



Healing Power of Horses

BY PAIGE IMPINK
SPECIAL TO THE COURIER

Patti Lessard has always known the benefits of therapies centered around horses. The former director of programming and operations at Strongwater Farm is opening a new center for equine therapy closer to the Worcester area.

Referring to her years in Tewksbury, Lessard said, "I'm grateful for the Tewksbury community, leaders and families alike, who helped grow and develop Strongwater Farm. Their support helped me to grow professionally and personally; I'll always be grateful!"

While in Tewksbury, Patti ran the equine therapy program which supported veterans, children and adults with disabilities, and those dealing with addiction and substance use issues in the Merrimack Valley and beyond. Lessard has always been around horses, having been introduced to riding at age five, and has worked in programs all over the country, sharing the benefits of connecting with these magnificent animals. Lessard even worked to open the first therapeutic riding center in Azerbaijan, formerly part of the Soviet Union, where children with disabilities are now enjoying therapeutic horsemanship. Lessard is a certified equine specialist in mental health and learning, and a Special Olympics coach.

Lessard is looking to now support metro-West communities in need of equine therapy. She has purchased a historic 16-acre farm built in the early 1800s, known as Mill Circle Farm in Winchendon. "The Great Barn at Mill Circle" is a book written about the history of the property, originally known for its natural spring. According to Lessard, lore has it that people believed the spring provided health and wellness properties, and that affluent Victorian-era families would flock there. Writer William Russo has collected photographs and stories in his 2016 book about the history of the area. There is a river that runs alongside the property which flows all the way into New Hampshire, and Lessard is envisioning catch and release fishing and pumpkin harvesting on the property- all with the purpose of providing a caring and therapeutic environment. The benefits the therapy provides runs the gamut from overcoming addiction and conquering anxiety issues to one woman who was faced with fertility issues finally being able to conceive. Interaction with horses is beneficial for so many in that the horses are a non-judgmental party who provide positive feedback to patients. Equine assisted therapies are used worldwide to treat myriad conditions.



Courtesy photo -

Mill Circle director Patti Lessard walks with Trial, a 19 year old off-the-track thoroughbred who works exceptionally well with visiting crowds. Lessard hopes she and Trial will be reunited when Trial is retired from Strongwater Farm.

Turn To **HORSES**, page **A2**

Legislators announce \$140,000 grant for dam repair

BOSTON – Senator Anne M. Gobi (D-Spencer) and Representative Jonathan D. Zlotnik (D-Gardner) have announced a \$140,000 grant being awarded to the town of Winchendon. The funds, awarded through the Dam & Seawall Repair or Removal Program, will be used for dam repair and engineering at the Whitney Pond Dam.

"I want to congratulate Winchendon on receiving these much needed grant funds," said Senator Gobi. "There is a lot of work to be done to address the current state of dams and seawalls across the state and the Baker-Polito Administration, along with Secretary Beaton, are doing great work to support those efforts."

"I am pleased this money is being released," commented Representative Zlotnik. "This is something we have worked on for a long time, and the people in town have put forth a great amount of effort to ensure the project is successful and wholly beneficial to the community."

The Whitney Pond Dam sits on Whitney Pond in Winchendon, a man-made pond at the confluence of the Millers River and the Millers River North Branch. Whitney Pond is stocked each year with 500 trout and is known as a good fishing hole for trout and other warm-water fish.

The Executive Office of Energy and Environmental Affairs works with qualified organizations to implement projects for the repair and removal of dams, levees, seawalls, and other forms of flood control.

Can you escape the library?

Fancy yourself an amateur detective? Good at solving puzzles? On Saturday, Nov. 3 and Sunday, Nov. 4, the Beals Memorial Library in Winchendon will challenge you to "Escape the Library"! During the recent renovation of the library, construction workers discovered a rare biblio-treasure buried within an interior wall by Charles Beals, the library's benefactor. You will have one hour to crack the clues, uncover Mr. Beals' secret treasure and locate the key that will allow you to avoid the cruel fate of being locked in the library forever.

Cost for the adventure is \$10; \$5 for those under 12. Time slots run from 3:00 to 8:30 pm on Saturday and from 11:30 am to 6:30 pm on Sunday. Advanced registration is requested.

This Friends of the Library sponsored event is a fundraiser

for the restoration of the library's 105 year-old circulation desk. Please call the library at 978-297-0300 for further information. The Beals Memorial Library is located at 50 Pleasant St.



Courtesy photo

Library Director Manuel King attempts to solve a clue to the Beals Memorial Library's "Escape the Library" Challenge that will take place on Saturday and Sunday, Nov. 3 and 4. Call the library to register for one of the Escape Room time slots.

Voters quickly dispense with town meeting business

Eighty-two voters – just seven more than needed for a quorum – showed up for Monday night's fall town meeting and dispensed with all 16 articles on the warrant in the space of a half-hour. There was barely any discussion on the proposals presented for consideration.

In a report to the town meeting, Finance Committee Chairman Tom Kane explained the state had recently certified the town's free cash at just over \$1 million. Of that amount, the town plans to make its final payment on the deficit legislation passed to allow the town to erase a \$3.55 million debt discovered in a 2014 audit of municipal finances.

A proposal to use \$147,000 in free cash to cover the cost of a sally port at the Winchendon police station passed with the approval of 96 percent of those voting. Town Manager Keith Hickey, Police Chief David Walsh, and selectmen have argued the structure, which allows for the enclosed transfer of prisoners from police cruisers into the station, is needed for public safety. The cash was needed because the \$691,000 originally set aside for the sally port - \$122,000 of that in town monies – fell far short of the bids that came in from construction firms to build the addition. The amount approved Monday will provide the funding needed to cover the \$338,000 in bids the town has received.

Voters were somewhat less receptive to a proposal to spend \$75,000 in free cash to undertake a facility needs study for the fire station on Central Street. Still, the plan received 85 percent approval.

The town's fire station was built in 1978 and lacks facilities for both male and female firefighters, as well as the room needed to house all the department's vehicles. The study will determine the most effective way of addressing those shortcomings.

An article seeking \$45,000 in free cash to fund the position of curriculum director for Winchendon public schools for the remainder of the school year was approved by an 86 percent to 14 percent margin. The district has committed to including funding for the position in its budget for fiscal year 2020.

A plan to pay \$3,264 in past due school department bills got two bites at the apple. The article initially received 89 percent support, a single percentage point short of the 90 percent needed for passage. Because the margin was so close, Town Moderator Rick

Turn To **HALE ST** page **A3**

Turn To **QUICK**, page **A3**

Public hearing on Hale Street solar continued

BY GREG VINE
COURIER CORRESPONDENT

Winchendon's Planning Board Tuesday night reconvened a public hearing regarding a proposed solar array which would be located at 270 Hale St. The plan, proposed by Oya Solar of Toronto, Ontario would be located on property owned by Noreen Sullivan. Oya Solar is hoping to construct a 5-megawatt array on the 50-acre parcel.

Since the hearing began two weeks ago, members of the Planning Board,

and company and town officials have conducted a site visit to the property to get a better idea of where the array would be located.

Frank Holmes of Stantec Consulting, the engineers for the project, said following the site walk that the access road for the project has been moved from the west side of the property to the east side.

"We recognized that it might be an improvement to the plan," said Holmes, "to shift the access drive. The plans submitted to the Planning Board and

provided to the peer review consultant did incorporate that change. We shifted the access drive to an area where there is already a cart path cut into a cleared area."

Holmes said part of the reason for shifting the access road was to address the concerns of abutters regarding the neighborhood aesthetics. The new plans also show a planting that will be done along the length of the relocated drive "to help strengthen the existing vegetative buffer."

Turn To **HALE ST** page **A3**



6 56525 10431 2

LOCAL

PAGE 2



SPORTS

PAGE 8



WEEKLY QUOTE

Another belief of mine; that everyone else my age is an adult, whereas I am merely in disguise.

- Margaret Atwood

CLYDE'S CORNER

Tuesday, November 6

ELECTION DAY DON'T FORGET TO VOTE

BAKE SALE: Friends of Old Murdock will hold a bake sale at Old Murdock Senior Center beginning at 9 a.m. until baked goods are gone! While you vote, stop downstairs and check it out!

Saturday November 10

OPERATION WINCHENDON CARES: Holiday Drive will be held Saturday, Nov. 10 from 9:00 - 10:30 a.m. at the American Legion Post 193 on School Street. That day is World Kindness Day, so what better way than to send some cheer to our military members who are unable to be home with their families on the holidays. Spread the word to your friends, family and neighbors. If you know of anyone who is not on our list, please contact us with his/her information or a contact person for them. Check out our Facebook page (Operation Winchendon Cares) and website: <http://www.winchendon-cares.com>.

POT ROAST DINNER: United Parish

Famous Pot Roast Dinner at 39 Front St., Saturday Nov. 10 at 5:30pm. Tickets cost \$15 per person. Call the office 978 297-0616.

Saturday November 17

NIGHT OF COMEDY: The Knights of the Inferno are hosting a Night of Comedy Saturday, Nov. 17 with doors opening at 7 p.m. and the comedians taking the stage at 8 p.m. all at the American Legion Post 193, 295 School St. Tickets are \$20 each, \$30 a couple. This is a fundraiser for the high school scholarship program. There will be raffles, 50/50.

Thursday November 22

TRIVIA NIGHT: Sons of the American Legion host Trivia Night beginning at 8 p.m. at the American Legion. Gather a team and challenge your friends. Hosted by questions master Ryan Murphy.

ONGOING PROGRAMS
THURSDAYS

OPEN HOUSE: come sit on the porch and relax at the Murdock Whitney House museum 6-8 p.m. Tour the house, walk across the street and get ice cream at Seppi's. Free evening, every Thursday throughout the summer.

MONDAY

LEGO CLUB: Beals Memorial Library, 50 Pleasant St. hosts a Lego Club for kids aged six-12. 3:30-4:30 p.m. every Monday afternoon the library is open. Show off your creative side. More information about this and other programs by calling (978) 297-0300 or visit townofwinchendon.com/bealmemoriallibrary.

TUESDAY

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

TINY TOTS PLAYGROUP: on Tuesday 10-11 at Beals Memorial Library, 50 Pleasant St. for toddlers aged 0-4. Songs, rhymes and sharing.

WEDNESDAY

BINGO! Hyde Park residents hold bingo in the community hall every Wednesday night beginning at 6 p.m. It's inexpensive, just two cards for 5¢,

and the community is invited! Anyone over the age of 50 is welcome to join in. We'd love to have more players.

BINGO 2! Old Murdock Senior Center hosts Bingo on Wednesday afternoons at 12:15 p.m.

KIWANIS: the Kiwanis of Winchendon meet the second and fourth Wednesday at 6:30 p.m. at the Carriage House Restaurant. Come be part of the service club that concentrates on helping local children with the Backpack Program at the public elementary schools, Breakfast with Santa and yes, the Family Fun Day with the Massachusetts state level chili cook off every summer. We need your help. Stop in any Wednesday, we'd love to meet you!

YOGA & ZUMBA: two new low impact exercise programs at Old Murdock Senior Center, open to everyone age 50 and older. Zumba with Alisha at 9:30 a.m. and Yoga with Susan at 10:30 a.m.

THURSDAY

GARDEN CLUB: The Winchendon Garden Club meetings are open to the public. Meetings are held at 1 p.m. on the 3rd Thursday of the month from May through December. Please note the meeting place has been changed to the Hyde Park Drive Community Building.

ONE GOOD AND ONE NOT...?



Ruth DeAmicis photo

The Lions of Winchendon held a fundraiser Saturday night featuring Petty Cash, a Tom Petty tribute band and invited all to celebrate Halloween with costumes too. Winners of the costume parade were Colonel Sanders and his Chick (Gardner and Brandy Wood); but it was this couple, a pair of good friends, who caught the photographer's eye. Good and evil? Or at least that little devil who whispers in one ear urging you to go ahead and have another cookie, while the other tells you not to...

REAL ESTATE TRANSACTIONS

WINCHENDON

\$499,900 30 W Shore Dr, Lightfoot, Leslie D, and Fanelli, Raymond, to Powers, Andrew J, and Powers, Catherine L.

\$415,000 45 1st St, Carbone, Joseph G, and Carbone, Anita M, to Dubreuil, Andre J, and Dubreuil, Lisa A.

\$245,000 335 Mellen Rd, Shipman, David E, and Shipman, Deborah L, to Shilbler, Katharine M, and Roberts, Samuel S.

\$240,000 448 Glenallen St, Prescott, Ryan, and Prescott, Nicole T, to Tremblay, Stephen C.

\$240,000 126 Laurel St, Barlow, Luke A, and Barlow, Cheryl A, to Dunchus, Zenon L.

\$240,000 560 School St, Methe, Edward J, and Methe, Jennifer E, to Worcester Realty Props.

\$210,000 48 Woodlawn St, Laprise, Jean J, and Laprise, Susan C, to Burch, Laura L.

\$169,000 151 Spruce St, Martus, Nathan P, to Thibaudeau, Albert.

\$137,000 81 Benjamin St, Deutsche Bk Natl T Co Tr, to Smith&Smith Properties.

\$120,000 62 Webster St, Flagg, Scott A, and Flagg, Tracy A, to Niles, Erika.

\$22,000 School St (off), Franke, Karl L, and Franke, Martha E, to Worcester Realty Props.

COURIER CAPSULES

NIGHT OF COMEDY
The Knights of the Inferno are hosting a Night of Comedy Saturday, Nov. 17 with doors opening at 7 p.m. and the comedians taking the stage at 8 p.m. all at the American Legion Post 193, 295 School St. Tickets are \$20 each, \$30 a couple. This is a fundraiser for the high school scholarship program. There will be raffles, 50/50.

SPAGHETTI SUPPER
Troop 33 Boy Scouts in Jaffrey are having their fall Spaghetti Supper on Saturday, Nov. 3 from 4-7pm at the Post 11 American Legion Hall. Tickets are \$8 adult, \$6 Senior/children and can be purchased at the door or from one of the Boy Scouts.

MONTY TECH NOTICE
The Monty Tech LPN Program is seeking reaf-

firmation of accreditation through the Council on Occupational Education. A requirement of this is to provide the public an opportunity to comment on an institution's qualifications for status with the Commission. The notice must read: Montachusett Regional Vocational Technical School Practical Nursing Program is applying for reaffirmation of

accreditation with the Commission of the Council on Occupational Education. Persons wishing to make comments should write to the Executive Director of the Commission, Council on Occupational Education, 7840 Roswell Road, Bldg. 300, Suite 325, Atlanta, GA 30350. Persons making comments must provide their names and mailing addresses.

HORSES

continued from page A1

Lessard will open Mill Circle Equestrian Center, Inc. in the spring as a non-profit equine therapy facility, primarily focused on serving first responders such as veterans, police, fire, and their families. Patients in addiction recovery, at risk youth, domestic violence survivors and memory loss patients will also be part of the population served.

Lessard expect ages" 4 to senior citizen" will benefit, and is excited to be offering sessions with a music therapist and an art therapist as well.

Lessard said that "we were fortunate to have an additional cabin on property that we are setting up for the music and art therapist" and notes "we also have antiques left behind which will benefit our memory loss clients while providing conversation pieces for others." Lessard said there is even

a liberty bell from 1860 directly at the entrance to the farm. Volunteers and interns from area high schools and colleges will be welcomed at Mill Circle and Lessard is already reaching out to a host of counseling programs to make them aware of the farm's upcoming operations.

Mill Circle Equestrian is accepting a limited number of riders presently and is planning their grand opening for the spring of 2019. Instructors will all have

Massachusetts state licenses as well as therapeutic licenses through PATH Int'l-the Professional Association of Therapeutic Horsemanship. Lessard is pleased to offer these therapies to clients from the Worcester County area, but welcomes all riders to connect with her. For more information, contact Patti Lessard at Millcircleequestrian@gmail.com or call her at (239) 595-2096.

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A STONEBRIDGE PRESS PUBLICATION

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The Winchendon Courier (USPS 685-920) is published weekly for \$45 per year (in county) by Stonebridge Press, 25 Elm St. St. Southbridge, MA 01550 Out of county rate is \$56 per year. Periodicals postage paid at Winchendon. To subscribe call (800) 367-9898. POSTMASTER: Send address changes to The Winchendon Courier, 44 Central St., Winchendon, MA 01475.

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Three square off for debate

BY JERRY CARTON
COURIER CORRESPONDENT

The three candidates for the local state delegate seat squared off in their only debate of the campaign on Wednesday and the differences between incumbent Jon Zlotnik (D), and challengers Ed Gravel (R) and Yasmine Khdeer (Green-Rainbow) fell largely on ideological lines. The debate was held at Mount Wachusett Community College.

Seeking his fourth term in the legislature, Zlotnik repeated his mantra the Chapter 70 education funding formula which has been in place since 1993 is "not adequate," pointing out it lacks a technology component. Zlotnik has been advocating for a change in the structure. Gravel blamed the failure to change on the Democratic majority

in the state legislature while Khdeer lambasted the current system as being unfair to poorer districts like that in Winchendon.

Zlotnik said he backs reducing the 6.5% state sales tax, pointing out a significant part of the district is close to New Hampshire and thus in competition with the Granite State's lack of a sales tax. On that issue as well, Gravel charged the legislative majority with doing a poor job while Khdeer said she doesn't like the income tax and contended corporate loopholes need to be closed.

Inevitably, ballot question 1 regarding nurse staffing limits in hospitals came up. Zlotnik said he was skeptical about complex issues being decided by referendum and labeled Heywood Hospital's concerns "very legitimate." Gravel said

he opposed the question because "when government gets involved, things go awry." Khdeer conversely supports the measure.

"It's common sense," she contended. With just four days remaining until Election Day, though early voting has been going on since last week, Zlotnik said he pursues "good consensus driven decisions" and reminded economic development has been his "top priority" since taking office.

"I'm proud of my record," he stressed. Gravel saw things differently, criticizing Democrats.

"Somebody else needs to step up. Somebody else needs to get down there and work for the people," he argued.

Khdeer said she entered the race "because I could no longer sit down and do nothing."

ACCURACY WATCH

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

WDTTC endorses candidates and takes stance

Michael D'Intonsanto, the chairman of the Winchendon Democratic Town Committee has announced the WDTTC endorses the following candidates for office and ballot questions on the Nov. 6 ballot:

Representative in the US Senate - Elizabeth Warren

Representative in Congress Winchendon precinct 1- James McGovern

Representative in Congress Winchendon precincts 1A, 2 and 3 - Lori

Trahan

Governor - Jay Gonzalez

Lt. Governor - Quentin Palfrey

Treasurer - Deborah Goldberg

Secretary of State - William Galvin

Attorney General - Maura Healey

Auditor - Suzanne Bump

State Senator - Anne Gobi

State Representative - Jonathan Zlotnik

Governor's Council - Paul Depalo

Yes on Question 1 for safe patient limits in Massachusetts Hospitals

Yes on Question 2 to end corporate personhood

Yes on Question 3 to protect and maintain transgender equality

The Massachusetts Democratic State Committee endorses all candidates and questions above. Citizens are reminded that they may bring this list with them into the voting booth.

To contact the WDTTC, Michael D'Intonsanto, Chair, Winchendon Democratic Town Committee (978) 297-4086 or winchdemcomm@yahoo.com

CORRECTION

The history of Beals Memorial Library slide show created for the opening of the new entrance last weekend was the work of Board of Library Trustees member Rick Ward. The work was incorrectly accredited.

QUICK

continued from page A1

Morin called for a second vote.

Town Manager Keith Hickey explained that about half the amount was to cover expenses related to Murdock High School's 2018 graduation ceremony. The school department, he said, was forced to rent sound equipment for the event because the town's equipment wasn't working. The remainder was to pay Waste Management for expenses that had slipped through the cracks.

"The fact remains the town owes this money," he said.

Voters ultimately approved the measure by a margin of 95 percent to 5 percent.

The vote to place \$100,000 in free cash into the town's stabilization funds was nearly unanimously approved. All other articles on the warrant passed by overwhelming margins.

The meeting, one of the quietest in recent memory, was convened at 7 p.m. and adjourned just before 7:30.

Research your relatives at the Beals

The Beals Memorial Library will be hosting an Introduction to Genealogy Workshop on Thursday, Nov. 8 at 6:30 pm. Learn the basics of researching your family heritage with facilitator Susie Haensch, vice president and program chair for the Central Massachusetts Genealogical Society (CMGS).

Haensch has been doing intensive genealogy research for her family, friends, and neighbors for the past 40 years. Times have changed great-

ly since she first began using paper forms and visiting archives and repositories in person for sought after records. Today she also takes advantage of online records, DNA results, and social media to help in her searches. Her passion is helping others get started in genealogy research by teaching them the why, where and how of proven research methods. She has been teaching classes in genealogy for over 20 years and continues her life-long learning process by frequently taking

advanced course work through online classes and attending various workshops and seminars. Her family heritage is from France, Spain, Germany and New Brunswick (Acadia), Canada.

Only 30 spots are available, so early registration to this free workshop is required. For more information call 978-297-0300. The Beals Memorial Library is located at 50 Pleasant St. in Winchendon.

HALE ST

continued from page A1

Brian Huntley of the town's engineering firm Tighe and Bond said relocation of the drive had addressed one the consultant's main concerns.

Holmes reiterated a point made at the previous meeting that a detention basin will be installed onsite to reduce the amount storm water runoff.

"It will capture that water and reduce it slowly over time," he said.

Glen Arlig of 278 Hale St. lives next door to the proposed array.

"My grandfather and my father grew up there," he said. "I grew up there, and I'm not really happy with this whole thing. They're planning to build the access road and the power distribution center right off of my property line. I think the person who profits from this should see the trucks going in an out there

right next to her house. She's the only one that's gaining. I'm losing. Everybody else here is losing," said Arlig.

Vanessa Pennell of 110 Laurel St. told the board, "I grew up at 297 Hale St. I ran the woods. I know the area. I bought my house because I have a quaint little brook that's so sweet. I've seen that little brook get five deep and about six feet wide. I've seen it cross the road in front of my house. It comes within five feet of my property. If it comes any closer are you guys (Oya Solar) going to buy me flood insurance?"

"I love my property," said Noreen Sullivan. "I bought myself 46 years ago when it was a dirt road and there were almost no other houses. I didn't complain with all the noise. I certainly didn't complain when they were cutting down trees up and down the street - I mean hundreds and hundreds of trees.

This is a solar farm. I've had developers contact me. I have lots of different options. The option I chose was a solar farm."

The Planning Board voted to close the hearing and will convene again at 6:30 p.m. on Nov. 13 to vote on whether to give the project its blessing.

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**Birch Hill Canoe Club's
Annual Turkey Raffle**

When: Friday, November 9, at 7:00pm
Where: Winchendon American Legion
Route 12, Winchendon, Mass.

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VIEWS

Opinion and commentary from Winchendon and beyond

EDITORIAL

On Voting

This is not an editorial about politics. This is not a column written in support of a candidate. This is not even about any particular upcoming election or issue or policy. This is actually an editorial just about voting.

For most of us, voting isn't super exciting. It's not a holiday around which we can theme a cook-out or picnic or party. No one wishes anyone a Happy Election Day and children definitely do not clamor to be taken to the polls to watch the voting process.

But wouldn't it be terrific if they did? What if we treated elections the way we treat Super Bowl Sunday? What if we made it the "Big Deal" that it truly is? Why don't all Americans LOVE voting? Does voting need a marketing makeover? Maybe so.

Think about it: your vote is your voice. It is your most powerful way to decisively state your preference. No one can or should influence your vote. Your vote is an actual, documented and counted opinion. It's better than a Facebook "like", or a retweet or a swipe. It means even more than holding a sign, or having a bumper sticker, signing an online petition, or sending an email.

Voting, in our country, is a right. It cannot be taken from you. Throughout American history, it has been fought for, debated, argued, amended and signed into law...for YOU. What was once a privilege restricted to a single, narrow segment of the population is now a freedom with which all Americans are literally born.

Yet for many, voting is a guilt-driven, exasperating "why do I have to do this?" burdensome task. It's one more thing to do on a busy work day and inspires inner arguments: "What if the lines are long?"

"I can't stand any of these politicians!"
"Should I vote for or against Issue whatever?"

"I don't want to admit how LITTLE I really know about anything on the ballot."

In the same spirit of granting Election Day a status equal to major football games, what's needed is just a little pre-game prep. You wouldn't predict your Super Bowl winner without at least knowing the teams' records. Do the same with those candidates and issues! We have so much information at our fingertips today, including right here in the newspaper you are reading. You know more than you think.

Along with voting, we are granted the right to express opinions. Active, engaged citizens can and do discuss issues and situations and very often disagree with one another. Voting is the civilized expression of putting action behind words. Anyone can speak an opinion. Anyone can also vote in matters relating to that opinion. If someone chooses NOT to vote, their opinion, while no less valid, is nonetheless wasted. Your vote is your choice to use your voice...and to truly make it heard.

On Tuesday, Nov. 6, don't sit this one out. Your vote is REAL. It is counted. It matters. VOTE!

LETTERS TO THE EDITOR

Trustees: reaching a milestone

To the Editor:

Beals Memorial Library reached a milestone recently with the grand opening of the new entrance and elevator. For the first time in the 105-year history of the building, this architectural gem is now fully accessible to ALL our residents. The words used most by those exploring the new ADA compliant entrance, lobby, elevator, and bathrooms were "beautiful" and "wonderful." It has been a long road to this ribbon cutting and celebration – a day that could never have been realized without the financial generosity of the following: Citizens of Winchendon; Robinson-Broadhurst Foundation (long-time supporter of the library); Bertha S. Churchill Trust; Vena Field Fund; Esther Meyer Fund; Louis & Mable Oliva Fund; the Beals Family; and, Morton E. Converse 100-Year Fund.

Recognition must also go to former Librarian Julia (White) Cardinal, a key proponent and supporter of the project from its inception in the 1990s to Saturday's ribbon cutting. She also holds the distinction of being the longest serving librarian in the town's history, having held the position from 1979 to 2015.

Our architects David Pollak and Julia Patten of ABACUS (Architects + Planners) had a vision and saw it to the finish line, and were there for us whenever we needed them. They always had the historical integrity of the build-

ing in the forefront – for which we are forever grateful. Thanks to the many workers with P&S Construction for taking the architects' vision and bringing it to life.

A big thank you to Library Director Manuel King and his staff – Linda Bredberg, Melissa Thayer, Patti Stanko, Alexis Chanthachack, and Keith Bussiere Jr., for keeping the library fully operational during the challenging, and often chaotic, period of construction. We are also deeply appreciative of the support provided by the Friends of Beals Memorial Library, and the library volunteers – your support and help truly makes a difference.

We thank all those who attended the grand opening, especially those representing our donors; the Board of Selectmen; Finance Committee, and other representatives of town government. A round of applause to David LaDeau who brought the library's 1860s grand piano to life again with a wonderful selection of classical/pop selections.

Finally, thanks to our library patrons who put up with the dust and confusion these many months. Without each of you, this effort would have been in vain. You give the library purpose and life. We thank you.

BEALS MEMORIAL
LIBRARY TRUSTEES

Brewer endorses Gobi and Strauss

To the Editor:

From time to time my former beloved constituents ask me to comment on who I support in forthcoming elections. My advice is – inform yourself and above all, go vote.

However, I will state my preferences this fall are Anne Gobi for State Senate and Jean Strauss for State Representative. Now before one says, 'that figures, he's a Democrat' – spare me the partisan song. There's a long list of Republican legislators I have worked with and respect.

I have worked with Anne Gobi now for close to 18 years and she is a credit to the term 'public servant'. Intelligent, diligent, thoughtful, pragmatic and relentless! I am also proud to call her my friend.

For State Representative I was loath to wade into the waters of another race

as I do enjoy my semi-retirement. Then I met Jean Strauss. I read her book about her life. I was intrigued.

I met with her at length and advised her this district requires a moderate, diligent, constituent-oriented legislator who puts the needs of the District first, who studies the complexity of issues intelligently and uses both head and heart to formulate voting on issues that matter not only for today but for our future and our children's future.

With her work ethic, her understanding of our history and environment, and our quality of life, Jean Strauss will do that. I believe in this lady and am confident if you send her to Boston you will be proud to call her your State Representative.

STEPHEN M. BREWER
BARRE

LETTERS POLICY

Letters to the editor are always welcome, and may be sent to to ruth@stonebridgepress.news, or The Winchendon Courier, 91 Central Street, Winchendon, MA 01475. Be sure to include a name and residence. Please refrain from sending letters via fax, and be sure to supply a home address and phone number to allow for confirmation. Allow at least 48 hours for a response. Letters must be submitted by noon Friday to ensure publication in the following week's issue. Every effort will be made to accommodate late submissions, but inclusion can not be guaranteed. The rules of good taste and libel will, of course, apply to all submissions. Personal attacks will not be published. The editor retains the right to edit all letters.

It's now up to us

"If the soul is left in darkness, sins will be committed. The guilty one is not he who commits the sin but the one who causes the darkness. – Monseigneur Bienvenu in Les Miserables by Victor Hugo

Last week was a very dark week in America. Bombs were mailed to more than a dozen critics of President Trump.

Two African Americans were shot to death in a Kroger grocery store in Jeffersontown, Kentucky by a white man who, when captured by police, declared "whites don't shoot whites."

And, finally, 11 people attending a bris at a synagogue in Pittsburgh were gunned down by a man who had been convinced that Jews were funding and facilitating a "caravan" of Central American immigrants wending its way to the

southern border of the United States.

For most people, there is little question as to who is, in great part, responsible for the darkness that descended over our country last week, and for the sins committed within it.

But we Americans, all of us over the age of 18, can go a long way toward banishing the darkness when we vote next Tuesday in the mid-term elections. We have a choice. We can choose between the voices of bigotry, division, and fear or the voices of inclusion, unity, and hope.

I hope it is the latter. I hope we – each of us – can find the character to set aside our petty personal grievances and cast a vote for those candidates willing to act as a brake on a chief executive who has demonstrated little capacity to display the kind of moral authority we



...AND
ONE MORE
THING...
GREG
VINE

expect in our leaders; a chief executive who finds it completely acceptable to name-call and demonize anyone he perceives to be an opponent and who, the same day that 11 people are brutally slaughtered in an American house of worship, somehow actually finds himself tweeting about baseball strategy.

It's nearly unfathomable. Or at least it used to be.

But we now have a chief executive who seems to have no understanding of what is to be or act truly human. Is it really too much to expect at

least a touch of empathy in our leaders?

The man at the top seems to have no problem expressing a modicum of compassion while standing in front of a teleprompter but take it away and he almost immediately begins more verbal assaults on people who just happened to be the recipients of pipe bombs mailed to them by a fanatical supporter.

Instead of toning down his rhetoric, as even members of his own party have suggested, he responds by saying "maybe I should tone it up."

Really? The phrase "words have consequences" may be a cliché, but they're a cliché for a reason – they happen to be true.

Don't think so? Shortly after Donald Trump declared at a campaign rally in Texas that he is indeed a

"nationalist," for Ku Klux Klan leader praised the president for using a word so dear to white supremacists all around the country.

But, as George Orwell put it: "The nationalist not only does not disapprove of atrocities committed by his own side, but he has a remarkable capacity for not even hearing about them."

Nationalists, as European history shows very clearly, have a way of creating the darkness within which grave sins are indeed committed.

So, if you haven't voted already, please go to the polls and vote; vote for those who will appeal to what Abraham Lincoln called our "better angels" – not those who appeal to our worst instincts. We are a nation that is good enough, strong enough, and we must not let the darkness win out.

THE TIMES

When preparing to write my column I usually have two or three things to consider featuring. Typically, I try to write on things that will inform, educate, explain or entertain.

I have not written now in several weeks.

I don't know how to inform, educate or explain what has been happening in America. And I certainly can find no way to make them entertaining.

It is fine for people to have strong feelings and opinions. It is good to have healthy and respectful discussions of differing points of view. It serves no good purpose to be so dug in that you cannot look objectively at another view, understand that someone of substance



NOTES OF
CONCERN
JACK
BLAIR

might see things differently than you, or to allow yourself to become hateful, rude, insulting or demeaning of others.

Opinions are just that. Opinions.

Our opinions are formed by our life experiences. We all have different life experiences so

it should come as no surprise we have different opinions of how things should be.

The best friends are those with whom you can have serious differences in thought while still respecting where the other is coming from. It is also acceptable to hope the strength of your own arguments, the facts you can muster, and the way in which you present yourself might actually convince a friend to

be more sympathetic to your view of things. But if that fails, so what? As the old saying goes: just agree to disagree.

The world will not end. Your hometown isn't going to be flushed down the drain. At the end of the day let's say about 40% of the people will in some small way agree with you. Another 40% will think you have gone completely around the bend. And 20% will choose not to be affected by anyone else's opinion.

Sometimes when I have been in disagreement with another, or others, I tell myself I hope I am wrong. In that way, they would be right. And I could accept that. Having said this, however, if I take a position it is because I feel certain of the right of it. But that certainty is borne only of my personal experience.

Now here is where I differ from many today. I am open to discussion. I am

willing to consider another view. I will respect the right of you to differ with me. Winning the argument is not important to me. Getting to the right answer is important to me. I expect that is the way many others feel when making their own thoughts known.

Bottom line: I am never completely convinced that my answer is the right one. The only thing of which I must be convinced is that it is right for me.

In our national discourse, we are in a very bad place.

I do not have a remedy beyond suggesting we all cut the other guy some slack, consider that he might be right, and continue to be informed by listening to all viewpoints respectfully.



Media burdens run two ways

I was chatting with a group of students the other day when one of them looked me in the eye and commented, "You're very tough on journalists."

I had to plead guilty. Of course I'm tough on journalists. Maybe even as tough on them as they are on politicians.

Our representative democracy depends on journalists doing their jobs. Why? Because it's essential that citizens get the solid, accurate, and fair information they need to make good judgments about politicians and policy decisions. Our system cannot work if journalists and the institutions they work for don't shoulder the burden of serving as watchdogs, holding government accountable, shining a light on overlooked challenges, and exploring complicated issues in as clear-eyed a manner as possible.

Which is why, if you value representative democracy, you have to be deeply concerned about the once-over-lightly journalism that fills our media. Too often, reporters, commentators and online contributors focus on trivia, partisan posturing, and political gamesmanship, and not on the substance of issues.

The disruptive forces that have laid waste to traditional journalistic organizations have pared down the newsrooms that can carry out in-depth journalism and investigative reporting. Yet

the world we live in is so complicated and so difficult to understand the need is greater than ever for journalists to pick out what really matters in their communities or in the nation and convey solid information to the citizen.

I have no illusions about how difficult this is. Nailing down good information requires a lot of effort, persistence, and time. A single story can take months to follow carefully. Making sense of the issues that affect us — in politics, the legal system, medicine, war and peace, the economy — requires patience, expertise, analytical skill, and the ability to convey complexity in a simple fashion.

The prevalence of fake news and misinformation makes this search for objective truth ever more difficult and challenging. If we don't have the right information as citizens, then we don't have the facts to shape our opinions — and we're going to be in trouble as a nation.

Disentangling truth and untruth from the citizen's standpoint is really hard. So, I applaud and admire journalists who are dedicated to truth. And there are enough of them that there is still plenty of good, solid reporting.



BEYOND CIVIC ENGAGEMENT

LEE H. HAMILTON

It's not always easy to find, though, amidst all the less-than-solid noise that fills our media landscape. This places a particular burden on us, as citizens, to work hard to find it and understand it. Especially because

some of the institutions we once relied upon for independent, objective information — I'm thinking specifically of Congress here — have increasingly stopped serving as models for the search for truth.

The plain truth is, there's much to distract both journalists and citizens from what's really necessary to cover and to understand. Sorting through all the information at our fingertips, distilling meaning from it, zeroing in on what's really important: that's work that both journalists and ordinary citizens have to undertake.

If you're a local journalist, that means looking into every nook and cranny of government and chasing down what's important and what doesn't add up. For more broad-based journalists, the responsibility is to look at events, analyze them, and convey what needs to be conveyed to the public to make sound decisions about good governance.

And for citizens, it means conscientiously following reliable, fact-oriented media — and not just a single source, either, because none has a monopoly on the truth — and using their reporting to make discriminating judgments about public affairs.

Getting all of this right is essential to making our government work. Journalists have to ask themselves whether they are getting to the bottom of stories and giving enough information to citizens so they can make good judgments — or are they too focused on trivia and entertainment and posturing? And citizens — whose media tastes drive so much of what the media provide — need to be focused on what matters.

It's a complicated dance, but in the end, it comes down to one thing: journalists need to provide, and citizens need to ask for, the reporting that's necessary to make the country work.

Lee Hamilton is a senior advisor for the Indiana University Center on Representative Government; a distinguished scholar, IU School of Global and International Studies; and a professor of practice, IU School of Public and Environmental Affairs. He was a member of the U.S. House of Representatives for 34 years.



JOURNEY OF THE HEART
JERRY CARTON

Sadness multiplied with no answers

in Pittsburgh but I certainly wasn't surprised. If anything, I'm surprised there haven't been more shattered Saturday mornings or Friday nights. We've always been the target. We've forever been the scapegoat. If there are ills and misfortune and unfairness and failure in the world, it must be the Jews' fault. That's been the mantra for centuries and it was certainly so in 1930s Germany. Don't get me wrong, I'm not directly equating DJT to Hitler, not yet anyway, but he sure seems to traffic in nasty and unsavory language and seems mighty comfortable with neo-Nazis and white supremacists, doesn't he?

DJT's not the sole cause of the widening divisions in our culture but he saw it for what it was and played on the fears of those folks who needed to believe their woes are because of "them." No, he's not the sole cause but he sure has exacerbated the situation and whereas every other President in recent memory dating back to Gerald Ford has sought to be a conciliator and consoler, this one very deliberately fans the flames. Sure, he reads words off the teleprompter which someone else wrote but then he's right back out there stoking the fire. To be sure, the racial, cultural and economic differences existed before DJT took office, but his rhetoric has

emboldened people to act on their rage

I don't know how all this will end. I don't see how chasms this enormous can be bridged on a national scale, not with so many people truly believing they are being persecuted by "them," whoever "them" and "they" are, not with the breathtaking rise in hate crimes and the upsurge of anti-Semitism and the aforementioned white nationalism. A Democratic takeover of the House, which I believe to be imperative policy-wise, and huge Democratic gains in state legislatures, as imperative as they too may be, isn't going to quell the simmering hatred of those fringe groups and fringe people.

I've never been so discouraged or disheartened. That said, by no means do I think we should simply throw up our hands in hopeless despair because we all have an obligation to do what we can in our own little corners of the world and so many of us do that every day without fanfare or even much notice, but on that larger stage, it just seems incredibly frustrating. It's not like we can separate along geographical lines as we did during the winter of 1860-61 so what's the answer?

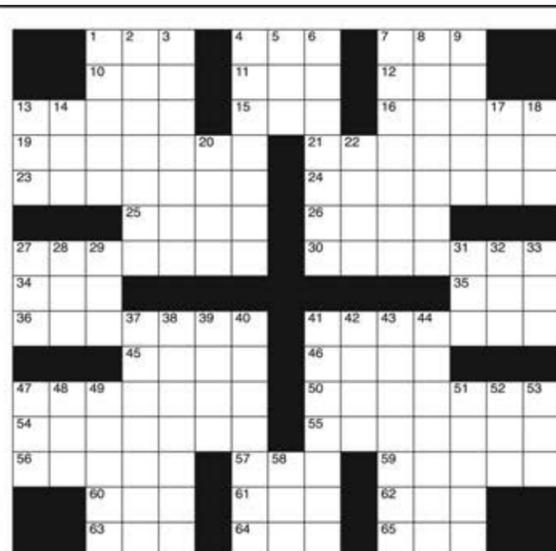
I don't know. I don't. I do know it remains absolutely essential to vote if you haven't already done so (and vote No

on Q1) because that seems like the only logical way to at least codify policy change. Beyond that, I don't know. I have no

answers. I never thought America would come to this, not really. But here we are. Any ideas?

I wrote this column once. But then Pittsburgh happened. No, DJT did not pull the trigger in the synagogue but if you don't think his words haven't contributed to the escalation of violence and the ripping of fundamental cultural and civic decency from their moorings, you're living in a fantasyland. DJT's election gave permission to all that scum, all that white nationalist, anti-Semitic, anti-diversity scum to slither out from beneath their proverbial rocks and the disgrace of a 'presidency' he has conducted since then has continued to not-so-subtly encourage them to not just peddle their despicable filth but to do a lot more than babble at rallies or on social media. In more than one case, folks who were likely already unhinged have taken his rhetoric and interpreted it as meaning it's quite okay to use violence as happened in Pittsburgh and Charlottesville where no, there were not "very fine people" on both sides or try to as in the case of the alleged pipe bomber. Words really do have meaning and consequences.

I was shocked by the domestic terrorist assassinations



CLUES ACROSS

- 1. Expresses weights (abbr.)
- 4. Pounds per square inch
- 7. Central Time
- 10. One who speaks for others
- 11. Aussie TV station
- 12. Swiss river
- 13. A way to improve
- 15. Awesome!
- 16. Appeal to
- 19. Satisfy
- 21. The Emerald Isle
- 23. Quick passages
- 24. Love of humankind
- 25. Fleshy beak covering
- 26. Type of sword
- 27. Basketball stat
- 30. Makes unhappy
- 34. The Princess can feel it
- 35. Bar bill
- 36. Of one
- 41. Prom accessory
- 45. Jai __, sport
- 46. Assist in wrongdoing
- 47. Small hill
- 50. Eras
- 54. Fill with motivation
- 55. Part of your face
- 56. Novelist Coelho
- 57. Francisco is one
- 59. Narrow space between two buildings
- 60. Soak
- 61. Proofreading mark
- 62. A baglike structure in a plant or animal
- 63. Time zone
- 64. Midway between northeast and east
- 65. Baseball stat

CLUES DOWN

- 1. Sharp mountain ridge
- 2. Types of lenses
- 3. Informs
- 4. Partial paralysis
- 5. Helps little firms
- 6. Alphabetical lists
- 7. Danced about
- 8. Set out
- 9. Trick's partner
- 13. Second sight
- 14. Disfigure
- 17. Comedienne Gasteyer
- 18. Tooth caregiver
- 20. Wrongful act
- 22. __ Nui, Easter Island
- 27. Away from
- 28. Member of Congress (abbr.)
- 29. Car mechanics group
- 31. When you plan to get there.
- 32. Bother incessantly
- 33. One point east of due south
- 37. Small giveaways
- 38. "MASH" actor Gould
- 39. A type of habitat
- 40. Refined delicacy
- 41. Inflection of the voice
- 42. Follow orders
- 43. Discharge
- 44. Of the stars
- 47. Briefly place into
- 48. Present in all living cells (abbr.)
- 49. Take illegally by force
- 51. Genus of moth
- 52. Midway between east and southeast
- 53. Bashful
- 58. French river



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SUDOKU

		9						
2				7				8
			4		5		9	
				8				
							4	6
	3	7		1				2
		1	9			8		
9		5	2				3	1
6			1				5	

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

6	4	8	1	3	7	2	5	9
9	7	5	2	4	8	6	3	1
3	2	1	9	5	6	8	7	4
5	3	7	6	1	4	9	8	2
1	8	2	5	9	3	7	4	6
4	9	6	7	8	2	3	1	5
8	6	3	4	2	5	1	9	7
2	1	4	3	7	9	5	6	8
7	5	9	8	6	1	4	2	3

ANSWER:



PUZZLE SOLUTION

POLICE LOG

Editor's Note: The information contained in this police log was obtained through public documents kept by the police department, and is considered to be the account of the police. All subjects are considered innocent until proven guilty in a court of law.

Police agencies can no longer print the names of people who are arrested or charged with domestic assault related charges. The new law is designed to protect victims, so they are not re-victimised through indirect identification.

TUESDAY, OCTOBER 23

12:52-1:09 a.m.: buildings checked, secure; 1:34 a.m.: ambulance (Central Street), transported; 1:47-2:51 a.m.: buildings checked, secure; 4:40 a.m.: ambulance (Pearl Drive), assisted; 7:38 a.m.: accident (Gardner Road), report taken; 8:22 a.m.: property found (Main Street), services rendered; 8:43 a.m.: neighbor dispute (Beech Street), spoken to; 9:49 a.m.: summons service (Central Street), served; 11:05 a.m.: mv stop (Gardner Road), verbal warning; 11:35 a.m.: investigation (Baldwinville State Road), info taken; 11:59 a.m.: accident (Central Street), report taken; 12:35 p.m.: mental health issued (Grove Street), transported to hospital; 2:01 p.m.: investigation (Spring Street), services rendered; 2:46 p.m.: accident (Spring Street), report taken; 2:47 p.m.: burglar alarm (Central Street), secure; 3:09 p.m.: traffic hazard (Jackson Avenue), no cause for complaint; 4:10 p.m.: FD call (Memorial Drive), referred; 4:20 p.m.: missing person (Spring Street), assisted; 4:55 p.m.: wires down (Ash Street), referred; 5:15 p.m.: welfare check/child (Central Street), transport; 5:40 p.m.: mv stop (Pearl Street), Rachel J. Day, 48, 751 River Street, Winchendon, op w/suspended registration, uninsured mv, warrant arrest; 7:40 p.m.: assist citizen (Mechanic Street); 11:46 p.m.: assist other PD (East Street), services rendered.

WEDNESDAY, OCTOBER 24

1:06 a.m.: building checked, secure; 1:23 a.m.: suspicious mv (River Street), spoken to; 1:32-1:40 a.m.: buildings checked, secure; 2:59 a.m.: burglar alarm (Spring Street), secure; 5:22 a.m.: ambulance (Eagle Road), no service necessary; 9:42 a.m.: investigation (Spring Street), spoken to; 9:52 a.m.: 911 hang up (Bayberry Circle), canceled; 9:53 a.m.: assist citizen (East Street), spoken to; 9:57 a.m.: ambulance (Goodrich Street), services rendered; 10:39 a.m.: vandalism (Lincoln Avenue Extension), report taken; 11:20 a.m.: investigation (Spring

Street), spoken to; 11:34 a.m.: ambulance (Central Street), transported; 12:29 p.m.: vandalism (Glenallan Street), report taken; 12:45 p.m.: assault (Memorial Drive), juvenile, 13, assault and battery, arrest; 1:06 p.m.: investigation (River Street), spoken to; 1:12 p.m.: burglar alarm (Goodrich Street) secure; 3:56 p.m.: mv stop (Spring Street), Bryan J. Warner, 33, 163 Pleasant Street, #3F, Gardner, op w/suspended license, op w/suspended registration, uninsured mv, arrest based on warrant; 4:11 p.m.: officer wanted (Mellen Road), report taken; 6:00 p.m.: animal complaint (School Street), returned to owner; 6:26 p.m.: mv stop (Lincoln Avenue), verbal warning; 6:48 p.m.: disabled mv (River Street), assisted; 7:29 p.m.: mv stop (Spring Street), verbal warning; 8:15 p.m.: disturbance (Mechanic Street), services rendered; 9:46 p.m.: property damage (Forristall Road), report taken; 11:53 p.m.: property damage (Spring Street), no cause for complaint.

THURSDAY, OCTOBER 25

1:07-1:11 a.m.: buildings checked, secure; 2:39 a.m.: ambulance (West Street), transported; 9:30 a.m.: sex offender registration (Glenallan Street), assisted; 10:38 a.m.: animal complaint (Central Street), referred to ACO; 11:23 a.m.: erratic operation (Spring Street), unable to locate; 12:29 p.m.: unwanted party (Royalston Road South), referred to court; 12:40 p.m.: fire alarm (Ash Street), services rendered; 1:07 p.m.: suspicious person (Murdock Avenue), spoken to; 2:52 p.m.: animal complaint (Mechanic Street), unfounded; 4:27 p.m.: summons service (Alger Street), served; 5:04 p.m.: parking violation (Central Street), citation issued; 5:23 p.m.: mv stop (Central Street), written warning; 5:32 p.m.: mv stop (Spruce Street), citation issued; 5:48 p.m.: mv stop (Gardner Road), verbal warning; 7:07 p.m.: suspicious person (Central Street), gone on arrival; 7:28 p.m.: mv stop (Glenallan Street), spoken to; 9:15 p.m.: mv stop (Lincoln Avenue Extension), spoken to; 9:33 p.m.: mv stop (Baldwinville State Road), written warning.

FRIDAY, OCTOBER 26

12:03 a.m.: mv stop (Gardner Road), verbal warning; 12:35 a.m.: erratic operation (Spring Street), unable to locate; 12:40 a.m.: mv stop (Front Street), transport; 12:56-1:03 a.m.: buildings checked, secure; 1:06 a.m.: ambulance (Spring Circle), transported; 1:07-1:30 a.m.: buildings checked, secure; 9:07 a.m.: welfare check/general (Elmwood Road), referred; 9:33 a.m.: assist citizen (Hall Road); 10:25 a.m.: 911 hang up

(Central Street), non-emergency; 11:08 a.m.: noise complaint (Mason Street), spoken to; 11:12 a.m.: abandoned mv (Royalston Road South), towed; 11:58 a.m.: mv fire (School Street), extinguished; 12:06 p.m.: suspicious/other (Maple Place), unfounded; 1:08 p.m.: ambulance (Baldwinville Road), transported; 1:30 p.m.: animal complaint (Goodrich Street), returned to owner; 4:38 p.m.: ambulance (Gardner Road), transported; 5:19 p.m.: animal complaint (Toy Town Lane), returned to owner; 5:32 p.m.: larceny (Hale Street), report taken; 6:27 p.m.: officer wanted (Hale Street), assisted; 7:39 p.m.: mental health issued (Colonial Lane), transported; 10:21 p.m.: stolen vehicle (Alger Street), report taken; 11:29 p.m.: ambulance (River Street), transported; 11:30 p.m.: officer wanted (Goodrich Drive), spoken to.

SATURDAY, OCTOBER 27

12:31 a.m.: noise complaint (Willoughby Avenue), unfounded; 12:39 a.m.: extra patrols, secure; 3:20 a.m.: assist citizen (West Street), advised officer; 3:28 a.m.: missing person (Glenallan Street), services rendered; 4:02 a.m.: accident (Baldwinville State Road), Demetrios C. Tyros, 31, 34 Sibley Road, Winchendon, negligent operation, marked lanes violation, report taken; 4:47 a.m.: unwanted party (Mill Glen Road), gone on arrival; 11:13 a.m.: dog bite (Central Street), referred to ACO; 1:29 p.m.: harassment (Chase Lane), report taken; 1:58 p.m.: drug/narcotics violation (Main Street), gone on arrival; 3:43 p.m.: property lost (Central Street), spoken to; 4:45 p.m.: ambulance (Doyle Avenue), transported; 4:58 p.m.: accident (Pearl Drive), report taken; 5:04 p.m.: power outage (Royalston Road North), info taken; 5:21 p.m.: tree down (Mill Glen Road), removed; 5:22 p.m.: animal complaint (Sibley Road), referred to ACO; 5:49 p.m.: officer wanted (Spring Street), spoken to; 8:19 p.m.: tree down on wires (Old County Road), referred; 11:04 p.m.: ambulance (Alger Street), Section 12.

SUNDAY, OCTOBER 28

1:55-2:04 a.m.: buildings checked, secure; 2:19 a.m.: welfare check/general (Spring Street), transport; 2:39-3:06 a.m.: buildings checked, secure; 5:54 a.m.: fire/unknown type (School Street), referred; 7:44 a.m.: unattended death (Central Street), report taken; 8:41 a.m.: tree down on wires (Robbins Road), referred; 9:16 a.m.: vandalism (Chestnut Street), report taken; 9:17 a.m.: DPW call (Main Street), referred; 10:03 a.m.: 911 non-emergency (West

Monomonac Road), no service necessary; 10:16 a.m.: mv stop (Central Street), written warning; 11:44 a.m.: 911 non-emergency (Alger Street), no service necessary; 12:15 p.m.: animal complaint (Mechanic Street), returned to owner; 12:37 p.m.: fire/box alarm (Ash Street), false alarm; 1:52 p.m.: unwanted party (Sibley Road), services rendered; 2:24 p.m.: registration check (High Street), no service necessary; 3:19 p.m.: erratic operation (Central Street), transport; 5:02 p.m.: abandoned 911 call (Woodlawn Avenue), child w/phone; 5:11 p.m.: registration check (Main Street), info given; 6:05 p.m.: assist citizen (Duval Court), referred; 6:21 p.m.: ambulance (Town Farm Road), transported; 7:14 p.m.: suspicious mv (Brown Street), gone on arrival; 8:12 p.m.: erratic operation (Main Street), unable to locate; 9:13 p.m.: ambulance (Ipswich Drive), transported; 11:26 p.m.: building checked, secure; 11:33 p.m.: mutual aid (Tuckerman Road, Ashburnham), assisted.

MONDAY, OCTOBER 29

12:43 a.m.: traffic hazard (Glenallan Street), removed; 2:02 a.m.: burglar alarm (Spring Street), secure; 2:07 a.m.: building checked, secure; 2:09 a.m.: suspicious mv (Spring Street), secure; 2:29 a.m.: building checked, secure; 2:49 a.m.: burglar alarm (West Monomonac Road), secure; 3:33 a.m.: ambulance (Chestnut Street), transported; 8:52 a.m.: burglar alarm (Glenallan Street), secured bldg.; 9:32 a.m.: mv stop (Ash Street), citation issued; 12:24 p.m.: assault (Spring Street), report taken; 12:44 p.m.: summons service (Brooks Road), served; 1:08 p.m.: summons service (Baldwinville Road), served; 1:10 a.m.: summons service (Mill Glen Road), served; 1:26 p.m.: summons service (Front Street), served; 1:28 p.m.: summons service (Baldwinville Road), served; 1:39 p.m.: officer wanted (Elmwood Road), transported to hospital; 3:25 p.m.: welfare check/child (Town Farm Road), spoken to; 3:41 p.m.: mv violation (Spring Street), unable to locate; 4:33 p.m.: burglary/b&e (Hale Street), spoken to; 5:07 p.m.: ambulance (Walnut Street), transported; 5:55 p.m.: recovered property (Spring Street), spoken to; 6:34 p.m.: runaway (Polly's Drive), secure; 7:23 p.m.: unwanted party (Mill Glen Road), Matthew W. Tambling, 32, 40 Mill Glen Road, #3, Winchendon, domestic assault and battery, arrest; 8:22 p.m.: burglary/b&e (Railroad Street), spoken to; 9:31 p.m.: assist citizen (Polly's Drive).

Dickens ready to drop new album

BY GREG VINE
COURIER CORRESPONDENT

Brian Dickens spent most of his life in Winchendon, even serving on the town's Recreation Committee and the Ingleside Utilization Committee. He could often be seen walking down Central Street, toting his guitar with him.

He may now live in Templeton, but he'll be coming back to Winchendon to celebrate the release of his latest album, Posterity Measures, which features all original compositions. An album release show featuring Dickens (of course) and several other acts will be held Friday, Nov. 16. The full-length album will be available online at briandickens.bandcamp.com the same day as the release party and will be available on CD sometime in December.

Dickens characterizes his music as a mix of folk and blues. Among his influences his lists blues greats like Stevie Ray Vaughan and Albert King. He says his dad was a huge Stevie Ray Vaughan fan, so he grew up hearing his music in

his home.

"I have his Texas Flood album on vinyl," Dickens added. "I actually name-drop Texas Flood in one of the songs on my album."

Among folk influences he cites Bob Dylan, Joan Baez, and Phil Ochs.

"I listen to songwriters who can teach me new things about how to write songs," said Dickens. "I even listen to rap artists because they can really write songs. They're really good. They create these long bars of complex lyrics that pile on top of each other."

Dickens says his songs have a political bent, but not overtly so.

"My politics is centered on the willingness to learn new things from the people in politics," he explained. "From people on both sides of the aisle, I just tend to ignore those people who say the same thing over and over; every time they get on the TV they say the same thing. Not interesting."

"Henry Rollins (of the band Black Flag) said, 'You can't change the world, but you can change the street.' I think small is good. The more intimate the

Greg Vine photo

Singer/songwriter and former Winchendon resident Brian Dickens has a new album - Posterity Measures - debuting later this month. An album release show is scheduled Friday, Nov. 16 at 6 p.m. at the Old Centre Church.

better. You can be more effective making change when you stay local."

Dickens said he became interested in playing music when he had a dulcimer class at Toy Town Elementary School when he was about 10 years old.

"I was like, 'I get this,'" he said.

"After that I picked up the trombone," he continued. "Mr. Page said, 'Come join the jazz band.' The first band I ever played in was a jazz band."

He said he first picked up the guitar about 13 years ago, adding while he can play electric guitar he prefers the acoustic.

The Nov. 16 concert at Olde Centre Church gets underway at 6 p.m. While there is no charge for the show, donations are being requested. Some



of the proceeds will go to benefit the Winchendon History and Cultural Center.

Question 3 seems headed for passage

BY GREG VINE
COURIER CORRESPONDENT

While its support has dipped a little in recent weeks, the most recent

polling shows Massachusetts ballot Question 3 passing by a relatively large margin. The latest survey shows 68 percent of those polled favor main-

taining a state law which prohibits discrimination against transgender people in public places - such as malls, bathrooms, and restaurants. Some 28 percent say they will vote "no," and a small percentage remains undecided.

About a month and a half ago, polls showed the question had 73 percent support, with 17 percent opposed, and 9 percent undecided.

Opponents have argued the law puts women and girls at risk of sexual assault if transgender residents are allowed to use the bathroom of the sex with which they identify. However, researchers at the Williams Institute at the UCLA School of Law have released results of a study that found no relationship between transgender access to public restrooms and any crimes that may occur in those restrooms.

The Institute took a look at restroom crime report in a number of Bay State cities and found there was no increase in crime in those cities that had adopted transgender antidiscrimination ordinances. Data for the study was gathered over a two-year period before the state law against transgender discrimination went into effect in 2016.

Opposition to the ballot question is being led by the Massachusetts Family Institute, a conservative

Christian organization headquartered in Woburn.

The MFI also argues Massachusetts businesses could face penalties for violating the state's antidiscrimination law. On its website, the Institute cites the case of a Milton beauty parlor that refused to perform a bikini wax on a transgender who identifies as a woman. MFI president Andrew Beckwith reportedly said the incident "is the inevitable consequence of this law."

Matthew Wilder, a spokesman for Freedom for All Massachusetts, which is leading the "yes on 3" charge, said the Williams Institute study reaffirms the fairness of the law.

According to the office of Massachusetts Secretary of State Bill Galvin, "'gender identity' is defined as a person's sincerely held gender-related identity, appearance, or behavior, whether or not it is different from that traditionally associated with the person's physiology or assigned sex at birth."

Freedom for All Massachusetts began running television ads supporting passage of Question 3 several weeks ago. The No on Question 3 campaign has done little in the way of advertising.

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OBITUARIES

Stephen A. Kantor, 66

MARLBOROUGH — Stephen A. Kantor, age 66, died Wednesday Oct. 24, 2018 as a result of injuries sustained in a recent accident.

He was the husband of Nadine (Trotta) Kantor to whom he was married for 43 years. He was born in Dublin, Ireland, the son of the late Arthur J. Kantor and Ethel A. (Bloom) Kantor of Newton and lived in Marlborough for 25 years. Stephen was a graduate of Framingham South High School class of 1970 and worked most of his life in the marble and granite industry for many different companies in the area.

Mr. Kantor was an avid sports fan but loved baseball above all of the others. He spent many hours at the baseball field watching and helping his grandson, and many other children, learn and play the game. His greatest joy was

spending time with his grandchildren.

Besides his wife and mother, he is survived by one son Marc Kantor and his wife Nicole (Sanville) of Marlborough, two brothers; Wayne Kantor and wife Gabrielle of Winchendon and Bruce Kantor of Allentown, PA, one sister Melissa Bryant and husband Benjamin of Chelmsford, two grandchildren; Daniel Kantor and Makayla Sanville, several nieces and nephews and many great nieces and nephews.

A celebration of life will be held on Thursday evening from 5:00-8:00 p.m. in the William R. Short and Son Funeral Home, 95 West Main St. Marlborough.

In lieu of flowers the family requests donations be made to the Marlborough Youth Baseball Association, PO Box 5715, Marlborough, MA 01752.

Millers River exhibit at Beals Memorial



Courtesy photo

Royalston artist Tom Kellner is exhibiting his paintings of the Millers River at the Beals Memorial Library in Winchendon through Nov. 10. An artist's reception is planned for Wednesday, Nov. 7 at 6:30 pm.

WINCHENDON — The Beals Memorial Library is hosting an art exhibit featuring the paintings of the Millers River by Tom Kellner through Nov. 10 with a reception for the artist on Wednesday, Nov. 7 at 6:30 pm.

Kellner lives on the Millers River in South Royalston. His home sits sheltered by the trees, on a hill overlooking the river. Nearer the river bank is an old barn which serves as his studio. It is here that he does his creative work, turning out sculptures, making living works of art out of simple natural materials: wood, marble, granite and limestone.

His uncomplicated, straightforward approach to his art belies the depth of

his education, a degree from Holy Cross and a Master's in fine art from UMass Amherst. His 25 years of teaching at the Worcester Museum, Anna Maria College, and Fitchburg State University, might be the only giveaway. Here, he works with students on the fundamentals and skills of drawing, sculpture and studio art.

Kellner has also done ice sculpture for the towns of Worcester, Greenfield, Northampton and Orange, and as commissioned by the Worcester Art Museum.

The Beals Memorial Library is located at 50 Pleasant St. For more information call the library at 978-297-0300.

Pathway bricks available

The Eugene M. Connor Post #193 American Legion and the town of Winchendon are announcing a pathway within the Legion Park to honor all active duty and veterans that once during their lifetime resided in the town of Winchendon.

This launch coincides with the 100th Anniversary of the American Legion in 2019 as well as the 100th Anniversary of the Winchendon Legion.

With Veterans Day fast approaching, or as a Christmas gift, you can purchase a brick to HONOR a family member, relative, friend, or neighbor.

Bricks are \$50 for text only, and \$75 for a Logo and text.

Applications to purchase a brick can be found at:

Winchendon Legion Members Lounge- 295 School St.
Not Just Produced - 290 Central St.
Tax Collectors Counter - Winchendon

Town Hall

Bricks can also be ordered and paid on line by going to "Town of Winchendon" www.townofwinchendon.com, under departments click on "Veterans Services" and "WWII Brick Pathway at Legion Park"

Bricks will be placed within the pathway based on delivery date and weather. All bricks ordered between now and April 15th, 2019 will be in the pathway prior to Memorial Day.

Bricks will continue to be sold until such time when the pathway is full of engraved bricks. All proceeds from the sale of bricks will be used for park improvements.

"This is an honorable way to recognize our World War II veterans," said Ken LaBrack, Legion Park Veterans Roll Call Pathway chairman. "We have the monument, now we can personalize the memorials to our veterans."

Old Murdock Senior Center

52 Murdock Avenue
(978) 297-3155

Please find below the activities listed for the month of November 2018 for the Old Murdock Senior Center. Please call the Center at 978-297-3155 for information on any program or to join us for lunch! Lunch is served daily (unless otherwise noted) starting at 11:30. A reservation must be made one day prior for lunch by calling the Center at 978-297-3155.

November 2: Winchendon School - Healthy Food Access

10:30-11:30

November 5: Market Basket 12:15 (Monday); Wii Bowling 9:30; Chair Exercise 9:30; Yoga 10:00

November 6: ELECTION DAY BAKE SALE 9:00-UNTIL IT'S ALL GONE!! SHINE REP (appt. required); Wii Bowling 9:30; Pool/Card Games/Shuffleboard

November 7: Market Basket 9:15 (Wednesday) Wii Bowling 9:30; ZUMBA with Alisha 9:30; Yoga with Susan 10:30; BINGO 12:30; Pool, Card Games, Shuffleboard

November 8: Wii Bowling

9:30; Pool/Card Games/Shuffleboard

November 9: Peanut Auction 10:30

November 12: CENTER CLOSED

November 13: SHINE REP (appt. required); Wii Bowling 9:30; Pool/Card Games/Shuffleboard

November 14: Market Basket 9:15 (Wednesday); Wii Bowling 9:30; ZUMBA with Alisha 9:30; Yoga with Susan 10:30; BINGO 12:30; Pool, Card Games, Shuffleboard

November 15: Wii Bowling 9:30; Pool/Card Games/

Shuffleboard

November 19 Wii Bowling 9:30; Chair Exercise 9:30; Yoga 10:00

November 20 SHINE REP (appt. required); Wii Bowling 9:30; Pool/Card Games/Shuffleboard

November 21: Market Basket 9:15 (Wednesday); Wii Bowling 9:30; ZUMBA with Alisha 9:30; Yoga with Susan 10:30; BINGO 12:30; Pool, Card Games, Shuffleboard

November 22 & 23 CENTER CLOSED FOR THANKSGIVING

November 26: Market Basket 12:15 (Monday); Wii Bowling 9:30; Chair Exercise 9:30; Yoga 10:00

November 27: SHINE REP (appt. required); Wii Bowling 9:30; Pool/Card Games/Shuffleboard

November 28 Market Basket 9:15 (Wednesday); Wii Bowling 9:30; ZUMBA with Alisha 9:30; Yoga with Susan 10:30; BINGO 12:30; Pool, Card Games, Shuffleboard

November 29: Wii Bowling 9:30; FALLON REP 10-12; Probate & Family Law with Stephanie; Pool/Card Games/Shuffleboard

Early voting underway across state

BY JERRY CARTON
COURIER CORRESPONDENT

Early voting began across the Commonwealth last week including in Winchendon where the town clerk's office was open Monday through Thursday for those who didn't want to wait until next Tuesday. Nearly 100 voters cast ballots the first day.

Campaigns have been visible in Winchendon, especially on the corner of Front and Central streets where Rep. Jon Zlotnik (D) and Republican challenger Ed Gravel have had their backers waving placards at passing motorists and Cumberland Farms patrons. Zlotnik himself was among those greeting people on Sunday.

There are voting issues just over the state line too. In next door New Hampshire, a bill passed by the state legislature tightening the rules for stu-

dents and other first-time voters was struck down by a Hillsborough County superior court judge. Judge Kenneth Brown ruled students at Franklin Pierce and Keene State universities and anyone else voting for the first time do not have to provide "proof of domicile" in order to be able to vote.

Brown wrote such a requirement would impose severe hurdles for potential voters as well as create confusion about eligibility and "pose an immediate danger of irreparable harm to voting." Now, first time voters will simply have to confirm they're at least 18, that they're a citizen and that they live in New Hampshire, including on campuses. Those already registered will have to present either a photo ID or sign an affidavit confirming their identity when they go to the polls.

Winchendon is divided into a pair of congressional districts and 2nd dis-

trict candidates Rep. Jim McGovern (D) and Tracy Lovvorn debated Thursday. Third district nominees Lori Trahan (D), Rick Green (R) and Mike Mullen (I) have had several debates though none in the region.

State legislative candidates Rep. Zlotnik (D), Gravel (R) and Yasmine Khdeer (Green-Rainbow) squared off in their only debate Wednesday night at Mount Wachusett Community College. (see accompanying story)

Independent Senate candidate Shiva Ayyadurai was incensed at being excluded from the debate between incumbent Elizabeth Warren and challenger Geoff Diehl Sunday and so he parked himself in front of Warren's SUV, blocking the car from getting to the Springfield debate hall. Police had to drag Ayyadurai away as he supporters chanted "scumbag" referencing debate moderator Jon Keller, whom

they wanted to allow the independent to come on stage, which did not happen.

Retiring Third District congresswoman Nikki Tsongas told POLITICO this week she has "no regrets" about her 11 years in the House. Tsongas is enthused about Trahan.

"Women can't win if we don't run," she said, adding, "So that's number one. There's no guarantee nor should there be a guarantee but it's just that we have to put ourselves out there to even have this opportunity."

Tsongas said serving in the House has been "a job like no other. It's the best way to live your life. It's not an easy way. But a lot of things aren't easy. It all becomes easier if you value it, and I just think for all the negativity around public service and those of us who are elected it's still a great way to spend your life," she reflected.

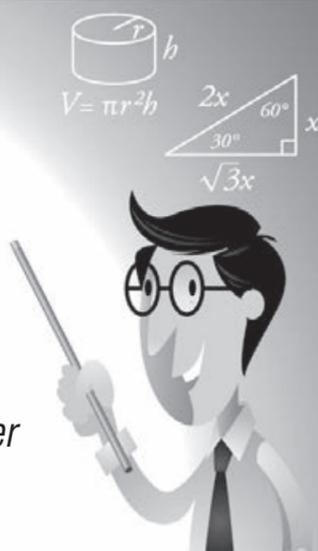
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SPORTS

Defining greatness

Sports is our playground. We need sports to be a diversion sometimes, or at least a respite from the insanity surrounding us. But I admit to being profoundly disappointed last Saturday when I saw some folks post every three seconds about the Red Sox and never once reference anything else. But I suppose when people tell me they're too busy or they "forgot" to vote in the primary, that explains a lot. I love sports too. But still, you know?

Anyway, the 2018 Red Sox. They remind me of the 1970 Orioles. Both teams won 108 games during the regular season and both won the World Series in five. They remind me of the 1976 Reds and the 1961 and 1998 and several other Yankee teams. They remind me of the '31 A's. All these were really good teams, maybe not quite '27 Yankees-great but

the next level to that squad. The Red Sox, now proud owners of four championships in 100 years, two more than the Miami Marlins have in 21 years and one more than the San Francisco Giants in the last nine years, can be fairly judged to be on that second level and that's pretty damn good. But I shook my head when I saw someone post they wondered what Yankee fans were thinking Sunday night. Who knows? Maybe they were thinking, geez, if the Red Sox win the pennant for the next 26 years in a row, they STILL won't have caught the Yankees. My point? Enjoy your wins. Mookie Betts and JBJ are fun guys to root for. So's that bearded reliever who drew ire from Sox fans even though he might've been distracted since he has a 13-month old daughter who needed heart surgery.



TALKING
SPORTS

JERRY
CARTON

And Steve Pearce, who should thank the O's for re-signing Chris Davis rather than keep him.

These Red Sox are actually pretty easy to root for. Their fans? Not so much. The whining is ridiculous. So you're not the Yankees. You're never going to be. Neither will be anyone else.

I understand the inferiority complex. I do. Maryland's never going to be Duke in hoops. It sometimes grates at me, or used to at least, but there it is. Your team won a championship and since sports

is our great escape from all the horror, it's fine to savor it without comparison to other teams.

Besides, you've got a pretty good thing going in Boston and have for a while. I don't follow hockey, but your city might win more than one title this season. The Patriots could win and the Celtics could get to the Finals, which is like winning for any team not named the Warriors.

Bottom line, enjoy. You never know when it's going to happen again. Baseball hasn't had a repeat champion in two decades.

A bunch of champions will be crowned today and tomorrow at horse racing's Breeders Cup championship weekend held this year at Churchill Downs, home of the Kentucky Derby. It's not technically the end of the season. The end of the season is Dec. 31 and the next

season begins Jan. 1. Someone asked me if it's still horse racing season. The answer? It's always horse racing season, 365 days and nights a year. That's insane since there are too few horses for too many tracks but that's another whine for another time. For now, the biggest star of the weekend is Enable, a European filly who has scored back to back wins in the Arc de Triomphe race in Paris. That's arguably the most prestigious race on the planet and no filly has gone back to back, much less gone back to back and come to the colonies a few weeks later. So, she'll be the biggest name but America's Horse of the Year title is at stake too. If Accelerate wins the \$6 million Classic, he may well take the HOY crown from Triple Crown winner Justify. I'd sure vote for him.

See you next week.

North County cheerleaders recognized for hard work

SUBMITTED BY HAILEE BERGERON

With North County's season quickly coming to an end, I want to take a moment to recognize the hard work of our amazingly talented cheerleaders. Over the course of 90+ hours, a group of 17 girls evolved from excited and wide-eyed young ladies, to hardworking athletes. Starting in August, NCP's Tiny Mite and Junior PeeWee cheerleaders practiced at least three times a week for 14 weeks, showing not only their commitment to a sport, but a commitment to themselves and our organization.

Along with practice during the week, the girls traveled to each and every game on the weekends, leading the crowd in cheers and pumping up the football players on the field. But once September started, it was crunch time for each of the squads for their up and

coming "Fun Comp" hosted by Central Mass Pop Warner. These girls were pushed to their limits at each and every practice, perfecting their routine.

"Fun Comp" allows the girls to showcase their routines in front of judges and other Pop Warner squads in preparation for the official Central Mass Competition. Tiny Mites, consisting of 5, 6 and 7 year olds, only "showcase" their routine, but the Junior PeeWees, 9, 10 and 11 year olds get scored. With that under their belts, they took the critiques from the judges, tweaked and improved their routine even more, and were now off to the next competition.

On October 21st, the Junior PeeWees poured their hearts onto the mat, and took home second place in their division and now advance to Regionals! The

amount of pride that I have for these wonderful, smart and talented young ladies exceeds all expectations that I ever had. This is my first season as cheer coordinator for the North County Panthers. I have cheered most of my life, and it excited me to be able to share my love and passion for this sport with young cheerleaders. We started off the season in a new town, with low numbers and the odds stacked against us, but through the strong bond that we all have formed, and the will to persevere, we have emerged stronger and better than ever before.

But I would not have been able to do it without my amazing coaching staff. Alongside myself as head coach of the Tiny Mites, there is my Assistant Coach Michelle Robichaud and cheerleaders:

Meadow Allen, Mallory Bergeron, Bria Fysh, Tiara Hardy, and Ellery Sargent.

And for the Junior PeeWee squad there is Head Coach Leia Graham, and Assistant Coach Cassidy LeBlanc and cheerleaders: Keira Brady, Haylie Davis, Georgia Duclos, Makenna Figueroa, Kaylee Hamilton, Tianna Hardy, Diana Knight, Abbey MacFarlane, Julianna McCrillis, Jasmine Mertzic, Isabella Peace-Scesny, and Eltessa Priette-Hupfeld. It is with the dedication, and selflessness from these amazing coaches and cheerleaders, that we have had such a successful season. It has been a pleasure to be your Cheer Coordinator this season, and on behalf of the whole North County Organization, we wish our cheerleaders the best of luck at Regionals! GO PANTHERS!!!

Girls soccer earns first win of season

The girls varsity soccer team escaped a winless season with good, solid team play and Maria Polcari's hat trick on Friday, Oct. 26 in a game against Nashoba Tech, played at the Winchendon School due to poor field conditions at Murdock.

Coach Jason Marshall summarized the game: Murdock fielded 11 players, as did a short handed Nashoba Tech Team.

Murdock jumped out in front in the fourth minute when Kaileen Dibble made a throw in that found Polcari, who then beat the keeper.

Nashoba Tech countered in the 10th minute with a break away that just squeaked by Cassidy Stadtfeld in net.

Murdock upped the pressure and was rewarded when Jayla Reisert made a nice long through ball in the 14th minute that found Polcari, who then worked her magic and grabbed her second goal. Ten minutes later Reisert hit Polcari again for an insurance goal.

With Murdock out in front, Izaria Alcantara swapped out from sweeper to forward with Polcari. Alcantara had several close shots on net. In addition, Reisert had a few good looks on

net. Kara Vongchairueng made several end to end runs with the ball and almost scored.

K. Dibble was excellent on offense while Gabby Cote and Ari Dibble showed their skill on defense. Thankfully, Stadtfeld enjoyed little action in the Murdock net for most of the game, making five saves.

After her three goals, Polcari played lock down defense to help seal the victory.

The player of the match as decided by the players was Kaleigh Lauziere who, as injured player Mackenzie Lundin said from the bench, was "on fire." Lauziere won

nearly every loose ball in the middle of the field, had a few scoring chances and worked hard all game. Final score 3-1 Murdock.

In a disappointing turn of events, what was to be the final home game and senior night for the boys' and girls' varsity soccer teams, instead turned into an away game for both teams at Parker Charter. All the recent rain resulted in the Murdock field being unplayable as was the Winchendon School field.

The girls played first and were able to field a full team and even had a sub. After a

slow start which allowed Parker Charter to score two goals in the first three minutes, the Lady Devils settled down allowing two more goals throughout the game.

Murdock scored when Gabby Cote sent the ball over the defense to Polcari who side-stepped the goal keeper, passing the ball into the side panel for the score. Final score 4-1 Parker Charter.

Players of the Match were seniors Mackenzie Lundin, Izaria Alcantara, Kaileen Dibble and Polcari.

Murdock ended their season with a record of 1-15-2.

Benefit soccer on tap tonight

BY JERRY CARTON
COURIER CORRESPONDENT

A soccer game designed to benefit the Youth Venture Blue Hands project is scheduled for 6 p.m. tonight at Murdock High School, continuing the effort by now-graduated Hannah Turner to increase awareness regarding mental health issues.

Now a freshman at Mount Wachusett Community College, Turner created the project while a student at MHS and received seed money from United Way last year to get Blue Hands off the ground. The project began several years ago when Turner was inspired by a film shown by teacher Chris LeBlanc.

"That's when I decided it was safe to talk about mental health," said Turner who subsequently recruited a number of teachers to offer their rooms as safe spaces where open discussion was encouraged and never judged. Those rooms were identified by a 'blue hand' on the wall outside the door.

"It kind of took off from there," recalled Turner, "but it was still frus-

trating because we always felt like we could do more."

Spreading the word that it's okay to talk about hard issues isn't a one-day thing and patience was definitely required.

"We always looked at this as long-term," said Turner who has been open about her own struggles, "and we're glad teachers were willing to be part" of the project."

"There shouldn't be a stigma," stressed Turner who is now considered a project 'ally' since she graduated last spring.

She chose soccer as the vehicle for the benefit because "I love soccer. It's my favorite game and helped me a lot when I was going through some bad times so it just makes sense I would use it as a fund-raiser," explained Turner, who played varsity soccer at MHS.

"It was brave of Hannah to start Blue Hands," reflected MHS Youth Venture champion Kris Provost.

It will cost just \$5 to play tonight and there will also be bracelets and baked goods available.

BY CHRIS MARTIN
COURIER CORRESPONDENT

The Murdock Blue Devils have a record of 3-5 up to this point in the season. Three wins this season came against Worcester North, Worcester South, and Gardner. The five losses came to Oxford, Ayer-Shirley, Maynard, Lunenburg, and West Boylston.

After a loss to the Lions last Friday night, the Devils found out they were winners to find themselves playoff bound. Tonight, the Devils will travel to Lunenburg yet again, but this time in a playoff matchup.

This past week the Winchendon Courier caught up with Head Coach Jim Tansey of the Blue Devils to get his reaction on the playoff preview. Tansey said,

"I'm excited for the kids, I think that's a wonderful thing. I know the tournament has changed from years ago, like you had to be a league champion and stuff like that. But I think we've played a bunch of teams who were real good. Maynard is still undefeated, West Boylston is still undefeated, Oxford just lost their first game last weekend. So I think we've played a strong schedule and within our division we're right on the edge of it, so I'm happy for the kids that they got in. We are playing Lunenburg who we just played a couple weeks ago on their homecoming night. We had a pretty close game, they beat us 20-6 but we almost had another one, it was almost a one touch-down game but it wasn't. I think there's room for improvement in a playoff format, and them

(Lunenburg) being the one seed, I think the kids have a little confidence that they've played them real hard and so I'm looking forward to it. I think it's a good thing for the kids. To get in the playoffs years ago you would have to be (9-1 or 10-0), it's changed a lot. But one thing about this for the most part is its same size school, at least you aren't going against some of the vocational schools with like two thousand kids. I mean it's a good deal. But yeah, I'm happy for the kids, hopefully we'll see how they do in the moment. It's a good challenge."

The Blue Devils will look to pick up a huge win tonight as they travel to Lunenburg for their first playoff game at 7 PM and to grab their fourth win of the season.

SPORTS

Haunted Hallways take over Murdock



VIEWS FROM THE TOWERS
SUE POLCARI

The hallways at Murdock High School were ghoulishly transformed last Thursday night when the Yearbook committee hosted the Haunted Hallways.

Attendees at the event were escorted through spooky hallways and rooms. Each class participated in transforming a

room with various themes including a morgue and the Salem Witch Trials. All those who dared to travel through the hallways were encouraged to vote for their favorite room. The results were a tie between the Juniors (The Puppet Master) and the sophomores (The Morgue).

The National Honor Society (NHS) also held a bake sale, raising over \$200 which will be donated to Wreaths Across America. Crafts and games were also available for all family members, including a spider toss, spider search, toilet paper toss, etc.

NHS also participated in

the recent coat drive in conjunction with the Lions Club. Coats, hats, mittens, boots, etc. were collected and donated to the Winchendon CAC to be distributed to families in need.

The fall sports season is winding down, with all soccer and field hockey games completed. Remaining games are as follows:

Tonight (11/2): Varsity Football Playoff Game - Murdock vs. Lunenburg @ Lunenburg - 7:00

Saturday (11/3): Middle

School cross country championships - 10:00 @ Willard Field, Devens

Sunday (11/4): Middle school cheerleading competition - 10:00 @ Gardner High School

Monday (11/5): JV Football vs. Lunenburg @ Murdock - 3:45

Tuesday (11/6): Middle School Football @ Murdock - 3:30

Friday (11/9): Varsity Football - TBD

Saturday (11/10): Varsity Cross Country Championships @ Gardner Municipal Golf Course - 12:00

Thanksgiving Day: Varsity Football - Murdock vs. Narragansett - @ Murdock - 10:00

Go Blue Devils!!



Courtesy photos

The unknown monster sprawls on a table for the Freshmen



Puppeteer Brandon Newborough and his Puppet Luis Maldonado were representing the Juniors.



Senior Witch hanging from a tree is Lily Hunt.



This eerie looking surgeon for the Sophomores is Limelly Pagan.



Continuing with the Seniors Witch Hunt theme, Linsley Gemme is crushed under rocks while Yang Yi Chen watches.

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"Building the community for over 25 years"



'Bat girl' debunks bat myths, urges protection

BY GUS STEEVES
STONEBRIDGE
CORRESPONDENT

People who are occasionally surprised by a bat zip-ping by at head height in Southbridge Town Hall or anywhere else indoors should take comfort in the fact they might be seeing evidence of evolution in action.

Specifically, the bat is probably either a little or big brown bat, according to MassWildlife's bat program coordinator Jennifer Longsdorf, who describes herself as "bat girl." If it's a little brown bat – and only a specialist can really tell the difference – it's one of the state's tiny percentage of survivors of white nose syndrome, which has killed off more than 99 percent of the species in Massachusetts since 2009.

The disease is a fungus that "grows in cold, dark environments with really high humidity" – exactly the kinds of caverns the smaller bats hibernate in each winter, she said. "It causes them to wake up [in mid-winter] and use their precious fat reserves too quickly" by flying around to seek food when

there isn't any.

The fact bats mostly have only one pup a year, and they take about six years to mature, means the species has a hard time recovering from such a die-off. But Longsdorf noted scientists have seen some very slow recovery; at one site that had 10,000 bats before the fungus struck and just 14 afterward, there are now 30. The population "seems to have stabilized" at the level of natural immunity, she said.

She told an audience of several dozen at Norcross Wildlife Sanctuary last week-end the fungus was probably introduced by human cavers who brought it over from Europe, where it's endemic, but the bats have evolved immunity to it. For that reason, MassWildlife has closed the state's 11 major bat hibernation caves (mostly in the Berkshires) during winter.

The agency is, however, still seeking citizen scientists to identify and keep track of other hibernacula and summer nesting sites for these bats and any of the state's eight other native species. Five of them are on the state endan-

gered list, and two are also federally listed. One, the Indiana bat, hasn't been seen since 1939.

"During the late spring and summer, pregnant, female little brown and big brown bats form large nursery colonies and roost in dark, hot places such as, attics, barns, and other outbuildings to give birth and raise their young," MassAudubon's webpage on bats states. "Males, often solitary or in groups less than a dozen in the summer, roost in cooler spots behind window shutters, and awnings and under the bark of trees. Bats rest in these protected roost sites during the day leaving at sunset to search for food."

People who want to attract bats to their properties need to have such locations or erect bat houses that mimic them. The key features are having multiple, small gaps they can nest in (less than an inch wide), warmth (85 degrees from about eight hours of daily sun on a dark-painted surface), and locating them at least 12 feet off the ground and 20 feet from shade or other obstructions (preferably on a building

wall). Many sample designs are available on the internet.

That said, though, it's also sometimes necessary to evict bats from houses. People should make sure there are safe houses nearby several days before closing access to the current site, and Longsdorf noted it's illegal to physically remove bats, and eviction should only be done at certain times of year (in May or between August and mid-October), when the bats are not either hibernating or nursing their pups. Bats can squeeze into half-inch holes, so "it often takes finding some really small hole in your siding" and sealing many of them to stop the bats from returning, she said.

About 200 "problem animal control agents" in Massachusetts can remove bats, but not all will do so, she noted. It might be necessary because bat urine and guano could damage a house's wood, although the guano is also an excellent fertilizer. It's fairly easy to remove with shovels or brooms (don't use vacuums), and there is no evidence of histoplasmosis in Massachusetts,

although that can occur down south, she said.

Longsdorf spent much of her hour and a half debunking myths about bats, noting they are "keystone species" who provide "organic pest control." In Massachusetts, all of them are insect-eaters, but elsewhere some are nectar- or fruit-eaters, and therefore also serve as pollinators for various plants.

"Bats obviously have an image problem...largely due to TV shows, movies and books," she said. Most infamous, of course, are the ideas that they attack people and suck blood, both of which are false. There are three vampire bat species, all in Central and South America, but they "lick blood; they don't suck it," and the vast majority of bats would rather stay away from humans if possible, although they will defend their nests as other species do. Among other things, they use their echolocation to avoid people in flight, and it's sensitive enough "to detect something as fine as a strand of hair," she said. Similarly, people often fear them for

rabies, but they have "much lower rates of incidence than other mammals" at less than 0.5 percent.

"I spend a lot of my job calming people down," she admitted afterward. "I have bats in my own attic."

The hundreds of bat species worldwide (47 in the US) comprise about 20 percent of all mammals, second only to rodents in frequency. They range in size from the tiny Thai bumblebee bat, which "weighs less than a penny," to the giant golden flying fox of the South Pacific, with a six-foot wingspan, but all nine in Massachusetts are "quite small," with wingspans of less than 15 inches. They're harmed by pesticides, both directly and by loss of food supply, climate change, and habitat loss due to development and timbering. They're also food for many hunting birds.

"Bats are a part of the food chain," she said. "They are a food source for other animals we want to keep around."

Gus Steeves can be reached at gus.steeves2@gmail.com.

MWCC to launch study abroad program funded by grant

GARDNER – Mount Wachusett Community College will soon provide students the opportunity to study abroad while increasing the focus on international studies as part of a new program made possible by a U.S. Department of Education Undergraduate International Studies and Foreign Language Program grant.

"I am pleased that we will be able to offer this tremendous opportunity that is usually associated with four-year schools. Understanding your place in the world is an integral part of any education. This new international study abroad program will further prepare our students for an increasingly global society," said MWCC President James Vander Hooven. "I am proud of all the hard work that went into securing this grant and committing to carry this program forward for years to come."

The two year project was fully funded at \$349,940 (\$174,970 per year). Part of the funding will be used to launch a sustainable study abroad program at the college. This program will offer one faculty-led short term study abroad trip a year. Students will study with a professor ahead of time in order to learn about relevant topics. Then they will travel with that professor for a duration of one to two weeks. Most of the travel expenses will be includ-

ed as part of the class, including flights and transportation, hotels, destinations and excursions, and many meals.

This model, said MWCC's Dean for the School of Liberal Arts, Education, Humanities, and Communications Laurie Occhipinti, allows students to directly apply their learning to their travel. After they return, they will prepare a paper or other final project to reflect what they have learned.

"In nearly every field, employers are looking for candidates who have a global and intercultural understanding and who can interact with people from diverse backgrounds. This kind of programming helps students to be leaders in their chosen fields. It also helps broaden students' perspectives and experiences in ways that will enrich their personal lives and prepare them to engage in their communities as informed citizens," said Occhipinti.

This model was picked to make the experience as accessible as possible for the school's students, said Occhipinti. The travel itself is short enough to fit in around work and family obligations, she said, and for those without extensive travel experience doing so with leaders they know will make the trip less stressful and more rewarding.

"Many of our students come from families of modest means. They may not have

had the opportunity to travel and to see more of the world. Their time in college may, in fact, be one of the only times when they can take the time and the space to have this kind of an experience," said Occhipinti.

The program was developed in conjunction with Brewer Center Director Shelley Errington Nicholson and MWCC's Associate Dean of Students Greg Clement who have led a short-term trip each summer for the last three years. They have traveled to Costa Rica and Peru, interspersing cultural exchanges and service-learning experiences into their seven to 10 day trips. Nicholson said the length of these trips made the travel accessible to a wide array of students and gave them a perspective that could not be gained without leaving the country and seeing things in person.

"It is important for students to understand what it means to be a good global neighbor. Interacting with those who live in other cultures takes students out of their bubble and gives them a different perspective or lens to utilize when examining themselves and our own country," said Nicholson.

The new program will not only create a study abroad opportunity, but infuse international studies content into 12 courses across different areas of the col-

lege. The goal of this inclusion is to engage a wide array of students with diverse perspectives and a range of views that will generate debate on world regions and international affairs. The enriched curriculum helps MWCC as an institution to be a leader in the region, cultivating graduates who better understand the world and bring that perspective to bear on opportunities and challenges in our communities, said Occhipinti.

"There is no question that we are living in an interconnected world. Culture, politics, the economy – they all transcend national boundaries. For students to have an understanding of the ways in which their lives and their communities are influenced by global trends and intercultural patterns is essential. Having this knowledge and exposure prepares students for success as professionals and for engagement as citizens. It helps them to move their lives, their communities, and our region of north central Massachusetts forward," said Occhipinti.

The first year of the program will focus on planning, including logistical infrastructure, curriculum development, and professional development for faculty. The second year will include a faculty-led study abroad program in Peru.

LEGALS

Legal Notice

Winchendon Conservation Commission

186 Monomac Road East; Assessor's Map M-8, Lot 1

Pursuant to the provisions of M.G.L. Chapter 131, Section 40, and the Town of Winchendon Wetlands Protection Bylaw, the Winchendon Conservation Commission will hold a public hearing on Thursday, November 8th, 2018 at 7:05 pm to consider the Request for Determination of Applicability filed by property owner Sheila Hunt for proposed work within the 100-foot Buffer Zone to Lake Monomac at 186 Monomac Road East; Assessor's Map M-8, Lot 1. The project entails construction of a 120-foot long by 36-inch wide by 12-inch deep crushed stone drainage swale, removal of an existing stone wall followed by replacement with a 24-inch high concrete block wall, construction of a second 40-foot long by 24-inch high concrete block wall, removal of existing tree stumps, grading, and landscaping. The hearing will be held in the 4th Floor Conference Room of the Winchendon Town Hall, 109 Front Street.

The Request for Determination of Applicability is available for public review at the Land Use Office, Room 10 (first floor) of the Winchendon Town Hall on Wednesdays and Thursdays during the hours of 9am – 12noon, except for 3pm – 6pm on meeting nights, or by

calling the Conservation Agent for an appointment at 978-297-5402. November 2, 2018

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain mortgage given by David C. Prouty Jr. a/k/a David Prouty Jr. to Mortgage Electronic Registration Systems Inc., as Nominee for Crescent Mortgage Company, dated January 30, 2014 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 51993, Page 144, as modified by a certain modification agreement dated November 16, 2016, and recorded with said Worcester County (Worcester District) Registry of Deeds in Book 56583, Page 346, of which mortgage the undersigned is the present holder, by assignment from: Mortgage Electronic Registration Systems, Inc., as nominee for Crescent Mortgage Company to Wells Fargo Bank, N.A., recorded on November 23, 2015, in Book No. 54603, at Page 264 for breach of the conditions of said mortgage and for the purpose of foreclosing, the same will be sold at Public Auction at 12:00 PM on November 26, 2018, on the mortgaged premises located at 641 Alger Street, Winchendon, Worcester County, Massachusetts, all and singular the premises described in said mortgage,

TO WIT:

That certain parcel of land together with any buildings and improvements thereon, being shown as Lot 4 on a plan entitled, "Plan of Lots Surveyed for Nathan J. Olson in Winchendon, MA, May 31, 1996, Szoey Surveyors, 32 Pleasant Street, Gardner, Mass.," recorded with the Worcester District Registry of Deeds, Plan Book 709. Plan 9, to which plan reference is made for a more particular description. Being more accurately described as Lot 4 on a plan recorded with said Deeds in Plan Book 706. Page 9. For Grantor's title see Foreclosure Deed dated April 23, 2013 recorded at the Worcester District Registry of Deeds in Book 50919. Page 164. For title, see Deed dated January 30, 2014 recorded at the Worcester District Registry of Deeds herewith. See Deed at Book 51993, Page 142.

For mortgagor's(s)' title see deed recorded with Worcester County (Worcester District) Registry of Deeds in Book 51993, Page 142. These premises will be sold and conveyed subject to and with the benefit of all rights, rights of way, restrictions, easements, covenants, liens or claims in the nature of liens, improvements, public assessments, any and all unpaid taxes, tax titles, tax liens, water and sewer liens and any other municipal assessments or liens or existing encumbrances of record which are

in force and are applicable, having priority over said mortgage, whether or not reference to such restrictions, easements, improvements, liens or encumbrances is made in the deed.

TERMS OF SALE:

A deposit of Five Thousand (\$5,000.00) Dollars by certified or bank check will be required to be paid by the purchaser at the time and place of sale. The balance is to be paid by certified or bank check at Harmon Law Offices, P.C., 150 California St., Newton, Massachusetts 02458, or by mail to P.O. Box 610389, Newton Highlands, Massachusetts 02461-0389, within thirty (30) days from the date of sale. Deed will be provided to purchaser for recording upon receipt in full of the purchase price. The description of the premises contained in said mortgage shall control in the event of an error in this publication.

Other terms, if any, to be announced at the sale.

WELLS FARGO BANK, N.A. Present holder of said mortgage By its Attorneys, HARMON LAW OFFICES, P.C. 150 California St. Newton, MA 02458 (617)558-0500 11961

October 26, 2018
November 2, 2018
November 9, 2018



Tricksy or Treat



MASCHI
MASH UPS
.....
KIMBERLY
MASCHI

While the others girls were asleep she crept down the stairs. The smooth banister felt cold to the touch, the fire must have flamed out hours ago. Her soft footfalls were betrayed by the creaking of each stair tread as her descent into darkness unfolded. Although there was no light to show her way, Jenna knew each step to take. This was not her first time sneaking out of Madam Beatrice's Home for Troubled Girls. Troubled she laughed, these other girls may be just troubled, Jenna was a bit more. She was the cause of dismay; she wriggled in the onslaught of the fear she caused in others. Halloween was a week away, but Jenna couldn't wait, this would be her biggest prank yet.

Jenna reached the bottom of the staircase and slipped into the foyer. Dozens of open wooden lockers filled the entryway. Jenna ran her fingers along the rough coat sleeves until she reached her own. Jenna pulled on her coat, and strapped on her boots. Black wool, the uniform to keep them identical, unnoticed, and invisible. Jenna ran her hand through her spiked hair and lifted the ends to stand erect. Fitting in was not for her, being invisible is meant for mischief at midnight. The front door had three

alarms attached; two of them in gratitude to Jenna and her past schemes. She reached the door and ran her fingers along the outer frame. Not the door this time, she thought. On both sides of the door were large sidelights of glass panels. The glass panes were two on the left and two on the right. Jenna pulled a flathead from her coat, she lifted it from the repair man's tool chest days before. The flat metal edge slipped into the lowest frame between panel and glass. Jenna wriggled the glass out and set it gently aside. She slipped her hand away and felt a slight sting, the glass cut her finger tips so finely she barely bled. She reached into her pocket and quickly wrapped a tissue around the afflicted fingers. She bent to her knees and slid down onto her stomach and poked her head through the now open panel. Jenna took in a quick breath of fresh, crisp autumn air. She wriggled through the panel, and shifted around her hips. Half inside and half out, a crash interrupted the silence. Jenna froze, a chill ran up her spine, flowed into her veins, and ran through her frozen limbs from head to toe. Her whole body shivered, not from the cold, but from fear and excitement. Jenna listened, no alarms, no footfalls, no yelling out her name in tiresome annoyance. In the clear she thought as she pushed her way through the frame and bolted into the night.

Supplies were where she left them, hidden in the knot of a large oak tree directly off the property line and deep enough

into the woods to make for a great hiding spot. Jenna gathered the locks and chains, paper and matches, and of course, her prized plastic-wrapped piece of rich chocolate cake. She had stolen the decadent treat from the kitchen a day before. Her mouth watered at the thought of her first bite into the soft, velvety, victory snack. She slipped the cake into her pocket along with the matches. The huge roll of papers went into her other pocket and she gathered the rattling locks and chains in her arms. She walked briskly back to the home with a wide smile and a keen idea.

Jenna picked the first of four chains and dumped the rest onto the wet grass beside the entrance walkway. She had swiped the variety of chains and locks from various field trips the troubled girls were invited to. Jenna tended to slink away to peek around. It took her weeks to find and gather all the materials she needed.

Jenna crept up to the front door, the only light came from the above crescent moon. The light was dim and unhelpful, she could just see the chrome of the handle and the brass accents. Jenna wrapped the chain around the door handle and through an adjacent banister, clicked on a lock and did the same to both side doors, and the back. Jenna ran her finger along the bars that adorned each and every window. For safety scoffed Jenna, more likely for imprisonment.

Back at the front of the house, Jenna pulled a few matches from the box and lit them,

time to test her next step. She withdrew the thick curled up papers from her pocket, and lit the tip of the torch. Light erupted around her. She was basked in a glow of wavering flame, and the thick silence was shattered by sudden slamming and screaming above.

A dozen girls screamed in the upstairs windows. They pounded their fists against the panes and screamed her name. Jenna, face lit by fire smiled up at them. Joke over she shrugged. What a shame, my cake will have to wait she thought.

One girl pounded on the glass with a paperweight, and the splintering glass caught Jenna's eye. The girls were no longer looking at her, they were looking behind her. Jenna's body stilled, the trees at her back felt menacing, they were closing in on her. She turned her head as her gaze took in every stone in the drive, and every knot in the fence until she saw the edge of the trees. Her body begged to stay statue but her mind needed to know, what was coming from the woods? Jenna turned on her heels and shone the torch into the woods. A large masculine figure rose from a crouch among the trees. A crash exploded from above, second story glass shattering on the iron barred windows.

"RUN!" she heard the screams from a choir of crying voices. Jenna turned and ran towards the entrance, paper still clutched in hand. Jenna's boots slapped against the damp grass and she slid onto the walkway, up the path she slammed her body against the front door. Jenna franti-

cally pulled at the handle and fought against the chains. Unwavering and unflinching chains with lock and no key.

She turned to see the man draped in black and gliding effortlessly towards her, the trees behind her were moving, more figures formed from the thick fog creeping in. Her clutch of pages became heavier with flames, her run through the air adding to the spread of fire. The panel! She thought her escape from the house could be her rescue now. She bent to struggle her way in, but something large and black blocked her path. She lowered the flaming torch, now hot in her hands, to see a young girl dressed in a black wool coat and spiky hair. Jenna gasped and fell back as the body became engulfed in flames. She shined a light to her dissected body, half in the home and half out. The fire leapt from her top half to her bottom half and spread quickly to the wooden lockers, her troubled sister's coats became easy kindling. The boney fingers dug into her flesh and pulled her away from the screams of fright and horror that she now caused. Chains rattled as the girls inside tried to free themselves from the inferno around them. Jenna slunk against the figure's grasp as she watched her home burn.

The smoke billowed towards her, carrying the sweet aroma of burning wood, smoking meat, and rich savory chocolate.

Happy Halloween!

Breast Cancer Awareness

As a doctor who specializes in blood diseases and cancers, I care for many people with breast cancer. Although October is the official Breast Cancer Awareness Month, every day someone is either given the diagnosis of or is undergoing treatment for it. You may know someone. In the U.S., for women, it is the most common cancer and the second leading cause of cancer-related death.

Even though one out of every eight women is at risk in their lifetime of developing breast cancer, there are millions of breast cancer survivors in the U.S. This means over the past several decades, the rate of dying of breast cancer has declined significantly. This is fantastic news! It is due to a combination of public education efforts, better availability of early detection screening tests (mammogram, ultrasound and MRI) and improved treatments. All of these things save lives!

Have you had your mammogram yet?

A mammogram, combined with a monthly self-breast examination and a routine clinical breast examination, is the best way to screen for breast cancer. No one likes having a mammogram, but detecting breast cancer at an early stage can have considerable benefits and improve outcomes. Because of screening tests, approximately 60 percent of breast cancers are found at an early and very curable stage. A mammogram is an easy and safe test.

Unfortunately, only approximately 50 percent of U.S. women get their mammograms done. The important

first step is for you to talk with your doctor or health care provider to learn more about what you can do for yourself, for a family member, or for a friend. If you cannot afford a mammogram, there are resources that can help you.

Treatment Options

If a breast cancer or non-invasive breast disease is found, then surgery is often used to remove it, especially when it is small before you can even feel it (hence why mammograms are done, because they can see it). Depending upon the features and extent of the cancer, as well as the type of surgery done, other treatments may be offered to increase the likelihood of being cured, including: chemotherapy, biologic therapy (medicines that target specific features or growth mechanisms of cancer), radiation therapy or hormonal therapy. These treatments can be very effective, thanks to continued, exciting advances in cancer care. Most people are offered an individualized combination of these different treatment types. It is not a "one size fits all" approach.

If hormonal therapy is used to block estrogen from stimulating breast cancer or to decrease the body's production of estrogen, then such treatment can decrease significantly the risk of a breast cancer and non-invasive disease developing, not just in the breast in which the cancer was found, but



TELL ME,
DOCTOR

.....
JEFFREY
GORDON, MD

also in the other (unaffected) breast. This is an additional benefit of this type of therapy. Furthermore, some women are offered hormonal therapy as primary prevention of breast cancer, not because they have been diagnosed with it, but because an assessment indicates they have an elevated risk of developing breast cancer.

In situations where the cancer has spread to other areas of the body (called advanced stage disease), a renaissance in treatment has been ongoing such that an array of chemotherapy, hormonal, and biologic drugs is now the standard of care. With such progress, people with advanced stages of breast cancer can enjoy better qualities of life for longer periods of time than ever before.

It's all Relative

A family history of breast cancer may increase your breast cancer risk. You cannot change your family history, but you can take control of your own future. In certain cases, genetic testing can be done to assess your risk, using only a simple sample of blood and a sit down chat to discuss what is involved with the testing and what the results mean. Common tests include the BRCA-1 and 2 genes, as well as others. Having an abnormal gene mutation can increase the risk of getting breast cancer and other cancers. Up to 10 percent of female breast cancers and up to 20 percent of male breast

cancers are due to a gene mutation. If an abnormal gene is found, then a lot can be done to decrease the inherent breast cancer risk and to be super-vigilant with screening.

Preventive Measures

There is much that can be done to screen for, diagnosis and treat breast cancer; to provide cancer survivorship care; to care for people affected by breast cancer; and to assess the risks of developing breast cancer.

According to the American Cancer Society, every woman beginning at age 40 should be given the choice of getting annual mammograms. This may start at an earlier age based upon family history or other risks factors. Additional types of screening may be used, if needed, such as ultrasound and MRI.

Healthy living is always a good thing, such as remaining physically active, eating right, maintaining a good weight, and limiting the use of alcohol.

So, remember, October may be the official breast cancer awareness month, but any day is a good day to do something to help yourself live healthier and longer. For more information, you can contact me The Cancer Center at Harrington at 508-764-2400.

Dr. Jeffrey A. Gordon is board certified in hematology and medical oncology. He works at The Cancer Center at Harrington in Southbridge, and is a past president of the Connecticut State Medical Society.

A Real Keeper

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Halloween Parade at Memorial



Winchendon Pre-K teachers and assistants escorted their young charges during Tuesday morning's Halloween Parade at Memorial School.

Greg Vine photos

Super heroes and dinosaurs, they all paraded

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It was so windy for Tuesday's Halloween parade this little witch had to hang onto her hat.



These Winchendon Pre-K youngsters were a little sheepish as they exited Memorial School, only to find a crowd of adults with cameras and cellphones awaiting their Halloween parade.



Youngsters weren't the only ones wearing costumes for the Winchendon Pre-K Halloween parade Tuesday at Memorial School.

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