablespoons cold water; three tablespoons skim milk. To do: In a small bowl, sprinkle gelatin over cold water. Set aside to gel. Heat milk to boiling point and mix into softened gelatin. Stir until gelatin is dissolved. Apply a thin layer of warm glue to edges of glass, being sure to align break. Press firmly and apply masking tape over fix. Then prop the piece in a box filled with sand for support until completely dry, or tape and clamp the item to ensure a tight adhesion.

#### \*\*\*

Old wicker is gorgeous, but it isn't always without

its splits and breaks. Here is the easiest way to repair old wicker: For breaks that require the two pieces to be fused: Coat each half of the break with Elmer's glue, applying glue to area around break points. . Cover wicker on both sides with wax paper and clamp the broken piece between boards overnight. If the break requires further strength, it can be further reinforced by weaving wire through the surrounding wicker to secure. Wicker splits can be repaired in the same manner.

#### \*\*\*

Was that antique mirror a deal because of its peeling silver? Before you dish out big bucks to resilver the glass, try "foiling" the eye by taping pieces of aluminum foil to the backs of the offending spots. Or, if you can't live with a tinfoil patch, completely remove silver from the back of the old mirror with a razor blade. Have a new mirror cut to fit the size of your frame and attach it to the frame behind the old glass. Voila! You have the look of the old glass with a nice clear view!

#### \*\*\*

\*\*\*

Retro liquor decanters are fabulous finds, but the alcohol they once held will often leave dark stains. What do to? Treat it with an organic acid such as citric acid, white vinegar or a mixture of one tablespoon of salt to a quarter of a pint of vinegar. Leave in the glass or decanter for 24 hours, shaking occasionally, then rinse and dry thoroughly. If stains are still there, repeat the process although tough stains may never completely be removed.



To save serious cash on commercial wax wood restorers, check your shoe shine kit. Lackluster wood finishes on mahogany or cherry furniture or frames can be instantly renewed with a coat of cordovan color

wax shoe polish.

Black and brown sponge type shoe polish are also great touch up tools for old wrought iron pieces.

#### \*\*\*

Swinging sixties plastic furniture and accessories are hot collectibles. But many of the vintage pieces on the market are well used - and scratched up! The good news is, you can sometimes hide surface scratches on plastic simply by applying a good coat of car wax.

#### \*\*\*

Want to spruce up silverplate cutlery without hash chemicals? Try the old-fashioned tin foil technique to remove silver. It's quick and easy, especially if you have several pieces to clean.

Fold a thick piece of tin foil and place it in the kitchen sink to cover the entire bottom. Add the tarnished silverware and fill sink with boiling or very hot tap water to fully cover the pieces. For each quart of water add one teaspoon each of salt and baking soda. Soak the silver for several minutes until the tarnish is gone. Remove silver, rinse and buff dry with a soft cloth. Note: Homemade methods may leave a dull white luster on pieces or damage them. Don't polish valuable or enameled silver this way and always test a few pieces first.

#### \*\*\*

If the veneer is bubbled up, place a piece of stiff cardboard on the wood and press with an iron set at medium heat. Press until you the heat softens the glue and you can feel the wood give a bit.

Then press down and weight the area until the glue has redried.

#### \*\*\*

Vintage trunks are affordable finds, but they often come with a musty odor from basement storage. Here's a quick fix: Simply sprinkle some powdered cat litter box deodorizer generously in the trunk. Close it up and let it sit for a week. Better yet, after you've mowed the lawn, toss some grass clippings inside and close the lid. Stir the grass each day for a week. The chlorophyll from the grass will absorb the smell!

#### \*\*\*

Old games and boxes sometimes still wear their original price tags written in permanent marker. Try wetting a Mr. Clean Eraser and carefully rubbing away the ink. This works well on glossy finishes. Be careful, if you start wearing away the paper, stop. Or try removing marker on washable surfaces with hair spray. Spray on and immediately wipe off. Repeat as necessary.

#### \*\*\*

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

Do you have a helpful hint or handy tip that has worked for you? Do you have a question regarding household or garden matters? If so, why not share them with readers of Stonebridge Press publications? Send questions and/or hints to: Take the Hint!, c/o Stonebridge Press, P.O. Box 90, Southbridge, MA 01550. Or e-mail kdrr@aol.com. Hints are entered into a drawing for a three-course dinner for two at the historic Publick House Inn!

# Should I buy a distressed property?

If you asked me this question a few years ago, I would have told you that you would have to consider them because of how much of the market was short sales and foreclosures.



offer full price on a home and the bank could come back 3 or 6 months later and say they want 5 percent more for the home. The other two challenges is that since the bank doesn't own the home yet, they will most likely not do



At one point in 2009,

the short sales and foreclosures peaked at 49

percent of the sales in the U.S. and at one point in 2010, 25.4 percent of homes were underwater (homeowners owed more than their home was worth). At the end of 2015, distressed sales only represented 8 percent (historical average is 5 percent) of the market, with 2 percent of the sales being short sales and 6 percent being foreclosures. At the end of 2015, we only had 8.1 percent of homes underwater and that number continues to drop as the owners pay down the principal balance on their home and values continue to increase.

A question we are always asked is about getting a great deal on a home. People always assume that buying a foreclosure or short sale is always the way to go to save money, and it can be ... but not always. The thing with these sales is that the bank is going to either have an appraisal or broker price opinion on the home completed to discover value and set a price. Many times I have seen these opinions of value come in higher than what the market value of the home is.

Specifically, if there are no repairs needed to the home and it is just ugly and needs cosmetic updates these values many times will not account for that due to the parameters the agents and appraisers need to follow in order to complete their report. Both on short sales and foreclosures, the bank is typically looking for a specific percentage of that appraised value and will not go below that value. Many banks want 94-95 percent of the appraised value on short sales and it can be very similar on foreclosed homes. The bank will leave the home listed at a price until they get that value and every month or two they will reassess value and lower price and then they want a percentage of that new value.

A short sale is when the owner is selling the home for less than it is worth and asking the bank to accept that lower amount as payment in full to discharge the loan. The challenge with this type of sale is that it will usually take several months to get an answer from the bank and you may lose out on several other homes while you wait. Another challenge is that typically the agent and seller set the price and get approval from the bank later, so you could any repairs and the seller is doing a short sale because they can't pay their mortgage so they won't be repairing either, so you are buying as is. The other challenge is if your purchasing is contingent on selling your home. In this case, you should probably sell the home first since you will not get a bank to allow your purchase to be contingent on the sale of your home with a short sale.

When it comes to foreclosures, I am speaking about real estate owned (REO) homes. When you default on a loan on your home it goes to a foreclosure auction and if it does not sell at the auction for a price that the banks thinks they should get, then they essentially buy it back. The bank owns this property so that is why they call it REO. They will usually then remove all trash, winterize the property and assign it to a local real estate agent to sell utilizing the multiple listing service (MLS). These homes many times are in disrepair and may need to be purchased with cash or a renovation loan but not always. The banks many times sell as is, but sometimes will rehab the home if they see they can get a better value for it. These homes will typically close in the same timeframe as a traditional sale except if there are issues with the title on the home and that many times can delay the closing. This is also a situation that if you do have a home to sell you will want to sell it first. The other option is to buy the foreclosed home and then sell your home. The bank is not going to allow the purchase to be contingent on the sale of your home.

This was a good amount of information about these types of sales. As always, I suggest you hire a realtor so they can ask you questions to understand if these homes should be included in the homes you search for. Since right now it is only about 8 percent of the market you will not be excluded a huge amount of homes by excluded these from your search.

James Black is a licensed realtor for A&M Real Estate Consultants at Keller Williams Realty. He may be reached at (508) 365-3532 or by e-mail at jblack2@ kw.com. 3 great services for the same bundle price every month for 2 years - Guaranteed!



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# CALENDAR

The calendar page is a free service offered for listings for government, educational and non-profit organizations. All calendar listings are due Fridays at 5 p.m., for publication on the following Friday's edition. Mail to Editor Adam Minor at Stonebridge Press, P.O. Box 90, Southbridge, MA 01550; send by fax at (508) 764-8015 or by e-mail to aminor@stonebridgepress.com. Please write "Calendar" in the subject line. We will print such listings as space allows. Please note: Items with an RSVP date will be listed by their RSVP date, not by the date of the actual event, unless otherwise requested.

## Friday, May 27

#### FISKDALE

Veterans — You are cordially invited to attend the annual Memorial Day Ceremony and Veterans' Breakfast at Tantasqua Regional Junior High School, 320B Brookfield Road, Fiskdale, on Friday, May 27. Breakfast will be at 8 a.m. in the cafeteria on the second floor. Memorial Day ceremony remembering those who made that sacrifice to ensure the freedom we have today and to honor our veterans will begin at 9 a.m. The ceremony will consist of musical selections from our band and chorus, distinguished speakers, and student readings. RSVP Required to Rebecca Perrin at (508) 347-7381 by May 16 or perrinr@ tantasqua.org.

#### Sunday, May 29

#### BRIMFIELD

The Town of Brimfield will hold its annual Memorial Day Ceremony and Parade at Sunday, May 29, on the common. Bring a picnic lunch to enjoy entertainment from the musical duo of Clark and Barry beginning at 12:30 p.m. Official ceremonies will begin at 2 p.m. with a drum roll for the procession of veterans. The Tantasqua Marching and Brimfield Elementary bands will perform.

State Sen. Anne Gobi and State Rep. Todd Smola will share brief remarks and resident Manda Day will give a historical talk.

At the conclusion of the ceremonies, the parade will form on North Main Street led by Honorary Parade Marshall town resident and World War II Veteran, Air Force Senior Master Sargent, William "Bud" Roberts.

A special invitation is extended to all area veterans so that we may recognize and honor them for their sacrifice and service. For those veterans who want to join us, but are unable to march the route, a float will be available to ride in. Children are invited to patriotically decorate their bikes and doll carriages and join in.

### Monday, May 30

REGION

All SCM Elderbus offices will be closed on Monday, May 30, to observe Memorial Day.

Tuesday, May 31

#### BRIMFIELD

May 31, 10:45 a.m. — "Organic Gardening for Everyone" Lunch & Learn with Naturalist & Educator John Root. Join John for an engaging presentation that provides practical advice and inspiration to gardeners of all ages and physical conditions on growing fresh and flavorful vegetables, fruits, herbs, and flowers. Participants learn and share their knowledge about a range of topics, including composting and mulching to promote healthy soil, using space efficiently, growing plants from seeds and much, much more. John will also be bringing a selection of perennials and vegetable plants available for purchase.

John has many years experience presenting nature and gardening programs and is the leader of edible wild plant walks at libraries, nature centers, garden clubs, farms, and other venues throughout New England. John also offers musical and historical programs at libraries, historical societies, schools, senior centers, summer concerts, and other venues. John did his graduate studies in Botany at the University of Maryland and University of North Carolina at Chapel Hill and is currently studying "Sustainable Landscape Design at Greenfield Community College. Lunch is available for a suggested \$2 donation but you must call prior to Friday, May 27th at 11 a.m. Lunch will be served right after the presentation (approximately 11:45 a.m.). The Brimfield Senior Center is located in the 1st Congregational Church, 20 Main St., 413-245-7253.

## Thursday, June 2

#### SOUTHBRIDGE

The Southbridge Republican Town Committee will meet on Thursday, June 2, at 6:30 p.m. in the Veterans Room of the Town Hall in Southbridge. Any registered Republican is welcome. For more information about the meetings or about joining the Republican Town Committee, please contact Chairman Michael Jaynes at 508-764-6555.

## Friday, June 3

#### STURBRIDGE

Dinner Dance — Proceeds to benefit the St. John Paul II Food Pantry at Cohasse Country Club, Friday, June 3, 6 to 10 p.m. \$50 per person, sponsored by Sturbridge Rotary Club. www.sturbridgerotary.org www.facebook.com/ sturbridgerotary. For information contact Austin Jenkins at 508-347-6512.

## Saturday, June 4

#### SOUTHBRIDGE

Container and Community Gardening – June 4. Bring your own containerseeds, plants and potting soil provided (container must have holes in the bottom for drainage). You have a choice to take your pot home and water or plant a container garden at Holy Trinity Church. If you are a Southbridge resident, you may plant a vegetable garden at the Cross Street Community Garden. The choice is yours! 9-10:30 a.m. at Holy Trinity Church, 446 Hamilton Street, Southbridge. 11 a.m. to 3 p.m. at the Cross Street Community Garden. Free lunch served at the Cross Street Community Garden. Rain or Shine! Activities for all ages!

#### EAST BROOKFIELD

A highly acclaimed spring safe boating course will be offered right at Camp Frank A. Day on South Pond, Saturday, June 4, 8:30 a.m. to 4:30 p.m. Free! Camp Frank A Day, 125 South Pond Road, East Brookfield, MA 01515. Even experienced boaters have raved about this course and it's a must for new and young boaters to be safe and knowledgeable. Register online at Boat Massachusetts Course Information and find the list of courses offered. East Brookfield is at or near the bottom of the list. Or, visit http://www.mass. gov/eea/grants-and-tech-assistance/ enforcement/environmental-police/ boat-and-recreation-vehicle-safety-bureau/boating-safety-course-schedule. html.

#### HOLLAND

The Holland Trails Committee & Brimfield Trail Committee will be leading a Trail Ride (rain or shine) on Saturday, June 4. Meet at the kayak/ canoe launch by the bridge at 20 Pond Bridge Road in Holland. Ride: 10 a.m. to 12 p.m. About 10 miles (options for a shorter ride) mostly on trails, though a small part will be on little-traveled public roads. Flat terrain. Helmets required. For info: 413-245-7745.

#### FISKDALE

June 4, from 12-9 p.m. Hyland Orchard, 199 Arnold Rd., Fiskdale. Raffles. 50/50. Music by local bands.

1-2 p.m. Touched

2:30-3 p.m. Bobby Roy and Friends 3:30-4:30 p.m. Cold Train

- 5-6 p.m. Dr. Sweet Fire and Friends
- 6:30-7:30 p.m. Lower Level
- 8-9 p.m. Back Seat Boogie

Tickets are \$10 per person. For tickets contact rockingforacureday@gmail. com. Bring a chair or a blanket, pack some snacks and come for the day!

#### STURBRIDGE

Woman in Business Inc. announces its June 8 Luncheon Meeting Speaker and agenda. Woman in Business, Inc. will be announcing is its annual scholarship recipients at the June 8 meeting. The featured speaker at this luncheon will be a past scholarship recipient, Hannah Datz. Today, Hannah serves as Vice President of Consumer Engagement and Commerce at SAP America, a global business enterprise software firm. A brief part of this meeting will be dedicated to the election of the Advisory Board for the 2016-2018 term. Additional nominees will be entertained prior to voting.

Woman In Business monthly meetings location – Old Sturbridge Village (Oliver Wight Tavern Entrance) 1 Old Sturbridge Village Road, Sturbridge, MA 01566. Time: 12 noon (registration at 11:45 a.m.) Cost: \$20 for members; \$25 non-member.

#### Saturday, June 11

#### WALES

Saturday, June 11, Strawberry Music, Missions Festival at the Wales Baptist Church, corner of Main Street and Monson Road. Contact JoAnne Higgins, call 413-245-7176. Reserve a booth for your mission organization or to perform. Great food, concessions, serving strawberry shortcake, hot dogs and hamburgers. Pie contest – great music, Hear about local missions - Farmers Market, Festival begins at 12 p.m.

#### Sunday, June 12

#### HOLLAND

Please join us on Sunday, June 12, from 8 a.m. to 12 p.m. at the Holland Community Center for the 6th Annual Pancake Breakfast sponsored by Friends of Hamilton Reservoir. Adults \$8 advance, \$10 door. Seniors and children \$7. All proceeds go to preserve the Lake Fund. Advanced tickets please call 508-344-8007.

#### Saturday, June 18

#### HOLLAND

The 2nd Annual Carl Beane Memorial Softball Game — Holland Police vs. Holland Fire — Saturday, June 18, at Hitchcock Field, 27 Sturbridge Rd., Holland. Event begins at 2 p.m. Please come out to see a great game and support a great cause. The Holland Police Department and Fire Department in association with the Holland Recreation Committee have organized this event in memory of Carleton E. Beane, the

Please join us on this Day of Remembrance in honor of those who have sacrificed so much for the freedoms that we enjoy.

Wednesday, June 8

public address announcer for Boston Red Sox home games at Fenway Park

Turn To CALENDAR page A14

# **OBITUARIES**

## Dawn L. Calvert, 50

STURBRIDGE — Dawn L. (St. Laurent) Calvert, 50, died Tuesday, May 3, at the Rose Monahan Hospice in Worcester.

She is survived by her husband of nearly 26 years, Douglas F Calvert. They were married August 5, 1989.

She leaves her son Douglas R. Calvert of Boone, N.C., her daughter Amanda C. Calvert of Fiskdale, her parents Richard and Lucille (Christian) St. Laurent of Pinellas Park, FL and sisters Denise Pilate of Sturbridge, Karen St. Laurent of Florida, and two brothers Dean St. Laurent of N. Brookfield, and Ricky St. Laurent of Northbridge.

Dawn was born in New Brunswick,

N.J., April 29, 1966, and was raised in Sturbridge. She graduated from Tantasqua Regional High School Class of 1985. She was employed as a cook by Zorba's Restaurant in Charlton for many years. She enjoyed camping, but most of all loved being with her family.

Calling hours were Thursday, May 5, at Sansoucy Funeral Home, 40 Marcy Street, Southbridge, MA 01550. A Prayer Service was held with Rev. Jonathan Slavinskas officiating. Burial will be private.

In lieu of flowers, donations may be made to the Center of Hope P.O. Box 66, Southbridge, MA 01550.

## Rachel M. DeAngelis, 95



SOUTHBRIDGE — Rachel M. (Senecal) DeAngelis, 95, formerly of Lebanon Hill, passed away on Wednesday, May 18, at Brookdale Eddy Pond West, in Auburn, after an illness.

Her husband of 44

years, Mario J. DeAngelis, died in 1993. She leaves her son, John M. DeAngelis

and his wife Laura of Southbridge; her daughter, Elizabeth M. DeAngelis Abt and her husband Richard of Harvard; three grandsons, William Lavoie, Steven Lavoie and Christopher Melby; two great grandsons, Nathan Lavoie and Ryan Lavoie; and nieces and nephews.

She was predeceased by her two sisters, Zita M. Renaud and Claire Senecal. She was born in Southbridge the daughter of Napoleon and Jessie M. (Bourassa) Senecal. She attended the former Notre

Dame High School in Southbridge and the Convent of Jesus and Mary School in Woonsocket, R.I.

Rachel worked with her father in his grocery and butcher shop, Senecal Grocery Market in Southbridge for several years. She was a member of St. Mary's Parish, now St. John Paul II Parish, and was a long time member of Old Sturbridge Village.

A funeral Mass for Rachel was held on Saturday, May 21, in St. Mary's Church of the St. John Paul II Parish, 263 Hamilton St., Southbridge. Burial followed in Old Notre Dame Cemetery, Southbridge. There were no calling hours.

In lieu of flowers donations may be made to Old Sturbridge Village, 1 Old Sturbridge Village Rd, Sturbridge, MA 01566.

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

Visit www.morrillfuneralhome.com.

## Christine M. Cierpich, 67

DANBURY, Conn. — Christine M. Cierpich, 67, of Tamarack Ave, died Thursday, May 12, at Danbury Hospital, Danbury, Conn., after an illness.

She leaves a brother, Joseph R. Cierpich of Charlton; two sisters, Barbara A. Diesslin of Holden and Cecelia L. Cierpich of Falmouth, Maine; her nephew, Mark J. Cierpich and his wife Mary of Charlton; a niece, Beth J. Aulenback and her husband James of Shrewsbury; two great nephews, Tyler Cierpich of Charlton and Andrew Aulenback of Shrewsbury; and a great niece, Julia Cierpich of Charlton.

She was predeceased by a sister, Regina C. Cierpich in 2009.

Christine was born in Southbridge, the daughter of Joseph J. and Mary T. (Smolen) Cierpich. She worked her entire career in management for New York Life before retiring several years ago. Christine was an avid golfer and enjoyed knitting, shopping, and visits to the casino. She truly loved her great niece and two great nephews and showered them with love and affection. Christine would often take them on trips to New York to see Broadway shows or just to visit historic sites throughout the city.

Her funeral Mass was held on Monday, May 23 in St. Joseph's Church, 10 H. Putnam Rd. Ext., Charlton. Interment followed in the Notre Dame Mausoleum, Worcester. There were no calling hours. Daniel T. Morrill Funeral Home, 130 Hamilton St., Southbridge, is directing arrangements.

In lieu of flowers, donations may be made to Ann's Place, 80 Saw Mill Road, Danbury, CT 06810.

Visit www.morrillfuneralhome.com.

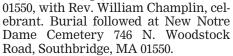
## Edward Paul Tkacik, 89

PORT CHARLOTTE, Fla./ STURBRIDGE—Edward "Patchy" Paul Tkacik, 89, of Port Charlotte, Fla., died Sunday April 3, at the Port Charlotte Rehabilitation Center.

He was born June 21,1926 in Braddock, Pennsylvania to the late Joseph and Mary Tkacik. He and his wife, Doris moved to Port Charlotte in 1995 from Sturbridge. Patchy was a mechanical engineer and retired from Cincinnati Milacron, Inc., Worcester, Mass. He was a member of San Antonio Catholic Church of Port Charlotte and was a U.S. Army Air Corps veteran of World War II.

He is survived by his wife of 61 years, Doris (Cournoyer) Tkacik of Port Charlotte; a daughter, Louise Vrabel of Sturbridge, MA; a granddaughter Lindsay Vrabel of Portland, Maine, and a sister, Frances Bernard of Apollo Beach, Fla.

A Memorial Mass was held on Saturday, May 21, in Notre Dame Church, 446 Main St., Southbridge, MA



Friends may visit www.sansoucyfuneral.com to extend condolences to the family.

In lieu of flowers, donations may be made to Tidewell Hospice, 1144 Veronica St., Port Charlotte, FL 33952.



# **OBITUARIES**

## Robert J. Roy, 97



C H A R L T O N / S O U T H B R I D G E Robert J. "Bob" Roy, 97, formerly of Southbridge, passed away peacefully on Sunday, Jan. 31, in The Overlook Masonic Healthcare Center, Charlton.

His wife of 59 years, Mary Ann "Mae" (Gallant) Roy, died in 2007.

He is survived by his four children, Linda A. Boulanger and her husband Paul of Southbridge, Paul R. Roy and his wife Norma of Sturbridge, Patricia M. Colognesi and her husband John of Charlton, Diane E. Power and her husband Steven of Southbridge; five grandchildren, Kimberly A. (Sokolowski) Effler and her husband Jonathan of Yulee, Florida, Jesse R. Colognesi of Sturbridge, Jacob R. Colognesi and his wife Ashley of Boston, Nicholas R. Power of Boston, Nathan R. Power of Southbridge; and one great-grandson, Colton Effler of Yulee Florida.

Bob was born on Dec. 1, 1918, in Ashburnham, the son of Amedee and Elmire (Landry) Roy. He was a graduate of Cushing Academy in Ashburham, Massachusetts and Syracuse University, Syracuse, New York.

Bob was a United States Army veteran of World War II having reached the rank of 1st Lieutenant in the U.S. Army Signal Corps.

Bob worked as an engineer at the Massachusetts Electric Company for many years until his retirement in 1984. He was a former member of Cohasse Country Club in Southbridge and was an avid golfer, skier and card player, especially cribbage. Bob was also an established professional musician having played trumpet in a number of jazz bands over the years. He enjoyed music, outdoor activities and many sports and had a particular fondness for Syracuse University football and basketball teams and the Boston Red Sox. Bob also had a passion for woodworking, designing and building colonial furniture. He also had a great love for animals. He was an active member of the former Notre Dame Parish community and will be missed by all who knew him.

A funeral Mass for Bob will be held on Friday, June 3, at 10 a.m. in Notre Dame Church of the St. John Paul II Parish, 446 Main St., Southbridge. Burial will follow in Oak Ridge Cemetery, Southbridge. There are no calling hours.

In lieu of flowers donations may be made to the MSPCA, 350 South Huntington Ave., Boston, MA 02130.

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

Visit www.morrillfuneralhome.com.

## William R. Dyer, 53



SOUTHBRIDGE — William "Bill" R. Dyer, 53, of Charlton Street, died May 9, at UMass Memorial Medical Center, University Campus, after an illness. He is survived by

his mother, Doris C.

(Petersen) Dyer Datow of Worcester, his son James and his wife Nina Dyer of Quincy, two sisters Marjorie and her husbandDaleTrethewayofSouthbridge, Mary A. Dyer of Boston, three brothers Daniel Dyer of Manchester, N.H., James Dyer and his wife Mary of Roslindale, Thomas Dyer of Salem, and three nephews Eric Tretheway of Sutton, Tyler Tretheway of Quincy, and Robert Dyer of Quincy.

He was born in Quincy, June 16, 1962, son of the late Robert C. Dyer, and lived many years here. After high School, he enlisted in the US Army.

Bill worked for many years as an

expert in musical instrument sales. His unique guitars. He was a talented lifelong musician who loved to perform in his many local rock bands.

He cherished his nephews whom he mentored with music lessons. Bill was admired by all as a man with a witty sense of humor, and a heart of gold. Bill was always there to lend a hand to anyone in need. He will be dearly missed by his family and many friends.

There are no calling hours. Funeral services will be private. In lieu of flowers, donations may be made to a charity of the donor's choice.

Sansoucy Funeral Home, 40 Marcy Street, Southbridge, MA 01550 is directing the arrangements.

Visit www.sansoucyfuneral.com.

## Benton Holt Pollok, 88

SALUDA, Va. — Benton Holt Pollok, passed 88. awav Tuesday, May on 3, in Saluda, Va., the Riverside at Convalescent Center. He was born in Danville, Va., on Sept. 27, 1927, to Mary

Elizabeth Woolley and Nicholas Lewis Pollok.

After completing high school in Newport News, Va., Benton Pollok enlisted in the United States Navy and served in the Pacific Theater during World War II. Later, he served as an officer in the Naval Reserve.

Benton Pollok graduated from Florida Southern College and the George Wythe School of Law at the College of William and Mary. He began his law practice in Richmond, Virginia before moving to Urbanna, Virginia. A former mayor of Urbanna, Benton resided in Urbanna for over four decades. He was a member of Christ Church Episcopal Parish.

Benton is survived by his wife of 48 years, Nancy Kelly Davis, and by

their son, Thomas Hart Benton Pollok of Fredericksburg, Virginia. He is also survived by his children from a previous marriage to Honor Malcomson Stickney: Mary Kathryn Afable of Sturbridge,



Massachusetts, Mallory Holt Pollok of Craig, Colorado, and Nicholas Lewis Pollok of Richmond, Virginia; his step-daughter Joan Stickney Borel of Summerland Key, Florida; and his brother, Nicholas Lewis Pollok, of Frederick, Maryland. Benton was preceded in death by his youngest daughter, Kathleen Kelly Elizabeth Pollok and by his sister Connie Conway (Elizabeth Conway Pollok.)

A memorial service was held on Friday, May 13, at Christ Church Episcopal, Middlesex County, Virginia. Memorial donations may be to the Christ Church Parish Episcopal, P.O. Box 476, Saluda, VA 23149, or to a charity of your choice.

He was predeceased by his best friend,

He was born in Worcester, son of

the late Richard J. and Elizabeth

M. (O'Connor) Loftus, and lived in Worcester before moving to Charlton 35

years ago. He graduated from Doherty

High School in Worcester in 1969 and

Mr. Loftus worked at Norton

Company in Worcester for over 25

years. Later, he worked for Sullivan

Metals in Worcester for 7 years, retiring

in 2013. He will be remembered by his

family as a man who loved life and was

attended UMass Amherst.

## John M. Loftus, 65

Mike Kole.

CHARLTON - John M. "Jack" Loftus, 65, of City Depot Road, died suddenly on Wednesday, May 11, in his home.

He was predeceased by his wife of 18 years, Lorraine A. (Nolet) Loftus who died in

He is survived by five children, Tyson J. Loftus of Charlton, John M. Loftus Jr. and his fiancée Nikki Roy of North Brookfield, Brian K. Houle and his wife Julie of Templeton, Kim M. Bond and her husband James of Charlton, and Marc J. Houle of Charlton; a brother, Richard T. Loftus and his wife Robin of Rutland; two sisters, Mary E. Loftus of Wells, Maine, and Marguerite A. Brueggemann and her husband Gary of Holden; 10 grandchildren, and a large and loving extended family.

a hero to many. Memorial calling hours were Friday, May 20, at Paradis-Givner Funeral Home, 357 Main St., Oxford. A prayer service was held at the conclusion of calling hours. Burial will be private

in Vietnam.

Memorial Park in Paxton. Visit paradisfuneralhome.com.

at a later date at Worcester County

## Ronald J. Sullivan

SOUTHBRIDGE — Ronald J. Sullivan, 66, of Morris St., passed away on Sunday, May 15, at Harrington Healthcare at Webster, Hubbard, after a long illness. He leaves his wife

of 44 years, Debra A. (Aucoin) Sullivan. He also leaves his son, Thomas J. Sullivan and his wife

Ron worked at Charlton Woolen Mills before his illness. He loved the ocean, loved to watch sports and he loved his country. He always enjoyed laughter and enjoyed tell-



ing jokes and pulling pranks on people. Most of all Ron was a family man and loved his children and grandchildren fiercely. A funeral Mass for Ron was held on Friday, May 20, in the Notre Dame Church of the St. John Paul II Parish, 446 Main St., Southbridge. Burial in Bourne National Cemetery, Bourne, will be held at the convenience of the family. There are no calling hours. The Daniel T. Morrill Funeral Home, 130 Hamilton St., Southbridge, is directing arrangements.





Joseph Yvon of Hartwell St., passed

School. He was a "Frenchie" Proulx, 82, member of the Franco-American Veterans in





passion was building, restoring and repairing vintage and

away on Friday, May 20, in his home, after an illness. He leaves his wife

of 59 years, Madeleine M. (Soucy) Proulx; his

daughter, Michelle Proulx Healey of Southbridge; and several nieces, nephews and in-laws. He was born in St. Ours, Quebec, Canada, the son of Euclide and Yvonne (Larochelle) Proulx.

He was a U.S. Air Force veteran of the Korean War era serving in the 38th Air Rescue Squad. He was a graduate of Worcester Junior College.

Yvon was a senior mold designer for various toy manufacturing companies, a job that had him travelling extensively around the world. He later worked for the American Optical Co. in Southbridge before retiring several years ago. He also worked part time for various tool and die companies in the Southbridge area. For several years he taught the art of tin piercing at Bay

Southbridge and the Leonide J. Lemire

in Southbridge. He was a long time mem-

Post 6055 of the VFW

ber of the Optimist Club and chaired its committee for giving gifts to children in need. Yvon loved woodworking and was a great cabinet maker. He was also well known for being an avid Montreal Canadians fan.

A funeral Mass for Yvon will be held on Thursday, May 26, at 10 a.m. in St. Joseph's Church, 10 H. Putnam Rd. Ext., Charlton. Burial in New Notre Dame Cemetery, Southbridge, will be held at the convenience of the family. There are no calling hours.

In lieu of flowers donations may be made to St. Joseph's Church, 10 H. Putnam Rd. Ext., Charlton, MA 01507.

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

Visit www.morrillfuneralhome.com.

Audra of Sutton; his two daughters, Kelly Lee Gibeault of Southbridge and Jazsmin Trifone of Southbridge; two sisters, Deborah Julian of Southbridge and Susan Stoever of Southbridge; and seven grandchildren, Jillian Gibeault, Elizabeth Gibeault, Emily Gibeault, Connor Sullivan, Carter Sullivan, Brie Sullivan and Victoria Trifone. He was predeceased by a sister, Elaine Brousseau. He was born in Southbridge, the son of John L. and Doris (Leduc) Sullivan.

He was a U.S. Army veteran serving two tours

READING **NEWSPAPERS IS A QUEST** LIKE NO OTHER

Pasture Prime Player to perform 'Doctor Cook's Garden'

CHARLTON — Pasture Prime Players Inc. is delighted to announce performance dates for its spring production, "Doctor Cook's Garden," by Ira Levin and directed by Eric Hart.

In the Vermont village of Greenfield Center, there is a genial, benevolent and greatly loved old physician who is very proud of his community. It is peopled with fine, wholesome folk, and it appears that Heaven rewards the civic virtue by seeing to it that mostly only those who those who are wicked at heart die. And the good Dr. Cook, who is willing to go out on sick calls at any hour of the day or night, is determined it should stay in that fortunate condition. When a young physician, who had known and loved Dr. Cook for years, returns to the village for a visit, he is delighted to see his venerable friend and benefactor again. Then a problem of medical ethics arises to haunt him and brings on the gripping climax of the play, in which the

two doctors, young and old, are pitted against each other in a scene of unforgettable, breath-stopping suspense and high drama. "Dr. Cooks Garden" is produced by special arrangement with Dramatists Play Service, Inc.

Performances will be held Friday and Saturday evenings, June 10, 11, 17 and 18 at 7:30 p.m. and Sundays, June 12 and 19 at 2 p.m. at the Charlton Arts and Activities Center, 4 Dresser Hill Rd., Charlton. Ticket prices are \$14 for adults and \$12 for seniors and students, with discount rates for advanced sales to groups of 10 or more. Tickets are available for purchase at the Bittersweet Country Crafts Co-op at the Activities Center or reserved by calling 508-248-5448.

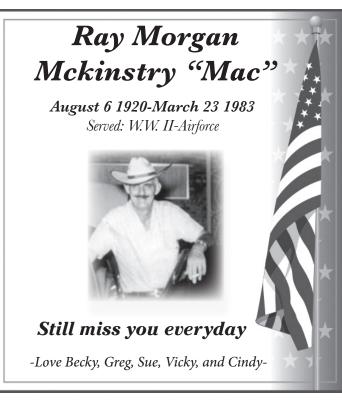
For more information, contact us at pasture. prime.players@gmail.com or our website, www. pastureprime.org.

Visit www.morrillfuneralhome.com.



Nat Curboy 12/20/33 ~ 10/28/04

We all love and miss you everyday Forever in our hearts Husband, Father, Grandfather and Great Grandfather -Gloria Curboy



## www.508Local.com

#### www.charltonvillager.com

# POLICE LOGS

Editor's Note: The information contained in these police logs was obtained through either press releases or other public documents kept by each police department, and is considered to be the account of police. All subjects are considered innocent until proven guilty in a court of law. If a case is dismissed in court or the party is found to be innocent, The Villager, with proper documentation, will update the log at the request of the arrested party.

## **CHARLTON POLICE** DEPARTMENT

#### ARRESTS

6:23 p.m.: Joshua F. Jezerski, 35, of



## **SHEPHERD HILL REGIONAL HIGH SCHOOL**

Monday, May 30: Memorial Day - No School.

Tuesday, May 31: Meatball grinder, whole-grain roll, sweet potato fries, fruit, variety of sandwiches.

## **CHARLTON MIDDLE SCHOOL**

Monday, May 30: Memorial Day – No School

Tuesday, May 31: Meatball grinder,

14 Daniels Road, was arrested on a vehicle accident on Worcester Road warrant

## **OTHER ACTIVITY**

#### Thursday, May 12

8:25 a.m.: Police investigated an assault on Sturbridge Road

9:07 a.m.: Police responded to a motor vehicle accident on Berry Corner Road

3:26 p.m.: Police responded to a motor vehicle accident on Dresser Hill Road 6:40 p.m.: Police investigated a suspi-

cious motor vehicle on Sturbridge Road

#### Friday, May 13

12:34 p.m.: Police responded to a motor

Saturday, May 14

2:16 p.m.: Police investigated suspicious activity on A. Young Road

8:40 p.m.: Police investigated a suspicious motor vehicle on Dresser Hill Road

Sunday, May 15

12:27 p.m.: Police investigated a suspicious motor vehicle on Richardson Corner Road

Monday, May 16

6:11 p.m.: Police investigated theft on Worcester Road

Tuesday, May 31: Ham, egg and cheese on an English muffin, 4 oz yogurt, 4 oz fruit juice, fruit variety.

LUNCH

Monday, May 30: Memorial Day - No School

Tuesday, May 31: Grilled cheese, tomato soup, baked tater tots, fruit variety.

### TRI-VALLEY, INC.

Monday, May 30: Memorial Day - No Meals Served

Tuesday, May 31: Buttermilk chicken, mashed potatoes, mixed vegetables, fruit cocktail, pumpernickel bread.

Wednesday, June 1: Beef and bean chili, brown rice, broccoli, fresh fruit, French bread.

Thursday, June 2: Pork Rib-I-Que. hot potato salad, corn niblets, mandarin oranges, hamburger bun.

Friday, June 3: Cracker crumb fish, O'Brian potatoes, Tuscany style vegetables, brownie, diet-small serving, marble rye bread.

10:48 p.m.: Police investigated a suspicious motor vehicle on Osgood Road

Tuesday, May 17

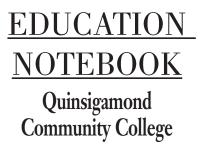
2:30 p.m.: Police investigated suspicious activity on Cranberry Meadow Shore Road

Wednesday, May 18

5:27 p.m.: Police investigated suspicious activity on Sturbridge Road 6:50 p.m.: Police investigated threats on Masonic Home Road

Thursday, May 19

9:55 a.m.: Police responded to a motor vehicle accident on Muggett Hill



WORCESTER — Quinsigamond Community College recently graduated 1,429 members of the Class of 2016. Graduates from Charlton include:

Associate Degree in Applied Science: Christopher Webber

Associate in Arts: Amanda Melanie Crowell-Arnberg, Meleski, Delaney Perry, Ashley White

Associate in Science: Anthony DeGenova, Casella, George Brittany Gardner, Malerie Germain, Deborah Noble, Matthew Petrelli, Catherine Russell, Sonya Ugrinow, Barbara Valentini, Heather McManus (Charlton City). Certificate: Nicole Alicea, Stephanie Gould, Elise Howard, Christopher Webber.

## **EWS BRIEFS**

## **Environment Committee to** issue report on rattlesnakes

 $\operatorname{BOSTON}$  — The Joint Committee on Environment, Natural Resources and Agriculture, Co-Chaired by Sen. Anne M. Gobi (D-Spencer) and Representative Paul A. Schmid III (D-Westport), hosted an Oversight Hearing on Tuesday to hear testimony from stakeholders relative to the state's plan to develop a rattlesnake habitat on the Quabbin Reservoir.

done of protecting them. There is, in my opinion, a need to reassess current protection methods and increase repopulation efforts at existing den sites before introducing a species to a site where they are not currently found. I look forward to working on practical and sustainable solutions.'

"The oversight hearing served an important purpose for the Committee and the regional legislative delegation to navigate the specific details of the proposed rattlesnake reservation in the Quabbin Reservoir and address the related concerns," said Schmid.

recommendations for the working group.

The Committee plans to have a final report submitted by the end of the week. The Committee will continue to work with the administration on the working group to determine the future of the plan.

## Bank earns '5-star' rating

SOUTHBRIDGE - Savers Bank is honored to announce it has once again earned BauerFinancial Inc.'s highest 5-Star Superior rating. Earning and sustaining Bauer's highest rating for the most recent 81 consecutive quarters puts Savers Bank in an even more elite group of "Sustained Superiority Banks". This designation is only available to the top 10 percent, those banks that have maintained their 5-Star rating for longer than 90 percent of the industry. BauerFinancial Inc., Coral Gables,

Fla., the nation's bank rating firm, has been analyzing and reporting on the nation's banks since 1983... providing ratings you can trust. A 5-Star rating by Bauer indicates that Savers Bank is one of the strongest banks in the nation, excelling in such areas as capital, loan quality, profitability and much more.

Karen L. Dorway, president of BauerFinancial, recognizes that, "As market conditions continue to change, banking institutions must be adept enough to evolve with them. With Savers Bank's stellar financial condition and track record, we have no doubt



whole-grain roll, sweet potato fries, fruit, variety of sandwiches.

## **CHARLTON ELEMENTARY SCHOOL**

Monday, May 30: Memorial Day - No School

Tuesday, May 31: Salisbury steak, mashed potato, carrots, whole-wheat roll, fruit.

## BAY PATH

#### BREAKFAST

Monday, May 30: Memorial Day - No School

The Committee plans to put together a report evaluating the testimony and offering their conclusion.

"I appreciate that the Baker administration has agreed to take a step back and form a working group to more care-fully assess the rattlesnake proposal," said Gobi. "The rattlesnake, as well as the copperhead, has been endangered in Massachusetts for 40 years; clearly there has not been an adequate job

#### "I look forward to working with the Administration and the working group to further review the plan before it may be implemented.'

Matthew Beaton. Secretary Commissioner George Peterson, Director Jack Buckley and Tom French of MassWildlife announced a working group to study the merit. location and timeline of the rattlesnake proposal. The Committee's report will include

in its ability to do so. The community is privileged to have such a strong financial partner in its midst."

Established in 1910, Savers Bank has been serving its neighbors for the past 106 years. Today it operates through conveniently located branch offices in Southbridge, Uxbridge, Auburn, Grafton, Charlton and Sturbridge and can also be found on the Internet at saversbank.com.

#### CALENDAR

continued from page A12

from 2003-2012. Carl was a devoted Holland resident who had a passion for youth sports. We would appreciate a minimum \$5 donation from adults who attend which will be collected on game day. Proceeds from this event will be utilized to set up a Tantasqua Regional High School Local Scholarship for a Holland student in their senior year and will be available in February of 2017.

If you wish to donate prior, you may send a check made out to the Town of Holland and mail it to: Holland Recreation Department, c/o Carl Beane Scholarship Fund, 27 Sturbridge Rd. Holland, MA 01521.

### Sunday, June 26

#### SOUTHBRIDGE

St. Nicholas Albanian Orthodox Church will hold its annual Albanian Day Picnic on Sunday, June 26, 12 noon to 5:30 p.m., on the church grounds, 126 Morris Street, Southbridge. The Albanian Day Picnic will feature shish-kabab, traditional pies, such as spinach, leek, sauerkraut, and squash, baklava, date-filled cookies, twist cookies, and other Albanian dessert specialties. Ethnic music will be provided by the Mosaic Ensemble. The public is invited. The picnic will be held rain or shine and admission is free. This event is sponsored in part by a grant from the Southbridge Cultural Council, a local agency which is supported by

the Massachusetts Cultural Council, a state agency.

#### **ONGOING**

#### CHARLTON

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

#### SOUTHBRIDGE

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

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



## **CHARLTON RESIDENT RECEIVES** HANSCOM FCU SCHOLARSHIP



Courtesv photo

Rachel Bianculli, with her father David Bianculli, accepts a \$1,500 scholarship from Condon Scholarship Committee Chairman Ray Phillips (left) and Hanscom FCU Chairman of the Board Paul Marotta (right).

CHARLTON — Charlton resident Rachel Bianculli was awarded a \$1,500 scholarship from Hanscom FCU at its annual meeting. Ms. Bianculli will graduate from

Shepherd Hill Regional High School next month. She plans to study marketing at Manhattan College in the fall.

'We received 52 applications and could only choose five students," said Hanscom FCU Chair-man of the Board Paul Marotta. "Rachel's academic record and community service helped her stand out as a remarkable young person. We are proud to support her as she continues her education."





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# SPORTS

# Undefeated Bay Path baseball clinches league championship



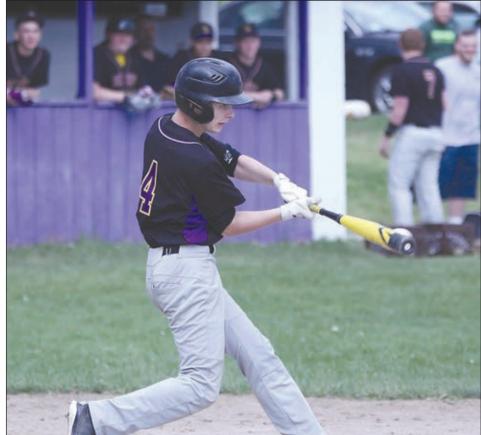


Nick Ethier photos Spencer Natale of Bay Path bunts his way onto first base in the bottom of the second inning.

Bay Path's Tucker Hetherman pitches to the Advanced Math and Science Academy, a 7-3 Minutemen victory that clinched a Colonial Athletic League championship.



Bay Path's Christian Keeler fields the ball in left field and throws it back to the infield.



#### BY NICK ETHIER SPORTS STAFF WRITER

CHARLTON — All season long the Bay Path Regional varsity baseball team has been checking off goals they had set for themselves. First, the Minutemen won the Rotary Cup, a fourteam tournament over April Vacation. Then, Bay Path's 10th victory clinched a spot in the Central Mass. Division 3 district tournament.

The Minutemen's most recent accomplishment was 19 years in the making. Following a 7-3 victory over the Advanced Math and Science Academy (AMSA) on Thursday, May 19, Bay Path improved to 17-0, including a 13-0 mark in Colonial Athletic League (CAL) play. All other CAL teams have at least three defeats, and with two CAL games to go, the league championship belongs to Bay Path.

"Best feeling in the world," said Bay Path's Mark Sansoucy, now in his 18th year serving as head coach. "Since Bay Path's been in the Colonial League, they were co-champs in 1997 with Worcester Voke and this is the first time they've won it outright."

The Minutemen, ripe with nine seniors on its roster, have been dreaming about a league championship for quite some time, according to seniors Tucker Hetherman and Jeremy Rabidou. "We all knew this was our last year to do something," explained Hetherman. "We've played together since we were freshmen and we knew we had to come out strong and we did. This is our time."

"It's just a great feeling," added Rabidou. "Every year it's just BVT [Blackstone Valley Tech] and Worcester Voke and we're just sick of that, to be completely honest. Even during football season we were talking how we had nine seniors and we couldn't wait for baseball season."

Hetherman shook off a slow start on the pitcher's mound and fired a complete game five-hitter, allowing three runs — one earned — with nine strikeouts and no walks. He retired the final 14 AMSA batters he faced.

"I think he was just over-amped and finally when he settled down he pitched the way he can always pitch," Sansoucy said of Hetherman settling in after surrendering a run in the top of the first inning and two more in the third. "He was in complete control once he got his composure."

"Once I see everyone playing well I gain confidence and end up pitching better," added Hetherman.

Although AMSA grabbed a 1-0 lead in the first inning, Bay Path responded with a run of its own in the home half of the frame. With the bases loaded, Ryan Fahey (2 for 4) plated Spencer Natale (2



Bay Path's Devon Levesque swings away during a 7-3 victory over the Advanced Math and Science Academy.

for 3) with an RBI single.

The Minutemen then enjoyed a fiverun second inning to jump ahead, 6-1. With the bases loaded Devon Levesque drove in Nick Trinque with an RBI infield single. Hetherman followed with an RBI groundout, scoring Brandon Aviles, before Rabidou (2 for 4) smacked a single into left field that zoomed past the AMSA third baseman's glove, which plated two.

"It was right down the middle and he left it there, so I just took advantage," Rabidou said of the eventual game-winning base knock.

Christian Keeler finished the second inning by reaching on an error, which scored Rabidou.

After AMSA got two runs back in the top of the third, Hetherman found his groove and pinch hitter Adam Grzyb had an RBI single in the bottom of the sixth to account for the 7-3 final.

Although they didn't tear the cover off the baseball, the Minutemen showed the mark of a champion by rallying and scoring enough runs to win.

"We've done that in a few games,"

explained Sansoucy. "We really didn't hit but they're finding a way to win. I think that's part of being a good team."

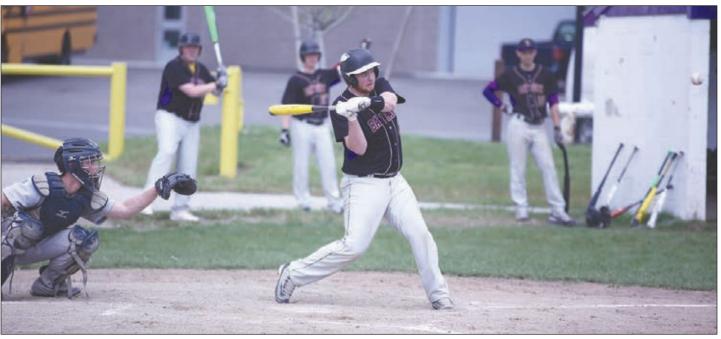
"We're very resilient," added Hetherman. "If we go down three runs, two runs [or] one run, we always come back the next inning."

Rabidou added, "We never really stay down on ourselves for too long. We just come together as a team and pull it out."

Following a subtle on-field celebration following their league-clinching victory, Natale asked Sansoucy to take a picture in front of the double rainbow perched over the left field horizon. Meanwhile, a few Minutemen grabbed the water cooler from the dugout and drenched their coach.

"They set me up, they did a good job," chuckled Sansoucy.

Bay Path hopes for more celebrations, though. One victory over their final three regular season games to be played after press time — will ensure the best record in school history. The State Vocational Tournament and CMass. D3 district tournament will follow.



Jeremy Rabidou launches the eventual winning hit for Bay Path versus the Advanced Math and Science Academy.

## SPORTS BRIEF

## Dudley/Charlton Women's Basketball offered at Heritage School

Pickup basketball by Dudley/ Charlton Women's Basketball is offered at the Heritage School in Charlton on Monday evenings from 7-9 p.m. There are no fees and no set teams. The league plays from September to June based on the school schedule. Come enjoy the fun and exercise. Must be over 18 years of age to play. Call Deb at (508) 248-3600 for more information.

#### Shom is Show i



Greg Barlow photos

A Shepherd Hill base runner slides into third.

#### BY GREG BARLOW SPORTS CORRESPONDENT

DUDLEY — Stepping onto the diamond at home on Monday, May 23, the Shepherd Hill Regional varsity baseball team edged out Holy Name High, 7-6, as the Rams must continue to win out the remainder of their regular season games to qualify for the Central Mass. Division 1 district postseason tournament.

Head coach Bear Dunn said that experience has been key this season, as the Rams have overcome their 1-19 overall mark from last year.

"Everybody is a year older and everyone has an extra year of experience," said Dunn. "I've got some outstanding senior leadership with some boys who have stepped up and played the game the right way. I try to tell them not to look ahead and keep it one inning, one pitch and one play at a time. We've had some adversity this year, so the guys are getting used to it. We can't be scared in these situations because bad things happen when you're scared. We're moving in the right direction. The boys are seeing what it takes to win these tight games.'

Shepherd Hill stands 8-10 overall, as they prepare to face Nipmuc Regional and Tantasqua Regional, both after press time. They have won three in a row — including a decision over Wachusett Regional where Sebastian Gruszecki pitched a no-hitter — while Holy Name dropped to 5-14 this season.

Right-hander Dario Tarquinio started on the mound for Shepherd Hill, allowing one hit and two runs (both unearned), while notching eight strikeouts to earn the win.

"Honestly, from the beginning, I just wanted to come out here and get the 'W," said Tarquinio. "My team backed me up in the first inning with all those hits. We have the dedication to get to districts and we're going in there hungry, looking to win."

Right-hander Nate Healy closed for the Rams, allowing four runs (two unearned) and one hit. Healy recorded three strikeouts.

Shepherd Hill out-hit Holy Name, 16-2. Right fielder Mike Gauvin led at the plate for the Rams, batting a perfect 4 for 4 with three singles and a double. Gauvin also added two RBIs to the win. Just behind Gauvin was third baseman Kyle Radziewicz, who posted a 3 for 4 showing with two singles and a double.

The Rams started off strong, scoring the first seven runs and shutting out the Naps until the sixth inning. Shepherd Hill got its bats clicking right away in the bottom of the first inning, scoring two runs on four hits.

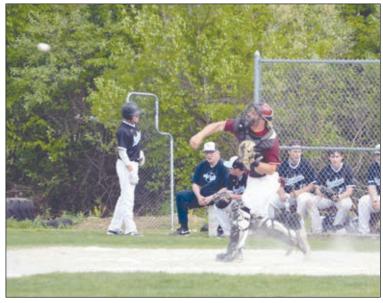
Leading off, shortstop Josh Welch singled to right field before Gauvin followed with a double down the third base line. First baseman Sebastian Gruszecki earned the RBI with a sacrifice fly to center field. Catcher Nick Ostrowski added the second RBI with a sacrifice grounder to second base. After a quick frame for Holy Name, the Rams tallied another run in the bottom of the second inning to lead by three. Gauvin posted the RBI on a single to left field.

The Naps loaded the bases in the top of the third from an error at shortstop and two walks. However, Tarquinio struck out two consecutive batters to end the inning to keep Holy Name off the board.

Shepherd Hill responded with two more runs in the bottom of the fourth inning to expand to a 5-0 lead. Gauvin singled to shortstop for his second RBI of the game, and Ostrowski doubled to right field down the first base line, also recording his second RBI of the contest.

The Naps would load the bases again in the top of the fifth inning with two outs, but the Rams found the final out on a grounder to third base to end another inning damage-free.

Shepherd Hill rallied for their final two runs in the bottom of the fifth inning. With the bases loaded, Welch brought in two on an error at second base, giving the Rams a 7-0 advantage.

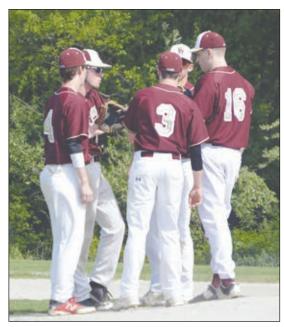


Shepherd Hill catcher Nick Ostrowski throws down to second base.

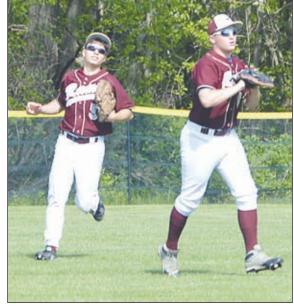
Then, in the top of the sixth inning, Holy Name used a fiverun surge to trim the deficit to two. During this span, the Naps only had one hit. The first run was scored off an error at shortstop, before Holy Name drew a balk with the bases loaded.

After a pitching change, Brendan Desautels cranked an RBI double to bring in two more Holy Name runs. An error at second base scored the final run of the inning for the Naps, making it a 7-5 game.

Trailing by two, Holy Name scored the final run of the game in the top of the seventh. With the bases juiced and two outs, a run was walked in. However, Healy struck out the final batter of the game looking, as the Rams held on for the 7-6 victory.

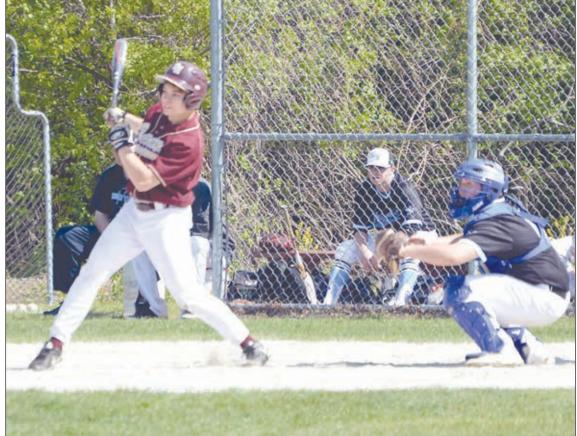


The Shepherd Hill infielders huddle around the pitcher's mound.

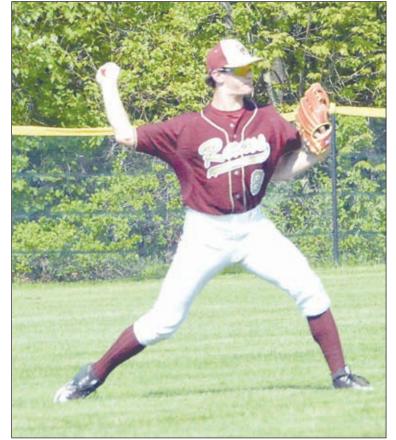


Mike Gauvin and Kyle Watkins of Shepherd Hill make a play in the outfield.



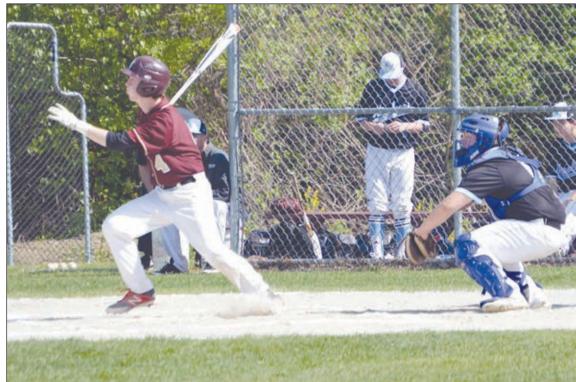


Shepherd Hill's Dario Tarquinio sends a pitch in the first inning.



Brendan McKeon of Shepherd Hill throws a ball into second base from the outfield.

Mike Gauvin of Shepherd Hill wen 4 for 4 at the plate in the Rams' win over Holy Name.



Shepherd Hill's Josh Welch cranks a single to right field in the first inning.

# Bachand hailed as 'truly outstanding student' at Bay Path

#### BAY PATH

continued from page  ${\bm 1}$ 

gram, doing really well with that. Since the first day he got here as a freshmen he's been nothing but serious about his career."

The recognized students were recognized at a large trade expo in Marlborough, where the State Board of Examiners of Plumbing were in attendance. Each honoree was presented with a starter tool set and will have their photograph, along with their accomplishments, published in the spring edition of the New England Progress Magazine. Bachand will also have his name on the wall in the plumbing department.

While Bachand said he was honestly not expecting to receive the award, it had been one of his goals from the very beginning of his Bay Path career. Said the senior: "It looks good on your résumé, for one, and it stays forever. It shows my accomplishments in life so far."

Around 30 students were recognized at the ceremony. Bachand said it was a great feeling to have his parents and grandparents there as well, who were very proud of him. In fact, Bachand chose plumbing because of his dad, who had advised him that it was a good career path.

When Bachand first began at Bay Path he liked it, if only because he knew he had a bright future ahead of him in his chosen career. According to Ceminski, plumbers usually don't have to worry about finding a job ("People are always going to need water.").

As the years went by, Bachand fell in love with the profession for its hands-on approach and the fact that he was constantly moving and "not sitting down all day."

After graduation, Bachand

will become an apprentice with W.F. Lynch in Westborough, "definitely a big step." Bachand stated that he "can't wait for the real world," because he really loves working.

Bachand isn't the only one excited about the news.

Said Ceminski: "It's one of the best companies in the state. The experience he got here qualified him to work there. Dan was ready for the real world when he got here as a freshmen. He was one of those unique kids. And you knew it off the bat."

During his time at Bay Path, Bachand felt he learned a lot in the "short amount of time" he was a student.

"In plumbing, the classroom is aimed towards you getting your license," noted Ceminski. "I've been an instructor here for 26 years. I like that you know you've made a difference in a lot of students' lives. They come back and tell you. It's the



Daniel Bachand was excited to receive the prestigious award in front of his parents (Daniel and Nancy Bachand) and grandparents (Edna and Clarence Bachand).

greatest feeling you can have."

When Bachand isn't studying Olivia or working, he likes to snowboard and do a lot of mountain biking. He has also earned a black belt in karate.

Olivia Richman can be reached at 508-909-4132 or by e-mail at olivia@stonebridgepress.com.

# DCEF announces \$30K in grants for school district

#### DCEF

continued from page 1

who always matches them.

"If we don't do this, nobody else really will," said Evans. "Some of these projects are things you'd never expect the school to fund on their own or even humor the idea. The most important thing that is lost on a lot of people is that these programs are start-ups. They are first time things the educator would like to see happen. The point is that if it's a success and works very well, it will improve the district in that area. The district itself will pick up the project and incorporate it into a regular thing."

The DCEF is not looking to fund the same programs year after year. In fact, when choosing grant recipients, the foundation looks at the long-lasting affects of the proposed program and how many students it benefits.

"For example, we OK'd a greenhouse for one of our grants," said Evans, citing a \$2,899 grant awarded to teachers at the Charlton Middle School. "A greenhouse, hypothetically, would benefit up to 180 kids each year. That's the impact, more or less. We look for things like that, which will have multiple uses and be used throughout the years within the school and the community."

Other important factors for the Dudley-Charlton Education Foundation are how cost effective the program is and how many facets of education it benefits, how many classrooms will be affected.

This year, Evans said she was "very excited" by the proposed projects because of the large variety. In years past, many teachers asked for Chrome Books, so Evans was pleased to see creative ideas.

She said: "It was fantastic. I was happy to see all these teachers so wildly involved in their kids. These teachers are so committed to their job. They are invested in education."

Some of the grants that were awarded went towards stability balls and specialized desks for classrooms and a music therapy program for pre-k level students and special education programs. The hope is that the programs will benefit many children and be adapted into the budget and curriculum by the district in years to come.

Other programs included an extensive West African drumming project, new digital microscopes, classroom games and an after-school STEM program.

While DCEF officials are pleased with the 10 grants they were able to give out throughout the district, the Board of Directors noted that this year they didn't collect nearly as much funding as they have in the past.

"We are working on getting people invested in this grant process," said Evans. "We would have liked to fund so many more of the grants. I don't know if people are just overspent and spread too thin, but we didn't get nearly as much as we have received in years past in funding. We really need more people to step and get involved and come up with new ways of getting revenue. It's a great board with a pretty great purpose and I would love to see it do even more in the future. We need more people than we have currently."

Olivia Richman can be reached at 508-909-4132 or by e-mail at olivia@stonebridgepress.com.

# 'Field of Flags' coming to OSV

STURBRIDGE — Old Sturbridge Village has long participated in Blue Star Museums, a summertime collaboration among the National Endowment for the Arts [NEA], Blue Star Families, the Department of Defense, and more than 2,000 museums across America to offer free admission to the nation's active duty military personnel including National Guard and Reserve and Village free of charge, thanks to the support of donors through the Field of Flags campaign. Donors can name the person(s) they wish to memorialize, and the names are then displayed on a plaque adjacent to the Field of Flags.

Emblazoned with the red, white and blue colors of thousands of American flags, the display makes a stunning impression upon entering the Village beginning Memorial Day Weekend May 28-30, and remains up through the Redcoats and Rebels event on August 6-7. "The Field of Flags is our way of saying thank you to service members and their families," said James E. Donahue, President and CEO, "and Old Sturbridge Village is proud to be a Blue Star Museum and support military veterans and their families through the Field of Flags."

Village to dedicate a flag and support military families. Donations are accepted through the Village's website at www.osv.org.

"The Blue Star Museums program is a fun, free activity for military families to enjoy during the Blue Star Museums summer months," said NEA Chairman Jane Chu. "The program is also a great way for service member families to connect to their new communities, and it can provide a meaningful way for families to reconnect after deployment. The Blue Star Museums program is also a perfect way for the arts community to say 'thank you' to our service members and their families for the sacrifices they make on our behalf, every day.' "Blue Star Museums has grown into a nationally recognized program that service members and their families look forward to each year," said Blue Star Families Chief Executive Officer Kathy Roth-Douquet. "It helps bring our local military and civilian communities together, and offers families fun and enriching activities in their home towns. We are thrilled with the continued growth of the program and the unparalleled opportunities it offers."

This year, more than 2,000 (and counting) museums in all 50 states, the District of Columbia, Puerto Rico, and American Samoa are taking part in the Blue Star Museums initiative. Museums are welcome to join Blue Star Museums throughout the summer. The effort to recruit museums has involved partnerships with the American Alliance of Museums, the Association of Art Museum Directors, the Association of Children's Museums, the American Association of State and Local History, and the Association of Science-Technology Centers. This year's Blue Star Museums represent not just fine arts museums, but also science museums, history museums, nature centers, and dozens of children's museums.

their families from Memorial Day through Labor Day.

However, Old Sturbridge Village extends the program by honoring the free admission benefit throughout the year, and by including career-retired military families. The Village is able to offer this benefit through the generosity of donors, who may place a memorial flag in a Field of Flags display at the Village for a donation of \$25 per flag. Last year, 6,000 active duty and career-retired members of the U.S. military, Reserves and National Guard and their families visited Old Sturbridge

Anyone may donate to the Field of Flags campaign and honor a loved one; you do not need to be present at the

This and that

This is probably our busiest time of the year. In addition to our regular coin shows and monthly online coin auctions, there are always those "out of the blue" surprises that continue to amaze us.

We recently had a coin show up at a show in Norwich, Conn., that took my breath away. It was found in a \$30 box of "foreign" coins bought many years ago. The man was cleaning up a closet when he decided to re-examine the coins. At the time he did not think much about his bargain purchase. He found one coin that he didn't think was foreign; so he brought it to

me to see what it was. Now, I'm not an expert in Colonial coins, but it looked like a genuine 1787 Clinton half cent, produced in New York state. I graded it a VF 30-35. The cost to ship it, insure it, and have it graded and certified was substantial, so, at my advice, he is going to show it to an EAC (Early American Copper) expert first. It would actually be cheaper for him to fly it out to Colorado himself...which he is contemplating if it is genuine. If it is deemed genuine, we'll get it certified and place into a national auction with an estimated value of \$250,000 to \$300,000.

Our appraisal day for the DAR in Sutton a few weeks ago went very nicely. The three of us (Bill Ekleberry of Spencer Country Auctions, Ron Goodrich of Northeast Collectibles, and myself) appraised, antiques, collectibles, art, coins, currency, stamps, postcards, and other ephemera. As we



TREASURES IN YOUR HOME PAUL JOSEPH

usually do, we only asked for gas money, and all proceeds went to the DAR's scholarship fund.

Onsite estate sales are very much in season. Folks often prefer to hold off on listing an inherited house (and its contents) until the spring. As a result we get quite a few calls asking us to appraise or sell the contents at onsite sales. Sometimes the owners plan ahead and contact us before the house is actually listed; sometimes they do so after it's listed but before an offer is made, and sometimes they wait until after an offer is accepted. It's these

latter situations that create problems. Sometimes there's just not enough time for the amount of work required or we don't have room in our Estate sale schedule. We have become a bit choosier in accepting onsite Estate sale jobs with short windows of time. However, that hasn't seemed to be a problem as we are currently booked through mid-July. We can always work in an estate if all/most of the items are going to auction or if the client only requires a cleanout. We can usually get those jobs done in one day.

We recently had an onsite sale in Charlton that included several quality furnishings. Some of the larger quality pieces did not sell so we have moved them to one of our storage areas and will be selling them off online by appointment.

We also bought the contents of a home on Webster Lake and will be



Courtesy photo

selling those items onsite. In addition we did an appraisal of the contents of a Worcester home for Probate court proceedings. We also have three more estates — in Connecticut, Sturbridge and Spencer — that we either have contracts pending on or that we have to check out. Those sales are likely to occur in the second half of the summer.

A Clinton half cent.

Keep those questions coming and we will try to answer some of them in a future column.

Contact us! Paul, CAI, GPPA: Grey Ghost Auctions & Appraisals, 508-943-6570, pwogie@charter.net; www. greyghostcorp.com; The author conducts certified coin and antique/collectible appraisals, on site estate sales, auctions, and cleanouts. Fire department issues survey, feedback constructive

#### FIREFIGHTERS

continued from page **1** 

"That's what we were looking for - to see if those issues were present and how we can improve our plan going forward, whether it be continue to add staff or any other alternatives we have."

There have been many instances where the Fire Department has felt they were not meeting the needs of the community, whether it be rescheduling inspections or not responding to an ambulance call because they're out of town or do not have sufficient staff on duty to handle the call.

"We've been tracking incidents where we had to call in other communities to help us out," said Knopf. "I believe that we value what the community has to stay and we are always looking for feedback. That's the only way we can continue to grow and be able to help the community in any way that they want us to."

Olivia Richman can be reached at 508-909-4132 or by e-mail at olivia@stonebridgepress.com.

# Watch for kids

MOM IN

**MOTION** 

JILL ROUSEY

jill@

stonebridgerpess.com

Perhaps this is more of my own public service announcement as opposed to my typical column, but I feel strongly that many people need to be reminded of this.

When I was a teen driver, I did my time driving like an idiot. I would speed as fast as my little Hyundai could go on the highway, I would drive down my friends' streets with my music blaring, and I would pack more people into my hatchback than there were seatbelts available. I was lucky I never got in trouble, but perhaps if I did I would have thought about being more careful. I showed off my drag racing skills any chance I got. I thought I was cool. The worst that ever happened, luckily, was one night I was swerving around sharp curves on a long back road on the south shore and I was hit by a deer. No, I did not hit the deer, but I was quite literally hit by it. Luckily my friend and I, who were the only two in my car, were OK. My tiny hatchback was smashed, and I believe the deer didn't make it very long. She was running happily across the street when I turned a corner at about 45 mph and the deer ran into my driver's side door. She was a baby and got her head stuck in my drivers side window. I swerved to stop and she bounced off my fender and ran off into the woods. I was so scared I called 911. Is that even what to do when you get into an accident? I had no clue.

The dispatcher was concerned but by the time the two patrolmen came to check it out and see if I needed to be towed, they thought this was the most hilarious thing they had dealt with all night. My car was red and it was about

midnight so it was hard to tell the blood on my car. My car was drivable and I followed the police back to the barracks to fill out an accident report. Then the iokes started. They probably wouldn't have made fun of me as much if I actually hit the deer, but defensive teen in me was saying over

and over again, "No! The deer hit me. I was hit by the deer!"

While filling out the accident report I was told to put "John/Jane Doe" on the other drivers information, a joke I didn't get until I got home and tried to repeat my story to my dad. I was lucky, my friend was lucky, the poor deer probably wasn't. But it was a story I can laugh at now when people say, "Did you know Jill was hit by a deer once?"

The older I got the more attuned I became to scary driving stories. After that night I drove like a slow poke, and still do especially when I have my kids in the car. As I got older, I started watching the news more, reading the paper more, and paying attention more. I noticed more horrifying accidents happening all around me, accidents that could have possibly been avoided had a little more care and attention been spent.

When I lived across the country I was outside with a friend of mine, who lived on a busy main road, when we saw a motorcycle slam into the back of a semi truck. I won't go into the gory details because even to this day, it makes me sick. But it didn't end well for the biker. My brother was driving tired from

Carolina to get home to his wife and baby. He was living there temporarily but had come up for work. His goal was to get home as quickly as possible, so he didn't stop. He loaded up on coffee and although he was exhausted he kept

driving. We got the call the next morning from a state trooper saying they found his truck in a ditch in the median somewhere in Virginia. He fell asleep at the wheel and broke his neck. Luckily, he is still around to be my annoying big brother, but that's all by chance. Recently one of my son's friend's father was driving down the highway when he tried to swerve to miss a piece of landscaping equipment that was not secured properly. The item flew off the truck and came at his car. That one didn't end as well.

Yesterday, my neighbors and I were outside with kids and dogs, like always, when a shirtless, helmet-less, guy on a motorcycle went flying down my street. He came close to running over someone's dog and the kids were terrified. He gave us a one-fingered gesture as we yelled at him to slow down. So I called the police on him. He came back to confront me and started asking the neighborhood kids where I was, and they gladly replied to him, to this stranger. So I came over and I gave him a "Jewish mom talk." I killed him with kindness about his behavior and by the end I not only got him to promise to slow down, but he promised to wear a helmet from

Massachusetts to North now on, and to never come down our street again.

> The point I am trying to make, is please caution your children again and again every time they leave the house to look both ways, wear their helmet when riding their bicycles, never talk to strangers, and so on. The older your kids are the more eye rolls you will get, but eye rolls are safer than them forgetting. And if your kids are drivers please caution them every time they leave the house to be careful and watch for everything around them. Most importantly please caution the way you drive. Put down the phone, don't reach over for those chips on the passenger seat, if you have cargo please make sure it is attached properly, don't drive angry, keep your kids in the back seat until they are 13, don't smoke (especially with kids in the car, you know that's illegal now right?), and never — I stress never — drive inebriated in any way. Maybe I am being bossy or preachy, but it could be someone you love one day. And regret will never change the outcome of a situation once it has happened. With how fast my toddle can run when happy, yesterday was scary. With summer around the corner, please... be careful!

Please write in and share your thoughts! As always, take what you want from what we discuss as advice or information, share with me your favorite tip or recipe and join me on our next edition of "Mom in Motion." E-mail me your thoughts and tips at jill@stonebridgepress.com.

Daily Rituals Can Help Or Hurt

(NAPS)—If you're like most people, you have your own personal rituals. Some people can't start the day without their favorite newspaper, an early run or a warm shower. Personal rituals are comfortable and, in many cases, automatic. Unfortunately, a familiar ritual can sometimes turn into a bad habit. When you find yourself habitually reaching for junk food or scrolling through your phone before going to sleep, it may be time to re-evaluate your routine.

Certain rituals can affect not only your day, but potentially your life, so it's important to make choices that help you stay balanced.

Keeping Your Habits In Check

When bad habits form, many people don't realize they might be slowly putting themselves at risk for serious health conditions. Even small changes in your daily schedule can have surprising benefits. Consider the following:

• Are you missing opportunities to be active? Try walking or biking to work, choosing the stairs and taking breaks from sitting at your desk.

• Are you working too much? Prioritize your worklife balance. If you're staying an extra hour at the office each day, consider delegating work or discussing expectations with a supervisor. Make time outside of work to embrace your hobbies.

What are your sleep habits? Turn off the TV

and avoid looking at your phone once you're in bed. A consistent sleep schedule will help you fall asleep faster, have a better night's rest and feel energized throughout the day.

• How's your diet? Nearly 30 million people have diabetes, 95 percent of them type 2, a condition affecting the way the body processes blood sugar. You can make smart and flavorful substitutions by swapping out sugar for Equal 0-calorie sweetener in your coffee, tea and other beverages. Sweetener substitutions can help reduce sugar and calorie intake without sacrificing sweetness in your daily treats.

· Can you cut down on costs? Often, people spend more than they realize on the little things. Try bringing your lunch to work. Enjoy a coffee shop-quality beverage at home. Because it's sweetened with greattasting Equal 0-calorie sweetener and only 21 calories per serving, it's a drink you can feel good about.

#### **Chocolate Almond Coffee**

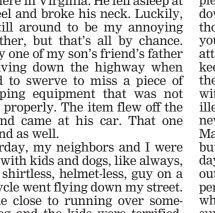
- cup hot coffee 1
- 2 packets Equal sweetener
- 2 teaspoons unsweetened cocoa powder
- ¹⁄₄ teaspoon almond extract

Combine all ingredients in beverage mug until blended.



A coffee shop-quality beverage you can make at home, Chocolate Almond Coffee has only 21 calories, so it's a sweet treat you can feel good about.

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# Community Open House June 8, 2016 7:00 – 9:00 PM Charlton Middle School 2 Oxford Rd, Charlton, MA 01507

Representatives from ExxonMobil, the Town of Charlton and the Massachusetts Department of Environmental Protection will be on hand to answer questions about installation of waterlines to provide a long-term solution to groundwater contamination in the area.

> For more information please contact Beth Zinkevicz at (207) 363 8345.

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2016 GMC Acadia Model # TV14528. VIN # 1GKKVRKD9GJ170624. MSRP \$46,010. One or more et this price. 39 months t0k per year. No security deposit, Payment includes documentation fee, Excludes third party fees. Extra charges may apply t lease and. Must quality for GM A- One or batter credit approval. Not all will quality for credit approval, All incentives to tealer. Cannot be combined with other offens. Expires 8/2/16. Prior sales excluded. See dealer for details. 2016 GMC Sients Model # TK16543. VIN # 3GTU2/MEC3GG109889. MSRP \$48,890. One or more at this price. 39 months 10k per year. No security dopcet, Payment includes documentation fee. Excludes third party fees. Extra charges may apply at lease end. Must quality for GM A- One or better credit approval. Not all will quality for credit approval. All incentives to dealer. Cannot be combined with other offers. Expires \$2/216, Prior sales excluded. See dealer for details.

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J257 2015 Chevy Spark. J318 2013 Chevy Cruz. G1524c 2010 Chevy Colbalt \_ J303 2015 Nissan Altime 2.5 \_ J288 2014 Chevy Impela \_ J249a 2010 Chevy Malibu. Price Includes Documentation Fee. Previously Used As Rental Vehicles, Leasen, Customer Trade-in. Excludes Third Party Fees. Cannot Be Combined With Other Offens. Prior Sales Excluded. Expires 6/2/16. See Dealer For Details.



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WEBSTER LAKE - 82 Lakeside Ave! South Pond! Prime 157' Waterfront w/Western Expo! Beautiful Sunsets! Panoramic Lake Views! 10+ Rm. 4 Bdrm. 4.5 Bath. A/C'd, 3.832' Custom Colonial! Technical/Electrical Marvel! 2 Story Grand Entry! Fully Appliance Lake Facing Ouartz Kit w/2 Dishwashers, Heated Flr & Pantry! Spacious Din Area w/Custom Wall Unit & Slider to the Waterfront Deck w/Elect Awning! Frplc Liv Rm w/Entertainment Center! Din Rm w/Tray Ceiling! 1st Flr Lake

201 Waterford tell culo case: 211 ouiset 011 western rapo - beauting ouisets: +421 + Kit, custom coolina wird miers forch 200 Waterford tell counds 14 Bartins 14 Sa Bath 35 Fireplaces I Carl, CVac, C/Stereo, Security Hrkdwist / Jopen Fir Plan Lake Facing Frplc Liv Rm w/14' Ceilings, Sliders to Lake Facing Deck! Din Rm w/Crown Moldings, Chair Rail & Waterford Chandelier! Cherry Cabinet Kit w/Quartz Counters, Center Isl w/Decor Appliances & Walk-in Pantry! 2 Master Bdrms - Lake Facing 1st Flr w/11' Ceilings, Frplc & Bath w/Dble Sinks, Shower, Whirlpool & Walk-in Closets! Lake Facing Sunrm w/French Door, Sliders, & 14' Ceilings! Office

CHARLTON - Glen Echo Lake! 211 Sunset Dr! Western Expo - Beautiful Sunsets! 4492' 14 Rm, Custom Colonial w/Farmers Porch! Killdeer Island! Custom 9 Rm Cane HAS IT ALL! 100' Level Waterfront! 07 Completely Renovated! Granite Kit! Mostly Lake Facing Rms! Mstr Suite w/Private Deck! 4 Bdrms!

Facing Master wTray Ceiling, Walk-in Closet, Full Bath wDble Vanity, Whirlpool & Corner Shower! Upstairs 3 Comfortable Bdrms, 2 Lake Facing, Both connect to a Full Bath, the 3rd has its Own Full Bath & Walk-in Closet! Walkout Lower Level Lake Facing Fam Rm w/2nd Kit, Cedar Sauna & Full Bath! Separate Utility Rm & Workshop! 3 Car Attached Garage! Detached 1 Car Garage! Security System! LP Gas Whole House Generator! Boat House that Auto Draws Boat Out of the Water, Launches It on a Rail System! Weather Station! Well Irrig System! See/Ask For All Attachments! \$1,375,000.00

NEW PRICE

1/2 Bath, Laundry Rml 2nd Fir w/2nd Master Suite w/Full Bath w/Dble Sinks! 2 Bdrms Share Another Bath! Lower Level w/Frplc Fam Rm, Wet Bar, Billiard Parlor, Workout Rm & 6 Seat Theatre Rm w60" TV wSurround Sound Full Bath! Walkout to Lake, Patio & Private Yard! 4Z Baisi Furnace! 2 Car Garage! Extra Lot! Glen Echo Awaits! **\$869,900.00** 

**ON DEPOSIT** 

**NEW/LISTING** 

3 Granite Baths! Possible In-Law! C/Air! 42 Timber Tech Covered Deck! 3 Car Garage Boat Ramp! \$799,900.00

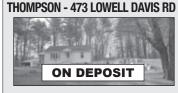
WEBSTER LAKE - 17 Beacon Rd!



WEBSTER LAKE – 296 Killdeer Island! North Pond! 180 Degree Panoramic Water Views! Front Row Seat to 4th of July Fireworks! 5 Room Ranch! Ideal Second Home or Live Year Round Winter in Florida – Summers on Webster Lake! Open Floor Plan! 2 Bedrooms! Nice Deck! Garage! \$299,900.00



SOLD



#### Pristine 3 Year Young Ranch! Absolutely better than new! 2 Bedrooms! Appliance Kitchen! 2 X 6 W/ Plywood Construc-tion! Screened in porch! Nestled on 1.7+ nicely landscaped acres! Garage W/Work Shop and attached Carport! House Generator! Forced Hot Air by oil! Lower Level Pellet Sto

NEW LISTING \$189.900

Welcome to Treasure Island ! Located on the Shores of Beautiful WEBSTER LAKE! Curren

Owner's Remodeled every inch of this Unit with a "Magazine Worthy" Flair! Each Room is Ele-

and Appointed Barboo Floors Tamily Room in Lower Level has Gas Fireplace with "Floor to Ceiling" Custom Granite & Mantell Tastefully Finished w/ Crown Molding! "Lux" Master Bath Wilklaian Tiled Shower Surround! Enjoy the Outdoors Deck, Private Beach & Heated "Salt

New Price \$334,900

Water" Pool! 2 Boat Slips!

## Lets Talk Real Estate!

Should You Buy a New or Existing Home? You may have noticed that some new homes are going up around town again. Along with the sale pending signs on existing homes there are builders, building again. A national index measuring builder sentiment rose in June 2015 to its highest level since May 2007. But is buying a new home right for you? Homebuyers trying to decide between new and existing homes have more choices than they have had in the past 7 years. The case for new homes: New homes come with builder war-

and floor plans. New homes can be easier to insure. Newer homes may have a resale advantage. The case for existing homes: Existing homes may offer more space for the money and a more convenient location. Existing homes can be 10 percent to 20 percent less than new construction for comparable square footage. Existing homes are in established neighborhoods. New homes can take several months or longer to build.

ranties. New homes allow buyers to select colors



Very Alfordable Low Monthly Feel Desired END Unit gives Wooded Pri-vary & Extra Windows I Located in a Low Taffic Neighborhoodt The Entire Main Level has Been Freshneed Up with New Paint in a Neutral Tonel This Complex is close to Shopping, Highway, Private & Public Schools! Close Vicinity to the Webster Lake Beach for Lots of Summer Fund Cheaper than Renting/Headel Lower Level - Extra Space for, Office, Family Room, Com-puter Room, Game Room...etc \$115,000.

#### WEBSTER LAKE - 11 BATES POINT RD



Webster Lake Waterfront Home offers all the amenities of a fine home Plus Direct Webster Lake Access! Located in a sheltered cove which provides boat access to full open water! Inground pool, a fully fenced lakeside yard. Fine

features include: crown moldings, 9' ceilings, beautiful cherry kitchen w/ceramic tile floors, granite countertops, S/S appliances, center island, Slider to large lake facing deck! Formal dining , formal living rooms w/glearning hardwood floors! Plus private 2nd floor 20x26 family room! Spacious master bedroom!

ON DEPOSIT \$485.000.



An attordable starter or retirement home! Original 1954 Cape style, 4 room home with stairway to un-finished walkup attic 2 bedrooms on main level, some hardwood floore occamic tila ceramic tile

\$85,000.

forced hot air furnace, electric hot water heater Full basement with nording and outdoor walkout access Recently painted. Large comer lot with good sized yard, some fenced-in yard area, 6x8 storage shed and 1020 1 car attached gazeg. Located in convenient East Village area of Webster with close proximity to grocery store, banks, service providers, retailers, restau-rants, highway access, etc. ON DEPOSIT \$122,550

WEBSTER LAKE- 267 THOMPSON RD



## front! Breathtaking views! The House is located on Middle Pond which is the Lake! Very Private! Abun-dance of Land for Enter-taining! 11 Rooms Total!

3-1/2 Baths! 4 Bedrooms! Master Bath! 2 Fireplaces! Walkout Finished Lower Living Level! Oversized 2 car garage with unfinished space above! Foundation already in for Future Boat House at waters edge! Need an office? This has 2! Property is within a Business Zoned area! Be in before Summer! Hurry won't last. \$599,900.

W/ 320

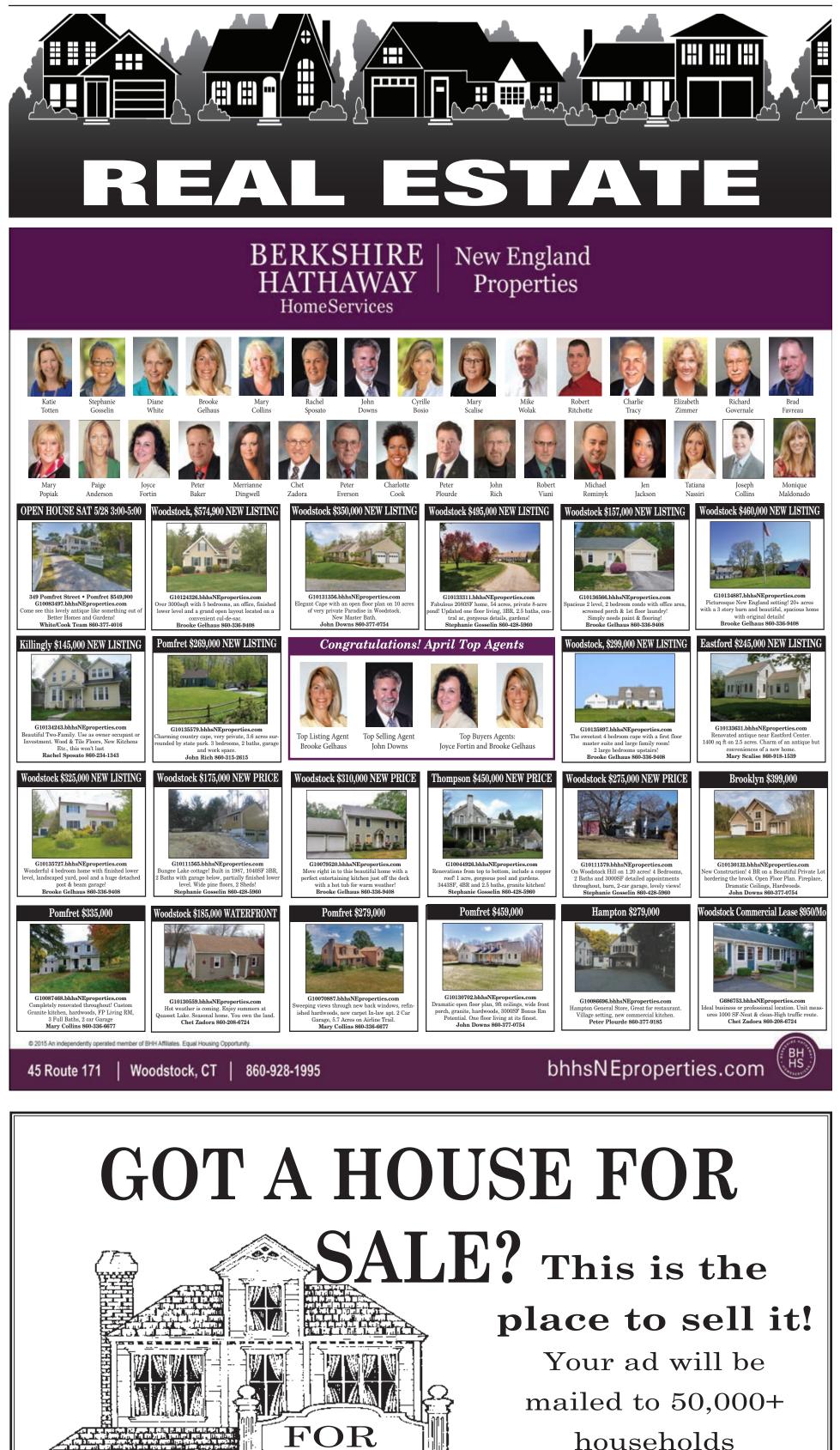
SORRY SOLD!



Webster Lake Waterfront! Breathtaking view of Middle Pond! Catch the Early Morning Sun at breakfast right at water edge or in the huge 4 season porch! Many recent updates! Interior Freshly Painted! Fieldstone Fireplace! Hardwoods! Oil Heat! 2 bedrooms! and NEW PRICE \$329,900.

WEBSTER LAKE - 113 BIRCH ISLAND RD





throughout

Southern Worcester

County.

To advertise on our real estate section, please call your local sales representative at 1-800-367-9898



# What's the Difference?

There are four things different between Picture A and Picture B. Can you find them all?





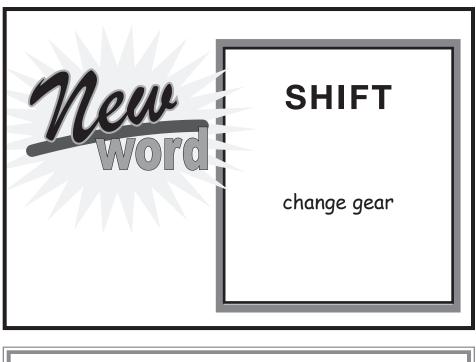
long hair 4. There's a deer in the field



•1521: MARTIN LUTHER IS DECLARED AN OUTLAW BY CHARLES V. HOLY ROMAN EMPEROR

•1977: "STAR WARS" IS RELEASED IN THEATERS

•2001: 32-YEAR-OLD ERIK WEIHENMAYER REACHES THE SUMMIT OF MOUNT EVEREST. HE IS THE FIRST BLIND PERSON TO ACCOMPLISH THE FEAT.







CAN YOU GUESS WHAT THE BIGGER PICTURE IS?

ANSWER: BICYCLE

How they **SAY that in...** 

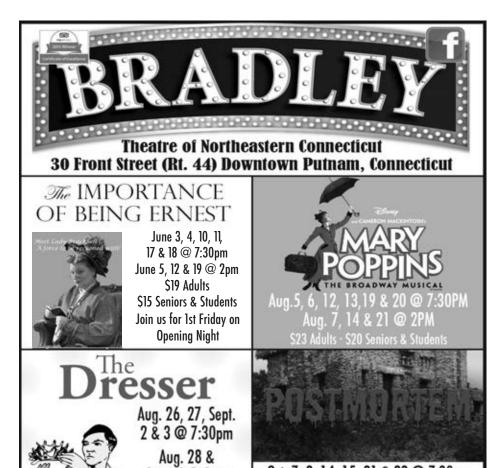
ENGLISH: Gear SPANISH: Rueda dentada ITALIAN: Ruota dentata FRENCH: Roue dentée GERMAN: Zahnrad



For the upcoming season of First Fridays, the Putnam Business Association invites the public to join in on an artistic road trip, with "stops" at six great American cities. The season will explore how our country was shaped by the art, music, and culture of these

distinct urban areas. The next stop will take place on Friday, June 3. Destination: Chicago!. Please join us in downtown Putnam, Connecticut, on Friday, June 3 starting at 6pm to experience the art, culture, music and food of Chicago!







MAIN STAGE BAND: The Johnny Press Mess COMMUNITY Arts PROJECT: Community Stories



Order your tickets online at www.thebradleyplayhouse.org. Charge by phone: 860-928-7887. Or visit the box office. RESERVED SEATING • Tickets available at the door 2016 Yankee Magazine Editors Choice Award for Best Theatre in New England!

## June's event will feature over three dozen vendors!



## 



TALK IS CHEAP 9:00 p.m. Debut performance for this 3-piece classic rock band 308 LAKESIDE 308 East Main St. East Brookfield, MA 774-449-8333

#### SATURDAY, JUNE 4

THE PAISLEY'S Amy Herrera and Reed Trevaskis Folk. blues and classic rock! 308 LAKESIDE 308 East Main St. East Brookfield, MA 774-449-8333

#### SUNDAY, JUNE 5

3:00 p.m. AUDITIONS BIG FISH The Musical 12 Chairs Version At The Cultural Co

The Musical 12 Chairs Version At The Cultural Center at Eagle Hill centerateaglehill.org

#### MONDAY, JUNE 6

7:00 p.m. AUDITIONS BIG FISH The Musical 12 Chairs Version



#### SATURDAY & SUNDAY JUNE 10 & 11

20th Annual International Bazaar Mary Queen of the Rosary Church 60 Maple Street, Spencer, MA Free Admission, free entertainment, food, giant flea market, raffles, 50/50, rides & games for the kids. Free shuttle bus from Price Chopper, Spencer Bank, Howe Village & Senior Living at Prouty

#### SUNDAY, JUNE 12

KLEM'S 12th ANNUAL EQUINE DAY 10:00 a.m. - 4:00 p.m. Rescue horses, raffles, food, pony rides, miniature horse group, driving demonstrations and much more! KLEM'S 117 West Main St. Spencer, MA

#### SATURDAY, JUNE 18

ROTARY CLUB OF THE BROOKFIELDS LOBSTER, CLAMS AND STEAK BAKE 1:00 p.m. Scholarship fund raiser



#### SUNDAY, JUNE 26

ALBANIAN DAY PICNIC 12 noon - 5:30 p.m. ST. NICHOLAS ALBANIAN ORTHODOX CHURCH 126 Morris St., Southbridge, MA
Shish Kebab, Spinach Pies,
Albanian Pastries, Mosaic
Ensemble Band
Free admission
Rain or shine
Event supported in part by
a grant from the Southbridge
Cultural Council, a local agency,
which is supported by the MA
Cultural Council, a state agency



FRIDAY, SATURDAY, SUNDAY JULY 22, 23, 24

DockDogs The world's premiere canine aquatics cpmpetition KLEMS 117 West Main St., Spencer, MA

#### FRIDAY, SATURDAY, SUNDAY JULY 29, 30, 31

M.A.D. Productions Presents BIG FISH The Musical The Cultural Center at Eagle Hill For tickets centerateaglehill.org

#### ONGOING

ROADHOUSE BLUES JAM Every Sunday, 3:00 – 7:00 p.m. CADY'S TAVERN 2168 Putnam Pike, Chepachet, RI 401-568-4102

TRIVIA NIGHT Wednesdays 7:00 p.m. -9:30 p.m. HILLCREST COUNTRY CLUB 325 Pleasant St., Leicester, MA 508-892-9822

WISE GUYS TEAM TRIVIA Every Tuesday, 8:00 – 10:00 p.m.

CADY'S TAVERN 2168 Putnam Pike (Rt. 44) Chepachet, RI 401-568- 4102

LIVE ENTERTAINMENT FRIDAY NIGHT HEXMARK TAVERN AT SALEM CROSS INN 260 West Main St., West Brookfield, MA 508-867-2345 www.salemcrossinn.com

#### TRIVIA NIGHT

AT THE STOMPING GROUND Every Wednesday, 6:00 p.m. 132 Main St., Putnam, CT 860-928-7900 Also, live music five nights a week (Wed.-Sun.)



TRAP SHOOTING

Every Sunday at 11:00 a.m. Open to the public \$12.00 per round includes clays and ammo NRA certified range officer on site every shoot AUBURN SPORTSMAN CLUB 50 Elm St., Auburn, MA 508-832-6492

WEDNESDAY NIGHT CRUISING FOR CHARITY CAR SHOW June 8th through August 31st KLEMS 117 West Main St., Spencer, MA



TIME

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# Replacement Windows Scientifically Proven to Stand the Test of Time

Recently, we pulled a batch of our original windows that were installed more than 2 decades ago.2 We then accomplished a long-term durability study. What did we find? They passed tests with flying colors. After 20 years facing extreme weather, they remained incredibly strong and with no cracking, peeling or chipping on our windows.<sup>a</sup> They still opened and closed as easily as the day they were installed.4





Insulating Properties	$\checkmark$	1
Low Maintenance	$\checkmark$	Î
Resistance to Decay/Corrosion	$\checkmark$	
Structural Rigidity	$\checkmark$	
Durable	~	
Color/Finish Choices	1	
Maximum Glass Area	1	
Dark Color Performance		ļ
	Y	

DOORS

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1

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a Better Window

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REPLACEMENT

an Andersen Company

'DETAILS OF OFFER: Offer expires 5/30/2016. Not valid with other offers or prior purchases. 20% off each window and patio door and no money down with 12 months no payments, no interest when you purchase four or more windows or patio doors between 5/15/16 & 5/30/16 with approved credit. \$200 off entire project when you purchase four or more windows or patio doors by 6/4/16. Savings comparison is based on the purchase of a single unit at regular list price. Available only at participating locations. Other discounts and financing options available for other purchase levels. See your local Renewal by Andersen location for details. License number available upon request. Some Renewal by Andersen locations are independently owned and operated. "Renewal by Andersen" and all other marks where denoted are trademarks of Andersen Corporation, @2016 Andersen Corporation. All rights reserved.

"Based on testing of 10 double-hung units 20 years after installation "See the Renewal by Andersen\* limited warranty "Per ASTM E2068



Courtesy photos

## YMCA helping children learn to be safe around water

SOUTHBRIDGE — As part of the Y's commitment to reduce drowning rates and keep kids safe in and around the water, the Tri-Community YMCA will provide scholarships for swim instruction and water safety to children from underserved communities in Southbridge and the surrounding towns.

As a community-based non-profit committed to youth development, the Tri-Community YMCA teaches swim lessons and water safety to over 1,500 children each year. Through the Safety Around Water Program, the Y hopes to introduce these invaluable life skills to even more children.

"Educating children how to be safe around the water is just as important as teaching them to look both ways before they cross the street," said Barbara Suprenant, Aquatics Director at the Tri-Community YMCA. "The Y teaches children of all ages and backgrounds that water should be fun, not feared, and this practice not only saves lives it builds confidence."

The Y has been a leader in providing swim lessons and water safety for more the 130 years. The Tri-Community continues to help youth and adults experience the joy and benefits of swimming, so they can be healthy, confident and secure in the water. There are a variety of programs to choose, including family swim, competitive swimming, preschool and youth swim, and adaptive aquatics for individuals with mental or physical handicaps.

Families interested in learning more about the Y's Safety Around Water Program and how to qualify for financial assistance, please contact us at 508-765-5466 and

#### e-mail bsuprenant@ tricommunityymca. org.

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Queen of the Rosang Parish

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www.MaryQueenOfTheRosary.org

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Friday, May 27, 2016 · Town-to-Town Classifieds 1



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**72 INCH FOLDING ROLLOUT BED** with mattress Never Used \$90.00

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1988 18 Ft Inboard/outboard.V6 engine, interior re-done Trailer seats 8-10 \$2750 Call (508)667-9249

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14'5" Flatbed trailer 10'x12'x8 TENT W/BOOT with ramps \$50 all wood **OLD WESTERN SADDLE** good conditon \$2000/OBO \$50 508-736-7841 **3 PUMP JACKS** \$25 **CAMPER FOR** (860)933-3828 SALE 2000 Keystone Sprinter Local 26' Fifth wheel News clean non-smoking, sleeps 8 w/slide out table, bunks, sofa-bed and queen bedroom, new awning, electric brake and hitch included Asking \$7000 OBO Leave message FOUND HERE! 860-774-6507 **Carpet Cleaner- Hoover** 

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010 FOR SALE

FOR SALE

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\$500.00

**CUSTOM-MADE** 

**DINING TABLE AND** 

**CHAIRS** 

(6 chairs - includes

two captain's chairs)

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Utility box trailer

With 8 bed and fold

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ramp, great for

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\$500/OBO

**Tandem wheel flatbed** 

trailer

With 15'x6' body

Hand crank wrench

Plywood decking used

but very

serviceable

\$600/OBO

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**OLD END TABLE** 

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CALL

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STRING

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Very good condition

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1940-41 buick

Items for sale Sofa & chair antique wood trim \$500.

Small antique rocker & cane seat chair

Cherry sideboard ea \$75. All in good condition

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# Four Tips For A Sweeter, Simpler Life

#### (NAPS)

These days, many Americans are embracing simplicity for a more balanced and joyful life. They're cutting out the complications and focusing on what matters most—whether it's spending time with family or prioritizing wellness.

If you'd like to enjoy the simple life, consider these four suggestions and this recipe:

1. Schedule time for yourself. It's easy to get caught up in life's chaos. Set aside 30 minutes to do something you enjoy, such as talking to a friend or going for a jog. By taking a mental break, you'll be better prepared for your busy day.

2. Add a burst of flavor to your day. The R.W. Knudsen Family® Just Juice line is great for imparting pure fruit taste to any occasion. Refreshing varieties include:

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• Organic Just Pomegranate® Juice

• Organic Just Tart Cherry® Juice. Since R.W. Knudsen Family believes

great juice is the result of great fruit, for more than 50 years, it's produced quality juice products, including more than 100 types of natural and organic fruit and vegetable juices and specialty items. They're made without artificial flavors or preservatives and are exclusively fruit juice sweetened.

3. Create a simple breakfast bowl. If you're bored with traditional smoothies, try making a smoothie bowl instead with your favorite flavor of Just Juice. Simply blend ingredients, pour into a bowl and add your desired toppings. Try this easy recipe:

#### MIXED BERRY SMOOTHIE BOWL

<sup>3</sup>/<sub>4</sub> cup frozen mixed berries

- ½ cup vanilla Greek yogurt
- 1 medium banana, sliced
- 2 Tbsp. R.W. Knudsen Family® Just

Blueberry® Juice Coconut, blueberries, chia seeds, pepita seeds, raspberries or your favorite toppings

Combine frozen berries, yogurt, banana and juice in blender. Cover and process until smooth. Pour into small serving bowl. Sprinkle with toppings and enjoy.

4. Get information, tips and recipes from www.rwknudsenfamily.com and www.facebook.com/RWKnudsen.



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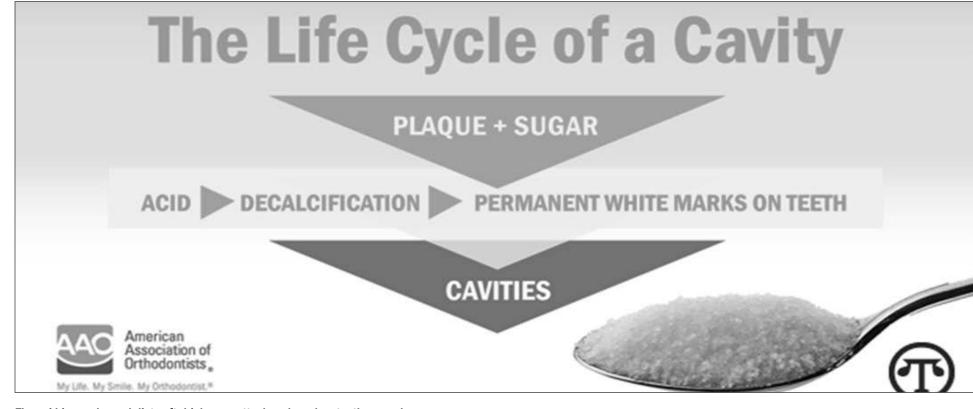
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# FOOD

# Soft Drinks And Orthodontics: A Recipe For Disaster



The acid in regular and diet soft drinks can attack and weaken tooth enamel.

#### (NAPS)

Many people don't know that soft drinks even diet soft drinks, sports and energy drinks, and fruit drinks—contain acids, which can be especially troublesome for people in orthodontic treatment. The American Association of Orthodontists (AAO) strongly advises patients to avoid drinks with low pH levels because the lower the pH level, the more acidic the beverage.

"It's tempting to reach for soft drinks. People around us drink them regularly, they are easily purchased in vending machines and at convenience stores, and many are heavily advertised," says Morris N. Poole, DDS, president of the AAO. "Sugar is known to be bad for the teeth but sugar-free soft drinks present dangers, as well.

"Consumption of soft drinks during orthodontic treatment puts teeth at risk of decay due to the acid attack on enamel," says Dr. Poole. "The acid in soft drinks pulls calcium out of tooth enamel. Repeatedly bathing teeth with acidic soft drinks dissolves enamel and is a sure path to a cavity. If soft drinks contain sugar, the risk increases. Sugar interacts with plaque and forms another acid to further dissolve enamel. When enamel is gone, the loss is permanent."

To help, there's a new AAO educational flier, "Soft Drinks + Orthodontic Treatment = A Recipe for Disaster" (www.mylifemysmile. org/why-you-should-getorthodontic-treatment), that lists pH levels of more than 30 soft drinks and explains problems and solutions, including:

• Plaque—a sticky, colorless film made up of bacteria, food debris and saliva that feeds on sugar and starches. Frequent brushing and daily flossing remove most plaque. Hard-to-reach plaque requires professional attention, however.

• Damage You Can See—"I tell patients that a single sip of a soft drink is the catalyst for an attack on tooth enamel, and the attack is renewed with each new sip," says Dr. Poole. These "attacks" can leave white spots or lines on teeth. The portion of a tooth covered by a bracket is protected, but damage around the perimeter can leave a permanent outline of the bracket.

Recommendations— Overall, orthodontic patients should:

1. Never consume soft drinks while wearing clear aligners or clear retainers.

2. Drink fluoridated water and use a fluoride toothpaste.

3. Always follow their orthodontist's instructions on oral hygiene.

#### IF YOU DO HAVE A SOFT DRINK:

- 1. Use a straw.
- 2. Drink it with a meal.
- 3. Drink it quickly.
- 4. Brush right away.

Learn More

For facts on orthodontists and to find one nearby, visit mylifemysmile. org.

# **Tips For Cleaning Your Kitchen**

# **Tender Heaven**



Enjoy a light, fruity beverage in a fresh, clean kitchen.

#### (NAPS)

While many find joy in the comfort foods of winter, spring provides a chance to embrace a fresh approach to your eating habits. The following tips will put a spring in your step and get you ready for this temperate season:

• Out with the old. There's a reason spring is the chosen season for all things related to cleaning. It's the season associated with ideas of rebirth, rejuvenation and renewal. What better way to refresh your food choices than by cleaning your pantry and fridge? Toss expired products and donate the shelf-stable goods you no longer want to a worthy cause.

• Celebrate color. Spring ushers in fresh new produce that adds a variety of flavor and nutrition. Produce such as apricots, green beans and broccoli all provide a pop of color that helps ensure you are enjoying the best seasonal pro-

#### duce this spring.

• Get organized. Eliminate cluttered bags of rice or pasta by placing them in glass jars to make searching for pantry staples a breeze. Visit the grocer's bulk aisle for a variety of snack staples such as nuts and seeds—great for that afternoon craving.

• Springtime beverages. Swap the hot and rich drinks of winter for the lighter, fruit-infused tastes of spring. New Santa Cruz Organic® Agua Fresca beverages are lightly sweetened and blended with organic fruit juice and a splash of lemon juice. Available in Mango Passionfruit, Pomegranate and Grapefruit flavors, Certified USDA Organic Agua Fresca beverages are a revitalizing companion to warm weather fun.

For more ideas and recipes, visit www. santacruzorganic.com or www.facebook. com/santacruzorganic.



A new take on a longtime favorite: chicken tenders dipped in honey-butter-biscuit batter.

#### (NAPS)

If you've ever wondered exactly what part of the chicken is a Chicken Tender, the answer is simple—and delicious. "Tenders" are typically small breast-meat strips known for being more juicy and moist than typical white meat. These little fillets are excellent for single-size, handheld portions—which quickly vaulted them to "favorite" status in many restaurants.

While there's some debate about the "inventor" of the Chicken Tender, nearly everyone agrees that the popular cut can be the beginning of a surefire winning chicken dish. Traditional preparations often involve a battered and fried coating, but inventive variations are constantly cropping up and keeping tenders in the spotlight.

What's New

One of the latest developments, the Honey-Butter Biscuit Tender from Church's Chicken, is made of fresh, all white-meat chicken, dipped in the chain's signature Honey-Butter Biscuit batter, fried up golden brown and served with Honey-Butter dipping sauce for a sweet-and-savory combination to suit chicken lovers of all ages.

#### Learn More

For further facts, including where to find Church's Chicken restaurants and what's on the menu there, go to www.churchs.com.

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# FOOD

# Five Tips For A Well-Stocked Pantry

#### (NAPS)

A well-stocked pantry is vour answer when there is no food in the fridge, if guests show up unannounced and on days when the weather just isn't cooperating. It arms you with the ingredients you need to throw together a meal fit for a king.

Here are five quick tips for assembling your wellstocked pantry:

Dried Herbs & Spices

A selection of your favorite herbs and spices is a must. Consider buying them from the bulk section of the supermarket or natural foods store so you can get just the right amount. Store them in matching jars with homemade labels if you're so inclined.

Oil & Vinegar

Oil and vinegar are essential. Olive oil is delicious for salad dressings. Safflower oil, which is neutral in flavor, is good for everyday cooking. And then of course there is coconut oil with its multitude of health benefits. As for vinegars, they go far beyond being the key ingredient to your basic vinaigrette; they are ideal for marinades, quick pickling and even cleaning. Red wine, balsamic and white vinegar are all worthy additions to your pantry.

#### **PASTA & GRAINS**

Long, short, large or tiny pasta, a few boxes will keep you covered



Colorful, flavorful and filling, this easy dish will delight family and friends.

whether you're making a full-on spaghetti dinner or tossing a few handfuls into your favorite chicken or vegetable soup. And don't forget to stock up on grains including rice, quinoa, polenta, farro and barley.

#### **NUTS & SEEDS**

Healthy and tasty, nuts and seeds add texture and

crunch when sprinkled on salads, yogurt, and hot and cold cereal. It's a good idea to keep a variety on hand—walnuts and pine nuts are delicious in pesto, sunflower and pumpkin seeds are great in a homemade trail mix. And who doesn't love a handful of pistachios or cashews, especially to stave off hunger?

Jarred & Canned Goods

Olives, capers, peppers, pickles, tuna, anchovies, beans, chicken broth and tomatoes add fun and flavor to every meal. Your pantry isn't complete without an ample stash of jarred and canned goods. Following is a recipe

using primarily ingredients found in your wellstocked pantry.

THE PERFECT

**PANTRY PASTA:** PASTA PUTTANESCA

#### **INGREDIENTS YOU'LL NEED:**

1/4 cup olive oil onion, cut into 1 1/2-inch dice garlic, 4 cloves smashed

Pinch red pepper flakes, plus more for serving

anchovy fillets, chopped (optional) 1/2 cup dry white wine 1 28-ounce can crushed tomatoes 10 ounces spaghetti, linguini, fettuccine or other favorite pasta 3/4 cup halved Lindsay® Naturals 3/4Kalamata Olives 2 tablespoons drained Lindsay® Capers 2 tablespoons chopped fresh oregano Salt and black pepper,

to taste Grated or shredded Parmesan cheese, for serving

#### **COOKING DIRECTIONS:**

In large skillet over medium heat, warm olive oil. Add onion, garlic, red pepper flakes and anchovies, if using; cook, stirring occasionally, until onion is tender, 6 to 8 minutes. Stir in wine and increase heat to high; cook until reduced to thin layer in skillet, 2 to 3 minutes. Add tomatoes, bring to a boil, and reduce to a simmer; cook, stirring occasionally, until sauce is slightly thickened, 8 to 10 minutes.

Meanwhile, cook pasta according to package directions.

Add olives, capers, oregano, and salt and pepper to taste to tomato sauce. Drain pasta and add to skillet, tossing with sauce. Transfer to plates and serve, with cheese and additional red pepper flakes on the side.

# Peanuts, Peanut Butter May Hold **KeyTo Preventing Obesity**

#### (NAPS)

Here's good news about tasty treats: Adolescents at high risk for obesity significantly reduced their Body Mass Index (BMI) by substituting peanuts and peanut butter for unhealthy snacks according to a new USDA-funded study.

"Obesity is the most pressing public health issue facing us today," said Dr. Craig Johnston, principal investigator at the University of Houston. "We'd like to think it's preventable but until now there haven't been many studies showing large scale effective measures."

Instructors guided over 250 adolescents through a program of physical activity and nutrition education. About half the students received an after school snack of peanuts or peanut butter about four times a week, while the rest had peanuts less than once a week.

"We have a lot of kids skipping meals for a lot of reasons," Dr. Johnston said. "What we found is that kids get home from school around 4 p.m. There's less supervision by parents and less structure. Kids are sitting down at the TV and eating, eating, eating," he added. On average, American children

consume between two and three snacks a day, a quarter of their daily energy intake. Data has shown that some children are actually eating snacks up to ten times a day.

Peanuts and peanut butter were

chosen as snacks because they are very high in protein—more than any other nut, in fact. The protein promotes the feeling of fullness and cuts the number of snacks needed. Peanuts also have a very concentrated number of important nutrients.

Following the 12-week study, students spent another 12 weeks maintaining the healthy snacking habit. At the end, those students who ate the snack more regularly experienced a decrease in their overall BMI compared to those who did not.

The new nutrition standards for USDA's Smart Snacks in School highlight peanuts as one of the healthiest snacks with zero empty calories. The standards apply to all snacks sold during the school day in cafeterias, vending machines, school stores and snack carts. You can read more about Smart Snacks in School at www.fns.usda.govealthierschoolday.

Researchers at University of Houston, Baylor College of Medicine and Texas Woman's University conducted the study. Their findings are published in the Journal of Applied Research on Children.

#### Learn More

*For recipes and further facts about* the nutritional benefits of peanuts and healthy snacking, visit www.peanutpower.org or www.peanut-institute.org.



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