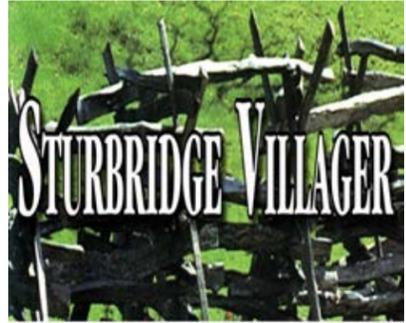


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Friday, May 13, 2016

THIS WEEK'S QUOTE

"How wonderful it is that nobody need wait a single moment before starting to improve the world."

Anne Frank

EDITOR'S OFFICE HOURS

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WEDNESDAYS 1-5
FRIDAYS 1-5

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LOCAL



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LEARNING



Get your voice heard
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SPORTS



High School Notebook
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OPINION

GET YOUR POINT ACROSS
PAGE A10

POLICE LOGS

PAGE A5

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Olivia Richman photos

Technical Division Principal Mark Wood said he only heard positive feedback from the students who took part in the weeklong program.

Constructing a career

TANTASQUA STUDENTS GET HANDS-ON TRAINING FROM MASS DOT

BY OLIVIA RICHMAN
NEWS STAFF WRITER

STURBRIDGE — The Northeast Labor Training Academy's MASS Construction Career Development Program, funded by the MASS DOT, came to Tantasqua for the week of April 25. The carpentry and electrical students participated in the hands-on, five-day

program, which exposed them to the union trades and careers found on the MASS DOT Highway.

"It's exposing them to a career, where they can be for 20 years, earning an extremely healthy living, along with benefits of the union trades, which includes health insurance and a pen-

Please Read CAREER, page A15



"I am very proud of the work these students have done," said Lemon. "Their measurements and readings are as good, if not better, than mine. Some of them even told me that I was off by 1/100 of a foot and they were right. They are right on the mark. These kids are sharp. I'm so proud of them. They're doing outstanding work."

The songs of spring

QUINEBAUG VALLEY SINGERS SET TO SING NEXT WEEK

BY OLIVIA RICHMAN
NEWS STAFF WRITER

STURBRIDGE — The Quinebaug Valley Singers Annual Spring Concert is coming up, bringing songs of the sea and 19th century whaling adventures to the St. Joachim Chapel at St. Anne & St. Patrick's Parish in Fiskdale on Saturday, May 21. The program is called "Rough Seas, Safe Harbor," an adventure that takes the listeners out onto the high seas in the 19th century.

"That was the height of whaling. Men went off for two years. It was great material," said Music Director Nym Cooke. "Not that we're condoning whaling, but there's scenes of whalers out at sea and songs from women back home, anxiously waiting. There's great songs at the end about return and reunion, great songs about returning home. It must have meant a lot to

them to wait that long." Cooke inherited a lot of these songs from his time directing shows for Rezels in the 1990's. The "rich scene" and the "wonderful people and material" inspired him, the skits, stories and dances. The music in "Rough Seas, Safe Harbor" is "stirring," with some of the "Best melodies out there."

The songs range from exciting and full of adventure to even touching, said Cooke, who notes a song from the show called "The Last Hymn," about a shipwreck just off the coast. "All the people in this little American village in the 1870s come out of church and see the wreck," said Cooke. "One sailor is still clinging to the wreck. The minister yells out to him, telling him to look to Jesus. He sings a hymn, a very popular 19th cen-

Please Read QVS, page A15

The new face of the School Committee

LEO BRINGS FRESH PERSPECTIVES TO TANTASQUA

BY OLIVIA RICHMAN
NEWS STAFF WRITER



Photo courtesy Kristen Leo

Kristen Leo was elected to the Tantasqua School Committee on April 11.

STURBRIDGE — Sturbridge held its Annual Election on Monday, April 11, and all races were uncontested. Aside from two seats, all of the elected officials were up for re-election. One of the new faces at the election was Kristen Leo, who was elected to the Tantasqua School Committee.

Olivia Richman sat down with the new board member to discuss her qualifications, why it's an important position to her and what she hopes to bring to the committee.

What made you apply to the open seat?

"I was advised that there was an open seat and that a number of people had discussed me as someone that would be good for the position. I work for the Worcester Public Schools and have for the last 12 years. I am also working on Masters in Public Policy with a concentration in Education Policy at UMass Dartmouth."

When people informed you of the open seat, were you interested?

"I was interested. I have a couple of kids in the school district and a husband with a very demanding

Please Read LEO, page A15

Get ready to game

PINBALL EXPO COMING TO STURBRIDGE

STURBRIDGE — The Pintastic Pinball and Game Room Expo, the region's only major pinball exposition, will take the area by storm the weekend following Independence Day. The flipper-flying action takes place at the stunning lakeside venue, Sturbridge Host Hotel and Conference Center, on July 7, 8 and 9.

Pintastic will feature more than 200 pinball machines set on free play, over 40 "old school" arcade favorites, pinball and video game tournaments, door prize raffles throughout the show, seminars and repair classes, charity raffles, and much more. Pinball enthusiasts of all ages will be able to play these classic games all weekend long for one admission price. For serious fans, there will be chances to meet and hear from some of the most respected pinball game designers, programmers and artists in the industry.

Designer Steve Ritchie "The King of Flow" is coming to Pintastic 2016! Steve is preparing material for the pinball seminar program and will be available for chatting and signing autographs. Steve has quite a line-up of classic tables in his resume,



Courtesy photos

Pintastic organizer Gabe D'Annunzio poses with legendary pinball designer "The King of Flow" Steve Ritchie.

including Flash, Black Knight and Black Knight 2000, High Speed and The Getaway, AC/DC, Spider-Man, and the new Game of Thrones!

Designer John Trudeau will be at Pintastic to talk about game design, mingle at the expo's after-party, and generally hang out all weekend! Trudeau will have a spot on the seminar program to discuss the work he's done at Stern Pinball, and you can ask him about his past expe-

Please Read PINBALL, page A15

Southbridge man escapes from Dudley court

BY OLIVIA RICHMAN
NEWS STAFF WRITER

SOUTHBRIDGE — Southbridge resident Thomas Bruno escaped from the Dudley District Court on Monday, May 2, after being told to stand by for a detention hearing.

As of press time earlier this week, the 24-year-old was still at large, last seen in Dudley.

After Judge Robert J. Pelligrini announced that he wanted to do a detention hearing because of Bruno's open cases, Bruno walked out of the courtroom, fleeing on foot into the woods, according to Clerk Magistrate Kenneth F. Candito. Bruno approached a home in the area and asked the resident if he could use his phone, which the homeowner declined. Nobody has seen Bruno since then.

"This is not a very common situation," said Police Chief Shane Woodson. "He was bailed from my police department and brought to court. He showed up on his own free will, but when he

heard there'd be a detention and realized he may be locked up, he left. It's definitely an unusual circumstance. I haven't heard of this happening in a long time."

The Dudley Police Department and Southbridge Police Department are in "100 percent agreement" that Bruno should not be approached. If any residents see the fugitive they should call 911 immediately and let them handle the situation. According to Woodson, Bruno has been known to be violent in the past.

For the past several months, Bruno was living on Everett Street in Southbridge. The Southbridge Police Department is "very familiar with him through previous dealings."

Bruno was initially brought to Dudley District Court after the Southbridge Police Department charged Bruno with possession with intent to sell heroin, possession with intent to sell crack cocaine, possession of suboxone, resisting arrest and possession of ammunition without a firearm identification

card. "We don't know where he is. He has family in cities throughout the state," said Woodson. "We are working with the MASS State Police Fugitive Unit to locate him. We have a really good relationship with them. They've helped capture hundreds of fugitives for us over the years. They have the assets and resources, and work well with us. We are also checking local locations he frequents. We are checking those on a daily basis. We are doing everything we can to capture."

According to Woodson, the Southbridge Police Department feels Bruno is "a concern and a priority." The PD is working "very hard," especially the detective unit, which is working around the clock to locate Bruno.

Said Woodson: "We would like to capture him, the sooner the better."

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



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NEWS BRIEFS

Gobi announces May office hours

Tyler Wolanin, District Aide to Sen. Anne Gobi (D-Spencer) will be holding office hours throughout the district during the month of May. Constituents and town officials are invited to meet with Tyler to express any concerns, ideas and issues they have.

Walk-ins are welcome, but to set up an appointment you can e-mail Tyler at tyler.wolanin@masenate.gov, or call at 508-641-3502. Appointments are encouraged so that information on cancellations can be shared.

Monday, May 16
Spencer Town Hall (Conference Room A), 1:30 to 2:30 p.m.

Tuesday, May 17
Brimfield Senior Center, 11 a.m. to 12 p.m.

Wales Senior Center, 12:10 to 1 p.m.

Charlton Senior Center, 1:30 to 2:30 p.m.
Sturbridge Town Hall (Conf. Room 2), 3 to 4 p.m.

Wednesday, May 18
West Brookfield Senior Center, 12:30 to 1:30 p.m.
Brookfield Town Hall, 2 to 3 p.m.

Wednesday, May 25
Holland Town Hall, 11 a.m. to 12 p.m.

Tuesday, May 31st
North Brookfield Senior Center, 11 a.m. to 12 p.m.

Memorial Day events in Brimfield

BRIMFIELD — Calling all Brimfield veterans and active duty personnel!

The Brimfield Memorial Day Committee invites you to join us for our annual ceremony and parade, Sunday, May 29. Please help us in remembering those service members who gave their lives for our country. You are invited to participate in our ceremony, as well as march in the parade, and perhaps carry a flag. Or you can simply watch from the lawn — we just want you there!

The program begins at 2 p.m. Please arrive at 1:30 p.m. if you would like to participate.

If you are interested in being involved, or would just like more information, please contact Mary Bernstein at 508-873-3347, or e-mail mb12sb@charter.net.

Auditions to be held for

'Fiddler on the Roof'

SOUTHBRIDGE — Auditions for "Fiddler on the Roof," by Jerome Robbins, Harold Prince, songwriters Jerry Bock and Sheldon Harnick, and bookwriter Joseph Stein, will be held Sunday, May 15 at 3 p.m. and Tuesday, May 17 at 6 p.m. at Gateway Players Theater, 111 Main Street in Southbridge.

Men and women ages 16-65 are needed for this August production. Auditions will consist of singing a prepared song, cold readings from the script, and some movement.

Patricia Haddock is directing, with Bill Guy as producer. Rehearsals nights still to be determined. Performance dates are Aug. 4, 5 and 6, at the Southbridge Middle/High School. Presented by permission through special arrangement with Music Theatre International. For more information, call (508)-764-4531.

Touching audiences worldwide with its humor, warmth and honesty, this universal show is a staple of the musical theatre canon.

Set in the little village of Anatevka, the story centers on Tevye, a poor dairyman, and his five daughters. With the help of a colorful and tight-knit Jewish community, Tevye tries to protect his daughters and instill them with traditional values in the face of changing social mores and the growing anti-Semitism of Czarist Russia. Rich in historical and ethnic detail, "Fiddler on the Roof's" universal theme of tradition cuts across barriers of race, class, nationality and religion, leaving audiences crying tears of laughter, joy and sadness.

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VILLAGER ALMANAC

— QUOTATION OF THE WEEK —

"I think we do amazing work. Our seniors are being accepted at fabulous organizations — it speaks to the quality of education they're getting. We need to maintain that for sure."

- Kristen Leo, the newest member of the Tantasqua School Committee, commenting on the state of the district.

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From the brink to stunning success

ITALIAN CLUB BOUNCES BACK, PROMOTES RICH HERITAGE



Photo courtesy Mike Placella

The Italian American Club's new board: First row, from left: Treasurer Paulo Sinni; Catherine Melendez, President Scott Garieri. Second row, from left, Mike Placella- Secretary, Vice President Mike Bonadies, Paul DiGregorio, Russell LaBarge. Third row, from left, Dave Fantaroni, Dino Tarquinio.

BY OLIVIA RICHMAN
NEWS STAFF WRITER

SOUTHBRIDGE — The Italian American Club seemed like it was nearing an end. It was down to four members in October of last year. Original members were passing away, no younger people were joining. Member and Past President Sal LeDonne said it was getting to a point where the few members that were left didn't know what to do.

They contemplated donating the club on North Street to somebody or a church, or sell it and donate the money. They tried one last push. LeDonne contacted a few younger residents he knew and asked them to put out ads in local papers to spread the word.

Currently, the Italian American Club has more than 77 families and a whole new board of directors. The new members even revitalized the hall with new décor and new paint.

"All of a sudden I was getting so many phone calls. People were really inter-

ested," said LeDonne. "Mike Placella stepped up and said he would make me very proud. I'm so proud of these guys."

To LeDonne and many other members, the Italian American Club is very important. They look at it as a way to keep Italian pride and heritage alive. LeDonne, 75, came to Southbridge from Italy when he was 14 years old. He has been a member of the club for 50 years.

"We want to continue to foster the Italian heritage, number one, and keep all of these families together," said Placella, the board secretary. "That's the key. We get together and play cards and watch sports. We play bocce. It's a place to gather where people have a lot of commonality. There's still a lot of Italians in this area."

In April the new Italian American Club held a traditional Italian dinner, where people could share stories of family and travels and play some cards. They had more than 100 people attend the dinner, a shocking number compared to the four members back in

October.

Said Placella: "It was unbelievable. We had to stop selling tickets, actually. We had reached capacity."

And the family-style dinner was only the beginning. The Italian American Club will be present in the Bicentennial Parade, one of the oldest groups in the parade. That same day the club will hold a sauce-off with 20 different homemade sauces for people to vote on.

The Italian American Club will have a bocce league starting on May 31. It's going to open with 12 teams. It will meet on Tuesday and Wednesday nights.

There will also be a lamb BBQ in August with traditional music and outdoor tables, open to the public. This used to be a huge event for the club, with more than 500 people attending.

The Italian American Club was founded in the 1930's when businessmen, lawyers and doctors of Italian decent decided it would be a great idea for Italians to have a home for Italians to get together, according to LeDonne, who said the Italians "were proud that they had a place to gather together."

The founders of the club were Fileno DiGregorio, Sabatino DiGregorio, Dr. Nerio Pioppi, Francesco Diorio, Armando DiAngelis, John Campalone, John Volpini, James Tiberrii, Anthony Detarando, John Rischitelli and John Confalone. It became a "very powerful" club with more than 300 members.

Said LeDonne: "The Italian Club was a place to go on Thursday nights, Friday nights and on Sunday mornings."

Membership started declining in the 1970's. But now membership is climbing back up.

Said LeDonne: "We are so proud that we have a new generation taking over, to keep some of the Italian traditions going. The Italian Club is still going strong and is getting stronger."

Visit their website southbridgeitalianclub.com or like them on Facebook. If they want to join you can send an email to southbridgeitalianclub@gmail.com. The bar will be open to the public on Tuesdays, Wednesdays and Thursdays from 6-10 p.m.

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



ACCURACY WATCH

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

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

If you find a mistake, call (508) 909-4140 during normal business hours. During non-business hours, leave a message in the editor's voice mailbox. The editor will return your phone call.

PUBLIC MEETINGS

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

STURBRIDGE

Monday, May 16
6:30 p.m., Board of Selectmen will meet at the Town Hall

Tuesday, May 17
6 p.m., TRSD Technical Subcommittee will meet at the TJHS Library
7 p.m., Tantasqua Regional School District Committee will meet at the TRJHS Library

Wednesday, May 18
6 p.m., Zoning Board of Appeals will meet at the Center Office Building
6:30 p.m., There will be a MassDOT Design Public Hearing on Brookfield Road at the Town Hall

Thursday, May 19
6:15 p.m., The Sturbridge Lake Advisory Committee will meet at the Town Hall
6:30 p.m., The Sturbridge Tourist Association will meet at the Town Hall

Town Council OK's \$25K for park repairs

BY OLIVIA RICHMAN
NEWS STAFF WRITER

SOUTHBRIDGE — The Town Council unanimously agreed to put \$25,000 towards repairing Edgar McCann Memorial Field on Henry Street after Town Manager Ron San Angelo approached the Council about the issue in April.

The \$25,000 — which is coming from last fiscal year's "free cash" surplus — will be put towards replacing the park's basketball hoops and baseball field home plates. The funds will also go towards repairing the basketball court and fences. They also plan to replace the old, worn-down, graffiti-covered signage and pick up all of the litter and tree branches, among other cosmetic repairs. Angelo described it as a "one-shot kind of repair."

The town's Recreation Department has also started an Adopt A Park program. Bay Path Regional Vocational Technical High School agreed to adopt the park. Students will be coming and painting some of the playground equipment. The old, rusted swing sets will be sanded down and repainted. Wood chips will also be put down to make the area safer and more visually appealing.

The Edgar McCann Memorial Field is heavily used by citizens of all ages, noted San Angelo. Children and teenagers are constantly playing basketball and baseball. Families are using the swing sets. Unfortunately, the park is old and needs a lot of maintenance and repairs.

"I walked by and I was upset that we have not maintained this park. I was

shocked by all the repairs that needed to be done," said San Angelo. "The Town Council didn't have to agree, but they did. We couldn't have done this without them."

According to San Angelo, the \$25,000 approved by the Town Council will make a huge impact on the park, but it will take more than the initial money to keep the park functioning and clean.

"Children and adults use this park heavily and they deserve a well-operated park that's well maintained," said Angelo. "I stopped some basketball games that were going on and talked to these individuals about fixing the park. I told them I'd need their support. I need community support. I want them to help us maintain the park and take care of it, not spray paint it, not destroy equipment, not litter. It has to be a community effort. I can't put money in and then have people destroy it. I want, need and appreciate support of people who love the park."

The children and young adults present at the park earlier in the month told San Angelo how much they loved the park. They use it as a source of recreation and come almost every day to play basketball.

The Southbridge Police Department has also got involved in the effort. Chief Shane Woodson grew up in the area and became just as interested in the park update as San Angelo. He agreed to spread awareness to the community, hoping to make the park a safe place for residents to visit.

"We asked the police to increase their patrol of the park at night so

there won't be people vandalizing it or doing drugs," said San Angelo. "If we find people damaging the park, we will arrest them. We will go after people who are destroying it. They're taking away from the children who want to use the park. I need support. It will be a real partnership, not just with kids, but adults who use it for little league, basketball. ... It's used by all segments of the community. Citizens need to do a better job protecting it."

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



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CMS POETRY READING TRAINS STUDENTS IN PUBLIC SPEAKING

BY OLIVIA RICHMAN
NEWS STAFF WRITER

CHARLTON — Whether you're making a speech at a bridal shower or picking out meat at Market Basket's deli, you're going to need to speak in public at some point, said seventh grade English teacher Kristyn Aganis.

So why not start in seventh grade? "You have to make yourself heard or you won't get that bologna," joked Aganis. "You will have to speak in front of someone, somewhere, at some time."

The seventh grade held their 5th Annual Poetry Reading on April 29, inviting parents and family to come to the Charlton Middle School library to listen to students recite famous poetry and even their own original work.

"Seventh grade parents don't normally get to see their kids a lot at school. It's always elementary kids," said Aganis. "It's nice for them to see their children read their work. It's always well received."

Why poetry? According to Aganis, speaking in front of an audience could be very hard for some students to do. Maybe saying something they wrote themselves, said Aganis, could inspire them and give them something to connect to, in turn making it easier to talk in front of the audience. A lot of times the students choose meaningful poems.

The students study poetry in English class for three weeks. They choose either famous poetry or an original piece, studying figurative language and different poetry styles. It gives them a

voice and helps them grow as writers. "I'm always wowed by their work," said Aganis. "They surprise me. Some of the most reluctant writers will write poetry without even blinking. Many kids balk at regular writing or expository writing. This gives them a chance to see it's not all about facts and paragraphs."

Many middle schoolers are going through a lot, said Aganis, and are experiencing pre-teen angst. In turn, the students take creative writing to heart. Said Aganis: "They just love to do it. It's the perfect age group."

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



Friends Sydney and Chloe recited a poem together.

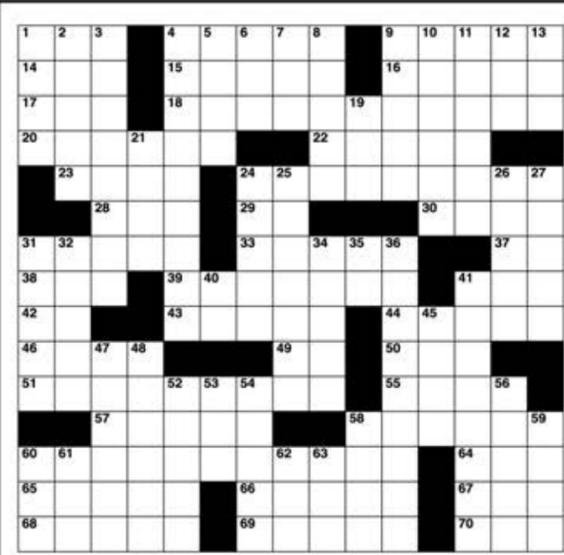


Olivia Richman photos

"Seventh grade parents don't normally get to see their kids a lot at school. It's always elementary kids," said English teacher Kristyn Aganis. "It's nice for them to see their children read their work. It's always well received."



A group of students acted out a poem inspired by a YouTube video, making the entire class laugh.



CLUES ACROSS

- 1. Satisfaction
- 4. 18th Hebrew letter
- 9. Couches
- 14. Severe
- 15. Makes comic books
- 16. Grape
- 17. Handle perfectly
- 18. Home of J.R.
- 20. Everyone has these
- 22. Linen
- 23. He owned the Bucks
- 24. Supported
- 28. River in Guangdong
- 29. Exclamation of surprise
- 30. Nicholas II was one
- 31. Comic antihero
- 33. In the back of a mammal's mouth
- 37. Joe is a famous one
- 38. Impressionist painter Italo
- 39. Send forth
- 41. They ___
- 42. Not down
- 43. Computer program I-__
- 44. Nostrils
- 46. County in New Mexico
- 49. Letter of the Greek alphabet
- 50. Russian river
- 51. Sorts
- 55. A feeling (slang)
- 57. Type genus of the Elopidae
- 58. Ingesting
- 60. Paints small things
- 64. Trouble
- 65. Turn on its end
- 66. Story (archaic)
- 67. Negative
- 68. Manners
- 69. Hurts
- 70. IBM's software group

CLUES DOWN

- 1. Greek sophist
- 2. Diacritic mark
- 3. Tumors
- 4. Can't play
- 5. Dabbling ducks
- 6. Dekaliter
- 7. The world of the dead
- 8. Greek Muse
- 9. Estate in Dickens
- 10. Wild cat
- 11. Menders
- 12. Comedienne Gasteyer
- 13. Female sibling
- 19. Man-child
- 21. Tommy Dorsey's trumpeter
- 24. Mesopotamian deity
- 25. Speech sound
- 26. Bore
- 27. Designer van Noten
- 31. Small flakes of soot
- 32. Insects
- 34. Genus of gulls
- 35. Indicates position
- 36. Fixes up
- 40. Homer's bartender
- 41. Riding horses
- 45. Dismounted
- 47. Unlocks cans
- 48. Salty
- 52. These are for cars
- 53. Mentally quick and resourceful
- 54. Hemlock
- 56. Give qualities or abilities to
- 58. This (Spanish)
- 59. Chime
- 60. Uncommunicative
- 61. A stock sale
- 62. Leisure (slang)
- 63. Similar



Seventh grader Serena recited a poem about an abstract painting at a museum. Edgar Allen Poe was another common choice for the students.



For many students, it's hard to speak in front of people, but Kristyn Aganis said that reciting poetry in middle school can help prepare pre-teens for moments where they will need to do so, whether it be a wedding or at a grocery store.



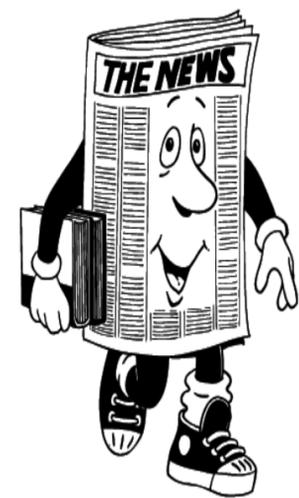
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Bay Path inducts new members to NHS

‘A GOOD WAY TO START OFF THE NEXT GENERATION’



Photos courtesy Clifford Cloutier

National Honor Society seniors were given a “mini graduation ceremony” at the induction ceremony on April 26.



National Honor Society sophomores.



Bay Path juniors from the National Honor Society.



“Being in the NHS shows our students are really dedicated to building up their academic success, but are invested in the school,” said Eileen McNamara. “This is their family, their community. They want to make Bay Path a better experience for themselves and everyone else.”

BY OLIVIA RICHMAN
NEWS STAFF WRITER

CHARLTON — Bay Path Regional Vocational Technical High School inducted their new National Honor Society members on Tuesday, April 26.

The formal ceremony also included a “mini graduation ceremony” for the seniors who will be graduating, said Social Studies teacher and NHS Co-Advisor Eileen McNamara.

“This year we had 55 applications. We took in 75 percent, inducting 35 new students,” said McNamara. “It shows our students are really dedicated to building up their academic success, but are invested in the school. This is their family, their community. They want to make Bay Path a better experience for themselves and everyone else.”

To apply, students have to put together a “binder of evidence,” write an essay and collect letters of recommendation. There is a five-person faculty

council that reviews the applications and accepts the members who have proven that they qualify.

To qualify, students need a minimum 85 average. The council looks for four values — scholarship, service, leadership and character.

Said McNamara: “We look for kids who have done community service, either here and school or in their towns. We look for kids who have taken leadership roles in the school, like student council or captains of sports teams or done work for teachers. We look for kids who talk in the essays about why NHS is important to them and how they want to make the school better, what ideas they have.”

NHS is a community service organization all about taking these high achieving students who want to be leaders in the community and giving them an opportunity to help others, said McNamara.

“We try to hold a lot of events in and out of school,” she continued. “We have done blood drives this year. We raised money for polio vaccinations through the rotary club. We had a food drive to help the Webster Food Bank. We did a jeans drive that will be for the charity Sole Hope, which sends recycled materials to Uganda to make shoes for underprivileged children.”

The students also do “little things” around school. The Friday before February vacation, the NHS kids go around putting compliments on all the lockers in the school. It’s a “little thing,” said McNamara, “but it makes it a very nice day. The kids came in and got a great compliment to start their day. We do really big things with a huge impact, or something small like passing on a moment of kindness. It’s always fun.”

Being a part of the NHS helps out the school and the community, but it’s

also a way to set NHS members apart from the pack. It’s another way to make students competitive for college or the workforce by showing that they have held themselves to a high standard and have given back to the community as a teenager.

“The ceremony is a good way to start off the next generation of NHS kids,” concluded McNamara. “It’s a family within our Bay Path family. It shows them all the places they could go. It’s also nice and gives seniors the opportunity to thank their family and people within the school who helped them get to graduation. It’s a really nice moment. Every student who got to graduation had someone else helping them out, which is nice to see.”

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

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Szafarowicz re-elected to BOS

EDGES KELLEY TO KEEP SEAT ON BOARD



Joe Szafarowicz

BY OLIVIA RICHMAN
NEWS STAFF WRITER

CHARLTON — It was a close race for the three-year Board of Selectmen seat, but Joe Szafarowicz was re-elected to the position with 345 votes on Saturday, May 7 during the Annual Election. Opponent and first-time candidate Rich Kelley received 299 votes.

"It never gets easier each year I've done it," said Szafarowicz. "I was ner-

vous, but it felt so good to win. It was humbling. I'm happy to serve for another three years. I want to thank the voters so much for believing in me and giving me another three years to do some really good work for Charlton. I can't wait."

The selectman also wanted to thank the officials working at the polls, who made it "another smooth election. They do a fantastic job." Throughout the day, many residents came to hang out at the polls with the candidates, which Szafarowicz was pleased about.

"People still care about the government and they still care about Charlton," he said.

Szafarowicz was at the polls from 8 a.m. (when they opened) to the results, which were delivered around 8:30 p.m. He said it was a long day, but he "wouldn't want it any other way. I take this very seriously. It does mean a lot to me. I honor and cherish these opportunities. It feels so right to be there."

While Szafarowicz said he was grateful for the residents who showed support and chatted with the candidates, he felt the turnout was very low. There were 678 total voters who showed up to vote.

Noted Szafarowicz: "It's funny that people think it's more important to vote for president and such, but these [candidates] are the people that will impact you the most. It's saddening, but it is what it is. There wasn't anything con-

troversial to vote on. It was a gloomy day, but I'm thankful for the people who showed up and came out to vote."

While Szafarowicz said he was enjoying his victory, he went right back to work the following Monday, preparing for budget meetings. According to Szafarowicz, passing a balanced budget and keeping the town's services is his number one priority.

"We are starting to come out of it and invest in the town again. We want to bring Charlton forward again," he said. "The Casella waste facility will be a very controversial and tough issue to overcome. We want to take care of the citizens. We will be searching for a new police chief. It's a big role. We want to pick the best, most responsible person for the job. Chief James Pervier will be retiring in December. He's done such a great job for Charlton. It's unfortunate, but we're going to have to."

When it comes to his opponent, Szafarowicz said Kelley was "someone who cared about the community," and felt he was a "nice" and "honorable" person, who would have done a great job.

There was nothing but kind words from Kelley as well.

"He seems like a very nice young man," Kelly said of Szafarowicz. "His mom is quite a woman, very supportive. She sat there the whole time, bundled up in the rain. That was awful nice of her. They were very pleasant with me. I

wish him a lot of luck. He is a smart fellow and does a great job. He has a great political future ahead of him. It worked out really well in the end."

While Kelley had many issues that concerned him, he is happy to have more time to spend with his family without the distractions of town politics.

"For the first time running, a newcomer, I think I did well," Kelley noted. "I really appreciated the 299 votes I got, because those people went out of their way. They came down for me. That was almost half the people that came down."

All of the other races weren't contested, except the Board of Health, which had a last-minute write-in, Steve Zeveska. Jonathan Sanborn won the race, 418-198. Seth Lemansky won the write-in for Tree Warden with 198, a position that didn't have any candidates on the ballot. The position of Constable went to Jordan Evans (who is already involved in other committees in town), with six write-ins.

"I ran for Constable because of something the previous constables told me," noted Evans. "There are a lot of responsibilities involved in this job and they weren't being advertised. Most people are led to believe it's just posting warrants."

Olivia Richman can be reached at 508-909-4132 or by e-mail at olivia@stonebridgepress.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 the 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, Stonebridge Press, with proper documentation, will update the log at the request of the arrested party.

STURBRIDGE POLICE DEPARTMENT

April 28
1:35 p.m.: Armed Robbery, Birch St. Report completed.
4:45 p.m.: Accident, hit and run, Main St. Report completed.
6:39 p.m.: Accident, property damage, New England Truck stop, Charlton Rd. General clear.
9:12 p.m.: Shoplifting, Sturbridge Gas, Main St. Report completed.
April 29
9:00 a.m.: Accident, property damage, Sturbridge Antiques,

Charlton Rd. Written warning.
3:49 p.m.: Accident, Hit and run, Tractor supply Co, Main St. Arrest/complaint.
4:18 p.m.: Accident, property damage, Arnold Rd. General clear.
4:20 p.m.: Accident, hit and run, Sturbridge Antiques, Charlton Rd. Report completed.
April 30
10:05 a.m.: Fraud/forgery, Old Village Rd. General clear.
3:56 p.m.: Accident, property damage, Area of the Split - E Charlton Rd + E 84 east Rte E.
8:12 p.m.: Accident, property damage, Old Sturbridge Village - Old Sturbridge Village Rd. General clear.
May 1
10:49 a.m.: Disturbance/dis-

pute, South Shore Dr. General clear.
4:33 p.m.: Accident, property damage, Cracker Barrel, Charlton Rd. General clear.
May 4
5:19 p.m.: Disturbance/dispute, Sturbridge Service Center, Main St.

ARRESTS

April 29
Adam J. Rousseau, 31, 83 N Main St. Webster. Possess Class B Drug.
April 30
Michael A. Jablonski, 42, 131 Cubes Dr. Brimfield. Assault with dangerous weapon, disorderly conduct, disturbing the peace, A&B.

May 1
Emmanuel Bermudez, 24, 66 Union St. Southbridge. Unlicensed operation of motor vehicle, use motor vehicle without authority, possess open container of Alcohol in motor vehicle.
Johnna L. Ricard, 51, 626 Main St. Fiskdale. Shoplifting by concealing merchandise.
May 4
Deborah A. Libby, 49, 33 Smith Hanson Rd. North Brookfield. Disorderly conduct, disturbing the peace, innkeeper, defraud, under \$100.
Michael G. Dembkowski, 40, 65 Millere Rd. Preston, Conn. Fail to stop/yield, OUI liquor, negligent operation of motor vehicle.

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- 80 Buffalo Chicken Wings
- 2 Pans Baked Ziti With Meat Sauce

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Greyhounds invade Capen Hill for 'Spring Fling' event

CHARLTON — Greyhounds overran Capen Hill Nature Sanctuary on Sunday, May 1, when Greyhound Options Inc. held their 18th Annual Spring Fling. The Spring Fling is one of the organization's big fundraisers, but it's also a reunion of sorts, where people who have adopted from them in the past can get together.

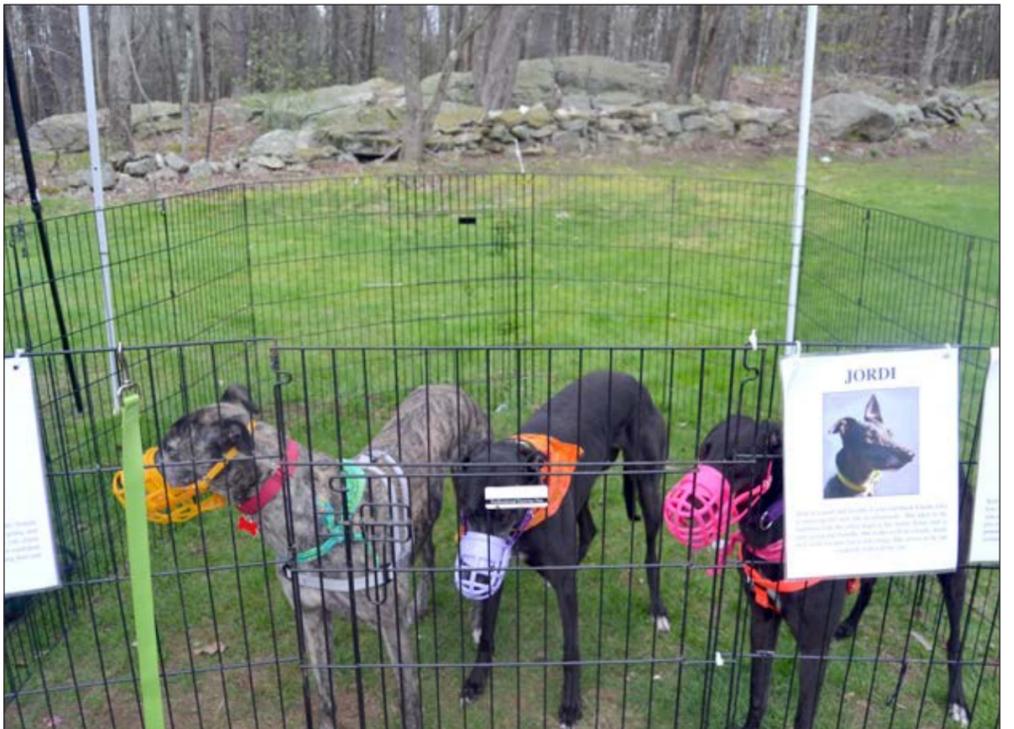


Olivia Richman photos

Angela and Jessica Draper pose with Gable, before grabbing a bite to eat at the cookout.



Greyhound adopters from all over Massachusetts gathered at Capen Hill Nature Sanctuary to meet other greyhound owners and purchase greyhound-related items from local vendors.



Greyhound Options Inc. brought some greyhounds that are up for adoption.



Cindy and Dave Goodline adopted Vern last year from Greyhound Options Inc.



Carolyn and John Zuena (pictured with Johnny B. and Cella) have had greyhounds since 1998.



"I love their temperament," said Lindsay Sarmadi-Fard. "They're couch potatoes. We love that!"



"This is my sixth greyhound," said Nico Ledoux, pictured with 4-year-old Xander. "They're like large cats. They have so much energy but they still sleep 20 hours a day."



Local vendors sold greyhound-centric items, like collars, jackets and treats.

United Way hosts 9th Annual Pub Quiz

SOUTHRIDGE — United Way's 9th Annual Pub Quiz was held Saturday, April 30 at Cohasse Country Club.



Courtesy photos

Team Southbridge Savings Bank: Dungey Dunces.



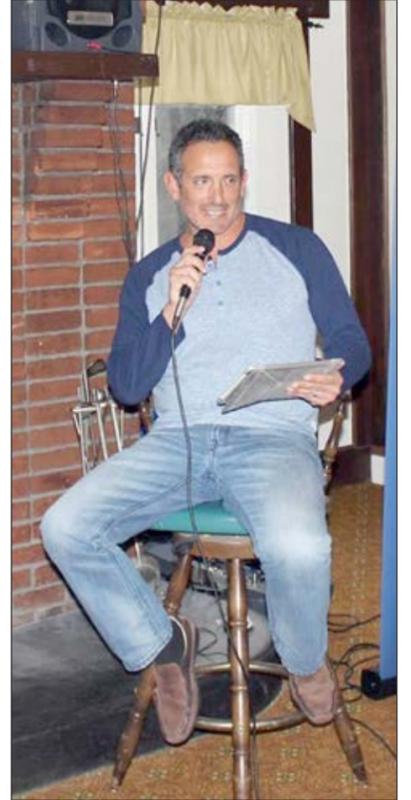
The Flamingo Fiasco: From left, Sturbridge residents Mary Bellezza, Mike Bellezza, Kate Alexander and Matt Alexander.



Team Turner Lane.



Team Universal Thinkers.



Quiz master Michael Deterando.



Strangers in the Pub, winners of Best Team Name.



The team from You, Inc.



Jeff Solari's team.



A happy team at the Pub Quiz!



Second place team: Team Libertarians.

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PRESIDENT AND PUBLISHER

ADAM MINOR
EDITOR, STURBRIDGE VILLAGER

EDITORIAL

Whatever it takes



Sometimes, you have to do whatever it takes to get the job done — even it includes wearing a tutu ... and a tiara ... in public.

I'll explain. As loyal readers of this column know by now, I have two healthy, vibrant, rambunctious kids. They were also born preemies. Their stories have been told numerous times over the past few years, so I won't delve too deeply into it this week. But this past Saturday, our family traveled to Mystic, Conn., to walk in the annual March for Babies put on by the



THE MINOR DETAILS
ADAM MINOR

March of Dimes. Over the past few months, we have been trying to raise money for the cause as

part of our MinorMIRACLES team. We received a ton of support, from people we know and even from people we don't, and even some from readers of this column, which we are eternally grateful for (www.marchforbabies.org/minormiracles for anyone still interested in donating...it's never too late!).

But as we all know, even the simplest of fundraisers need a little injection to give it some life, something to motivate people to give — some kind of stakes. That's where we were about a month ago. Things were moving along OK, but I felt like we needed to do more. Something was missing.

A few weeks ago, my wife and I decided to add an old-fashioned reward to our fundraising goal. So, after much thought and consideration, I decided that we would set our goal, with the reward being me dressing up in a tutu for the walk.

Well, apparently, everyone I know really wanted to see this happen, because needless to say, the fundraiser kicked off into high gear soon after that, and we easily met our goal within a week. In fact, we hundreds over our goal, just for good measure.

It was tutu time. Never a man to let it be, however, I upped the ante again. Only 24 hours before the walk, I challenged everyone I knew that if we could raise \$300 more, I would add a tiara to my ensemble.

At midnight, the night before the week, we hit our goal, and the person that put us over? It was mother. Go figure.

I am a man of my word, and as the picture attached to this column can attest, I donned that tutu and tiara with pride in Mystic, for all the world to see. And it was, well, interesting.

For the most part, I got a lot of people pointing and yelling out "Awesome!" I even got a few women coming up to me and my wife, telling us that next year, they were going to get their husbands into tutus for the 2017 walk. I didn't know how to take that one. Inspiring other men to wear tutus? I'll take it, I guess...

The reaction was what I thought it would be — overwhelmingly positive, and grateful. My response was that I would do "whatever it takes" to support a cause that no doubt saved the lives of my children — even if that meant dressing up in a ridiculous costume in front of hundreds of people. If that's what it takes, I'll do it every year. They're worth it.

Besides, I thought I pulled the look off. Now, the question is, how do we top it next year?

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

OPINION

VIEWS AND COMMENTARY FROM STURBRIDGE, BRIMFIELD, HOLLAND AND WALES

LETTERS TO THE EDITOR

Help 'stamp out hunger' this weekend

To the Editor:
Saturday, May 14 marks the 24th anniversary of the National Association of Letter Carriers "Stamp Out Hunger Food Drive." Letter carriers walk throughout the community every day, often coming face to face with a sad reality for too many, hunger.

So, each year on the second Saturday in May, letter carriers across the country collect non-perishable food donations from our customers. These donations go directly to local food pantries to provide for families in our own community in need of help.

Last year, on this one day over 71 million pounds of food was collected nationally. Over the course of its 23-year history the drive has collected well over one billion pounds of food, thanks to the Postal Service's universal network that spans the entire nation, including Puerto Rico, Guam and the U.S. Virgin Islands.

The need is great. Currently 49 million Americans (1 in 6) are unsure where their next meal is coming

from. Nearly 16 million children feel the impact of hunger on their overall health and ability to perform in school and 5 million seniors over age 60 have to decide between daily meals or paying for rent or needed medications.

The timing of this annual event is intentional and crucial. Food banks and pantries receive the bulk of their donations around the fall and winter holidays. By springtime many pantries are depleted, entering the summer with low supplies at a time when many school breakfast and lunch programs are not available to children in need.

Participating in this year's Stamp Out Hunger Food Drive is simple. Just leave a non-perishable food donation in a bag by your mailbox on Saturday, May 14 and your letter carrier will do the rest. Please join in America's great day of giving and help us in our fight to end hunger.

STEVE DOHERTY
NATIONAL ASSOCIATION OF LETTER CARRIERS

Help your mother prepare for retirement



FINANCIAL FOCUS
JEFF BURDICK

Mother's Day was last weekend, so many were recently shopping for the flowers or candy for Mom.

But this year, why not also go beyond the traditional? Specifically, if your mother is still working but getting close to retirement, consider providing her with a gift that can help make her days as a retiree more pleasant.

Here are a few suggestions:
Contribute to her IRA. As long as your mother is employed, she can contribute to an IRA, and she may already have one. If so, help her fund it for 2016. You can't contribute directly to her IRA, but you can certainly write her a check for that purpose, and by doing so, you can make it easier for Mom to "max out" on her account this year. Assuming your mother is over 50, she can contribute up to \$6,500 per year to her IRA. As you may know, an IRA can be a great way to save for retirement because it offers significant tax benefits. Contributions to a traditional IRA are typically tax-deductible, while any earnings can grow tax deferred. Roth IRA contributions are not deductible, but any earnings can grow tax free, provided the account owner meets certain conditions.

Give Mom some stocks. You know your mother well, so you are probably familiar with the products she likes. By giving her shares of stock of the companies that produce these goods, you will provide Mom with a feeling of ownership that she may enjoy — along with the benefit of possessing investments that could potentially increase in value. Discuss retirement income strategy. Even if your mother has made some smart financial moves, such as investing in an IRA and her 401(k) or other employer-sponsored retirement plan, she may still need some advice on how best to initiate and manage her retirement income. To cite just one action she needs to take, she must start making withdrawals from her 401(k) and traditional IRA once she turns 70 1/2. But if she withdraws too much each year from these accounts, she could deplete them sooner in her retirement years than is desirable. To develop a solid retirement income strategy — one that can help her avoid outliving her income — she will need to coordinate withdrawals from her retirement accounts with her Social Security payments and any other sources of income she may have available. Because it's so important to put together an appropriate income strategy, it's a very good idea to consult with a financial professional. If your mother does not currently work with one, encourage her to meet with someone you know and trust.

Of course, your mother may be married and have her finances commingled with those of her spouse. Nonetheless, every one of the suggestions mentioned above is applicable and relevant to your mother, whether she is single, married, divorced or widowed. Women must be prepared to take full charge of their financial situations, no matter their marital status. Anything you give Mom on Mother's Day will be appreciated. But if you can add a gift — whether in the form of investments or knowledge — that can help her make progress toward an enjoyable retirement lifestyle, you will be providing her with an enormous "thank you" for all she's done for you over the years.

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.

How to sell books of coins

As a member of the NAA (National Auctioneers Association) and an "expert" on coins and currency, I often receive inquiries about coins from other auctioneers. They occasionally get coins in an estate they're handling and they want to know the values and whether there are any particularly valuable ones that they should sell separately.

One recent inquiry was from a good friend in Georgia who has two blue Whitman albums: a Mercury dime (1916-1945) album and a silver Washington quarter (1932-1964) album. He said that the majority of the coin were circulated, especially the early dates. My advice to him was the same I would give to my other clients...

On the dime album, look for the key dates, including the 1915 D, the 1921 P (no mint mark) and 1921 D, the 1942/1 P and D. Most often collectors filled the coin openings in the albums by pulling out coins they found in circulation. This was not difficult as silver coins commonly circulated until the government replaced silver coins with clad (copper-nickel cladding over a copper core) in 1964. Most of the early silver coins had been heavily circulated by this time so the dates and mintmarks are often hard to read.

Of the key dates noted, the only one I would get certified by a grading service is the 1916 D because there are quite a few counterfeits in the market place. Counterfeiters would remove a D mintmark from a Mercury dime of later years and add it to the reverse of a 1916 Philadelphia dime, which had no mint mark. However the style of the D mintmark used in 1916 was unique. Experts can tell if the is an incorrect style. In addition, the counterfeiter often did not place the added D in exactly the right location.

For the 1916 D and the 1921 P and D Mercury dimes let's assume a grade of

Fine 12. The value of a counterfeit is zero dollars to a collector. A 1916 P is valued at \$4.75; a genuine 1915 D is at \$1,965. While the value for other Mercury dimes after 1921 is between \$2 and \$4, the 1921P is \$80 and for the 1921 D it is \$145. The 1942/1 dimes are commonly found in grades of VF 20 or better, so let's value coins of that period at EF (Extra Fine). Common date Mercury dimes between 1940 and 1945 are worth about \$5-\$9. However, the 1942/1 P is worth \$500.00 and the 1942/1 D sells at \$485.

For the Washington quarter album there are only three readily available rarities...the 1932 D and S, and the 1934 and 1937 DDOs (double die obverses). Let's look at the values of these coins in two grades: VG-8 and VF 20. Common date Washington silver quarters are worth between \$5 and \$7 in VG and \$6-\$9 in VF. But the 1932 D in each of those grades is worth \$80 and \$115. The 1932 S is worth \$80 and \$110. The 1934 DDO's values are \$40 and \$90, while the 1927 DDO's values are \$100 and \$300.

My advice to the auctioneer was to get the 1916 D certified and graded professionally and sell the other key dates separately from the albums. The bottom line is, if your selling complete sets, make sure you know what key dates you have and double check them because collectors have been known to put non-key date coins into key date holes in albums.

In our next column we'll take a look at other key date coins found in complete or nearly complete albums.

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.



TREASURES IN YOUR HOME
PAUL JOSEPH

LETTERS

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Or e-mail your letters to the editor at aminor@stonebridgepress.com.

You'll need to provide your name and place of residence, along with a phone number, so we can verify the letter is yours.

We don't have a set limit, but if you keep it around 600 words or so, you're going to have a better chance at seeing all your words in print.

If you want to write a bit longer about a particular issue, maybe a guest Your Turn column is your cup of tea. If you do that, try to keep it between 700-800 words.

Remember, libelous remarks and/or personal attacks are a no-no and could lead to your letter not being published.

So, what are you waiting for? Start writing!



508LOCAL.com

Growing natural insect repellents

Summer will be here before we know it, and along with the warm weather will come evenings of mosquitos, ants and flea invasions.

But, don't run out for the insect spray yet. Summer bugs don't have to turn your outdoor parties into an itching marathon if you combat the buzzing biters with strategic planting. Now is the perfect time to plan to plant some natural insect repellents.

With public concern about chemical repellents escalating, growing crops of natural insect repellent plants and flowers is quickly becoming a first choice for many. Mother Nature's bug deterrents are not only effective, they add beauty to the landscape and outdoor living space. Read on for the rundown on what varieties best chase away lawn and garden pests.

Note: Some herbs and plants are poisonous if applied to skin or ingested. Be aware of what you are planting (also check with local nursery or garden center on which plants are dangerous to pets).

Marigolds & Mosquitos: Bright, brassy marigold buds command attention in the garden, but it's their distinct odor that deters mosquito and other pesky bugs from invading their space. Marigolds do double duty when planted in pots and placed on decks and porches. The sturdy flowers not only add a pop of bright yellow and orange to an outdoor space; they are extremely effective at keeping bugs at bay. Easy to grow, potted marigolds are always on duty, and they can easily be moved at leisure to keep insects away.

Sho Fly Yarrow: Yarrow, which also grows wild, is another effort free bug deterrent that is not only a hard worker, but a looker too! Yarrow's fern like leaves and forever budding white flowers offer a complete season of fly control. For a double dose of bug repelling properties, fill bottles with sprigs of yarrow with a few marigolds

mixed in. Use this "bug-off bouquet" as a centerpiece, or scatter several around during outdoor gatherings.

Yarrow also repels ants, making it a favorite plant with backyard picnickers. Spread leaves and flowers in areas where ants are found.

Note: Do not plant yarrow near where pets congregate as the plant can be poisonous to animals.

Catnip: Not Just for Fluffy Anymore: Catnip is very easy to grow, and the hardy perennial requires practically no attention! Cats love it, but mosquitos don't. In fact, a 2010 report by entomologists at Iowa State University revealed catnip is ten times more effective than the highly controversial chemical DEET in repelling mosquitos! Fast growing catnip thrives planted in the ground or in container pots, which makes it an ideal candidate to battle the buzzing insects. Try growing catnip in long deck rail pots to literally surround the outdoor sitting area with natural mosquito repellent.

Here's how to take catnip to the next level of deterrent: a catnip bug spray!

To do: Harvest strong stalks of catnip with leaves. Pull off the leaves and process them in a food processor until they resemble pulp. Place catnip leaves in a saucepan. Pour two cups of boiling water over the catnip and allow it to steep for about 15 minutes. Strain the leaves out. Pour into a spray bottle and allow to cool in the refrigerator. Spray clothing to repel mosquitos and other pesky insects.

Lemon Balm Citrus Bomb: Another very easy to grow herb, Lemon Balm has a refreshing citrus fragrance, but its claim to fame is its natural insect repellent properties. Lemon Balm grows quickly and is at home in the garden or in pots. Pluck leaves and scatter in areas where insects are bothersome. Or, simply crush a few leaves and rub on arms and legs to keep mosquitos away.



TAKE
THE
HINT
KAREN
TRAINOR

An effective Lemon Balm bug deterrent spray can be easily made by picking Lemon Balm leaves (add catnip also if you like) and stuffing them in a mason jar. Pour witch hazel (available at drug stores) over the leaves to cover. Screw on the lid and allow to steep in a cold, dark place for one to two weeks. Strain out leaves. This infusion concentrate can be used to whip up several bottles of bug repellent. Simply fill a small spray bottle or mister half way with the infusion and add water to fill. Use as you would any commercial insect spray.

Lovely Lavender: Lovely lavender has many virtues, not the least of which is the ability to deter mosquitos and other insects. Clumps of lofty Lavender grown near outdoor sitting areas offers a delightful seasonal fragrance, and it's these same natural oils in Lavender that aid in keep the insect population away. Lavender is also hailed for its ability to repel fleas and ticks, which is yet another reason to grow it near where pets gather. Lavender grows tall and thick in patio pots, making it an excellent choice for container growing.

Citronella Scents: Most people are aware that Citronella is a main ingredient in natural mosquito repellents, including candles and oils. But the best way to reap the bug busting benefits of Citronella is to grow it in the garden, as it is strongest in its natural state. A quick growing grass, Citronella can grow several feet, making it a great privacy plant. Planting Citronella grass in large pots

on a deck or patio provides a dual purpose: as a natural (and eye appealing) privacy screen and an effective bug deterrent.

While it's debatable whether the growing leaves release enough of their deterrent oils to do a satisfactory job of keeping bugs away, it is a proven fact that crushing the grass is an excellent way to release the oils, which means you can simply crush the leaves and apply directly to skin.

Tansy: The Good Weed: Tansy, which is a weed, traces its history as an effective mosquito repellent to the Middle Ages to modern times. Modern research confirms oil from the plants is successful in deterring the insects. In fact, Tansy was such an advantageous herb for its antibacterial properties that in the 1600s it was deemed a "necessary" herb for gardens of that era. Tansy, which is related to the sunflower grows wild many regions of the Northeast. The weed's strong aroma enhances its insect repellent properties. And, the weed is often planted as a companion plant in organic gardening to repel insects from crops.

Nicknamed "Golden Buttons," the weed is both adored and abhorred. Loved for its daisy like flowers and medicinal and repellent properties, and disliked due to its habit of invading the garden with Tansy "weeds."

Pennyroyal Makes Fleas Flee: Pennyroyal, a member of the mint family, is another plant that has been used to keep insects away for centuries. The plant is especially successful at repelling mosquitos and fleas.

Mother Earth News reports pennyroyal stems stuck in your hat and pockets really will repel gnats and mosquitos, noting dog owners often see their dogs rolling in pennyroyal patches, and dog instincts can usually be trusted.

The magazine also recommends scattering dried pennyroyal leaves around pets'

bedding area, and rolling up some fresh stems in your dog's bandana before hiking in the woods. (Mother Earth also notes pennyroyal oil used in flea collars has largely been phased out because it caused miscarriages in cats, so only use the fresh leaves. If a pet or person could be expecting, don't use pennyroyal at all.

All Purpose Herbal Insect Repellent

Ingredients: One tablespoon each of catnip; lavender; mint (spearmint or mint)

Directions: Boil one cup of water stir in four tablespoons of herbs above. Cover and allow to cool. Strain herbs and mix the resulting liquid with one cup rubbing alcohol. Dispense into a spray bottle cool. Strain herbs and mix the resulting liquid with one cup rubbing alcohol. Dispense into a spray bottle.

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 kdr@ao.com. Hints are entered into a drawing for a three course dinner for two at the historic Publick House Inn!

A memory on Mother's Day

I'd like to preface by saying this is a reprint of an article I wrote last year. This article got more responses than I ever thought possible and have felt so touched by so many of my readers' stories back to me. Throughout the past several months I have received requests for this story again because they wanted to relate. So many of my e-mail recipients equated this story of mine to how they have felt about the mother figures in their lives. So I decided to reprint this.

It's funny how the smallest things can spark a memory. I remember being young, and being the light in my grandmothers' life. Now, 30 years later, I still can smell the perfume she would wear, taste her cookies, and feel her soft carpet under my feet as I ran barefoot around her house. My Nana was the most important lady in my life. She was truly an inspiration. She was the caretaker for her 3 younger sisters. One with crippling MS, another with disease related mental retardation, and the third just a baby. She joined the Navy to be a medic, and was a WAVES (Women Accepted for Volunteer Emergency Service) in the 1940's in WWII. After meeting and marrying my grandfather she finished her schooling, and was a dental hygienist for as long as I can remember. She worked hard and was still the classiest woman I knew. There was always a starched and pressed tablecloth on the table. Even just for breakfast the table was fully set with all the correct cutlery and dishes. Her house was always spotless down to her baby grand piano being perpetually dusted. Every bed was made with hospital corners, a bed spread, and a pillow

sham before we even left the room in the morning. She was known as the most proper person in our family. Yet, I was the sunshine in her world. I could run into the house with muddy shoes on her white carpet and it was ok. I asked her for clashing pink and black high top sneakers in the late 80's and it was ok. I listened to rock music in her car, and again, because it was me, it was OK.

She taught me a lot. She made me tapes of Beethoven and Mozart. She took me to fine restaurants. We spent every free weekend at the Museum of Fine Arts. She traveled the world and always brought me back a beautiful souvenir. She taught me the importance of reading classics, writing for the love of it, and always speaking properly.

Nana was beautiful. She kept herself healthy and her hair perfectly coifed. Her nails and makeup were always neutral and modest, but always done. No one had hands as soft as hers. I would crawl into her bed at night and sleep next to her; it was safe there. I thought we had such a strong connection that we woke up at the same time, but she would wake up and just look at me. Smile at me. Hug me.

She was always my biggest fan, and I was hers. I wasn't her only grandchild, but everyone knew I was her favorite.

I remember going to visit her in Florida after she retired there. Her memory was starting to go, but she still carried on as if it wasn't. As if having Alzheimer's was something to be ashamed of. As the years went on she

MOM IN MOTION

JILL ROUSEY
jill@stonebridgerpress.com

slowly got worse. From forgetting to turn off the stove, to not knowing where she was or what she was doing. She became angry and frustrated and we had to put her in an assisted living home back here in Massachusetts. I visited her often and took her places she always loved. We would spend a day at the Museum, and she wouldn't know what we were doing there. I would take her out to eat and she wouldn't remember how to use a fork.

I moved away and after a year came back to visit. I couldn't wait to see her. I went into the nursing home and her nurse said she was in the meeting room listening to a story. I waited patiently at the door and trying to get her attention I politely waved and smiled when she looked my way. As the patients were coming out and back to their rooms I saw her and smiled this huge grin and held out my arms to hug her. She walked right by me. She had no idea who I was. I called her name, "Nana" I said, "It's me. How are you?" she just looked at me, frightened as if to say, "Who is this girl that won't leave me alone." Her nurse came over and said, "This is your granddaughter here to visit you. Say hello, give her a hug." She smiled at me and walked away.

I was thrown back into a whirlwind of panic and sadness. I kept a brave face until I got outside and I let my emotions out. I was heartbroken, I was angry, and I was confused. I knew then that the Nana I had my entire life would have

to live on as a memory, her body was upstairs in that nursing home, and it looked like her, smelled like her, was as beautiful as her, but it wasn't her.

Many years later I went to visit her again. My son was a toddler and I had to muster up the courage to see her. I wanted my husband to meet the woman who impacted my life so strongly. I wanted her to see her great grandson. She sat barely moving. She didn't know how to eat anymore, speak anymore, and do much of anything anymore. I took some pictures and hugged her and we left.

That was the last time I saw her. And as tough as it was, I knew her spirit died a long time ago. She was so bright and vibrant, that is how she would have wanted me to remember her. She passed away a year ago. It was so hard but finally she was at peace. We keep her picture up, her jewelry is shiny and well kept in the beautiful sterling jewelry box she gave me many years ago, and we named our daughter after her. I had to stop being sad for her and smile at the person she helped me become. I feel happy when I think of her and we keep her spirit alive in our home all the time. Whether it is a recipe she used to make that I put my own spin on and make it for my family, or displaying some of the many beautiful trinkets that used to be hers. I smile when I hear classical music, or take my own family to the museum. I remember her, I love her, and I smile for her every day.

It's funny how the smallest thing can spark a memory. And it's a good feeling to turn anything sad into something amazing. Here's to you Nana, wherever you are.

Should everyone own a home?



REALTOR'S
REPORT

JAMES
BLACK

The answer: Not necessarily. Keep in mind this article is just my opinion. I think home

ownership is great and as Chief Economist Lawrence Yun predicts that in 2016 the net worth gap will widen even further to 45 times greater for homeowners over renters. Be aware that not at every time in your life is the right time to buy a home. Let's say you just moved to a new area and only expect to be there a couple years — it may make more sense to rent. Rather than take

the risk of the market dropping in those couple years and being left with a home that you need to rent out. This is assuming you did not want to be a landlord.

Sometimes we get pressure by the market and people that care about us because interest rates are rising and prices are rising that we need to jump in before we get priced out. Yes, it does make sense

to buy at the best price and interest rate. However, if you have not had a chance to save up enough money to get a down payment and a reserve fund of 3-6 months of expenses in place prior to buying the home, it may make sense to wait. You do want a broken hot water heater or a leaky roof to bankrupt you.

At this point you can buy a home with no money down and

some of the programs give you a good rate but we also have to make a decision to protect ourselves even if the bank is willing to loan us the money.

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.

OBITUARIES

Joel D. Palmer, 67



FISKDALE — Joel D. Palmer, 67, of Holland Rd., passed away on Friday, May 6, in UMass Memorial Medical Center, University Campus, Worcester, after a brief illness.

He leaves his loving wife of 46 years, Sharon M. (Titel) Palmer; their daughter, Lori M. Palmer of Fiskdale; his brother, Thomas W. Palmer III and his wife Diana of Fiskdale; three sisters, Sarah L. Piette of Monson, Mary P. Wheeler of Sturbridge and Keren P. Bourdeau and her husband Robert of Fiskdale; a great granddaughter, Adelina Jovan who he loved dearly and several cousins, nieces and nephews.

Joel was born in Southbridge the son of Thomas W. and Lillian (Hickland) Palmer II. He was a 1966 graduate of Tantasqua Regional High School. Upon graduation Joel attended Connecticut School of Broadcasting. He started his broadcasting career with WARE radio

in 1968. In 1985 Joel went to work for WTAG radio and WSRS radio as a creative production manager and could be heard on the radio in several states. Joel enjoyed reading, watching TV especially the New England Patriots and Boston Red Sox. He and his wife Sharon enjoyed trips to the casino. He was a lover of animals and cherished his two dogs, Athena and Teddy as well as his two birds, Sophie and Cuddles. Joel was well known for his great sense of humor and his quick wit. He was the true King of One Liners. As a tribute to Joel and his favorite color blue, the family asks all who attend to wear blue.

His funeral was held on Wednesday, May 11, from the Daniel T. Morrill Funeral Home, 130 Hamilton St., Southbridge, with a graveside service in North Cemetery, Sturbridge. Calling hours in the funeral home were held on Tuesday, May 10.

Donations may be made to the Second Chance Animal Shelter, P.O. Box 136, East Brookfield, MA 01515.

Visit www.morrillfuneralhome.com.

Stanley Casimir Damian, 94



WEBSTER — Stanley Casimir Damian, 94, died Tuesday, April 26, at Lanessa Extended Care in Webster, after an illness.

Stanley was born in Southbridge, a son of the late Stanislaw and Anna Damian. He was a graduate of Robert Cole Trade School. Stanley was employed as a machinist. He was a tool and die maker having worked on intricate parts which were used in the first moon landing in 1969.

He served in the U.S. Navy Seabees during World War II and he was inducted into the Silent Mysteries of the Far East, having crossed the 180th Meridian in 1946.

An avid sportsman in his younger years, he was a semi-professional baseball player, playing for the Polish Tigers and other teams. Stanley and his wife Rose loved to golf and they spent many pleasant moments together on the golf courses of Marco Island, Florida.

His wife of almost 50 years, Rose

(Gasciel) Damian died in 1997. He leaves a son, Father Rinaldo Damian, Chaplain at the VA Medical Center in Miami, Fla.; a sister, Anne Baumeister of Manchester, N.H.; several nieces and nephews.

He was predeceased by a sister, Jessie Haskell of Maine.

A Mass of the Resurrection was celebrated at Saint Joseph's Basilica, 53 Whitcomb St., Webster, on Friday, April 29. Celebrant was his son, Father Rinaldo Damian. Calling hours at the Shaw-Majercik Funeral Home, 48 School Street, Webster, were Thursday, April 28. Burial, along with his wife, will be in the South Florida VA National Cemetery, Lake Worth, FL.

In lieu of flowers, donations can be made to the Webster-Dudley Veterans Council, Veterans Way, Webster, MA 01570.

A guest book is available at www.shaw-majercik.com for messages of condolence.

Barbara J. Rogers, 85



CHARLTON — Barbara J. (Pope) Rogers, 85, passed away peacefully Thursday, May 5, in her home surrounded by her family and close friend.

She leaves her beloved husband of 65 years, Paul E. Rogers, and their children; Daniel J. Rogers and his wife Justine of Millbury; Barry A. Rogers and his wife Carolyn of South Euclid, Ohio; Cynthia J. Rogers of Charlton; and Betsy R. Landry and her husband Richard of Charlton; seven cherished grandchildren: Jill Van Buskirk and her husband Mark; Catherine and Kelly Rogers; Kathleen and Margaret Landry; Julianna and Isabella Rogers; three precious great grandchildren, Hannah, Claire and Olivia Van Buskirk; and a special friend, Cathy Dykstra.

Barbara was born in Medford, the daughter of the late Harold D. and Bessie (Munro) Pope and has lived in Charlton for 58 years. She was a grad-

uate of the Katherine Gibbs Secretarial School.

Barbara and Paul have owned Stonehedge Gardens in Charlton for nearly 50 years. She loved her family, and enjoyed friendships she developed with her customers.

Calling hours for Barbara were held Sunday, May 8, and Monday, May 9, at the Robert J. Miller-Charlton Funeral Home, 175 Old Worcester Rd.

A Funeral Service was Monday, May 9, at the Oxford First Baptist Church, 693 Main St. North Oxford. Burial will be at a later date in West Ridge Cemetery.

In lieu of flowers, Memorial Contributions may be made to: The Visiting Nurses of Southern Worcester County, P.O. Box 368, Webster, MA. 01570; The Worcester County Horticultural Society, c/o Tower Hill Botanical Garden, 11 French Rd., P.O. Box 598, Boylston, MA. 01505-0598; or the Oxford First Baptist Church, 693 Main St., North Oxford, MA. 01537.

Online guest book for Barbara, or to share a memory, please visit: RJMILLERFUNERALS.NET.

Lucielle M. Gregory, 87



SOUTHBRIDGE — Lucielle M. "Gee Gee" (Korson) Gregory, 87, of Therese Ave., passed away on Tuesday, April 26, in Southbridge Rehabilitation and Healthcare Center, Southbridge, after a

brief illness.

She leaves a daughter, Patricia J. Bastien of Southbridge; two granddaughters, Tanya Christian of Southbridge and Nicole Bastien of Holland; four great granddaughters, Megan Ruzycski, Amanda Copper, Natasha Christian and Brittany Christian; and a great great granddaughter who was the love of her life, Alexis Copper.

Gee Gee was predeceased by a brother, Charles Korson and a sister, Jane Milosz.

She was born in Worcester the daughter of John and Boleslava (Stypulkowski) Korson. Gee Gee was a 1946 graduate of Commerce High School in Worcester. She worked for several

years for the Massachusetts Turnpike Authority as a toll collector before retiring many years ago.

Gee Gee was active in senior activities as well as being a volunteer for the women's auxiliary at Harrington Memorial Hospital. She was a member of the Pilsudski Polish American Club in Southbridge as well as a member of St. Hedwig's Church and its Holy Rosary Sodality. Gee Gee loved spending time with her family especially her great great granddaughter and could often be seen sharing an ice cream cone with them at Dresser Hill. She was a very proud woman and grateful to have five living generations of her loving family.

Her funeral and burial will be private. There are no calling hours.

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

In lieu of flowers donations may be made to the American Cancer Society, 30 Speen St., Framingham, MA 01701.

Visit www.morrillfuneralhome.com.

Jacalyn E. Lindsey, 54



STURBRIDGE — Jacalyn E. (Suprenant) Lindsey, 54, passed away on Wednesday, May 4, in the St. Vincent Hospital, Worcester, after a long illness.

She leaves her husband of 25 years, John H. Lindsey; her mother, JoAnn (Moffat) Miller of Sturbridge; her nephew whom she raised, Kyle W. Coston of Somerville; her nephew, Jason Noyes of Orange; her niece Krystle Cie Noyes of Southbridge; her sister, Karyn Hibbard of Arizona; her step father, Elmer Miller of Southbridge; and several cousins in California.

She was predeceased by her sisters, Sheryl Lynn Suprenant and Tracey Lee Coston.

She was born in Rochester, N.Y., the daughter of the late Oliver F. Suprenant. Jacalyn was a graduate of Becker College and attended Assumption

College.

Jacalyn worked in human resources for Madison Cable in Worcester prior to her illness. She previously worked in human resources for Spectran in Sturbridge and Central Mass Regional Planning in Worcester. Jacalyn was a great softball player and was on the swim team at the YMCA in Southbridge in her younger years. She was Girl Scout and showed at horse shows at the 4H club. In recent years she enjoyed doing crafts.

Calling hours for Jacalyn were held on Monday, May 9, in the Daniel T. Morrill Funeral Home, 130 Hamilton St., Southbridge, with a funeral service following in the funeral home. Burial in St. Anne's Cemetery, Sturbridge, will be held at the convenience of the family.

In lieu of flowers to help in the fight against Breast Cancer donations may be made to Susan G. Komen for the Cure, 5005 LBJ Freeway, Suite 250, Dallas, TX 75244 or online at www.komen.org.

Alan D. Dugay, 57



Alan D. Dugay, 57, passed away suddenly on Wednesday, April 27, with his brother by his side.

He is the late son of Charles W. Dugay Sr. and Carol M. Dugay (Coto).

He was born in Farmington, Maine, on June 30, 1959. He was the middle child of three.

He leaves behind his older brother, Charles W. Dugay Jr., and his younger sister Annette M. Anderson (Dugay). He also leaves behind nieces and nephews Tomas E. Chalue, Jeffrey M. Dugay, Timothy R. Dugay, Heather M. Cummings (Chalue), Holly M. Frisbie and Selina A. Dugay. Also, great nieces and nephews, Gage A.Z. Chapman, Skylyn S.P. Chapman, Sadie A. Tautenhan, Mackenzie L. Medina, Haley E. Cummings, Ava R. Chalue,

and Tyler Ross, as well as many other extended family and friends.

He worked at the Town of Holland dump for many years before taking on other means of professions. His enjoyments in life were his family. He also enjoyed NASCAR, all sports, fishing, watching the news, and barbecuing. He was always up for a talk and good laughs. His long conversations and personal words of wisdom will be greatly missed.

He was fortunate enough to be able to become a great uncle to his great niece's and nephew. With Gage he bonded over "poopy trucks" and the little conversations a 3-year-old would talk about. He enjoyed spending time with all of them when he could.

His famous quote was, "It is what it is." You will be greatly missed by us all. There will be a graveside private service taking place at a later date.

Lynn A. Marszalkowski, 49



WEBSTER — Lynn A. (Favreau) Marszalkowski, 49, died Saturday, April 30, surrounded by her family in UMass/Memorial University Campus, Worcester after being stricken ill at home on Friday.

She leaves her husband of almost 6 years, Timothy S. Marszalkowski; two sons, Douglas W. Summers of Norwich, Conn. and Shawn M. Summers of Uncasville, Conn.; four stepsons, Christopher Marszalkowski of Brooklyn, Conn., Nicholas Marszalkowski of Webster, Joshua Marszalkowski of Dudley and Bradley Marszalkowski of Belchertown; her mother, Constance A. "Connie" (Szymczak) Favreau and her companion Ray Johns of Dudley; her father, Lyle G. Favreau and his wife Patricia of Norwich, Vt.; a brother, Michael L. Favreau and his wife Tammy of Braselton, Ga.; a sister, Elizabeth M. Paradis and her husband Scott of

Charlton; her mother-in-law, Elaine E. (Sargent) Smith of George's Mills, N.H.; aunts, uncles, nieces, nephews, cousins and many friends.

She was born in Colorado Springs, Colo., and was raised in Dudley. She graduated from Shepherd Hill Regional High School in 1985. She had lived in Webster since her marriage.

Mrs. Marszalkowski was currently a cafeteria worker in the Dudley-Charlton Regional School District.

She excelled at baking. Her life activities revolved around her family and friends.

The funeral was held Saturday, May 7, from the Sitkowski & Malboeuf Funeral Home, 340 School Street, with a Mass in Saint Joseph Basilica, 53 Whitcomb St. Burial will be in Saint Joseph Garden of Peace. Visitation was held Friday, May 6, in the funeral home. Donations in her name may be made to The Caring Community of Connecticut, Inc., 84 Waterhole Road, Colchester, Conn. 06415.

Visit www.sitkowskimalboeuf.com.

Roy R. Hunter, 41



CHARLTON — Roy R. Hunter, 41, passed away in Kansas City, Mo.

He leaves his daughters, Hailey and Alise Hunter, their mother Nicole, also his granddaughter Kaelynn, his parents Mike and Cheryl Nardone, sisters, Mechelle Wright and Jennifer Foreman and a brother, Michael Nardone, grandmother, Shirley Rogers, two nieces, four nephews, numerous aunts, uncles cousins and friends.

He was preceded in death by his grandparents, Michael and Regina 'Jean' Nardone, Leo Mantha and best friend Steven Gallant, III, and Jeremiah Gallant.

Roy worked as a mechanic for many

years along side his Dad that gave him the opportunity to pass his knowledge of the trade down to his daughters. He was an Amazing father to his daughters and taught valuable lessons to our family, such as unconditional love.

The family would like to thank everyone that has been supportive during this difficult time.

Calling hours for Roy were Friday, May 6, at the Robert J. Miller-Charlton Funeral Home, 175 Old Worcester Rd. Graveside Services will be private and at the convenience of the family in West Ridge Cemetery.

In lieu of flowers, memorial contributions may be made to: the American Heart Association, 20 Speen St., Framingham MA. 01701.

Online guest book or to share a memory of Roy, please visit: RJMILLERFUNERALS.NET.

Jeanne J. Bernard, 92

SOUTHBRIDGE — Jeanne J. (Ethier) Bernard, 92, of Southbridge passed away on May 2.

She was preceded in death by her loving husband, Raymond A. Bernard.

She is survived by three daughters: Jacqueline Holden, Suzanne Pane, Jeanne Civettini; nine grandchildren and 10 great grandchildren. A mass was offered on Wednesday, May 4. Jeanne worked at Guarantee Bank in

Southbridge as a teller for over 20 years and could always be recognized by her smile and wit.

Donations can be made in her memory to: Macular Degeneration Foundation-Memorials [www.macular.org/donations].

Sansoucy Funeral Home, 40 Marcy St., Southbridge, directed the arrangements.

Visit www.sansoucyfuneral.com.



*Send all obituary notices to the
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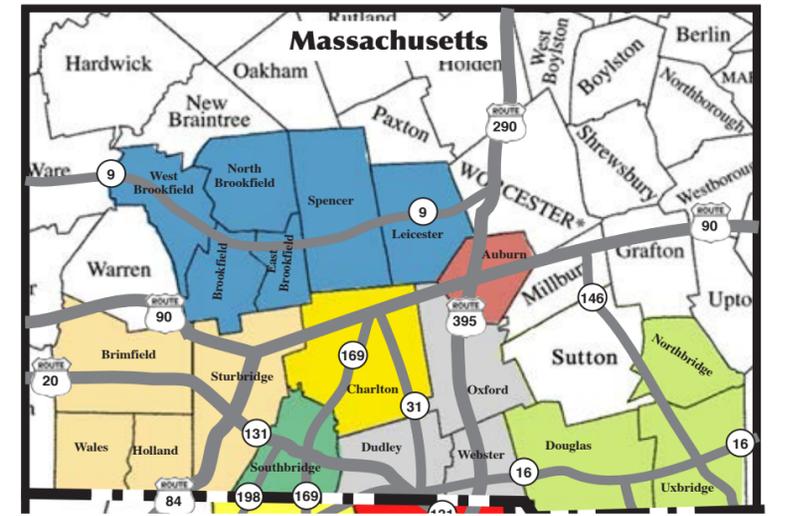
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CALENDAR

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.

Thursday, May 12

CHARLTON

The Inaugural Bay Path Practical Nursing Alumni Homecoming, Thursday, May 12. The event includes a complimentary buffet dinner at the Hill Top Restaurant at 5:30 p.m. We have invited PN graduates from 2010 to 2015. The current Class of 2016 will be hosting the event.

SOUTHBRIDGE

Community Senior Breakfast (free buffet breakfast) — May 12, 8 a.m., at Southbridge Rehabilitation & Health Care Center, 84 Chapin St., Southbridge. Space is limited, please RSVP, by May 9, 508-765-9133.

The Southbridge Republican Town Committee will meet on Thursday, May 12, 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, May 13

STURBRIDGE

American Legion Auxiliary District 4 and Auxiliary Unit 109 are sponsoring a Meat Raffle on Friday May 13 at 6:30 p.m. at the Legion Hall, 507 Main St., Sturbridge.

SOUTHBRIDGE

Southbridge Women's Club meeting will be held at the Southbridge Hotel & Conference Center, Mechanic Street on May 13. Annual Meeting — Anthony

"Tony" DeBlois, vocalist and pianist will perform at our annual luncheon meeting. DeBlois had autism, is blind and has Savant Syndrome. The 41 year old performer knows more than 10,000 songs on the keyboard and can play jazz, country, rock and roll, western, Sinatra, Gershwin and Classical.

Saturday, May 14

SOUTHBRIDGE

Holy Trinity Episcopal Church will be participating in the Southbridge Bicentennial celebration on May 14, by opening our doors to the community! Our church will be available from 10 a.m. to 1 p.m. for use of our handicap-accessible bathroom, for tours of the church, and for complimentary light refreshments. Please stop by, say hello, and see our beautiful church! 446 Hamilton Street, Southbridge; 508-765-9559, www.holytrinitysouthbridge.org; holytrinitysouthbridge@gmail.com.

CHARLTON

By request, on Saturday, May 14, the Men's Fellowship of CCUMC is having a Pasta, Meatball & Sausage Dinner. Salad, rolls and dessert will be served. 5:30 p.m. Adults - \$10, Children 6-12 - \$6, Children under 6 - Free, Family - \$40. Location: Charlton City United Methodist Church, 74 Stafford St., Charlton, MA 01507.

Big Annual Yard Sale at Charlton Federated Church, 64 Main St. (Route 31), Charlton, on May 14, 8 a.m. to 2 p.m. All kinds of good stuff at good prices. Indoors and outdoors, and lunch, too! Proceeds support the Youth Group's upcoming mission trip to work with the homeless in St. Louis. We appreciate your support! Call the church at 508-248-5550.

Electronic and Appliance Recycle Day at Charlton Federated Church, 64 Main St., Charlton, Saturday, May 14, 9 a.m. to 2 p.m. Please bring any electronic items to the parking lot, to include but not limited to computer towers, laptops, scanners, VCR, copiers, DVD, stereo equipment, lighting, vacuum, answering machine, fax, speakers, compact disc, circuit boards, radios, modems, ups, fans, video equipment, game console, Xbox, etc., tape players, typewriters: \$5 each.

Microwaves, exercise equipment, lawn mowers, dehumidifiers, snow blowers, small engine items, monitors,

etc.: \$10 each

TVs: Up to 24", \$15 each, 25" to 31", \$20 each; 32 to 35", \$25 each; 36" and larger, wood console and projection TV, \$30 each

AC units, \$15 small dorm refrigerators, \$10 washers, dryers, stoves \$20 each large refrigerators, \$25

Cables, keyboards, car batteries, tools: No fee.

Also included: Bicycle Recycle Day, no cost. Bring your unwanted old or new bicycle and drop it off, it will be reused again. Mountain, road, BMX, cruiser, old/new, kids, etc. Our aim is to keep bikes from being thrown out when they can be reused.

Sunday, May 15

SOUTHBRIDGE

Please join us for a hearty all-you-can-eat breakfast buffet 7 to 11 a.m. Sunday, May 15, at the Quinebaug Masonic Lodge, 339 Ashland Avenue, Southbridge. Our extensive menu includes French toast, Belgium waffles, custom omelets, Sausage Gravy and Biscuits, bacon, sausage, scrambled eggs, toast, and more. We ask for a donation of \$9 for adults and \$7 for senior citizens.

HOLLAND

FHRA/Friends of the Hamilton Reservoir Association Members Meeting, Sunday, May 15, at the Holland Community Center. Refreshments, 8:30 p.m., Meeting at 9 p.m.

Monday, May 16

CHARLTON

The membership of Harrington Hospital Auxiliary will gather for their Annual Meeting on Monday, May 16, at the Hilltop Restaurant at Bay Path Regional Vocational Technical High School, 57 Old Muggett Hill Rd, Charlton. Lunch will be prepared and served by the school's culinary students under the direction of their instructors, beginning at 11 a.m., followed by a guided tour of the school at 12:45 p.m. Committee co-chairs Nancy and Janina Swiacki, and members of the Harrington Hospital Auxiliary Program Committee, Jeanne Houghton, Patricia LeDonne and Alexandria Nasto invite residents of all 10 communities served by the southern Worcester County vocational school to attend the luncheon and learn more about the Auxiliary and its tradition of service to Harrington Hospital. Following the business meeting and acknowledgement of new members, the group will tour most of the school's 22 shop areas. Entrée choices include prime rib or haddock, with a vegetarian option available on request. The luncheon also includes salad, oven roasted potatoes, green beans Almondine and a delicious cheesecake dessert.

For reservations, please send your payment of \$18 per person, all-inclusive to: Harrington Hospital Auxiliary, c/o Volunteer Office, 100 South Street, Southbridge, MA 01550 no later than Friday, May 6. Please include your meal choice, your name and phone number and the names of any additional guests in your party. If you have questions about this event, please contact Volunteer Manager Kelly Hibbard at (508) 765-6472.

STURBRIDGE

American Legion Auxiliary Unit 109 will hold its monthly meeting on Monday May 16, 6:30 p.m. at the Legion Hall, 507 Main St., Sturbridge.

Tuesday, May 17

CHARLTON

FOCAS Annual Meeting — Tuesday, May 17, at 6:30 p.m. Friends of Charlton Animal Shelter will hold its annual meeting on Tuesday, May 17, at 6:30 p.m. at the Charlton Municipal Animal Shelter, 15 Old Town Road, Charlton. Members and the general public are welcome to attend! Agenda includes a recap of last year's activities and election of the Board of Directors. Take some time to come meet us and join or renew your membership! Regular meeting to follow. For more information, visit www.focascharlton.org.

Wednesday, May 18

STURBRIDGE

The Friends of Sturbridge/Fiskdale Seniors will meet on Wednesday, May 18, at 1 p.m. after which two volunteers from Cochlear America will speak about hearing loss and Cochlear implants as an alternative to hearing aides.

Friday, May 20

BRIMFIELD

May 20, 11 a.m. to 1 p.m. — The Brimfield Senior Center is going "South of the Border" for a Cinco de Mayo Taco Salad Bar Extravaganza. So get out the sombreros and slip away with some south of the border music and a refreshing taco salad bar with all the fixings. There will be: Seasoned ground beef and/or shredded chicken taco fillings; sour cream; salsa; corn chips; black olives; Mexican rice; guacamole; fresh cilantro; chopped tomatoes; cheese; fresh lettuce; fruited iced tea punch; birthday cake and vanilla ice cream with sweet cinnamon topping. May Birthdays will be celebrated and rumor is there will be a Piñata! Please reserve your space prior to May 18. Suggested donation of \$5. The Senior Center is located in the 1st Congregational Church, 20 Main St., Brimfield, MA, 413-245-7253.

SOUTHBRIDGE

The Women's Fellowship of Elm Street, Congregational Church in Southbridge is holding a Rigatoni and Meatball Take-Out Dinner, Friday, May 20, Adults \$10, Children 6-12, \$5, under 6 free at The Fellowship Hall of Elm St. Church, Elm & Park Sts., 4:30-6 p.m. Rigatoni and meatballs, garlic bread, salad, brownie for dessert. We are handicapped accessible & free parking in back of the Southbridge Town Hall. This will profit our mission program, scholarships for college bound seniors, food baskets for the poor at Christmas. For tickets call (508) 347-3464 or the church office at (508) 764-8058 Tues, Wed, Thurs AM.

Saturday, May 21

SOUTHBRIDGE

Trinity Catholic Academy's 21st Annual Golf Tournament will be held on Saturday, May 21. We are inviting you to join us for a day of golfing while supporting our school. Please visit our website at www.tcagolfclassic.com for forms and information. Please contact our tournament organizer Paula Toti at ptoti3@aol.com or call at 508-847-1871.

STURBRIDGE

Rough Seas, Safe Harbor — A concert of seafaring songs by the Quinebaug Valley Singers directed by Nym Cook. Saturday, May 21, 7:30 p.m. at St. Joachim Chapel, St. Anne/ St. Patrick Parish

16 Church St., Fiskdale/Sturbridge. The QVS embark on the high seas with chanteys, hymns, ballads, and instrumental music about partings and reunions, celebrations and tragedies. You will hear street cries sung down by the docks, romantic farewells, riotous ship-board antics, wives' anxious laments on the shore, and hymns of gratitude for safe homecoming. The QVS will be accompanied by fiddles, guitars, keyboards, trombone, bass, and percussion. The QVS concerts are free, handicap accessible, and refreshments will follow compliments of QVS. Free will donations are accepted at the concerts. The QVS concerts are subsidized in part by the Sturbridge Cultural Council and the Monson Arts Council, local agencies which are supported by the Massachusetts Cultural Council, a state agency.

CHARLTON

Spring Open House at Blessings Farm — Saturday, May 21, 9 a.m. to 3 p.m., 50 H. Foote Rd., in Charlton. Pony rides, tag sale, bake sale, local vendors, food, raffles & Drill Team demonstration. Free parking & admission. Fun for the whole family! Rain or shine — all indoors! Visit us at www.blessingsfarm.org or call April at 413-245-3658 to learn more!

Yard Sale — Saturday, May 21, 8 a.m. to 2 p.m. Charlton City United Methodist Church will be holding their annual Yard Sale on May 21. Lots of treasures to enjoy — Collectibles, movies, home goods, books, toys ... too many things to list — and constantly adding more. Come see us at 74 Stafford St., Charlton. Call the church office at (508) 248-7379 for more information. The building is handicap accessible. Plenty of parking available. Bring your truck to haul away the treasures.

WALES

Garden Open House, Saturday, May 21, 2 to 6 p.m. — The Norcross Wildlife Sanctuary will hold a garden open house on Saturday, May 21. May is a wonderful time to view the tremendous diversity of wildflowers in our woodland gardens. The open house will take place between the hours of 2pm and 6pm. Leslie Duthie, plant propagator and horticulturist at Norcross, will lead guided garden tours on the hour for discussion of the wildflowers, both common and rare. Visitors are welcome to walk on their own up until the 6 p.m. tour. Light refreshments will be provided.

Attention Pet People!

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MASS DOT visits Tantasqua for five-day program

CAREER

continued from page 1

sion," said Field Coordinator and Lead Instructor Tom Lemon. "It's fantastic."

The seniors have been working with their hands lining grade, calculating elevations and working with a manhole brick invert, which deals with diverting water and sewage underneath the ground. They also started building a wall made of interlocking blocks.

"I am very proud of the work these students have done," said Lemon. "Their measurements and readings are as good, if not better, than mine. Some of them even told me that I was off by 1/100 of a foot and they were right. They are right on the mark. These kids are sharp. I'm so proud of them. They're doing outstanding work."

And not only that, but the students enjoyed the work, said Lemon. Technical Division Principal Mark Wood echoed the sentiment: "They're into it, they really are. Everything I have heard is positive. I talked to two students and they said it was so much fun. If you can get an education and have fun



Olivia Richman photos

The students learn teamwork and problem solving skills during their time with the Construction Career Development Program.

at the same time, that's a win-win."

To Wood, the program provides students with an opportunity to explore a different type of career that can't be offered at Tantasqua. They apply their academic knowledge — especially math and science. The students see a connection between the academics and vocational classes, which Wood said is very important.

The program started off as

a one-day presentation, but as formed into a five-day learning/working model where the students also walk away with first aid certification, CPR certification and AED training. And most importantly, the hours put into the program go towards their future apprenticeship programs.

"This program in the trades is like an AP class academically," said Lemon. "You get 30 hours of credit towards their



The Northeast Labor Training Academy's MASS Construction Career Development Program, funded by the MASS DOT, came to Tantasqua for the week of April 25.

apprenticeship when they go into a trade. This is an AP class for people in the trades."

The students also gain good work ethic and skills in teamwork and problem solving. The students have to work together on the projects, which is what future employers are looking for.

"I love my job, I really do," said Lemon. "I'm seeing these kids evolving into young adults, choosing a career that

allows them to buy a house someday, start a family and retire at a reasonable age with pension and great health benefits. It's fantastic. They accomplish a lot. They're exceeding my expectations in this program."

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

Pinball expo to feature game designers, raffle

PINBALL

continued from page 1

rience going back to Gottlieb in 1982. He's worked with many companies and designed everything from "A-list" titles to wild experiments that never escaped the Engineering Department. Creature from The Black Lagoon, The Machine: Bride of Pin-Bot, Black Rose, Judge Dredd and the new Ghostbusters are just a few of the many pinball tables designed by Trudeau. In honor of the Ghostbusters game, the Massachusetts and Connecticut Ghostbusters squadrons will be present and on duty to protect us from supernatural interference!

Massachusetts native and ace programmer Lyman Sheats also has plans to attend Pintastic this year. Sheats creates game-specific rules and features as well as the foundation software used on all Stern games. Besides creating the programming software for such renowned pinball tables as Attack from Mars!, Monster Bash, Wheel of Fortune, The Who's Tommy Pinball Wizard, and Medieval Madness, Sheats is also one of the world's top pinball tournament players.

Meet pinball artist extraordinaire, John Youssi! Players have seen his art on fantastic machines such as Whitewater, Funhouse, Whirlwind, Red

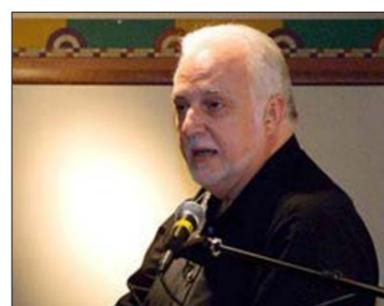
& Ted's Road Show, The Machine: Bride of Pinbot, No Good Gofers, Medieval Madness, and many more! You'll be seeing his art on the Pintastic 2016 T-shirt, too! John will give a presentation about his life as a commercial artist. Get your silver Sharpies ready for autographs!

Don't forget Pintastic is flippin' fun for the whole family! Kids will enjoy face painting and balloon animals from Just Clowning Around, a carousel bounce house, the moon walk, a swing ride, Maggie the Clown (formerly of the Barnum & Bailey Circus), a magician, a caricature artist, a kid's pinball tournament with awesome prizes, and the gorgeous lake front beach at the Sturbridge Host. Grab a tasty bite and keep playing all day! Concessions with food and beverages including beer will also be on hand. So will the Monster Mobile Arcade, a forty-foot climate-controlled trailer packed with new and classic full-size video arcade games, all free to play with your admission. Folks with pinball machines at home can also browse the hall of vendor booths and purchase parts and upgrades for their collection. Maybe it's time to start your own collection? New and used pinball machines and arcade games can be bought, sold and traded with exclusive show deals and discounts you can only get at Pintastic. The first Pintastic show

in 2015 brought in players and collectors from 12 states and several provinces of Eastern Canada. Seminar presenters came from Chicago, Texas, New Jersey, England, and the New England states. Vendors offered new and used machines, parts, game room decor, and more. 2016 promises more features, more games, and more fun!

BENEFIT KIDS CANCER SUPPORT FOUNDATION

Pintastic and The 200 Foundation have partnered with One Mission, the kids' cancer support foundation, and will be auctioning a brand new Ghostbusters pinball machine manufactured by Stern Pinball. This John Trudeau design is Stern's latest release and the subject of lots of buzz among pinball fans. All proceeds will be split between The 200 Foundation and One Mission. Thanks to Automated Services for donating the brand new machine that you can bid on! This is a wonderful example of community, caring and commitment at work, and Pintastic is very grateful for the chance to help these very worthy organizations. To learn more about The 200 Foundation and One Mission, please visit www.the200.org



John Trudeau, designer of the new Ghostbusters pinball machine, will present at Pintastic 2016.

org and www.onemission.org.

For details, times, tickets and more information, check out the new Pintastic Pinball and Game Room Expo website at www.pintasticnewengland.com and make your room reservations soon. Contact Pintastic by phone at 617-529-9567 or by email at pintasticnewengland@yahoo.com. For reservations call the Sturbridge Host Hotel and Conference Center at 508-347-3246. Ask for the special Pintastic Pinball block at just \$104 a night.

Quinebaug Valley Singers to host annual spring concert

QVS

continued from page 1

tury hymn, and in the middle it breaks off and he falls into the sea. Everyone sadly goes home. If you do it right, it's very sentimental. It's a tear-jerker. It's amazingly moving. The audience will learn about all these amazing songs and also hear some sailing classics."

There will be modern songs in the performance as well, including "Sugar Trade" by James Taylor and a song called "Ocean," by Supplied Belcher.

There are currently 55 members in the QVS, largely from Southern Central Massachusetts and Northeastern Connecticut. Many members are from Southbridge, Sturbridge and Woodstock.

Cooke joined the group in 2002 as the director. Before, he was the director of a community chorus in Barre, called the

Band of Voices. When QVS recruited him, he accepted the position. He held four director positions at that time.

"I just loved music all my life," said Cooke. "My parents were musical. I do these programs because I love the music. At age 65, all my energy comes out of the music. People wonder where I get all my energy. I get it from the music."

The show debuts Saturday, May 21 at 7:30 p.m. at St. Joachim Chapel (116 Church Street, Fiskdale). There will be a second concert on Sunday, May 22 at 3 p.m. at the First Congregational Church in Munson (5 High Street). The admission is free, although the audience can give donations. There will also be refreshments, both sweet and savory, after the performance.

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

Leo settles in to Tantasqua School Committee

LEO

continued from page 1

schedule as well. I wanted to make sure it was a good fit for my family. I had to find out when the meetings were. There are a number of people where I work, as well, who are in school committees in their local towns. No conflicts there."

What do you think you'll bring to the board?

"It's balancing my experience in urban district and understanding where I graduated from. I graduated from Tantasqua myself. Education has changed dramatically since then. Understanding the challenges and changes and making sure that if I choose to keep my kids in the public school system, which I prefer to do, I want to make sure it's the best public school they can be going to."

What do you hope to accomplish while on the board?

"I'm hoping to learn as much as I possibly can. It's a three-year post. I don't have a set agenda. I just want to make sure I can bring the knowledge that I have and that I've gained about schools, the best learning practices, etc. It's a very different type of position. My understanding of the education is more background and reporting and balancing what the mandates are between federal government while still providing the best education for our students."

Why is it important to you to be a part of the Tantasqua School Committee?

"I worked in the private sector for 11 years prior to coming to Worcester Public Schools. It was a very fast-paced organization, all about paper and pencils. At the end of the day I like that the work that I do now can actually impact people's lives. I look at the work that I

do as helping kids become better people and contributing members of society. That's how I've always looked at my job. If I can do that within my own community by getting involved, you can't complain about things that you aren't working towards making better. That's how I looked at it. It seemed like a great opportunity for me to step up."

And you have two children. Do they attend school in Sturbridge?

"I've got boys in the second and fourth grade at Burgess. By the time this three-year commitment is up, I'll know whether Tantasqua is the right fit for my kids. It is personal, of course, to make sure it's the best school. I went through public schools and it's important to make sure our public schools are the best they can be."

Do you have any current concerns with the district?

"I have friends who have seniors this year. I have listened to where their kids are going and what they're doing. I think we do amazing work. Our seniors are being accepted at fabulous organizations — it speaks to quality of education they're getting. We need to maintain that for sure."

When you're not working, what are some of your hobbies? What keeps you busy?

"I do triathlons. I'm doing the Patriot Half Iron on June 18. I coordinate the Whitinsville water stop for the Pan Mass Challenge and have been involved with the PMC for over six years now as a rider and volunteer. I've been training for those. I also like to read. [I recently] came back from a trip. I like to travel and enjoy my family."

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

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SPORTS

HIGH SCHOOL NOTEBOOK



Nick Ethier photos

Tantasqua's Sarah Harlinski makes the play at second base versus Southbridge.



Emily Blanchard of Tantasqua employs her windup before releasing the ball to the plate versus Southbridge.

May 3

Tantasqua 22, Southbridge 1 — The host Warrior varsity softball team shook off a slow start to defeat the Pioneers in five mercy rule shortened innings. But Southbridge scored first in the opening inning after base hits by Mya Torres and Taylor Feraco. Torres later scored on a passed ball.

Tantasqua responded with six runs in the bottom of the third inning and 16 more in the fourth. Hayley Worthington went 3 for 5 with 5 RBI, including a three-run homer, while Gwen Riendeau went 2 for 2 with 3 RBI to support the three-hit pitching of Emily Blanchard. Kelsey Emrich, Kendra Salviuolo, Abby Stansky and Lindsey Zak also contrib-

uted multi-hit games for the Warriors, as they improved to 5-4.

Southbridge won their first game of the season back on April 25 versus North Brookfield High.

Grafton 12, Tantasqua 10 — The Warriors visited the Indians in a tightly contested girls' varsity lacrosse game, but Grafton pulled away to win.

For Tantasqua (5-3), Grace McHugh and Claire Matlak each scored three goals. Rachel Hayden added a pair of goals, while Joanie Howland and Rachel Godek also scored. Chloe O'Brien made 14 saves for the Warriors, but it wasn't enough as the Indians improved to 8-1.

May 4

Auburn, 4 Tantasqua 1 — The Rockets remained perfect, now 9-0, when they traveled to Sturbridge to take on the Warriors in a boys' tennis match-up. Auburn's points came from the positions of No. 1 singles (Albert Smreczak), No. 2 singles (Kyle Novakoski), No. 3 singles (Sebastian Smreczak) and No. 1 doubles (Alex Lemovitz and Ryan Nurse).

Tantasqua (3-3) gained its point from Sam Currier and Gene Munnis in the No. 2 doubles game.

May 5

Northbridge 12, Tantasqua 9 — In a home run fest in Sturbridge, the Rams' varsity softball team edged the Warriors. Jill Shenian and Colleen Kelly hit homers for Northbridge, as Shenian had 5 RBI and Kelly drove in 3 more.

Tantasqua's Emily Blanchard hit a pair of homers and Kelsey Emrich also went yard.

Tantasqua 3, Northbridge 1 — Morgan Mascolo (No. 2 singles), Kristy Zhang/Rebekah Bennett (No. 1 doubles) and Sarah Scott/Victoria Kirkland (No. 2 doubles) all emerged victorious in a girls' tennis matchup as the host Warriors (4-3) won. Tantasqua's Elise Hanks-Witaszek (No. 1 singles) was leading her match before it got suspended due to the rain.

No. 3 singles player Katie Sobowiak earned a point for the Rams, as they lost their first match and dropped to 4-1.

Tantasqua 16, Nipmuc 11 — The Warrior girls' lacrosse team held an 11-8 halftime lead over visiting Nipmuc, which was enough to propel Tantasqua (6-3) to victory.

Grace McHugh (five), Camie Hall (four) and Kelly Austin (two) all had multi-goal games for the Warriors, with Hall added a trio of assists. Rachel Godek, Emily Morin, Cassie Arpin, Sam Muir and Sharlette LaPorte also scored for Tantasqua, while Chloe O'Brien made 7 saves.

May 6

Hudson 3, Tantasqua 2 — Morgan Mascolo (No. 2 singles) and Kristy Zhang/Rebekah Bennett (No. 1 doubles) earned points for the Warrior girls' tennis team when they visited the Hawks, but it wasn't enough as Hudson (7-1) prevailed, slipping Tantasqua's record down to 4-4.



In Tantasqua's game versus Southbridge, third baseman Kendra Salviuolo catches the ball along the line.



Lindsey Zak of Tantasqua drives in an RBI single versus Southbridge.

Webster 8U softball edges Sturbridge's Table 3



Courtesy photo

Alana Williams of Table 3 Restaurant Group drives in a run to bring the Sturbridge 8Us within one run just before heavy rain forced the suspension of play.

Mother Nature was not on the side of the Table 3 Restaurant Group "Super Sparkle Unicorns" Sturbridge Girls Softball 8U team last Saturday, May 7.

Playing against Webster in pouring rain, the team suffered a heartbreaking 3-2 loss as the game was called due to an unplayable Lower Burgess Elementary School field. At the time play was suspended, Table 3 had just scored to pull within one run and had the bases loaded with only one out in the bottom of the last inning.

In the rain-shortened game, Abby Nduyu and Fiona Knott both had two hits apiece, with Nduyu and Alana Williams picking up RBIs. Kendall Nickl, Lila Caslowitz, McKenna Drake,

Autumn Cass, Stephanie Krog and Alivia Sauvageau each had a single in the game.

In the field, Drake had three unassisted putouts and Nduyu and Cass each had one putout. Nduyu struck out four from the mound over two innings.

For Webster, Hailey Huchowski had three hits, and Sienna Stawiecki and Emily Cassault both had two hits and an RBI apiece.

In the final inning, Knott, Cass and Krog all singled to load the bases with no outs. After Sauvageau hit into a force play at home for the first out, Williams singled in a run. It was then the sky opened up and the game was called.

SPORTS BRIEF

Sturbridge American Legion baseball signups

Baseball players interested in playing Sturbridge American Legion baseball that are born on Jan. 1, 1997 or later are eligible to play. If an athlete attended the signups, the team will next conduct tryouts May 14 and 15 from 10 a.m. to noon at Tantasqua Regional High School. For more information contact team manager Jim Rosseel at (774) 230-1784 or email or coach Mike Murphy at (774) 230-2115 or email murphy2561@charter.net.



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SPORTS

Tantasqua's fielding miscues lead to victory for Northbridge baseball



Nick Ethier photos

Tantasqua's Nick Pechie tracks down a fly ball hit his way in right field.



Shortstop Izak Gonzalez of Tantasqua fires over to first base to record an out.

BY NICK ETHIER
SPORTS STAFF WRITER

STURBRIDGE — Defensive play was the difference when the Northbridge High varsity baseball team visited and defeated Tantasqua Regional, 7-1, last Thursday, May 5. The Rams turned in quite a few “web gems” while the Warriors committed about a half-dozen errors, which in turn led to a multitude of unearned runs.

“We played well defensive-

ly,” said Northbridge head coach John Demagian, as his team dodged the sporadic raindrops to make the proper plays. “In these conditions, that’s not bad.”

The opposite took place for Tantasqua, according to head coach Mark Muska.

“We need to make the plays you’re supposed to make, bottom line,” he said. “They [Northbridge] made great plays in the field as well as the regular plays.”

The Rams scored a run in the top of the first inning, Northbridge’s lone earned run off Warrior starting pitcher Anthony Pupillo. Koby Schofer led off with a single, stole second base and took third on a groundout by Jake Tricomi. Liam Cunningham then plated Schofer with an RBI sacrifice fly to left field.

Marc LeBlanc, the Rams’ southpaw starter, went unscathed through the first two innings before allowing an unearned run in the bottom of the third. The end result was Tantasqua’s Connor McCaffrey plating Jordan Choquette with an RBI double.

But Northbridge rallied with two runs in the top of the fourth inning, three in the fifth and another in the sixth to win going away. All of the runs were unearned, as errors doomed Tantasqua’s chances.

The big error took place with two outs and nobody on in the top of the fourth. Pupillo appeared to have a 1-2-3 frame, but the Rams’ Bryan Johnson (2 for 4) reached first when second baseman Bennett Paradis pushed his throw off the first base bag.

“We should have been out of one inning,” said Muska. “That’s the one that opens the door and it changes the dynamics of the game.”

Johnson then stole second base and Jacob Padula followed with an RBI double. Schofer (3 for 5) then hit an RBI double to plate Padula.

“We got some big hits,” explained Demagian. “Koby had a couple big hits and we

got a couple with men in scoring position. We did what we had to do.”

Before Northbridge added more runs in the fifth, LeBlanc tossed a 1-2-3 bottom of the fourth.

“We had a well-pitched game by Marc,” Demagian said, as LeBlanc worked the first 6 innings and struck out 8. “He’s capable, he’s a good pitcher. When he has his stuff, when he has his breaking ball working and he’s locating the ball, he’s pretty good. He’s a decent pitcher. He was ahead most of the time and was working both sides of the plate and got a lot of groundballs.”

In the top of the fifth, the Rams’ runs were again unearned as Tantasqua committed a pair of errors, which chased Pupillo.

“Papi gave up one earned run, he pitched well,” said Muska. “That’s not a bad day. We’re very happy with him.”

Choquette took over once Pupillo walked home a run, and Northbridge added two more with RBI’s by Brian Iarussi (sacrifice fly) and Johnson (single).

Cunningham added an RBI single in the top of the sixth for the game’s final run.

Nate Lyons worked the seventh inning for the Rams as they improved to 6-5 during their up-and-down season thus far.

“Hopefully it carries on,” Demagian said of potentially gaining much-needed momentum. “We got to get over the hump. We have to beat a good team, and we haven’t yet, so we’re waiting. We’re hoping it comes soon.”

Despite the loss, Tantasqua is also 6-5. The Warriors had been playing well — they won a two-game tournament, edged David Prouty Regional and put up a lot of runs during a victory over Southbridge High — but Muska is preaching consistency for his team to improve.

“We’re not consistent. It needs to get consistent,” he concluded.



Tantasqua starter Anthony Pupillo pitched well, but five unearned runs plagued the Warriors during a 7-1 setback to Northbridge.



Bennett Paradis of Tantasqua swings away at a pitch versus Northbridge.

Petroni expands Mini Warrior Baseball Clinics into nine communities

BY GREG BARLOW
SPORTS CORRESPONDENT

LEICESTER — Ryan Petrone remembers growing up in Leicester with the rich and competitive culture of baseball — a game that helped bring him to college, introduce him to professional athletes and open doors he’d never imagine.

A junior Business Management/Mass Communications major at Merrimack College, Petrone plays second base for the Warriors’ baseball team on scholarship and plans to ensure that all kids from his home community region have the same opportunities to develop the skills on the Little League diamond that he had as a kid.

“I want kids to learn the game the right way,” said Petrone. “Being the age I am, kids actually listen to me and my coaching staff and can look up to us as role models.”

Petrone is in his fifth year as Owner/



Coaches speak to students at a Mini Warrior Baseball Clinics event.

Coordinator of the Mini Warrior Baseball Clinics (MWBC), where he spends the summer training kids ages 6-13 on all facets of baseball from a college perspective.

The clinics include a long list of age and skill-specific baseball techniques and fundamental training for hit-

ting mechanics, base running, pitching, catching, fielding and footing in both the infield and outfield, situational baseball, game play and mental coaching.

In addition to in-game tactics of baseball, Petrone’s clinics are fully equipped with a provided lunch, T-shirt, award recognitions and daily scouting reports that track participants’ progress.

“At the end of the day, it’s about teaching kids the game,” said Petrone. “I teach them things that I learned at the age of 18 and wish I learned when I was their age. The clinics are my way of sharing my passion of baseball with kids who are developing that same passion, and it’s my way of giving back to the game.”

Due to a major ankle and leg injury that took place March 24 during a game against Felician

University, Petrone’s 2016 season ended sooner than expected. With his team playoff bound this season, it’s been a true heartbreaker for the young baseball fanatic.

However, with the temporary loss of his season, Petrone has been in full swing to grow the MWBC. For the first time ever, the MWBC has expanded outside Leicester and into eight other communities including Spencer, Charlton, Sturbridge, Paxton, Millbury, Holden, Nipmuc and Worcester.

The MWBC partners with local Little League programs and costs \$195 per child. For each participant registered, \$25 gets donated toward the town’s Little League program. Details regarding reduced costs for families interested in registering multiple kids into the clinics can be found at

www.miniwarriorbaseballclinics.com.

“We are thankful for the opportunity that all the local Little Leagues who have partnered with us are giving us,” said Petrone. “We can’t wait to get to coach so many new faces.”

Each clinic is four days long and lasts from 8:30 a.m. to 3 p.m. Here’s a complete list of the 2016 clinics, as of press time:

Leicester, June 20-23
Paxton, June 27-30
Sturbridge, June 28-July 1
Spencer / East Brookfield, July 11-14
Nipmuc, July 12-15
Charlton, July 18-21
Millbury, July 25-28
Holden, July 26-29
Jack Barry (Worcester), August 1-4

Visit the webpage for more information on locations and for updated clinics.

“If everything goes

well, it will be a successful summer where we can build off from and grow the sport for more summers to come,” said Petrone.

Coaches for the clinics consist of former and current players from NCAA Division 1, 2 and 3 college baseball teams, representing UMass Lowell, Merrimack College, Springfield College, American International College and Roger Williams University.

In past years, Petrone has averaged 40 students per clinic. Noticing a general decline in the sport across the local communities, he hopes to raise the interest, bring up the talent levels and grow baseball in the Worcester County region again.

From a financial standpoint, Petrone’s goal is to raise \$1,000 for each of the Little League programs he partners with.



Courtesy photos

A participant from the Mini Warrior Baseball Clinics tracks down a pop fly.

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EDUCATION NOTEBOOK

Assumption College

WORCESTER — The Assumption College Department of Psychology has announced that Katie Coderre, of Sturbridge, has become a member of Psi Chi, the Psychology National Honor Society. Coderre, a member of the Class of 2016, was inducted into the honor society earlier this academic year.

Joshua Hyde Public Library

STURBRIDGE — Kids! Teens! Adults! Sharpen those pencils and get those creative juices flowing. We are now accepting entries for the annual Bookmark Contest sponsored by the Friends of the Joshua Hyde Public Library. Create a bookmark based on the theme "On Your Mark, Get Set... READ!", the 2016 summer reading theme.

Winning bookmarks will be published and available at the Joshua Hyde Public Library. Deadline for the contest is May 20. One winner is chosen from each of the five age groups: 4-6, 7-9, 10-13, 14-17, and over 18. At a special award celebration in the summer, winners will receive a framed copy of their bookmark as well as a personal supply of their winning bookmarks.

Pick up an entry form at the Joshua Hyde Library or download from the Sturbridge Library Friend's website www.SLFriends.org.

• Monday, May 16: Reading Buddies – Reading with Keeva: Children are invited to join children's librarian

Patricia Lalli and her certified therapy dog Keeva for 15 minutes of reading practice. Children may bring their own book or select one at the library. Space available Mondays between April 25 and June 6. Registration required. 3-4 p.m.

• Monday, May 23: Reading Buddies – Reading with Keeva the Reading Therapy Dog. Children are invited to join Keeva for 15 minutes of reading practice. Children may bring their own book or select one at the library. Pre-registration required. 3-4 p.m.

• Wednesday, May 25: Chalk Paper Scissors: A Craft Club for Kids. Join us each month as we use story books to inspire simple crafts. We'll use a variety of materials and methods. Fun for the whole family! Pre-register, please. 6:30-7:15 p.m.

Sturbridge Cooperative Nursery School

STURBRIDGE — The Sturbridge Cooperative Nursery School is now accepting students for the 2016/2017 school year! At The Sturbridge Cooperative Nursery School we help our preschool children learn to work and play with other children, give them the opportunity to work and play with different equipment and toys, and foster growth and independence in each child, while promoting healthy habits that prepare them for kindergarten.

For more information or to tour the

school please call (508) 347-9131.

American Legion Scholarship

FISKDALE — The American Legion Post 109 Ladies Auxiliary Fiskdale, is offering a scholarship to a senior male

or female attending Tantasqua Regional High School. Special consideration will be given to those whose parent(s) have served or are serving in the military.

Application and rules are available at the Guidance Office.



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Friday, May 20: Blazing chicken fillet sandwich, NE baked beans, coleslaw, brownie, milk.

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Monday, May 16: Turkey dinner with whole wheat Dinner roll, whipped potato, peas and carrots, chilled peaches, milk.

Tuesday, May 17: Cheesy burger bake with soft pretzel, carrot sticks with dip, spinach garden salad, berry cup, milk.

Wednesday, May 18: Popcorn chicken, bowl with mashed potato, corn and gravy served with whole wheat dinner roll, fresh fruit, milk.

Thursday, May 19: Baked potato bar, choice of fillings and toppings, cornbread, garden salad, chilled pears, milk.

Monday, May 16: Roast pork with gravy, mashed potatoes, jardiniere vegetables, yogurt, pumpernickel bread.

Tuesday, May 17: Shepherd's Pie, carrots, peas, mandarin oranges, French bread.

Wednesday, May 18: Bacon Omelet, O'Brien potatoes, green beans and tomato, streusel cake, diet small piece, marble rye bread.

Thursday, May 19: BBQ chicken, seasoned potato, country blend vegetables, fresh melon, pumpernickel bread.

Friday, May 20: Potato crunch fish, tartar sauce, rice pilaf, carrots, strawberries, whole-wheat bread.



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28
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25
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Stonebridge Press & Villager Newspapers

Stonebridge Press & Villager Newspapers
P. O. Box 90, Southbridge, MA 01550
www.theheartofmassachusetts.com

NEWS BRIEFS

QVS prepares to set sail

STURBRIDGE — For over three months, a local chorus has been transforming itself into a town of sailors and their wives on the coast of, say, Maine — or perhaps England — in a flexible time-period that alternates between the mid-19th and late 20th centuries.

What is this all about? For their annual Spring concerts, the Quinebaug Valley Singers — centered in Sturbridge but drawing their 55 members from all over south central Massachusetts and northeastern Connecticut — have chosen a program of songs from and about the Earth's mighty oceans and the people who have made their living on them. Titled "Rough Seas, Safe Harbor," the concerts will be presented at the St. Joachim Chapel (St. Anne/St. Patrick Parish, Fiskdale) on Saturday, May 21, at 7:30 p.m. and at the First Congregational Church of Monson on Sunday, May 22, at 3 p.m.

Both concerts are free, with a free-will offering being collected on deck at intermission. Following QVS tradition, audience members will be invited to join the chorus after each concert in the ship's galley for tasty refreshments ("a lot tastier than hardtack," says Music Director Nym Cooke). Both venues are handicap-accessible. (Board the HMS QVS early to be sure of a seat!) Grants from the Local Cultural Councils of Sturbridge and Monson have helped make these concerts possible, and the chorus is grateful for that support.

The chorus needs the extra financial input, according to Nym Cooke, because this is one of their most ambitious programs ever. "We have a 'Fo'c's'le Band' along on this voyage," says Cooke—"six fabulously talented musicians who play fourteen instruments between them—and all of them must be paid something for their trouble." The fo'c's'le, or forecabin, was the part of the ship to the fore that contained the crew's living quarters, and would be the natural place for an impromptu shipboard band to play.

QVS's band includes two fiddles, two flutes, concertina, accordion, trombone, several guitars, bass, and percussion, as well as piano and church organ. Not all of these instruments play at the same time, and not all the musicians are available for both concerts—but they will add lively and stirring sounds and rhythms to the chorus's strong voices.

"This is our most varied program ever in terms of vocal and instrumental textures," says Cooke, who first came on board at QVS Music Director in 2002. "We have both accompanied and a cappella four-part choral pieces; a song for the women of the chorus by themselves; trios of solo voices; individ-

ual soloists singing a cappella or with their own accompaniment; homophonic hymns and polyphonic rounds; and four pieces where we invite the audience to join us in singing." It's also likely that the Fo'c's'le Band will cut loose with a couple tunes on its own during intermission.

The songs range from the well-known ("What Shall We Do With the Drunken Sailor") to the obscure ("Ocean," a lively fugal tune written in the 1790's by Supply Belcher, known as "the Handel of Maine"); from the antique ("New Oysters," a 16th-century street cry) to the recent (James Taylor and Jimmy Buffett's haunting "Sugar Trade"); from the comical ("The Golden Vanity") to the tragic ("The Last Hymn"). There should be plenty of great music for everyone. Make plans now to board the HMS QVS for one or both of its two sea voyages later this month!

'MOMologues' coming to Gateway Players

SOUTHBRIDGE — Gateway Players Theatre, Inc. will present "MOMologues" the first two weekends on June at the Gateway Arts Barn, 111 Main St. in Southbridge.

This show is directed by Bill Guy and produced by Barbara Day. Show dates are Fridays and Saturdays June 3, 4, 10 and 11 at 7:30 p.m. and Sunday, June 12 at 2 p.m. Both Saturday evening performances are BYOB. Tickets are \$13 for adults and \$11 for seniors and students. There are some adult themes and language in the show, but probably would be considered rated-PG. For ticket reservations, please call the Gateway Barn at 508-764-4531. Tickets are also available online at brownpapertickets.com.

Produced in arrangement with Samuel French.

This original comedy about motherhood rips away the gauzy mask of parenthood to reveal what all mothers know but don't always talk about: it's overwhelming and exhausting, but also very, very funny. From the joys of infertility, through reading the same books over and over and over, to finally seeing your baby get on that school bus, this play mines the laughs and tears of the early years of motherhood. Four separate characters tell their individual stories, either directly to the audience in monologues, or in scenes with each other. Mothers everywhere can relate to the labor stories, the frustration of a simple trip to the store, the quest to connect with other mothers, all of which causes them to plan moms' nights out and arrive in packs to laugh hysterically at this tribute to "the toughest job you'll ever love."



HOURS	
Monday	8AM - 8PM
Tuesday	8AM - 8PM
Wednesday	8AM - 8PM
Thursday	8AM - 8PM
Friday	8AM - 6PM
Saturday	8AM - 6PM
Sunday	Noon - 4PM
508-943-7474	

mcgeetoyotaofdudley.com

2013 Scion TC P0130-AUTOMATIC, MOONROOF \$14993	2013 Toyota Highlander 16403A-HYBRID, NAVIGATION \$25992	2011 Toyota Tacoma 16365A-DOUBLE CAB \$14991	2010 Lexus RX350 16232A-AWD, LEATHER, MOONROOF \$19992	2013 Toyota Avalon LTD P0129-NAVIGATION, LEATHER \$18992	2014 Chevrolet Silverado CK 1500 4x4 Double Cab 1618A- ONLY 12 K MILES, LT \$30993
2010 Honda Pilot EX-L 16269B-LEATHER, MOONROOF \$17991	2011 Toyota Prius Two P0109A-50 MPG \$10593	2005 Chevrolet Monte Carlo Super Charged SS 16190B-SUPERCHARGED, LEATHER \$9991	2011 Toyota FJ Cruiser 15200A- AUTO, PREMIUM PACKAGE \$25991	2013 Toyota Sienna P0044- AWD, LIMITED \$28991	2015 Toyota Camry LE P0054- BACKUP CAMERA \$15993
2013 Toyota Highlander Limited 16233A- NAVIGATION, LEATHER \$30992	2015 Subaru XV Crosstrek 16379A- LIMITED, NAVIGATION \$26991			2013 Hyundai Eleantra GS 16145A- SPORT COUPE \$9993	2015 Toyota 4-Runner P0091- 3RD ROW, NAVIGATION, 4WD \$30993
2013 Toyota Venza LE P0089- AWD \$17993	2013 Toyota Tacoma TRD P0134- DOUBLE CAB, SPORT \$29991	2013 Toyota Corolla S P0131- SPECIAL EDITION \$14992	2014 Toyota Rav 4 XLE 16330B- NAVIGATION, MOONROOF \$22593	2012 Toyota Rav4 Limited P0121- NAVIGATION, LEATHER \$20993	2013 Toyota Tacoma 4x4 16356A- OFF ROAD, DOUBLE CAR \$28592
2014 Toyota Rav4 LE 16311A- BAKCUP CAMERA, AWD \$20991	2015 Toyota Rav4 P0095- AWD, LIMITED \$26993	2012 Toyota Camry LE P0088- BACK UP CAMERA \$12993	2012 Toyota 4-Runner SR5 16301A- 4WD, MOONROOF \$25993	2015 Jeep Grand Cherokee Laredo 16226a- 4X4, LAREDO \$24991	2012 Toyota Prius Three P0106- NAVIGATION \$16592



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Southbridge: Magnificent Home! Pristine 7 rooms, 3-4 bedrooms, 4 1/2 baths. Open living room, dining room, breakfast room & kitchen. Hardwoods throughout. Beautiful kitchen with SS appliances & corian counters. 1st floor master bedroom suite w/new master bath & dressing or use as a family room. 2nd flr master bedroom with just remodeled master bath & walk in closet. LOWER LEVEL has full in law apartment including massive fireplace in LR, BIG kitchen, full bath & bedroom-walk out to own driveway. Inground pool! Truly a one of a kind impressive home! Desirable Location! **\$349,900.**

OPEN HOUSE

Southbridge: Open House 12-2pm Sunday One of a Kind Custom Built Home located in Country Club setting with 3.81 acres of privacy! Entertaining at its best! 11 rooms 4 bedrooms & 3 1/2 baths. The 4th bedroom is a great au-pair or guest suite with own private bath. Front to back living room with FP. 1st floor den with French doors to great outside living room! Bright updated kitchen w/breakfast nook. Extra special master bedroom w/private FP & bath. LL finished w/wet bar & FP. 2 car attached garage. **\$385,000. 47 Jacobs**

OPEN HOUSE

Southbridge: Open House 12-2pm Sun Lovely Ranch in desirable area of Town! Wonderful 6 rooms 3 bedrooms! Exterior totally renovated... new siding, windows, roof & garage door! Spacious living room with picture window, sliders to deck, walk in master closet, hardwoods under carpet. Lower level finished family room. Fabulous Back YARD! **\$169,900! 63 Marc Ave.**

ON DEPOSIT

Southbridge: Extra Special Cape in Country Club neighborhood. High End Quality Built 7 rooms 3 bedrooms 2 1/2 baths. Front to back Living room with built ins and fireplace with a beautiful glassed in porch with slate floor. Hardwood floors throughout. 1st floor den. Dual staircases to the bedrooms upstairs. Front to back Master bedroom with master bath. All custom window treatments included. Truly move in condition! **\$264,900.**

NEW LISTING

23 Eddy St, Webster \$200,000, 3 family, fully rented, newer roof, separate utilities, 2 car garage.

NEW LISTING

25 Goddard St., Webster, \$150,000, 3 family, fully rented, lead certs., separate utilities

Maribeth Marzeotti
MaribethRealtor.com
179 Shrewsbury Street, Worcester, MA 01604 • 508-864-8163

MORTGAGEE'S SALE OF REAL ESTATE AT PUBLIC AUCTION

Monday, May 16, 2016

12:00 PM-SOUTHBRIDGE

757 Main Street a/k/a 757- 761 Main Street
2 fam, 3,602 sf liv area, 0.66 ac lot, 8 rm, 4 bdrm, 2 bth, Worcester(Worc): Bk 40929, Pg 194

1:00 PM-STURBRIDGE

17 Gardner Avenue
sgl fam, 1,848 sf liv area, 0.66 ac lot, 6 rm, 4 bdrm, 2 bth, Worcester(Worc): Bk 27143, Pg 151

4:00 PM-BLACKSTONE

14 Carter Avenue
sgl fam, 1,512 sf liv area, 0.33 ac lot, 7 rm, 3 bdrm, 1.5 bth, Worcester(Worc): Bk 38460, Pg 221

TERMS: \$5,000 cash or certified check at the time and place of the sale. The balance to be paid within thirty (30) days at the law offices of Korde & Associates, P.C. 321 Billerica Road, Chelmsford, MA 01824, Attorney for the Mortgagee.

Auctioneer makes no representation as to the accuracy of the information contained herein.

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DUDLEY \$525,000

OPEN HOUSE SATURDAY 1-2:30

Dudley waterfront - 220' on the water Privacy galore! 8 Rooms 3 bedrooms 3 full baths, 1900 sq ft of living area. 2.44 Acres on a dead end street. Located on gorgeous High Pond. Call for a private appointment.

72 Flaxfield Rd

EXIT Real Estate Executives

Lisa Caron
508-341-8299
Realtor

OPEN HOUSE SUNDAY, MAY 15 1-3PM

98 RICE CORNER RD., BROOKFIELD \$219,000

Totally renovated 3 bedroom, 2 bath cape. Hardwood floors, stainless appliances, new plumbing, heating and electrical, 2 car garage.

YOUR LOCAL REAL ESTATE PROFESSIONALS
23 Fiskdale Road • Brookfield, MA 01506
www.lisacaron.com
Michelle Terry/Broker Owner

DUDLEY \$164,900

Own for less than the cost of renting this home. Six rooms, 3 bedrooms, fireplace, detached garage, large backyard, low taxes. Call for a private showing. **217 W. Main St.**

WEBSTER - \$239,900

Live on the first floor, collect the rent on the 2nd & 3rd floors and have them pay the mortgage, taxes and insurance. New roof, heating systems, kitchens, bathrooms, etc. Six large rooms and three bedrooms on each floor. Buy now while prices and interest rates are down.

SOUTHBRIDGE - \$114,900 BANK OWNED

7 Room 3 bedroom cape cod with breezeway and garage..Ideal for somebody looking for low monthly payments..Ideal home for a 203k program.

WEBSTER \$49,900

This is a handyman special. There is nothing pretty about this property except the price. Hard to find mobile home. Land - Fix this up or tear it down. This property needs a cash buyer because financing is not available. I don't think mobile homes qualify for 203k financing but check with your lender. Easy to show Call for a private showing.

Diane Dabrowski
has been serving our area since 1990.

All Real Estate is Local. Call the right Realtor!

Please check reviews, for sale and sold inventory and my blog at DianeDabrowski.com 508-479-2340

Located on the Charlton Common 31B Main St Charlton Center Alliance with ERA Key Realty Services I COOPERATE WITH ALL REALTORS.

FOR SALE **FOR SALE**

EMERSON REALTORS The Market Leader

AUBURN - \$84,900

159 Central Street, building lot in central Auburn! .82 Acres, Water, sewer and gas at the street!

Laura Poulin-Harkins
508-207-3802

WHAT WOULD YOUR HOME Sell for in Today's Market?

Now is a GREAT TIME to find out! Would you like a free, no obligation, Comparative Market Analysis? Using statistics of similar homes recently sold in your area, I can tell you how much your home is worth in today's real estate market. Call me TODAY!

Call Mary Ellen Cox
508-735-7061
CoxMLS@aol.com

A Place To Call Home...

JUST LISTED

BROOKLYN-You will not find a cleaner, better maintained Cape like this 3 bedroom 2 1/2 bath home sitting on a 1/2 acre lot with a 2 car garage on a dead-end street. With 2 living rooms, eat-in kitchen, formal dining, master suite, finished basement, newer roof & boiler this is a can't miss home at **\$244,900.**

JUST LISTED

THOMPSON-Custom built cape style home privately set on rear, level lot, open living/dining kitchen with sliders onto rear deck, center island, 4 bedrooms and 3 full baths first floor master suite with full bath, hardwoods throughout living area (tile in baths); woodstone hookup in living room provides additional heat source; 2 car attached garage with storage above; driveway easement in process for legal access to property located minutes from Routes 44 & I-395 for North/South or East/West commuters. **\$269,900**

JUST LISTED

PUTNAM- One level living at its finest. This spacious home is set on over 24 private acres in an Agricultural zone. Walking through the English gardens and through the front door you find an open kitchen/dining/living concept that has been well-maintained and recently updated. There are 4 bedrooms (with room for more) and 2 1/2 baths (including master suite with soaking tub). A finished basement along with a 2 car garage, fireplace...the list goes on! Priced at **\$399,000.** Call for your private showing today.

JUST LISTED

PUTNAM-Colonial home/business is C-4 commercially zoned. Three bedrooms, 2.5 baths, living room with fireplace, dining room & finished family room on lower level with walkout atrium door. Windows have been replaced; two enclosed porches & garage. House needs work. Convenient to I-395. Offered at **\$189,900.**

NEW PRICE

THOMPSON-Three or four bedrooms, 2 full baths, eat-in kitchen, den, living room plus 3 garages. Also a detached 3 car garage or workshop all situated on 1 acre level lot. Minutes to I-395. **\$255,500**

JUST LISTED

KILLINGLY-Where else can you own your own home for so little money. You need to see this very clean, one bedroom mobile home with 616 sq feet to believe it. The kitchen has loads of storage and counter space that would make any chef happy. All the appliances stay, all you need to do is move right in. Located in a quiet park, this Daville Gem can be yours for only **\$24,600.**

JOHNSTON & ASSOCIATES REAL ESTATE

P.O. Box 83 447 Riverside Dr. Thompson CT
Phone: (860) 923-3377 Fax: (860) 923-5740
Take a virtual visit: www.johnstonrealestate.net

123 Central Street, Auburn, MA
Office Building/Suite for rent at \$650.00 A month. Great center location, parking, and renovated space with potential! 3 Offices, secretary center, waiting room and file room. Call Beth for your showing.

Elizabeth Johnson
774-289-6437
Bjohn97871@aol.com

OXFORD - \$148,900

Title V in hand, 2 bedroom, full bsmt, fenced yard, off street parking, ready for you! Call for your showing!

Donna Caissie
774-641-3325

AUBURN - \$389,900

Outstanding 4 Br Colonial, 2.5 baths & 1 car garage. Open floor with Kitchen-Family room combo, formal living room & dining room. Walk closet off master BR.

Call Kevin Maher
Kevin Maher
508-450-4219
kjmaher@emersonhomes.net

AUBURN \$105,000.

This gorgeous mobile home has many upgrades. Offering 3 bedrooms, 1 bath, \$10K in stainless steel appliances, central air, laundry area and 2 parking spaces. Nice sized rooms and open floor plan. Make sure you add this one to your list of homes to see. Park fees are \$225. Call to schedule appointment.

Joanne St. Pierre
508-864-8399
jmsrealtor@charter.net

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NEW LISTING - \$189,900



8 Roger St.
 Southbridge, MA
 2-Family (2-Bedrooms each floor) 1st Floor Vacant, Excellent Condition See MLS# 72002157

Open House Sunday 11am-12noon

NEW LISTING - \$214,900



227 Torrey Rd.
 Southbridge, MA.
 Single-Family (3-Bedrooms, 1-Full Bath) Excellent Condition & Location See MLS# 72002174

Open House Sunday 12:30-1:30pm

PRICE REDUCED - \$425,000



153 Old Worcester Rd.
 Charlton, MA.
 High-End Home (4-Bedrooms, 4-Full Baths)
 See MLS# 71978399

Open House Sunday 2pm-3:00pm

PRICE REDUCED - \$599,900



86 Dresser Hill Rd.
 Charlton, MA
 Sprawling Ranch (4-Bedrooms, 3-Full Baths)
 See MLS# 71990647

Open House Sunday 3:30pm - 4:30pm

DUDLEY - CUSTOM COLONIAL



1.7 ACRES

- * 3.5 Baths
- * Central Air/ Central Vac
- * 31' Media Room
- * Hot Tub
- * Cathedral Ceiling
- * Spa Room
- * Gourmet Kitchen
- * Breakfast Bar

Must be viewed to be appreciated

10 Johnathan Pass • \$409,900

THOMPSON CT



QUADDICK LAKE

- * Full service Lake
- * Skiing, swimming, Jet ski
- * 3 Baths
- * 10 Rooms
- * Game, Family Room
- * Walkout lower level
- * Cathedral ceiling
- * Fantastic views

30 Lakeside Dr • \$489,900

SPENCER



4.7 ACRES

- * 3 Car Garage
- * Gentleman farm
- * In-law apt
- * Hardwoods

50 Brooks Pond Rd
 \$344,900

DUDLEY



6 UNITS

- * Roof 7 years
- * Modern Kitch & Bath
- * Vinyl & Stone Ext.

110 Southbridge St
 \$325,000

LAND

Dudley: \$199,000
 6 Acres
 Tobin Farm Estate
 Woodstock: \$79,900
 8 acres

Oxford: Office Space \$800-\$1400 available immediately
 Dudley: Apartment 1/2 duplex \$1300

DUDLEY



CARDINAL HEIGHTS

- * Pellet Stove
- * Fireplace
- * Dining/living room
- * 1.5 BA * USDA eligible

40 Brentwood Dr • \$239,900

George P. Goulas, MBA, Broker-Owner
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Open House Directory

Deadline: Monday at 10am

(C) Condo	(X) Condo	(M) Multi-Family	(T) Townhouse
(B) Business	(U) Duplex	(S) Single Family	(D) Adult Community
(P) Land	(L) Mobile Home	(A) Apartment	

ADDRESS	STYLE	TIME	PRICE	REALTOR/SELLER/PHONE
SATURDAY, MAY 14				
DUDLEY				
72 Flaxfield Rd	S	1-2:30	\$325,000	Remax Professional Assoc./Conrad Allen 508-400-0438
SUNDAY, MAY 15				
CHARLTON				
153 Old Worcester Rd	S	2-3	\$425,000	All Worth Realty/George Goulas 508-509-3833
86 Dresser Hill Rd	S	3:30-4:30	\$599,900	All Worth Realty/George Goulas 508-509-3833
SOUTHBRIDGE				
8 Roger St	M	11-Noon	\$189,900	All Worth Realty/George Goulas 508-509-3833
227 Torrey Rd	S	12:30-1:30	\$214,900	All Worth Realty/George Goulas 508-509-3833
THOMPSON, CT				
30 Lakeside Ave	S	11-1	\$489,900	Remax Advantage/Joann Szymczak 508-943-7669
10 Jonathan Pass	S	1:30-3:30	\$104,900	Remax Advantage/Joann Szymczak 508-943-7669



CHARLTON
 2 BR, 1 BA home. 1485 sq ft. Meticulously maintained by original owners. HW floors in LR & DR. Updates inc central air, garage & driveway. All utilities are underground. Close to major rtes.
\$239,900

CHARLTON
 3 BR 2.5 BA Cape on 2+ Acres. 2553 sq ft. Open floor plan. 1st fl Master Suite w/ Jacuzzi tub & walk-in closet. Farmer's porch. 4 bedroom septic, passed Title V. Deck overlooking backyard.
\$349,900

CHARLTON
 4 BR, 1 BA Colonial. 1368 sq ft. Set back from main road w/ a large flat backyard; Open layout; Pellet stove in LR; New vinyl siding; Large BRs, lots of closet space; Town sewer.
\$239,900

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BERKSHIRE HATHAWAY HomeServices

New England Properties



OPEN HOUSE SAT 5/14 1:00-3:00



39 Laurel Drive • Woodstock \$199,900
 G10136770.bhhsNEproperties.com
 What a great neighborhood! Close to everything, yet lake rights to Roseland Lake. The White/Cook Team 860-377-4016 or 860-931-6006

OPEN HOUSE SAT 5/14 2:00-4:00



104 Route 198 • Woodstock \$310,000 NEW PRICE
 G10079520.bhhsNEproperties.com
 Move-in ready 3 bedroom with open family room/ kitchen area! Deck & Hot Tub!
 Brooke Gelhaus 860-336-9408

OPEN HOUSE SAT 5/14 1:00-3:00



765 Pomfret Street • Pomfret \$335,000
 G10087468.bhhsNEproperties.com
 Completely renovated throughout! Granite Custom Kitchen, FP in Living room, 3 Full Baths, 2 Car Garage, Gorgeous!
 Mary Collins 860-336-6677

OPEN HOUSE SAT 4/14 10:00-12:00



28 Blackwells Landing • Brooklyn \$399,000
 G10130132.bhhsNEproperties.com
 Beautiful new construction! Quiet & private lot bordering Blackwells' Brook. 4 Beds, Stunning Architectural Features.
 John Downs 860 377 0754

OPEN HOUSE SAT 5/14 1:30-3:30



40 Shore Drive • Woodstock \$185,000
 G10130559.bhhsNEproperties.com
 Summer time get-a-way! Waterfront seasonal home. Beautiful Quasset Lake. Neat lot slopes gently to the beach & dock.
 Chet Zadora 860-208-6724

OPEN HOUSE SAT 5/14 1:00-3:00



909 Plainfield Pike • Sterling \$330,000
 G10118373.bhhsNEproperties.com
 A home you won't want to miss! Over 2700sqft with custom touches throughout, 3-4 bedrooms walk out lower level & trehouse!
 Brooke Gelhaus 860-336-9408

OPEN HOUSE SAT 5/14 10:00-12:00



21 Deer Meadow Land • Woodstock \$314,900
 G10126381.bhhsNEproperties.com
 Desirable cul-de-sac neighborhood with common green. 1,984 SF home has 4 bedrooms and 2 1/2 baths.
 The White/Cook Team 860-377-4016 or 860-931-6006

OPEN HOUSE SAT 1:00-3:00



18 Lakeview Dr • Ashford \$108,000 NEW PRICE
 G10121208.bhhsNEproperties.com
 Vacation All year Round, Hardwoods, updated Kitchen, FP in Living RM, Deck with views & private use of Lake Chaffee.
 Joseph Collins 860-336-1172

OPEN HOUSE SAT 5/14 12:00-1:30



16-18 Withy Hill Rd • Plainfield \$214,900
 G10113242.bhhsNEproperties.com
 What a great property for owner occupant 3 br one family w/1 br apt detached! Fully renovated antique property, hill top location with great views!
 The White/Cook Team 860-377-4016 or 860-931-6006

OPEN HOUSE SUN 5/15 10:30-12:00



370 Route 197 • Woodstock \$235,000
 G10130819.bhhsNEproperties.com
 On 1.8 acres, and 2228 SF with a private entrance in-law! Main house has 3 BR and 2 full BA, granite and cherry kitchen and a stone fireplace.
 Cyrille Bosio 860-338-0964

OPEN HOUSE SUN 5/15 1:00-3:00



4 Pineville Road • Dayville \$147,900
 G10130670.bhhsNEproperties.com
 Priced to sell! Enjoy views and fishing in Five Mile River. Remodeled top to bottom. Oversized 2 car heated garage, a large workshop area. Easy access to 395, close to Rhode Island.
 Tatiana Nassiri 860-455-8609

OPEN HOUSE SUN 5/15 12:00-1:30



16 Bluebird Lane • Killingly \$209,900
 G10088505.bhhsNEproperties.com
 Single Ranch in a condo development- without the outside work! Approx 1200 Sq. Ft.
 Rachel Sposato 860-234-1343

OPEN HOUSE SUN 5/15 1:00-2:30



54 Chase Road • Thompson \$299,000
 G10079801.bhhsNEproperties.com
 Charming 1857 Antique Colonial located in historic village setting off Thompson Green. 5.3 level/open acres, 2648 SF, 4 BR 2 BA.
 Cyrille Bosio 860-338-0964

Putnam \$239,000 NEW LISTING



G10130388.bhhsNEproperties.com
 Stunning 3BR condo, 2500+sq ft, granite, hardwoods, 2 zones, 3 full baths, finished lower level. 2 decks, model unit.
 Mary Popiak 860-617-3558

Woodstock \$229,900 NEW PRICE



G10104474.bhhsNEproperties.com
 Workshop perfect for a home business! Charming home - Convenient Location
 Brooke Gelhaus 860-336-9408

Hampton, \$315,000 NEW PRICE



G10070487.bhhsNEproperties.com
 Circa 1750 Spacious 4 bedroom with beautiful detailed woodwork!
 Brooke Gelhaus 860-336-9408

Putnam \$350,000



G10120834.bhhsNEproperties.com
 Prime location professional office building in Putnam. Location has great visibility. Includes 2nd floor residential space.
 John Downs 860-377-0754

Woodstock \$599,900



G10124347.bhhsNEproperties.com
 Enjoy your Oasis in this 3 Bedroom, 2918 Square foot home which features a heated indoor pool in enclosed recreation room with a wet bar. So much more!
 Brad Favreau 860-428-0527

Thompson \$234,000



G10124583.bhhsNEproperties.com
 Beautiful maintenance free 3 bed/1.5 bath home in East Thompson located on a quiet road. Easy access to 395. A must see.
 Mary Scalise 860-818-1539

Woodstock \$650,000



G10118662.bhhsNEproperties.com
 One of the most elegant properties in Woodstock. The home gracefully sits on 15 acres with professionally landscaped gardens, barn, gazebo, pastures, a brook winding through the property.
 John Downs 860-377-0754

Pomfret \$279,000



G10070887.bhhsNEproperties.com
 Enjoy sweeping views through new windows, re-finished hardwoods throughout, fireplace, new carpet, bonus RM over garage, has in-law potential, 2 Car Garage, 5.7 Acres.
 Mary Collins 860-336-6677

Hampton \$279,000



G10086696.bhhsNEproperties.com
 Historic Commercial Property Great for Eatery or Retail. First floor Retail second floor 3 bedroom rental
 Peter Plourde 860-377-9185

Woodstock Commercial Lease \$850/MO



G686753.bhhsNEproperties.com
 Ideal office or store location-high traffic route, 1000SF, pretty grounds, ample parking, neat and clean.
 Chet Zadora 860-208-6724

LAND FOR SALE

Thompson \$100,000
 G691283.bhhsNEproperties.com
 Picture your custom home on this slightly elevated, nearly 6 acre parcel. Nestled in the trees with stone walls.
 Chet Zadora 860-208-6724

Killingly \$74,900
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NEWS BRIEFS

Environment Committee advances GMO labeling legislation

BOSTON — State Sen. Anne M. Gobi (D-Spencer), Senate Chair of the Joint Committee on the Environment, Natural Resources and Agriculture has announced the favorable report of legislation regulating the labeling of genetically modified organisms (GMO) in food products. The report was passed unanimously by members of the committee.

“A consumer’s right to know is of paramount importance as we continue to work with the medical community to understand the health impacts of GMOs,” said Gobi. “The committee was able to work with so many concerned constituents and advocacy groups as we strive to make sure consumers have the best information about the foods that they are purchasing and consuming.”

GMO food products are foods that contain one or more ingredients that have been produced with genetic engineering. Typically, crops that are genetically modified are done so to change or add a trait that does not exist naturally, whether it is to defend against the elements, avoid the need for pesticides, to boost a cosmetic aspect of the plant or any number of other reasons to increase the value of the plant.

This legislation was introduced due to concern from the public about which foods they are eating are genetically modified and which are not. Aside from buying all organic food, consumers have little to no ability to know the difference. While there are some in the medical society that have expressed concerns over unanswered questions regarding the potential long-term impact on human health from a diet consisting of GMO food, the purpose of this legislation is to simply provide consumers with the information so they can make their own informed decisions.

This bill establishes a mandatory GMO label within Massachusetts that will go into effect upon meeting the criteria of a two-pronged trigger:

1) Five other northeastern states, with one bordering MA, must enact a mandatory labeling law and;

2) The collective population of these states must be 20 million according to the 2010 census.

The states that qualify under this trigger are Connecticut, Maine, New Hampshire, New York, Rhode Island, and Vermont. Connecticut, Maine, and Vermont have already passed such legislation.

The bill institutes a \$1,000 per day violation to someone who knowingly violates the provision of the law. Additionally, the bill bans the labeling and advertising of products as being natural, naturally made, all natural,

etc. if they are produced with GMOs. Items that will be exempted from labeling are alcoholic beverages, food not packaged for retail sale or served at a restaurant, and farm products sold at a farmers market or farm stand.

The legislation now advances to the House of Representatives for consideration.

Sturbridge announces Memorial Day Parade schedule

STURBRIDGE — The Sturbridge Veterans Council cordially invites all residents, youth groups and a special invitation to our Veterans to participate in the annual Memorial Day Parade.

The Parade this year will be held on Monday, May 30.

The parade will follow the same route as in the past; the parade will end at the Town Hall. The Honorary Parade marshal for 2016 is Sturbridge Resident Roland “Rollie” Hewitt a World War II veteran and survivor of the Dec. 7, 1941 attack on Pearl Harbor.

- 9:30 a.m.: Parade formation at the Old Fire Station at Route 20 & Route 148
- 9:45 a.m.: Parade Step-Off
- 9:50 a.m.: Parade Stops for ceremony at the American Legion Monument
- 10 a.m.: Parade Stops in St. Anne’s Cemetery for service, reading of “In Flanders Field”
- 10:20 a.m.: Parade Marches out of St. Anne’s to board buses
- 10:45 a.m.: Parade Reforms in front of Public Safety Complex
- 10:50 a.m.: Ceremony at Firefighters Monument
- 10:55 a.m.: Parade Step Off, 2nd part, proceeds to North Cemetery
- 11:10 a.m.: At North Cemetery, memorial service, reading of the Gettysburg Address
- 11:25 a.m.: Parade returns to Town Common for final ceremony
- 11:30 a.m.: Memorial Service for Old Cemetery, Decoration of Monuments, Replacement of the POW Flag, National Anthem and Flag raising
- 12 noon: Open House at the American Legion, All parade participants and residents invited.

Bus transportation will be provided before the Parade, starting at the Town Hall at 9 a.m., Safety complex at 9:10 a.m., Senior Center at 9:20 a.m. Legion Hall at 9:25 a.m. at Old Fire Station for 9:30 a.m. Bus transportation will be provided during the parade from the Senior Center to the Public Safety Complex, and after the parade from the Town Hall back to the Old Fire Station with stops at the Safety Complex, Senior Center and Legion Hall.

Any veteran, elderly or disabled person needing a ride for the parade is asked to call the American Legion Post 109 at 347-3248 by Friday, May 27.

For more information call Phil Courville at 413-237-7879.

Language for State Police barracks closings passes Senate

BOSTON — Sen. Anne M. Gobi (D-Spencer) has announced that the Senate passed legislation that would add protections for state police barracks tapped to close.

The bill was originally filed by Gobi in response to news that the Executive Office of Public Safety and Security (EOPSS) planned to close State Police Station C-3, located in Brookfield.

In response to Gobi’s bill, EOPSS decided to keep the barracks open. After hearing similar concerns from Senate colleagues, Senator Gobi worked with the Senate Ways and Means Committee to adjust the bill to apply to all potential closures of state police barracks.

“I appreciate the quick action and support of my Senate colleagues in passing this important bill,” said Gobi. “Public safety is of paramount importance and this bill will add an important level of transparency and opportunities for input from the communities most affected by a proposal to close a barracks.”

The re-drafted bill establishes multiple criteria that must be completed before a barracks can be closed. EOPSS would be required to provide written notice to the legislature of a potential closure 120 days prior to the closing. They would also be required to conduct public hearings in two or more impacted communities before any closure and subsequently file a report including: an examination of the public safety impacts of a closing, a cost analysis of closing (including the financial impact on communities) and an appraisal of the building and land. The report must be filed with the legislature no later than 60 days after original notice.

The bill now moves to the House of Representative for consideration.

Legislature passes solar energy bill, lifts net metering cap

BOSTON — Sen. Anne M. Gobi (D-Spencer) and Rep. Donald R. Berthiaume, Jr. (R-Spencer) have announced that the Massachusetts Legislature has passed legislation that raises the solar net-metering cap and creates a long-term roadmap for the continued growth of solar power in the Commonwealth. These updates will provide a stable framework that will better protect the Commonwealth’s ratepayers while supporting the growth of the solar industry in a cost-effective manner.

The legislation raises the net metering cap by a total of 6 percent — 3 percent for private facilities and 3 percent for public facilities — which will allow solar projects currently in the development pipeline to move forward.

“I have been a strong proponent of raising the cap and encouraging solar projects,” said Gobi. “This bill is a solid first step in a sustainable renewable energy policy for the state.”

“I would like to thank the conference committee for all of their extensive work on this solar legislation,” said Berthiaume. “The passage of this bill will ensure that the many solar projects in waiting can be completed while supporting solar based jobs throughout the Commonwealth.”

“Our climate is changing and we must work towards an energy future that reduces our reliance on fossil fuels while promoting the use of clean energy alternatives,” said Senate President Stan Rosenberg (D-Amherst). “I am pleased we have found a path forward which ensures we will remain a leader in green energy and continue building a sustainable future for our Commonwealth.”

“This compromise will keep solar growing as part of our overall efforts to combat climate change,” said Senator Benjamin Downing (D-Pittsfield), Senate Chairman of the Joint Committee on Telecommunications, Utilities, and Energy.

“The Senate’s action today is a significant step towards stability for solar energy generation for our state and region. The strong linkage to our environment and economy is indisputable,” said Senate Minority Leader Bruce Tarr (R – Gloucester). “Ultimately, this bill will promote more solar energy generating projects in Massachusetts which will support thousands of jobs, lower the cost of incentive programs, and preserve full credits for municipalities and residents.”

This legislation ensures that Massachusetts will reach its goal of 1600 megawatts of solar installed in the Commonwealth. Upon reaching that goal, reforms to the net metering program will go into effect. As the solar industry matures and the cost of projects continues to decrease, the reformed program will guarantee that incentives also decrease to reduce the cost for ratepayers. Future projects will receive credits equal to 60 percent of the retail rate for electricity instead of the full retail amount.

Under this law, residential and municipally owned systems are exempt from changes to the net metering program, and will continue to receive credits equal to the full retail rate. Additionally, projects installed prior to reaching 1600MW will continue to receive current net metering rates for 25 years from the date of installation.

Finally, the bill directs the Department of Energy Resources to develop a new, long term solar incentive program to support the expanded use of solar beyond the Commonwealth’s 1,600 megawatt goal. This program will prioritize low income, community-shared and municipal projects, and provides a foundation for the stable and continued growth of the solar industry.

The bill now goes to the governor for his signature.

HERE & THERE → Local Events, Arts, and Entertainment Listings

THURSDAY, MAY 12

BILLY GOODSPEED
8:00 P.M.
Talented acoustic solo artist playing a variety of hits
308 LAKESIDE
308 East Main Street
East Brookfield, MA
774-449-8333



SATURDAY, MAY 14

SHAY & THE SHUFFLEBACK
4-piece group, unique contemporary sound playing blues, jazz & rock
308 LAKESIDE
308 East Main St.
East Brookfield, MA
774-449-8333

RELAY FOR LIFE YARD SALE
9 a.m. - 2 p.m.
32 Lincoln St., Spencer, MA
Drawings for Red Sox tickets, Hanover Theater, gift baskets and more. Games, prizes, hot dogs

THURSDAY, MAY 19

1:00 p.m. - 3:00 p.m.
Join an open discussion group called “Spirituality in the 2nd Half of Life” to explore the spiritual blessings and meanings that can be ours as we age at **CHRIST CHURCH IN POMFRET**
521 Pomfret Street
and led by the Rev. Oscar



Brockmeyer
No charge (donation suggested)
To register, contact 860-942-2934 or obbrockmeyer@snet.net

SATURDAY, MAY 21

HISTORIC TROLLEY TOURS
Hosted by the Northbridge Historic Commission and Alternatives
Four tour times:
8:34 a.m., 9:45 a.m., 11:15 a.m., 12:45 p.m.
Tours are free, but seating is limited
Call the Whitinsville



Library
to reserve your seat
508-234-2151
For more information:
AlternativesNet.org/event/TrolleyTours

MACEY & HART
9:00 p.m.
Excellent duo playing favorites from country to classics
308 LAKESIDE
308 East Main Street
East Brookfield, MA
774-449-8333



SATURDAY, JUNE 18

ROTARY CLUB OF THE BROOKFIELDS LOBSTER, CLAMS AND STEAK BAKE
1:00 p.m.
Scholarship fund raiser
St. Stan’s Polish Club
West Warren, MA
Tickets call Lynn 413-262-8783 or Patti 413-813-8854



FRIDAY, SATURDAY, SUNDAY JULY 22, 23, 24

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



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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
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2012 Ford F-150 Lariat, 3.5LL, V-6 cyl, auto, Golden Bronze, 55K mi., 1-owner Carfax, TU8264, **\$31,999**

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298 WANTED TO BUY

\$ BUY & SELL \$ ALL GOLD & SILVER ITEMS
Specializing in NUMISMATIC COINS, gold & silver of any form!

Qualified with over 30 years experience & a following of many satisfied customers.

We also sell a nice selection of fine jewelry, antiques & collectibles.

Bring in your items & see what they're worth. You won't leave disappointed.
Honesty and fairness are our best policies!

Lee's Coins & Jewelry
239 West Main Street East Brookfield (Route 9 - Panda Garden Plaza)
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Helmets, Swords, Daggers, Bayonets, Medals, Badges, Flags, Uniforms, etc.
Over 30 Years Experience.
Call David 1-(508)688-0847 I'll Come To YOU!

Local News



FOUND HERE!

300 HELP WANTED

305 BUSINESS OPPORTUNITIES

Corvette 1987
Red with ground effect new brakes in good condition asking \$6700
(508)278-2809

310 GENERAL HELP WANTED

ADMINISTRATIVE ASSISTANT TO THE TOWN ADMINISTRATOR TOWN OF STURBRIDGE
The Town of Sturbridge is seeking applicants for the full-time position of Administrative Assistant in the Office of the Town Administrator & Board of Selectmen. This position provides administrative support for an extremely fast-paced office in the Sturbridge Town Hall. The position requires some evening meetings and provides confidential administrative & clerical support. Ideal candidates will be able to multi-task, provide exceptional constituent service and have good organizational skills. The Town of Sturbridge offers an excellent benefits package and a pay range for the position between \$17.50 and \$20.92/hour DOQ. For a full description, go to the vacancies link at www.town.sturbridge.ma.us Submit resumes no later than June 3, 2016 to:
Town Administrator Leon A. Gaumond, Jr. 308 Main Street Sturbridge, MA 01566
The Town of Sturbridge is an EOE

310 GENERAL HELP WANTED

CATHOLIC CHARITIES
Home care aides needed to care for elders and handicapped individuals with light housekeeping, laundry, shopping, personal care. Candidates must be compassionate, reliable and have reliable transportation
Call 800-649-4364 EOE/AA

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

WORLD-CLASS OPPORTUNITIES

Medical Instrument Technicians
Capabilities should include assembly of small optical and/or electronic components using microscopes and hand tools. Mechanical aptitude and data entry experience is a must. Experience working with medical devices is a plus.
As a financially stable, growing company, HSWoA offers a comprehensive benefits program including Medical, Dental and Disability Insurance, 401(K) Retirement Program, excellent pay commensurate with experience, and a clean and inspiring working environment. We also offer a flexible work schedule and quarterly bonus packages. These are first shift, full-time, Monday - Friday positions.
To apply for these positions, please submit your application by visiting the following link: <https://www.optimizehire.org/apply-job?i=ODG5> and select the Medical Instrument Technicians (Dudley, Massachusetts) position from the Job Opening drop-down menu.

Are you an experienced worker who is looking for exciting benefits like Flex-Time and Incentives? We may have the job for you!

HENKE SASS WOLF

135 SCHOFIELD AVE., DUDLEY, MA 01571
www.henkesasswolf.de
EOE M/F/D/V

310 GENERAL HELP WANTED

ECONOMIC DEVELOPMENT/ TOURISM COORDINATOR TOWN OF STURBRIDGE
The Town of Sturbridge is seeking applicants for a new and exciting position of Economic Development/ Tourism Coordinator. Ideal candidates will have proven economic development experience and will work to promote tourism in one of the premiere tourist towns in Central Massachusetts. The Town of Sturbridge offers an excellent benefits package and a pay range for the position between \$22.17 and \$26.50/hour DOQ. For a full description, go to the vacancies link at www.town.sturbridge.ma.us Submit resumes no later than June 3, 2016 to:
Town Administrator Leon A. Gaumond, Jr. 308 Main Street Sturbridge, MA 01566
The Town of Sturbridge is an EOE

311 PART-TIME HELP WANTED

ASSISTANT ANIMAL CONTROL OFFICER
The Town of Charlton seeks applications from qualified candidates for the part-time Assistant Animal Control Officer position. Reports directly to the Animal Control Officer. Preferred candidate should have "animal handling experience," will assist in the care and control of domestic animals/wildlife; makes frequent contact with the general public. Annual stipend is \$5,620.00 paid weekly. Applicants will be required to work nights and weekends. Interested applicants should send a cover letter, resume and completed application which can be found at www.townofcharlton.net/opportunities.htm to:
Town Administrator Robin L. Craver Town of Charlton 37 Main Street Charlton, MA 01507
Submission deadline is May 23, 2016 or until filled.
EOE

311 PART-TIME HELP WANTED

CUSTODIANS TOWN OF STURBRIDGE
The Town of Sturbridge is seeking applicants for the 18 hour/week position of Custodian for several of the Town's municipal buildings. The Town of Sturbridge offers a flexible schedule. The pay range for the position is between \$15.41 and \$18.41/hour DOQ. For a full description, go to the vacancies link at www.town.sturbridge.ma.us. Submit resumes no later than June 3, 2016 to:
Town Administrator Leon A. Gaumond, Jr. 308 Main Street Sturbridge, MA 01566
The Town of Sturbridge is an EOE

311 PART-TIME HELP WANTED

Foster Parents Wanted
Seeking Quality Homes Throughout Central MA To Provide Foster Care To Children In Need. 24/7 Support. Generous Reimbursement.
\$1000 Sign-On Bonus Call For Details

Devereux
Devereux Therapeutic Foster Care (508)829-6769

311 PART-TIME HELP WANTED

LICENSED PLUMBERS \$10,000 sign on bonus
Multi-Family New Construction Top Salary, benefit package includes medical, dental, LTD, 401K, sick, holiday and vacation pay.
Call 800-304-4924

311 PART-TIME HELP WANTED

MAINTENANCE POSITIONS,
full and part time, are available at a residential camp in East Brookfield, MA Responsibilities include assisting in day-to-day maintenance and housekeeping. Please contact zach@wsymca.org for more information

311 PART-TIME HELP WANTED

314 FOOD SERVICES

Experienced Line Cook & Pizza Maker
Apply in person
Village Pizza Restaurant 487 Main St., Sturbridge 508-347-8177
Ask for Bob

316 SUMMER HELP

SEASONAL WATER SYSTEM CONSTRUCTION LABORER
The Whitinsville Water Company is seeking to hire a Seasonal Water System Construction Laborer for the 2016 construction season. The position will be a 40-hour-per-week position and the primary responsibility of the position will be to work with our construction crew repairing water mains, services, valves, etc. Other duties may include other water system maintenance tasks. It is anticipated the position will last from approximately May to September. Salary will be commensurate with level of experience. A full job description and application is available at <http://whitinsvillewater.com/category/announcements>

320 MEDICAL/DENTAL

VETERINARY RECEPTIONIST
Part-time
Late afternoons and evenings. Every other Saturday morning to early afternoon. Veterinary or medical experience preferred. Apply in person:
Sturbridge Veterinary Hospital 6 Cedar Street Sturbridge, MA

325 PROFESSIONAL HELP WANTED

TOWN OF DUDLEY TOWN PLANNER
Responsible for preparing meeting agendas; processing special permits, site plan and subdivision applications; review and comment on development proposals; provide technical and professional advice to Planning/otherboards/committees; prepare studies and reports; assist with development according to Town and State regulations and bylaws; economic development services; grantwriter; attend various planning meetings; respond to and meet with the public, developers, attorneys, engineers and other departments on planning and zoning matters; and other duties as needed.
Master's Degree in Planning, Landscape Architecture or related field with 2 years of planning experience, municipal government preferred; AICP Certification desirable. Salary range is \$36.00-\$41.00 per hour for a 17 to 19-hour workweek.
Please send resume and cover letter to:
Dudley Personnel Board 71 W. Main St. #18 Dudley, MA 01571 by 5/27/16
EEO

316 SUMMER HELP

TRAILER TRUCK DRIVERS WANTED

Class A CDL with Hazmat
Based in North Brookfield

Please Call 508-867-3235

316 SUMMER HELP

400 SERVICES

433 CLEANING

APEX CLEANING SERVICE
SPRING CLEANING SPECIAL Residential and Commercial Quality Work Reasonable Prices
508-344-2792

316 SUMMER HELP

400 SERVICES

433 CLEANING

APEX CLEANING SERVICE
SPRING CLEANING SPECIAL Residential and Commercial Quality Work Reasonable Prices
508-344-2792

316 SUMMER HELP

400 SERVICES

433 CLEANING

APEX CLEANING SERVICE
SPRING CLEANING SPECIAL Residential and Commercial Quality Work Reasonable Prices
508-344-2792

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

Automotive

442 LICENSED DAY CARE

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

454 HOME IMPROVEMENT

PAINTING
Interior/
Exterior
Power Washing
Carpentry
• FREE ESTIMATES •
• FULLY Insured •
• Reasonable Rates •
Rich O'Brien
Painting
28 Years Of Experience
(508)248-7314

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

457 LAWN/GARDEN

BETTER YARDS AND GARDENS LLC
Spring/Fall Clean-ups, Mowing, Dethatching, Aeration, Slice Seeding, Fertilizer Programs, Edging, Mulching, Pruning, Planting, Landscape Design & Installation.
Honest, Reliable, Quality Work!
Fully Licensed and Insured
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betteryardsandgardens@gmail.com

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No fancy prices! Cutting and trimming Fertilizing
Spring and Fall cleanups Oxford, Auburn, Charlton and surrounding towns
Call Wayne
508-688-2810

500 REAL ESTATE

505 APARTMENTS FOR RENT
Apartment for rent
Elm Street, Webster
2 bedrooms
\$750/month
First, last, security
Call 413-668-8990
Section 8 Welcome Southbridge
6 Room 3 Bedroom Apartment, New Kitchen, Bath, Wall, Ceilings, Paint, flooring, Lights Appliances. WD hookup Available ASAP No pets
(413)531-2433

Townhouse Apartments A Quiet Area w/ Good Schools
If You Have A HUD Voucher or CT RAP Certification & Can Income Qualify

The Caleb Group will pay the first Months Rent.
To Income Qualify You Must Be Able To Afford USDA Base Rent Of...
2 BR \$655/mo
3BR \$791/mo
Still Accepting Applications For Subsidized Units. HUD & USDA
Call... 860.779.0876 x128

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599 Lindenwood Drive,

"Every Town Deserves a Good Local Newspaper"
www.508Local.com

505 APARTMENTS FOR RENT

SPENCER 2 Bedroom Townhouse
All electric Appliances
Washer/dryer hookups
No Pets
\$500 security/first and last
\$665/month
Call 508-886-4312

545 LANDS/LOTS

BUILDING LOT
Desirable location Southbridge - Dennison Hill area
1/2+ acre
Town water and town sewer
\$42,900 or best offer
(508)612-9263
(508)461-7479

546 CEMETERY LOTS

Worcester County Memorial Park, Paxton MA.
2 graves in Garden of Valor lot 113
Asking \$2,000ea.or \$3,000 for both
Call (603)692-2898

Worcester County MEMORIAL PARK
Paxton MA
Garden of Valor, Lot 100B two sought after side by side spaces Park Price \$8200 for both OBO
(508)856-0346

550 MOBILE HOMES

KROPP/WEDGEWOOD PARK MODEL TRAILER
Park Model Trailer with addition High View Camp Ground in West Brookfield
Many new improvements
Call for more information if interested
This is seasonal
Price: \$25,000
Call Pat 508-873-6312

575 VACATION RENTALS

BOOK FOR SUMMER!



South Dennis, off Rte. 134:
Cozy 3 BR, (dbl. queen, 2 twins) 1 bath home with full kitchen & microwave, washer/dryer, screened in porch w/ picnic table, grill, cable TV. Outdoor shower. On dead-end street. Near shopping, theater, restaurants, bike trail, fishing, playground, 10 minutes from bay and ocean side beaches.
Off season rates available
Call Janet at 508-865-1583 after 6 pm, or email June at junosima@icloud.com for more information.

575 VACATION RENTALS

CAPE COD TIME SHARE FOR SALE
Edgewater Beach Resort
95 Chase Avenue
Dennisport, MA 02639
On the water
Studio (Unit 706)
Fixed week 33 (August)
Deeded rights
You'll own it for a lifetime & can be passed down to your children and grand children. \$5000.00
(508)347-3145

WELLS, MAINE Village By the Sea
2 bedroom/2 bath condo. Pool complex, w/jacuzzi, exercise room, outdoor pool, in-unit laundry, A/C, cable.
Weeks available from \$875 to \$925
CALL FOR RATES (508)429-7568

700 AUTOMOTIVE

705 AUTO ACCESSORIES

2006 MUSTANG GT PARTS
(4) Koenig Beyond Wheels 17x8 \$450
Front Leather Seats \$500
Complete Stock Exhaust \$300
Front Brake Calipers w/Pads \$300
Complete Suspension System \$750
Other Parts
508-476-2293

720 CLASSICS

1964 1/2 MUSTANG
Pony Int.
Excelent condition all original Equipment
Needs some restoration completion
\$15000/OBO

1990 CADDY
47000 Miles
Excelent Shape
774-297-9279

720 CLASSICS

Own a Piece of Automotive History
Silver Anniversary Edition 1978
Corvette Indy Pace Car L-82, Auto, 39K
Matching Numbers
All Factory Original
Excellent Condition
Throughout!
\$18900.00/OBO
Must Sell
Call Ed (508)479-9752

725 AUTOMOBILES

2011 TOYOTA CAMRY LE
Green
56,000 miles, in great condition
No accidents, clean title and remote car starter.
Tires are 16 months old.
\$11,000

508-892-3776

BUICK CADILLAC DEVILLE DTS
2005, V8, Black
Good condition
NStar Navigation, Leather Interior, Moon Roof, CD Player
131,000 Miles
\$6000
Call 774-272-2085

725 AUTOMOBILES

Chevrolet Monte SS 02 Meticulous One owner
2-door coupe, bronze, power seats, leather, power locks, sunroof V6
99000miles
\$6500
Call (508)667-5234

Chrysler 300C 2006
In very good condition
111,200 Miles
Leather seats, navigation sunroof, V8 hemi
AWD \$8600/OBO
(774)230-3067

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CORVETTE 1977

auto, red, rebuilt original motor
350HP, rebuilt front suspension and rebuilt rear end with 3:55 gears, excellent body, solid frame, runs excellent, no winters.
\$12,000
Call 774-318-7014

725 AUTOMOBILES

Dodge 1500 pickup. 98'
110,000 Miles
\$950.00

Ford Wind Star 01'
143,000 Miles
\$1100.00
Call (508)779-0194

MITSUBISHI ECLIPSE
2007, 2-door
Black exterior, grey interior
125,000 miles
Good condition
\$4,200
Call 508-867-9106
West Brookfield

740 MOTORCYCLES

2007 SUZUKI BOULEVARD C50
Cruiser.
Silver/Gray Sharp Bike
Lots of mods/extras.
14,812 miles, original owner.
New tires, ready to ride.
\$4,400
Call Nate 401-269-6070

745 RECREATIONAL VEHICLES

1989 CITATION
5th wheel
Good condition
Everything works
Good for campground
\$2500.00/OBO
352-552-7464
Want to Place a Classified Ad? Call 800-536-5836

745 RECREATIONAL VEHICLES

2008 LAREDO 34 ft. 5th wheel
1 owner, in excellent condition
2 slides and new tires
\$14,000
Call 508-234-7755

745 RECREATIONAL VEHICLES

Toyota Tacoma 2008
6 cylinder Cruise control
6 foot bed, Extended cab
68k Miles. \$12000/OBO
(508)434-2736

Volvo 850 1997
Runs Well, Needs Work
\$750.00
(508)451-8525

745 RECREATIONAL VEHICLES

2007 SUZUKI BOULEVARD C50
Cruiser.
Silver/Gray Sharp Bike
Lots of mods/extras.
14,812 miles, original owner.
New tires, ready to ride.
\$4,400
Call Nate 401-269-6070

745 RECREATIONAL VEHICLES

1989 CITATION
5th wheel
Good condition
Everything works
Good for campground
\$2500.00/OBO
352-552-7464
Want to Place a Classified Ad? Call 800-536-5836

745 RECREATIONAL VEHICLES

2008 LAREDO 34 ft. 5th wheel
1 owner, in excellent condition
2 slides and new tires
\$14,000
Call 508-234-7755

745 RECREATIONAL VEHICLES

MOTOR HOME 38' 1998
Dutchstar
300 Cummins Diesel
Spartan Chassis. One Slide out.
83,000 Miles
New Tires & Brakes
Sleeps Four. Price Reduced!
Call (508)335-3948

750 CAMPERS/TRAILERS

Hornet RLS 2006
32 Feet, Excellent condition. Used only 5 years, in seasonal park by adults. Large slide out sleeps 6, 2 swivel rockers
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Fair condition starts right up and runs
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KIDS' CORNER

CREATIVE COLORING

Color in this picture to create your own masterpiece.



THIS DAY IN...



HISTORY

- **1846:** THE UNITED STATES FORMALLY DECLARES WAR ON MEXICO
- **1880:** IN NEW JERSEY, THOMAS EDISON PERFORMS THE FIRST TEST OF HIS ELECTRIC RAILWAY
- **1989:** A GROUP OF STUDENTS BEGIN A HUNGER STRIKE IN TIANAMENSQUARE IN BEIJING, CHINA

New word

SUMMARY

brief statement about the main points of something

GET THE PICTURE?



CAN YOU GUESS **WHAT** THE BIGGER PICTURE IS?

ANSWER: BOOK

BOOK FACT:

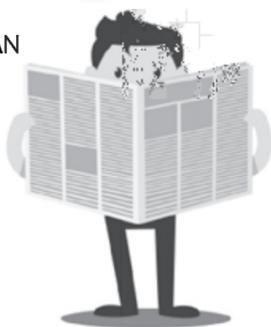
MANY CHILDREN BEGIN LEARNING TO DO THIS BETWEEN AGES 4 AND 6



ANSWER: READ

Did You Know?

ACROSS THE GLOBE, MORE THAN 24 BILLION NEWSPAPERS ARE PUBLISHED EVERY YEAR



How they SAY that in...

- ENGLISH:** Text
- SPANISH:** Texto
- ITALIAN:** Testo
- FRENCH:** Texte
- GERMAN:** Text



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Auto, 5 Passenger, Low Miles, Power Everything, Cruise, Great Gas Mileage

ONLY \$52 per week

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Low Miles! Beautiful Red! Power everything, great on gas!

ONLY \$64 per week

2015 CHRYSLER 200S



New Style, Alloys, 34K, Auto, Push Button Start, Power Everything

ONLY \$64 per week

2015 FORD FUSION SE



Beautiful electrifying red, auto, very low miles, power everything, satellite radio, Mirosoft Sync

ONLY \$68 per week

2015 NISSAN ALTIMA



White, very low miles, black interior, blue tooth, power everything, excellent gas mileage, Back up camera

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2015 TOYOTA COROLLA S



4 Cyl., Great Gas Mileage, Low Miles, FWD, Auto, 5 Passenger

ONLY \$72 per week

2016 MAZDA 6 I SPORT



Plenty of options, very low miles, 5 passenger, great gas mileage, still under warranty, LCD touch screen blue tooth, backup camera

ONLY \$72 per week

2015 TOYOTA CAMRY SE MODEL!



2 TO CHOOSE
New Body Style! Great gas mileage! Low miles! Still under warranty!

ONLY \$76 per week

2015 DODGE GRAND CARAVAN



Upgraded Wheel Pkg., Town R/T Screen, USB, Bluetooth, Rear Entertainment, Leather, Too Much to List

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4 Matic, sport, beautiful silver with black interior, loaded, every option, low miles, still under warranty

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2011 NISSAN ROGUE SL



Alloys, Leather, Power Everything, AWD, Bluetooth, Satellite Radio, Backup Camera, Sunroof

ONLY \$64 per week

2013 BUICK ENCORE



Alloys, Bluetooth, Back Up Camera, 5 Passenger, Power Everything, Low Miles

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Touring Edition, beautiful red with black leather interior, Stow N go technology, luggage rack, 7 passenger, rear entertainment, touch screen, backup camera, blue tooth

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Auto, 5 Passenger, 4x4, 4 cyl., Very Low Miles, Power Everything

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2013 TOYOTA RAV 4 LE MODEL



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56K Miles, Twin Turbo, V6, Power Everything, 4x4, Microsoft Sync, Tow Package

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Low Miles, Beautiful White with Black Interior, 4 Dr., 4x4, Only 15 K Miles

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2010 TOYOTA TUNDRA! 4.6L V8!



The dependability of Toyota in a full size Truck! Low Miles! Toneau cover, Bed liner, Tow Package!

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Plenty of space, rear side step bumper! Bed liner! Tow package! Low Miles!

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!Extended Cab! V8! Low Miles! Beautiful Silver with black interior! Microsoft Sync technology!

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2015 FORD F150 XLT 4X4!



3 TO CHOOSE
Full 4 Door! Beautiful Blue exterior with tan interior! Low miles! Microsoft Sync! Plenty of space in the back seat!

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2010 PORSCHE PANAMERA TURBO AWD!



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4" Geraniums & Annuals

\$3.95 or 3/\$10.00

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\$3.25 /pack

TRAY OF **EIGHT-PACKS**
(mix & match) \$22.00

Premium Bark Mulch CEDAR HEMLOCK BLEND
All bark no-dye or waste wood

Gift Certificates

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Large number of
ethnic vegetables

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7 days

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WEEPING CHERRY

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Blackberries, Strawberries

Good selection of flowering trees!



Beautiful Large Rhododendrons!

1 gal. **MIGHTY 'MATO'S** \$12⁹⁵
Grafted tomatoes for better production & disease resistant

**Flowering
Plants**

**SALT MARSH
HAY IS IN!**

Check out the "BEAR DEN"
33% Off
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Large selection of herbs in packs up to 5" pots for home or garden

GREAT SELECTION OF LARGER TREES & SHRUBS

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General Manager

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Your First 6 Payments!

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mention this
ad and we'll throw in a gift card
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**CHEVY
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16111

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Lease for \$39/month!

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Lease for \$25/month!

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HEALTH

Color Helps People With Diabetes Take The Guesswork Out Of Blood Sugar Test Results



People with diabetes should test their blood sugar regularly and use that information to help make lifestyle and therapy adjustments, as recommended by their doctor. Now, that can be easier to do.

(NAPS)

Color has long been used to help communicate important information when it matters most. In fact, people process color before they're even consciously aware of it.

Now, it's being used in an innovative way to help peo-

ple with diabetes. The new OneTouch Verio Flex blood glucose meter with ColorSure technology uses color to take the guesswork out of understanding test results. This can be good news for many of the nearly 30 million Americans with diabetes who regularly test their blood sugar to detect

highs and lows and work with their healthcare professional to make therapy and lifestyle adjustments as needed to stay healthy.

Color Brings Clarity

With each test, the meter uses blue, green or red to instantly show whether a test result is low, in range or high. This can

be particularly important if the result is low and the person needs to recognize and respond to low blood sugar quickly. The low and high range limits set in the meter can be customized for each patient based on a healthcare professional's recommendations.

In a clinical study of 99 patients conducted in October, 2014, 93 percent agreed that the simple color range indicator of the meter helped them easily interpret their blood glucose readings. This is key because understanding what your results mean is the first step in making better decisions about your diabetes management.

The same study also showed that 70 percent of patients agreed that the meter's color range indicator could encourage them to test their blood sugar as often as their healthcare professional recommends.

More For Those Who Want It

While the OneTouch Verio Flex meter has broad appeal as a simple meter on its own, for patients looking for additional capabilities, it also features built-in Bluetooth Smart Technology so it can wirelessly connect with the companion OneTouch Reveal mobile app available free for both Android and iOS mobile devices.

In combination, the meter and app help patients manage their blood glucose on the go... in the moment and between office visits.

Balancing Simplicity With Understanding

"Research shows that ease of use remains a very important reason for meter selection by a majority of patients, while, at the same time, one third say they can't make sense of their blood sugar results," says Dr. Jeremy Pettus, Endocrinologist and Assistant Professor of Medicine at the University of California, San

Diego. "The new OneTouch Verio Flex meter is designed to help people with diabetes better understand and manage their blood glucose. It provides basic information when all they want to know is their number and if they're in range; while the mobile app provides key insights and information sharing if they're interested in more."

Covered By Most Insurance

The new OneTouch Verio Flex system is available nationally wherever diabetes testing supplies are sold and uses OneTouch Verio test strips which have the lowest co-pay on the most health plans¹ and could save users \$40 a month.² In addition, the test strips are always covered by Medicare Part B.³

Learn More

OneTouch brand products are recommended by more endocrinologists and primary care physicians than any other brand. For further information, visit www.OneTouch.com.

1. Some health plans might cover more than one test strip at the lowest co-pay.

2. Co-pay savings is based on average co-pay differential between preferred and non-preferred tiers.

3. Not a guarantee of coverage and payment. Coverage and payment may be subject to co-insurance, deductible, and patient eligibility requirements.

Dr. Pettus is a paid consultant for LifeScan, Inc.

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Five Eye Care Tips



A few simple suggestions can help you see better, longer.

(NAPS)

The National Eye Institute (NEI) reminds you to make your eye health a priority and encourages you to take five important steps to protect your sight.

Get a dilated eye exam. Getting a comprehensive dilated eye exam is the only way to know if your eyes are healthy and you are seeing your best. Talk to your eye care professional about how often you should have one.

Live a healthy lifestyle. Eating healthy foods, maintaining a healthy weight, managing chronic conditions and not smoking can lower your risk of eye disease.

Know your family history. Talk to your family members about their eye health history. It's important to know if anyone has been diagnosed with an eye disease, since many are hereditary. This will help to determine if you are at higher risk for developing an eye disease yourself.

Use protective eyewear. Protect your eyes when doing chores around the

house, playing sports, or on the job to prevent eye injuries. This includes wearing safety glasses, goggles, safety shields, and eye guards that are made of polycarbonate. Talk to your eye care provider about the appropriate type of protective eyewear for your sport or job. Make a habit of wearing the appropriate type at all times and encourage your teammates and coworkers to do the same.

Wear sunglasses. Wear sunglasses outside to protect your eyes from the sun's ultraviolet rays. When purchasing sunglasses, look for ones that block out 99 to 100 percent of both UVA and UVB radiation, so you can keep your eyes healthy. Prolonged exposure to sunlight can increase your risk for getting an eye disease like cataract or age-related macular degeneration.

These steps can help you keep your eyes healthy and prevent vision loss and blindness from eye disease.

For more information, visit www.nei.nih.gov/healthyeyes.

Daily Rituals Can Help Or Hurt



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.

(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 work-life 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 great-tasting Equal 0-calorie sweetener and only 21 calories per serving, it's a drink you can feel good about.

CHOCOLATE ALMOND COFFEE

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

Combine all ingredients in beverage mug until blended.

Learn More

For other great recipes and information about managing diabetes, visit www.Equal.com.

“Every Town Deserves a Good Local Newspaper”

www.508Local.com

HEALTH

Brain Health Registry: Speeding Path To Alzheimer's Cure

(NAPS)

The statistics on Alzheimer's disease bear witnessing. The prevalence of the condition is estimated to triple by 2050, growing from 5.3 million today to 16 million. It is the sixth leading cause of death in the United States and the fifth leading cause of death for those aged 65 and older.

And costs for the disease are taking a toll: In 2015, caring for those with Alzheimer's was estimated to be \$226 billion, with half of the costs borne by Medicare, according to the Alzheimer's Association. By 2050, the cost of Alzheimer's could jump to \$1.1 trillion (in 2015 dollars).

That makes Alzheimer's disease ripe for breakthroughs in prevention and curative treatments. The Alzheimer's Association says that new treatments for the disease cannot be discovered without clinical trials, which are seeking tens of thousands of volunteers, both with and without the disease.

Getting On Board With A Registry

One of the easiest ways to participate in a clinical trial for Alzheimer's disease is through a health care registry, which matches individuals to clinical trials. The Internet-based, free national Brain Health Registry launched in 2014 is one such registry. With 40,000 current

members, its goal is to double the number in 2016.

The Brain Health Registry aims to reduce the cost of patient recruitment for clinical trials by building a large online pool of potential candidates.

Once volunteers are registered on the site, they complete questionnaires about basic demographics, health, lifestyle and medical history, along with cognitive tests and a consent form on the Brain Health Registry website, www.join.brainhealthregistry.org.

The National Institute on Aging makes a strong case for participation in clinical trials:

- Help others, including future family members, who may be at risk for Alzheimer's disease.

- Receive regular monitoring by medical professionals.

- Learn about Alzheimer's and one's health.

- Test new treatments that might work better than those currently available.

- Get information about support groups and resources.

The state of research for Alzheimer's pales when compared to other diseases. In 2011, the National Institutes of Health (NIH) spent only \$480 million on Alzheimer's, while cancer research received about \$6 billion, heart disease, \$4.2 billion and HIV, \$3.2 billion.

Alzheimer's Affects More Women, Minorities

Alzheimer's disease affects a disproportionate number of women, African Americans and Hispanics, as well as older adults over 65. Two-thirds of the 5.1 million people currently suffering from Alzheimer's disease are women.

Unfortunately, African Americans represented 12 percent of the U.S. population in 2011 but only 5 percent of clinical trials, and Hispanics comprised 16 percent of the population but only 1 percent of clinical trial participants.

A recent University of California at Davis study shows that despite a congressional mandate that research financed by NIH include minorities, nonwhites comprise fewer than 5 percent of participants in NIH-supported studies.

The FDA's Office of Women's Health identified major barriers to minorities: lack of disease education; insurance status; patient inconvenience costs; unavailability of transportation; distance to a study site; and patient and family concerns about risk.

You Can Help

To help increase participation in clinical trials and help speed the path to cures, people are encouraged to join the Brain Health Registry for free at www.join.brainhealthregistry.org.



TV star Linda Gray, among millions with friends or family members affected by Alzheimer's disease, hopes a PSA she made will encourage others to support and sign up for a clinical trial registry.

Making Laser Vision Correction Surgery Affordable—A Look At The Options

(NAPS)

With more than 600,000 procedures taking place every year, laser vision correction surgery—such as LASIK—remains an extremely popular option for adults interested in reducing or eliminating the need for glasses or contacts to see clearly. With an average price of \$4,500 for the most advanced procedure, many people interested in LASIK are often challenged to find a way to pay for it. Here are a few suggestions from the American Refractive Surgery Council:

- Of course, if you have enough money on hand, paying for the procedure yourself is naturally the simplest option. You can feel good about investing in LASIK knowing the cost of glasses and/or contact lenses over a lifetime is far greater than the one-time cost of LASIK.

- Many LASIK practices offer payment plans for procedures. Some programs are interest-free for a set period of time, but make sure you understand all the terms related to the amount you borrow.

- Although most insurance policies don't cover elective eye surgery, you should always check with your insurance company to confirm your specific coverage and benefits. There are a few policies that offer coverage or discounts for vision correction surgery.

- Credit options



Glasses and contacts aren't for everyone, which is why thousands of Americans are looking into ways to pay for LASIK.

may help make LASIK affordable for you now and allow you to pay back the money you borrow over time. Some credit cards with no or very low interest rates and other attractive offers such

as no-fee balance transfers can help you pay for your procedure over time without incurring additional expense. But, as with any credit decision, make sure you understand all the terms and

that it fits within your budget.

- Your job benefits may include access to Flexible Spending Arrangement (FSA) and Health Saving Account (HSA) programs that

allow you to set aside tax-free money for your procedure. By using tax-free funds to pay for LASIK, you effectively reduce the overall cost of the procedure. However, for the tax year 2016, the IRS

limits an individual to up to \$2,550 in an FSA and up to \$3,350 in an HSA, which likely won't cover the cost of LASIK, but will help. Married couples and families have a higher contribution limit, \$6,750 for an HSA. Your company's benefits manager can advise you on the specifics of your programs.

- Choosing to pay for your vision correction with cash gifts from family or friends, a tax refund, or bonus allows you to turn a financial windfall into a significant lifestyle benefit: excellent vision.

- Depending upon your medical expenses for the tax year, you may be able to deduct some or all of the cost of your LASIK procedure, which can help make your vision correction surgery more affordable. Laser vision correction procedures are a qualified medical deduction if you meet the requirements, but confirm the facts of your specific situation with your tax professional.

The cost of LASIK is a significant amount of money for most budgets. Weighing the options for paying for laser vision correction surgery can help you see how this one-time investment in excellent vision has important lifestyle and financial benefits.

For more information, visit <https://americanrefrativesurgery.org/category/investing-in-vision-correction>.

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