



Free by request to residents of Sturbridge, Brimfield, Holland and Wales

SEND YOUR NEWS AND PICS TO [News@StoneBridgePress.news](mailto:News@StoneBridgePress.news)

Friday, January 29, 2021

# Hitchcock Academy announces winter programs

BRIMFIELD — Did your family recently acquire a new canine member? Put your relationship on a firm foundation by signing up for Buddies Dog Training with Laurie Merritt at Hitchcock Academy in Brimfield.

Classes begin on Wednesday, Jan. 27, and lessons stress positive training methods and problem solving strategies for dogs of any age. Get the most from being



a pet owner by learning from an expert the best way to guide your animal into the behavior patterns that form a solid foundation for a happy life together. For the dog owner looking to expand their canine's skills Merritt offers progressive training in the sport of K9

Turn To **HITCHCOCK**, page **A10**

## Sturbridge Library offers Winter Reading Challenge for children

STURBRIDGE — Do you love dogs? Do you like history, snow, or adventure? The Joshua Hyde Library is offering a winter reading challenge that you're sure to enjoy! Through Beanstack, an online program, a reading challenge based upon the 1925 Great Serum Run in Alaska will be available between Jan. 27 and March 6. While designed for children ages 5 to 12 years, anyone up to 17 years old may participate.

Participants will earn virtual badges for logging time spent reading and for completing activities throughout the challenge. As the 1925 dog sled relay that saved Nome from an epidemic took five and a half days to complete, this challenge will last five and a half weeks. During that time, readers will learn about Alaska, Indigenous Native Alaskan culture, dogs and dogsledding, and so much more! Activities range from a STEM experiment to arts and crafts to viewing educational videos on topics including beautiful Northern Lights and adorable sled dog puppies!

Virtual tickets, earned for reading milestones and participation in activities, will be placed toward three awesome prizes including books and a plush Husky. A random drawing will be held at the conclusion of the program. Winners will be notified by library staff. This free event is sponsored by the Friends of Joshua Hyde Library. Please check our Web site and Facebook page for more information.

## Applications for tax assistance now being accepted

STURBRIDGE — The Town of Sturbridge is now accepting applications for the Town of Sturbridge Tax Assistance for Low Income Senior and Disabled Citizens Program.

If you would like assistance in paying your Real Estate Tax Bill, and you are 65 years or older or have a state recognized disability, and your total gross household income does not exceed \$26,732 if

single or \$ 32,272 if married or if others reside in the household you may be eligible. All taxes and fees due to the Town must be current.

Applications can be found online at [www.sturbridge.gov](http://www.sturbridge.gov) or you can call the Finance Department at 508-347-2509. The deadline to file an application is Feb. 15.

# Cornerstone Bank makes \$54,000 donation to United Way

SOUTHBIDGE — Cornerstone Bank, a community bank with 12 locations throughout central Massachusetts, is pleased to announce its recent donation of \$54,196.62 to the United Way. This donation reflects an employee gift and matching contribution that together exceeded this year's goal and last year's gift.

The United Way is a nonprofit organization dedicated to supporting the educational, economic and healthcare of individuals in need. Cornerstone Bank's donation will support three, local United Way organizations: United Way of South Central Massachusetts, serving Southbridge, Sturbridge and Charlton; United Way of Webster Dudley; and United Way of Central Massachusetts, which serves 30 cities and towns. Locally, these organizations help with food insecurity, childcare, medical needs, counseling, legal services and much more.

"I am so proud we were able to raise funds for such an impactful organization again this year," said Cornerstone Bank Vice President/Controller and United Way of South Central Massachusetts Treasurer Scott Dungey. "The employees here at Cornerstone Bank are so generous with their time and resources to help the communities that we serve. Being on the United Way Board of Directors, I know these funds will go to help people that really need it, especially with how difficult the past year was for so many in our area."

"Cornerstone Bank has a deep-rooted commitment to giving back to the community," said Cornerstone Bank Chief Executive Officer Todd Tallman. "We are pleased to play a role in supporting the United Way on their valiant efforts to support the needs of people around the world but especially those here in our own backyard."

### About Cornerstone Bank

Cornerstone Bank is an independent, mutual savings bank serving residents, businesses and communities throughout Central Massachusetts.



Courtesy

Cornerstone Bank, a community bank with 12 locations throughout central Massachusetts, is pleased to announce its recent donation of \$54,196.62 to the United Way.

Our customer promise, Built on Trust, is not just a brand, but also a corporate focus. Whether a business or personal partnership, Cornerstone Bank rests on the foundation that relationships are built on trust. Deposits are insured in full by a combination of the Federal Deposit Insurance

Corporation and the Depositors Insurance Fund. The Bank is an Equal Opportunity Employer, Equal Housing Lender and SBA Preferred Lender. To learn about Cornerstone Bank's personal and business banking offerings, please visit [cornerstonebank.com](http://cornerstonebank.com) or call 800-939-9103.



# 3RD ANNUAL ABC'S OF THE WINTER SEASON 2021

Find the ABC's Crossword inside this issue.

Support these local businesses this Winter!

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## M is for Moving

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## U is for Us

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## X is for eXtra eXtra

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Mikaela Victor for the Southbridge News, Sturbridge Villager, and Webster Times at 508-909-4126 or [mikaela@stonebridgepress.news](mailto:mikaela@stonebridgepress.news)

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# Trinity Catholic Academy celebrates Catholic Schools Week

SOUTHBIDGE — Catholic Schools Week 2021 is Jan. 31 – Feb. 6. This week offers an annual opportunity to engage our community and demonstrate what makes our school as special as it is today! It will be a week of learning, awareness and fulfillment!

Sunday – An Open House is planned at from 10 a.m. – 3 p.m. by appointment to share the interest in Trinity Catholic Academy, our Catholic School in Southbridge, Grades Pre-K thru Grade 8. (By appointment only.)

Monday – TCA will celebrate our Community assembling prayer bags with the help of our school commu-

nity to be distributed to local shelters. Our goal is to have over 100 prayer bags representing more than 100 years of Catholic Education in Southbridge!

Tuesday – We will celebrate our Nation in a fun unique way, stay tuned! It will be patriotic, enjoyable and a memorable experience.

Wednesday – Student Appreciation Day. Activities are planned school wide within each classroom with lots of TCA Spirit!

Thursday – Vocations and Career Awareness Day. Students may reveal a goal that they have for their future! We will also be showing appreciation for our frontline



workers and those vital to our daily community.

Friday – We will celebrate Volunteers with our DEAR Program (Drop, Everything, And, Read) Day. Creative planning will allow guest readers to read to students throughout the day. Learning Activities in each class will focus on literature all day.

Trinity Catholic Academy promotes academic excellence, athletics, and the arts with respect, compassion, and service among our diverse family, inspired by the communion of the Father, Son, and the Holy Spirit. Open to all faiths. [www.trinitycatholicacademy.org](http://www.trinitycatholicacademy.org)

## Open Sky Community Services opens new Family Support Center

WORCESTER — Open Sky Community Services, Inc. is opening the Blackstone Valley Family Support Center in Whitinsville in February 2021, according to agency President and CEO, Ken Bates. The Center will serve children and adults with Intellectual Disabilities and/or Autism and their families.

“We are very pleased to have been selected by the Massachusetts Department of Developmental Services (DDS) to operate this program in the Blackstone Valley,” said Bates.

The Center will operate at 70 Douglas Rd. in Whitinsville, the site of the historic Alternatives Whitin Mill.

The Center will offer a wide range of services designed “to help individuals live, learn, work, play, have relationships and pursue their life’s aspirations in the community,” according to DDS.

Among others, services will include help in applying for DDS services and other benefits, trainings, information and referral, navigation of systems and community resources, social and recreational opportunities and connecting individuals and families with each other.

The Alternatives Whitin Mill is the perfect location for this service, according to Donna MacLeod-Prior, Vice President of Developmental Services at Open Sky. “This site has long been a place where the community gathers for plays, concerts, gallery exhibits, and so much more. While these events are currently virtual, we look forward to welcoming our new DDS families and individuals to in-person events in the near future.”

The Family Support Center will be staffed by a manager and service navigators and is expected to serve between 300 and 450 families once

fully operational.

For more information, email [familysupportcenter@openskycs.org](mailto:familysupportcenter@openskycs.org).

For more information about Open Sky Community Services, please contact Lorie Martiska, [lorie.martiska@openskycs.org](mailto:lorie.martiska@openskycs.org)

### About Open Sky Community Services

Open Sky Community Services is dba for Alternatives Unlimited, Inc. and The Bridge of Central MA. Open Sky offers a wide range of services for adults, adolescents, and children with mental health challenges, developmental and intellectual disabilities, substance use disorders, brain injury, homelessness and other challenges throughout Central Massachusetts. Open Sky Community Services has more than 1,300 dedicated employees and an annual budget of \$83M with more than 100 programs throughout the region. For more information, please visit [www.openskycs.org](http://www.openskycs.org).

### About

#### The Bridge Training Institute

The Bridge Training Institute is an industry leader in providing both theoretical and real-world training on evidence-based and best practices for clinicians and school personnel. Offering over 20 trainings per year, the Institute features expert trainers from human services, education, professional practices and academia. Institute trainers have worked directly with leaders in the field such as Marcia Linehan, Aaron Beck, the BU Center for Psychological Rehabilitation and others.

## Students named to President’s List at Fitchburg State

FITCHBURG — Fitchburg State University President Richard S. Lapidus has announced the names of students included on the President’s List for the Fall 2020 semester.

The President’s List honors students for consistently high academic achievement. A student is named to the list after achieving a 3.75 average in each of three successive semesters.

Fitchburg State University enrolls 7,000 day and evening students in more than 50 programs of study. The university was established in 1894.

Auburn  
Nicholas D. Bisceglia Jessilyn S. Collette Sophia L. Laperle Mary G.

Leufstedt  
Dudley  
Jillian E. Laabs  
North Oxford  
Jared S. Orrell  
Oxford  
Bridget L. Richardson  
Southbridge  
Fintan D. Neff  
Spencer  
Brittney A. Dube Lauryn M. Hines  
Sutton  
Samantha K. Beauchamp  
W Brookfield  
Chase W. Carlson  
Webster  
Nichole M. Lambert

## Students named to Dean’s List at Dean College

FRANKLIN — Dean College is pleased to announce the students that have earned a place on the Dean’s List for the Fall 2020 semester. These students have demonstrated a serious commitment to their studies while at Dean College.

Rachael Hooker of Sturbridge  
Alicia Nascembeni of Wales  
Founded in 1865, Dean College is

a private, residential college located in Franklin Massachusetts, 45 minutes from Boston, Massachusetts, and Providence, Rhode Island. Dean College offers baccalaureate degrees, associate degree programs, as well as a robust schedule of part-time continuing and professional education credit and certificate programs throughout the calendar year.



### TANTASQUA SENIOR HIGH SCHOOL Vocational/Technical Division

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- Take the virtual tour of our programs in our state of the art labs ([www.tantasqua.org/technical](http://www.tantasqua.org/technical))
- View the Parent Information Video ([www.tantasqua.org/technical](http://www.tantasqua.org/technical))
- We serve students from our district; Brimfield, Brookfield, Holland, Sturbridge and Wales as well as out of district students for East Brookfield, West Brookfield and Leicester.

**Deadline for filing is Wednesday, February 10, 2021**

Learn about our Career Technical Programs: CAD/Mechanical Design, CAD/Architectural Design, Culinary Arts, Hotel/Restaurant Management, Carpentry, Health Careers, Business Technology, Information Technology, Advanced Manufacturing Technology.

If you have any questions please call the Technical Division at 508-347-3045 ext. 0915 or email Mark Wood [woodm@tantasqua.org](mailto:woodm@tantasqua.org)



### ACCURACY WATCH

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

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

If you find a mistake, call (508) 909-4106 or email [news@stonebridgepress.com](mailto:news@stonebridgepress.com) during normal business hours. During non-business hours, leave a message in the editor’s voice mailbox. The editor will return your phone call.

### DISPOSE ALL



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## Friday’s Child



**Bailey**  
**Age 13**

**Hi! My name is Bailey and I enjoy spending time with animals!**

Bailey is a kind and creative girl of Caucasian descent. Bailey has many interests and hobbies such as playing outside, swimming, cooking and baking. She also enjoys playing imaginative games with her stuffed animals and dolls. She will often ask others to compete in a game of Uno, Candyland, or Connect Four with her. She is a competitive, playful child who is always willing to try new games and activities. Animals are also very important to Bailey and she enjoys going to farms to visit and interact with different types of animals.

Bailey is very eager to have good relationships with adults and peers in her life. She puts in a lot of effort

and energy into forming positive relationships. In the school setting, Bailey has been able to create and maintain friendships with several peers in her classroom.

Bailey has identified that she wants to be an only child in a family that will love her and keep her safe. She would also like to be in a family that has pets and shares her love for ravioli! Bailey’s team would love to see her placed in an active two-parent family that has a strong support system and is very involved in their community. Bailey’s future family should be willing to engage in services and maintain contact and visits with her birth parents and siblings.

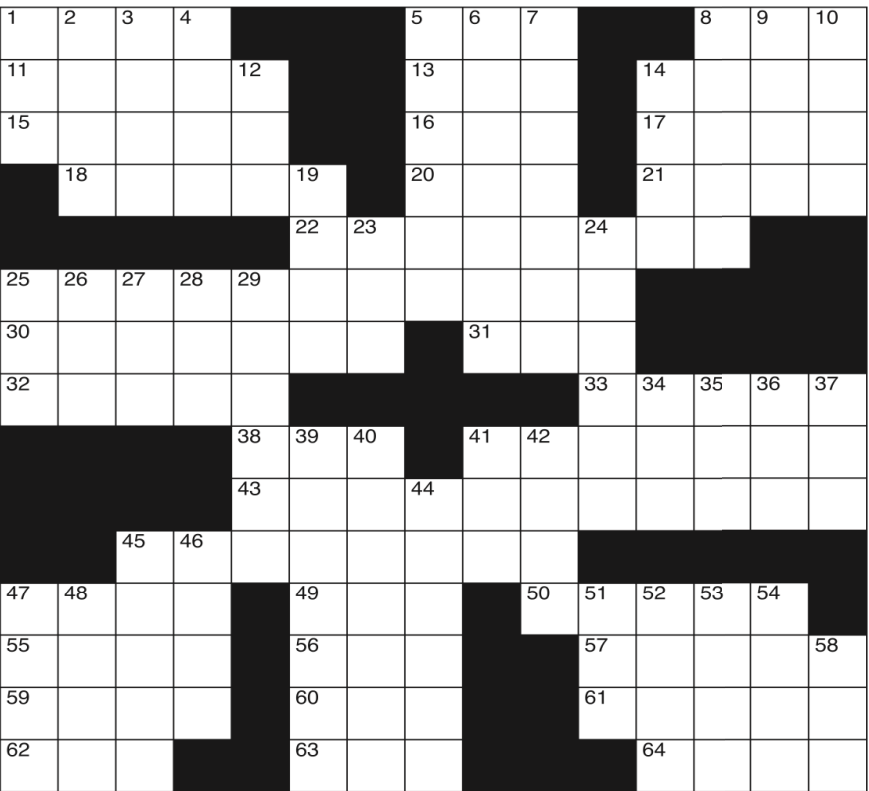
### Who Can Adopt?

Can you provide the guidance, love and stability that a child needs? If you’re at least 18 years old, have a stable source of income, and room in your heart, you may be a perfect match to adopt a waiting child. Adoptive parents can be single, married, or partnered; experienced or not; renters or homeowners; LGBTQ singles and couples.

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To learn more about adoption from foster care, call the Massachusetts Adoption Resource Exchange (MARE) at 617-964-6273 or visit [www.mare-inc.org](http://www.mare-inc.org). The sooner you call, the sooner a waiting child will have a permanent place to call home.





CLUES ACROSS

1. Gather a harvest

5. Federal Republic of Germany

8. Bravo! Bravo! Bravo!

11. “The Little Mermaid”

13. The common gibbon

14. Volcanic island in Fiji

15. Mother of Perseus

16. Egg cells

17. Teams’ best pitchers

18. Credit associations

20. Advance

21. Hair styling products

22. Benign tumors

25. Arriving early

30. Called it a career

31. \_\_ Paulo, city

32. Avoid with trickery
33. Easter egg

38. Veterans battleground

41. Lack of success

43. Thing that causes disgust

45. Deep, continuing sound

47. Ancient kingdom near Dead Sea

49. You might put it in a fire

50. Partner to “oohed”

55. Actor Idris

56. Slippery

57. Plant of the bean family

59. One point north of northeast

60. Patti Hearst’s captors

61. Places to hang clothes

62. Midwife

63. Of she

64. S. Korean statesman

CLUES DOWN

1. Cool!

2. Amounts of time

3. Aboriginal people of Japan

4. Popular veggies

5. Wedding accessory

6. Deep, narrow gorges

7. Dry cereal

8. Competitions that require speed

9. Cain and \_\_

10. Snake sound

12. Type of amino acid (abbr.)

14. Pattern of notes in Indian music

19. Satisfy

23. Misfire

24. Nearsightedness

25. Indicates before

26. Increase motor speed

27. When you hope to get there

28. Indicates position

29. Where rockers perform

34. Substitute
35. \_\_ juris: of one’s own right

36. Earliest form of modern human in Europe: \_\_-magnon

37. Adult female bird

39. Do away with

40. Lens

41. Flattened appendage

42. Post or pillar in Greek temple

44. A medieval citizen of Hungary

45. Spiritual leader of a Jewish congregation

46. Abba \_\_, Israeli politician

47. Sew

48. Evergreen trees and shrubs having oily one-seeded fruits

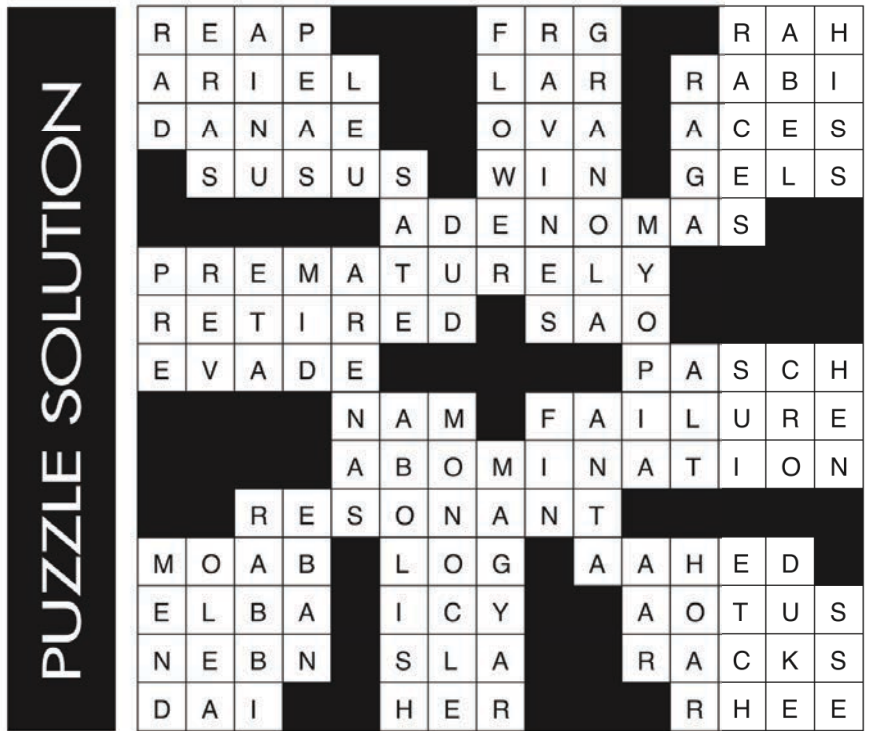
51. Swiss river

52. Grayish-white

53. A way to illustrate

54. College basketball superpower

58. Midway between south and southeast



Springfield College recognizes Dean’s List Students

SPRINGFIELD — Springfield College Recognizes Dean's List Students for the 2020 Fall Semester. Springfield College has named Hayden France from Brimfield to the dean's list for academic excellence for the 2020 fall semester. France has a primary major of Criminal Justice. Springfield College has named Heather Fontaine from Brimfield to the dean's list for academic excellence for the 2020 fall semester. Fontaine has a primary major of Health Science and Pre-Physical Therapy. Springfield College has named Caitlyn Mills from Fiskdale to the dean's list for academic excellence for the 2020 fall semester. Mills has a primary major of Health Science and Pre-Physical Therapy. Springfield College has named Julia Scioletti from Sturbridge to the dean's list for academic excellence for the 2020 fall semester. Scioletti has a primary major of Health Science/Occupational Therapy. Springfield College has named

Emma Jacque from Brimfield to the dean's list for academic excellence for the 2020 fall semester. Jacque has a primary major of Marketing. The criteria for selection to the Dean's List are as follows: The student must have completed a minimum of 12 credit hours of graded coursework for the term, exclusive of "P" grades. The student must not have any incompletes or missing grades in the designated term. The student must have a minimum semester grade average of 3.500 for the term. Springfield College is an independent, nonprofit, coeducational institution founded in 1885. Approximately 4,100 students, including 2,500 full-time undergraduate students, study at its main campus in Springfield, and at its regional campuses across the country. Springfield College inspires students through the guiding principles of its Humanics philosophy - educating in spirit, mind, and body for leadership in service to others.

Roger Williams University announces Fall 2020 Dean’s List

BRISTOL, R.I. — Select students have been named to the Fall 2020 Dean's List at Roger Williams University in Bristol, R.I. Full-time students who complete 12 or more credits per semester and earn a GPA of 3.4 or higher are placed on the Dean's List that semester. The following students have earned this achievement: Natalie Main of Fiskdale Cassidy Pilate of Sturbridge

About RWU With campuses on the coast of Bristol and in the heart of Providence, R.I., Roger Williams University is a

American International College announces Fall 2020 Dean’s List

SPRINGFIELD — American International College (AIC) in Springfield, Massachusetts, has named 640 students to the Dean's List for the fall 2020 semester. Dean's List students are full time students who have achieved a 3.3 to 4.0 GPA. AIC commends the efforts and accomplishments of these scholars during this unprecedented time. Emily Matte, of Sturbridge Tayla Shepard, of Sturbridge Jessica Shiers, of Wales Founded in 1885, American International College (AIC) is a private, co-educational, doctoral granting institution located in Springfield, Massachusetts, comprising the School of Business, Arts and Sciences, the School of Education, and the School of Health Sciences. AIC supports and advances education, diversity, and opportunity for its students and the community.

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BRIMFIELD \$45,000, 5 Bridge Rd, Coburn, Ronald E, and Coburn, Jane E, to Johnson, Dwayne, and Fedirko, Jennifer.

HOLLAND \$218,000, 85 Sturbridge Rd, Zehelski, James R, to Johnson, Richard G. \$120,000, 23 Cherokee Rd, Coburn, Nicole, to Maple Ledge Assoc Inc.

STURBRIDGE \$434,900, 127 Mcgilpin Rd, Langhan, Annemarie, to Perdue, William L, and Perdue, Joyce A. \$425,000, 84 Cedar St, Green, David, and Green, Donna, to Brisbois, Nicholas P, and Brisbois, Laura C. \$407,000, 4 Regep Ln, Baltazar, Rui, and Baltazar, Susana, to Sezer, Armagan, and Baltazar, Amanda M. \$380,000, 33 Woodlawn Dr, Savenko, Peter, and Savenko, Sandra, to Morales, Alma. \$350,000, 2 Brookfield Rd, Rovezzi, Christopher J, and CA Investments, to CA Investments LLC. \$350,000, 602 Main St, Rovezzi, Christopher J, and CA Investments, to CA Investments LLC. \$349,900, 8 Collette Rd, Ohlund, Susan, to Herrera, Luis M. \$335,000, 62 Main St, Groccia, John, and Cantwell, David J, to RDR 62 Main St Sturbridge. \$302,000, 21 Simpson St, Simple Dreams Realty LLC, to Flores, Erick. \$300,000, 168 Shepard Rd, Turning Pt Invs LLC, to Neuhaus, Sophie A, and Alstadt, Courtney L. \$234,999, 248 Podunk Rd, Silverberg Axel G Est, and Silverberg, Christine, to Chandler, Thomas H, and Chandler, Gail E. \$234,999, 251 Podunk Rd, Silverberg Axel G Est, and Silverberg, Christine, to Chandler, Thomas H, and Chandler, Gail E. \$175,000, 208 Main St, Eleanor K Flynn 2018 RET, and Flynn, Daniel B, to Bubba RT, and Flynn, Daniel B. \$10,000, Allen Rd, Holdcraft, John D, to Hillman, Ethan T, and Hillman, Erica L.



# 4 factors to consider to maintain winter safety

Many changes are to be expected as fall gives way to winter. Temperatures drop for much of the country, and depending on where one lives, snow, wind and ice are to be expected.

As beautiful as snow-covered landscapes can be, winter presents unique hazards, notably slippery roads and surfaces. Chilly temperatures also can put people at risk if they spend prolonged periods outdoors unprotected.

According to the insurance company Carsurance, more than 156,000 crashes occur annually due to icy roads. Roughly 17 percent of all vehicle crashes happen in winter conditions. Winter hazards are not exclusive to driving, however. That means winter safety involves a consideration of a host of factors.

1. Changing visibility
- While slippery surfaces may contribute to some accidents, visibility can quickly change with winter weather. Blowing snow can contribute to whiteout conditions. In addition, fog can be hazardous to drivers, aviators and mariners and contributes to thousands of travel accidents every year, advises the National Weather Service. It's important to slow down, leave plenty of distance, use your low-beam headlights, and recognize when it may be safest to pull over, such as when visibility is significantly compromised.
2. Snow removal
- Shoveling snow or using a snowblower are common wintertime activities. Yet strenuous levels of activity in cold temperatures could put people at risk of heart attack, particularly if they are not acclimated to physical activity. Always warm up prior to shoveling snow to prepare the body for exercise. Go slowly and take frequent breaks. Avoid twisting and tossing snow over your shoulder, which can contribute to back injuries.

3. Carbon monoxide poisoning
- Winter weather means turning up the heat or doing more indoor cooking. Carbon monoxide is produced through the burning of fuel in various forms, including stoves, engines, gas ranges, portable generators, and grills. The National Safety Council says carbon monoxide is an odorless, colorless gas that can go undetected as it builds up in enclosed spaces. Never warm up the car inside of a contained garage. Do not use portable flameless chemical heaters indoors, and have furnaces, water heaters and other fuel-burning appliances checked and serviced by a qualified technician annually. Be sure that carbon monoxide



- alarms are on every floor of the home, and take it seriously if the alarm goes off.
4. Black ice
- Black ice is a common winter foe. Black ice forms when temperatures rise above freezing during the day, melting any snow on the ground and causing surfaces to become wet. If the temperature drops once more while the ground is wet, a thin, transparent sheet of ice can form. Black ice also may occur if moisture in the air condenses and forms dew or fog, and then the temperature drops below freezing, says the National Weather Service. Black ice gets its name because it looks black on asphalt roads. However, it also can form on sidewalks and overpasses, or spots shaded by trees or other objects. Slowing down and exercising extreme caution are essential.

Winter is a beautiful season. But it can be just as hazardous as it is awe-inspiring. Taking steps to stay safe in unpredictable conditions is a necessity each winter.

## Students named to Dean's List at Fitchburg State

FITCHBURG — Fitchburg State University President Richard S. Lapidus has announced the students who qualified for inclusion on the Dean's List for the Fall 2020 semester.

A student is placed on the Dean's List for the semester if an average grade of 3.20 or better is attained, and the student is attending the university full time.

Fitchburg State University enrolls 7,000 day and evening students in more than 50 programs of study. The university was established in 1894.

Auburn  
Breanna R. Benoit Gianna M. Bernier Ayva J. Borelli Nicole A. Fancy Emma M. Ganley Cameron J. McGrath Riley J. Millay  
Blackstone  
Claire A. Collins Isaiah R. Trumble Charlton  
Avalon M. Huber Jonathan M. Leduc Douglas  
Ashley E. Deluca Sarah A. Haire Aubrey M. Harris Ryan M. Stickney Kosmo J. Symock  
Dudley  
Hannah M. Volpe  
Groton  
Anthony M. De Freitas Matthew S. Gingras Brecken R. Gingras Jodice Zachary X. Harrison Heather K. Holmes Jared R. Lelievre Brittney A. Mattson Curtis J. Monahan Mishayla S. Silver Andrew J. Wilson  
Holland  
Angela G. Gonzalez Sarina J. Johnson Northbridge  
Chrissa A. Gannon Elijah V. Perron Gabrielle K. Perron Susan M. Timmons Oxford  
Suzannah R. Lambert Kaylyn N. Violette  
Southbridge  
Gynariss G. Colon-Morales Joseph R. Postale  
Ryan P. Pratt  
Spencer  
Sarah E. Jewell Kathleen V. Ricard Sutton  
Abigail K. Menzdorf  
Uxbridge  
Lorenzo G. Demalia Kailyn M. Lachapelle Neve E. Palmieri Katyana M. Russin  
W Brookfield  
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# The various advantages to shopping locally

Residents of a given town or city are often encouraged to support local businesses by looking to these firms to fill their needs. Small businesses are not just integral parts of communities, employing millions across the country, they also are operations that fund the very communities they service.

Efforts to promote shopping local appear to be working. According to the Commonwealth Financial Group, over the last several years there has been a shift in consumer purchasing behavior marked by a preference among consumers to support locally owned shops and stores over big-box retailers and even online shopping.

The following are some key reasons why shopping locally not only benefits small business owners, but also the communities they call home and the customers they serve.

- **More money stays in the community:** According to the American Independent Business Alliance, for every \$100 spent at a local business, \$68 remains in the community. Conversely, only 43 percent of every \$100 spent at a chain retailer stays in the community.

- **Job creation:** The Business Alliance for Local Living Economies says local businesses create the majority of economic growth. They employ millions of Americans by creating roughly two-thirds of private sector jobs. Local business owners also tend to hire people who represent the demographics of the communities where the business is located, which may include historically underserved populations.

- **Diversity of products:** Local stores tend to diversify their products and services to meet the needs of the local communities, whereas chain stores often stock their shelves based on national demands.

- **Personalized service:** A small business owner may be more inclined to go to great lengths to make customers happy because the long-term success of the business depends on customers becoming repeat customers.

- **Personal connection:** Knowing the people behind a business facilitates a connection not easily achieved with other companies. Customers may celebrate when a favorite business succeeds and look to spread the word about that business because they feel like they played a positive role in its success.

Shopping locally has gained momentum and is fueled by the many advantages to supporting local businesses.



## Identify winter birds in backyards

Birds flitting around the neighborhood are a common sight during spring and summer, and these welcome guests can be enjoyable to observe as they nest, feed and interact. When the weather cools in fall and winter, many birds seek out warmer climates, but a good number of these feathered friends stick around.

Certain birds can be found all winter long across regions of North America. The Great American Bird Count is a program that is run by the Cornell Laboratory of Ornithology and the National Audubon Society. Its purpose is to seek the help of volunteer birdwatchers across North America to observe and count all the birds seen in a 15-minute interval during a four-day data collection period. This program helps identify birds that are most commonly seen in cold temperatures and study the composition and distribution of the winter bird populations across North America. Birds seen during this time may change from year to year, though certain species are more likely to be around in the winter months.

- **Northern cardinals:** One of the more iconic winter birds, the bright red cardinals are around much of the year but perhaps most noticeable against the snowy, stark landscape of a winter's day. Cardinals use their bright, powerful bills to crack open seeds and cut through sugary fruits to help them survive the winter.

- **Tree sparrows:** Tree sparrows are large-bodied and long-tailed sparrows with gray and reddish-brown streaking along the edges of their feathers. They also wear a bright chestnut colored cap. Despite their name, tree sparrows spend much of their time on the ground feeding. The bird count has unveiled a greater number of tree swallows in



recent years. These birds are insectivorous, so milder winters may be contributing to their increased presence.

- **Tufted titmice:** Tufted titmice resemble cardinals in body and head shape, albeit on a smaller scale, but they are pale gray in coloring. These are bold birds who defend territory with scolding calls.

- **Blue jays:** These common, vibrant birds are well known to many people. They are large-crested songbirds with broad, round tails. They have white or light gray feathering on the underside of their bodies with various shades of blue, black and white on the top. A favorite food is acorns, and these birds are often found on forest edges. Their calls are loud and carry long distances.

- **Mourning doves:** Many people hear mourning doves before they actually see them, as their soft coo-

ing often comes from roof rafters and tree branches. These birds have plump bodies and long, tapered necks, with a head that looks particularly small in comparison. They tend to be brown to buff color. When the birds take off for flight, their wings make sharp whistling or whinnying sounds.

- **American goldfinches:** These birds are sometimes called the "wild canary" of the Americas. They have distinctive yellow plumage that fades in winter to a palette of buff, brown and gray. They're small seed-eating birds that often travel in flocks.

Birds may need a little help surviving in the winter. Keep fresh, unfrozen water around and supplement food scavenged with peanut butter, suet and nuts. Brush piles, roost boxes or birdhouses can provide needed shelter.



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EDITORIAL

Facts are stubborn things

John Adams was right when he said “Facts are stubborn things.” It's pretty funny, albeit disturbing, to sit and listen to what some individuals believe to be true, not based on facts, rather hearsay. We've become a society where facts just don't seem to hold much weight anymore.

The sky is blue, grass is green, milk is good for your bones, helmets prevent head injuries in accidents, a cow has two eyes, and George Washington was our first President. All of these things we know to be true because we've either seen it with our own eyes, or trust the documents of history. Our grandparents tell us stories of days gone by about other family members and the way things were, and we sit and listen intently and enthusiastically, and while we take in this information, we know it to be true.

We can dig through old newspaper archives, old and current court documents, valid witness testimony, police reports, judges' orders, and we accept this information as fact. This isn't to say that certain things ought not to be questioned; however, when facts upon facts upon facts are staring you dead in the eye and you still believe them not to be true, well, that's simply dumbfounding.

We know that surgeons wear masks to prevent infection. We know that vitamin C boosts our immune systems. We know what elements make up oxygen and water. We know that Ibuprofen is an anti-inflammatory. We know that too much alcohol can hurt our livers, we know that plants need sunlight and water to grow. We know all of this to be factual, because of science.

So now, when scientists express how important mask wearing is during a pandemic to prevent the spread of a deadly virus (a practice done even in 1919), we have some individuals who just brush it off. It would be humorous if it wasn't so disturbing. The fact is, based on science, that proper masks prevent the spread of airborne viruses, just like sunblock can prevent a sunburn. Why is one scientifically proven technique widely accepted and the other not? Well, a sunburn has never been politicized. Science has been saving lives and keeping our parents, friends and family members alive for longer, since the dawn of time.

Enter the ever interesting topic of conspiracy theories. A conspiracy theory is an explanation for an event or situation that invokes conspiracy by sinister and powerful groups, often in political motivation when other explanations are based on actual, proven facts.

Such theories have been around forever. They are nothing more than fairytales. Recently, psychologists have begun to unravel why certain individuals are more likely to believe in conspiracy theories and what attributes about them, make them so gullible.

Experts have surmised that characteristics of those people who are likely to believe in conspiracy theories include distrust of others, low agreeability and Machiavelliansim (when a person is so focused on their own interests, they will manipulate, deceive, and exploit others to achieve their goals.)

Low agreeability is typically defined as someone who is not very kind, nor dependable or cooperative with others. People more susceptible to conspiracy theories are more likely to have lower levels of analytic thinking.

When a person who believes in non-sense, is presented with demonstrable, thorough, proven, hard facts, they are often responded to with even further out there thinking, and it is noticeable that there is very little critical thinking.

Further it has been discovered that conspiracy theories make a person feel special. Some individuals who need to feel unique but can't any other way, may fall prey. Conspiracy theories rely on 'secret information' which can give those believers a false sense of belonging.

It has been discovered that those individuals also are narcissists with a grandiose idea of the self and a touch of paranoia. Further, those who fall prey are likely more alienated, powerless and socially isolated.

Remember, conspiracy theories are brought about by people, not actual facts. Take note that you cannot argue with those who believe in conspiracy because those beliefs are not rational.

The simple answer here is to not ignore the facts — wear your sunscreen, wear your mask, drink water, eat your vegetables, have some fun, laugh and be kind to one another.

OPINION

VIEWS AND COMMENTARY FROM STURBRIDGE, BRIMFIELD, HOLLAND AND WALES

Planning a Therapeutic Backyard Garden

If you plan to have a spring or summer garden, these winter days likely find you plotting out a planting strategy. If your garden inspiration includes growing health promoting plants, read on. From flowers and herbs to vegetables and wild plants, nature provides a wide variety of natural healers that aid in everything from taming a tummy ache to fighting off a fever blister. Here are some garden favorites that offer the bonus of being beneficial health aids.

Note: Information is offered for general interest only and should not be taken as health advice. Contact your physician before ingesting or applying any herbs or plants.

\*\*\*

Marigolds a.k.a. Calendula, with their bright yellow and orange hues, are not only lovely in the garden, they are useful, with their unique properties offering a variety of benefits. The Marigold not only repels mosquitos and other pests from the garden, its anti-inflammatory properties also aid in treating minor cuts and abrasions - and the flower may be antibacterial (it was used during the Civil War to draw out infection in wounds). Marigolds are also used to soothe and heal such skin ailments as burns and acne.

Here's a recipe for Marigold Balm from Old Schoolhouse magazine's Homestead Newsletter:

You will need: 1/2 cup dried calendula petals (available in bulk at a health food store or from your garden), one ounce beeswax, 1/2 cup olive oil, a sterile tin to hold your finished product

Place the petals and oil into an oven proof dish. Preheat the oven to 200 degrees. Place the oil and herbs into the oven, then turn it off and leave for three to four hours. Remove from oven to cool for an hour



TAKE THE HINT

KAREN TRAINOR

or so on the counter. Once cool, strain out the herbs with cheesecloth. Add the beeswax to the remaining oil and put back into the oven (or you can use a microwave for this part). Heat just until the beeswax is almost melted. Stir until it is completely melted and combined. Pour into your prepared tins and let sit 15-20 minutes until cool. Makes two tins of balm, about two ounces each.

\*\*\*

Many backyard gardeners grow tomatoes, and the season's first ripe, red tomato on the vine is a summer pleasure worth waiting all year for! Whether they are in a vegetable plot, container garden, or upside down planter, tomatoes are not only delicious and nutritious, they also offer an array of health benefits. In fact, it's been well publicized that tomatoes are rich in lycopene, a powerful antioxidant. But did you know the tomato is one of the top five food sources of vitamin C, vitamin A, vitamin E, potassium and fiber? Tomatoes are also excellent sources of phytochemicals, polyphenols and carotenoids. And research shows tomatoes an aid in lowering blood pressure. According to an Israeli study, adding tomatoes to a diet can reduce systolic blood pressure by 10 points and diastolic pressure by four points. The secret weapon once again, is the tomato's high concentration of lycopene. The delicious dosage? About four whole tomatoes daily, which is easy during peak season. Off season, use chopped and canned garden tomatoes in chili, tomato sauces and soups to reach your daily dose.

\*\*\*

The pansy is a common, easy to grow flower. With their colorful "faces" a plot of pansies add

Turn To **TRAINOR**, page **A11**

The pandemic of pessimism vs. the opportunities of optimism

"The sky is falling! The end is near!" In a variety of words, we are hearing these dire warnings issued by the talking heads on television and on talk radio, daily. The fear then permeates into the minds and hearts of listeners who then spread to their friends, family, and coworkers. Yes, fear and pessimism can travel just like a virus. Washing your hands and wearing masks won't help. Social distancing will, but it requires far more than staying six feet away. Avoid the carriers of pessimism like the plague.

Pessimism is a tendency to see the worst aspect of things or believe that the worst will happen. Sound familiar? How many people do you know live this way? A pessimistic outlook causes lack of hope or confidence in the future. It's a terrible feeling to live without hope. Even worse, pessimism is a self-fulfilling prophecy. If you live your life believing the worst is coming, your mind and body conspire together to make it so. What you look for, you usually find.

We speak often about optimism and the opportunities for a successful and happy life. But like the typical optimist, I usually avoid pessimism like a nasty virus.

The typical pessimist doesn't realize he or she is a pessimist. They say things like, "I call them the way I see them," or, "I'm a realist." When you believe the worst is coming, what do you think you look for? And when you look at life through pessimistic eyes, everything looks negative. When you see the worst in situations and people, you respond in kind, while creating a negative and unhappy life.

I spent a lot of years in leadership positions and as a CEO. In searching for future leaders, experience and education was always important but took a back seat to attitude and outlook. I always sought out the optimists. I wanted people who saw a successful and bright future at the helm. If they were optimistic about success, they were far more likely to succeed. No, optimism alone will not always win, but an optimistic person with the right experience and training will.



POSITIVELY SPEAKING

GARY W. MOORE

I've mentioned this before, but it's appropriate to mention again. On February 15, 2020, an oncologist told me that I had nine months to a year at the most to live. I was stunned, and asked, "so what's the plan?"

He shrugged and said, "We'll make you as comfortable as we can until the end."

"What are my other options?" I asked.

He looked confused, so I rephrased the question. "What is our plan to beat this cancer?"

He said firmly, "You have stage four gastric cancer. It's inoperable and unbeatable. You need to get your life in order and enjoy what time you have left."

That type of pessimistic outlook just doesn't compute in my optimistic brain, so I decided to find a doctor more in line with my philosophy. I began my search for an optimistic physician who would fight with me and find a way to extend my life or beat this cancer all-together. I found Dr. Kasi at the University of Iowa, Holden Comprehensive Cancer Center and he said, "We'll explore every option and fight this cancer. There's a new treatment that's a combination of an immunotherapy called Keytruda and chemo that's creating promising results. I like our chances."

I thoroughly checked out his education and background and realized I had found the best physician for the job and he was an optimist. I'm past the nine-month death prediction and I'll fly by the year. I promise you I'll be writing this column for years to come.

If you think optimism isn't important, think about this. If I were a pessimist, I would have accepted my first doctor's death proclamation and gone home to die. But the eternal optimist inside me screamed, "No way!" I searched and found a way, and today, I'm still living my life

Turn To **MOORE**, page **A11**

Remote work may offer financial benefits



FINANCIAL FOCUS

JEFF BURDICK

During the COVID-19 pandemic, many of us have been forced to work from home. But once we've moved past the virus, many workers may continue working from home. More than one-third of companies with employees who started working from home now think that remote work will stay more common post-pandemic, according to a Harvard Business School study. This shift to at-home work can affect people's lives in many ways – and it may end up providing workers with some long-term financial advantages.

If you're one of those who will continue working remotely, either full time or at least a few days a week, how might you benefit? Here are a few possibilities:

- Reduced transportation costs – Over time, you can spend a lot of money commuting to and from work. The average commuter spends \$2,000 to \$5,000 per year on transportation costs, including gas, car maintenance, public transportation and other expenses, depending on where they live, according to the U.S. Bureau of Economic Analysis and the U.S. Census Bureau. If you are going to work primarily from home, you should be able to greatly reduce these costs.
- Potentially lower car insurance premiums – Your auto insurance premiums are partially based on how many miles you drive each year. So, if you were to significantly reduce these miles by working from home, you might qualify for lower rates.
- Lower expenditures on lunches – If you typically eat lunch in restaurants or get takeout while at work, you could easily be spending \$50 or more per week – even more if you regularly get coffee drinks to go. By these figures, you could end up spending around \$3,000 a year. Think how much you could reduce this bill by eating lunch at home during your remote workday.
- Lower clothing costs – Despite the rise in "casual dress" days, plenty of workers still need to maintain appropriate office attire. By working from home, you can "dress down," reducing your clothing costs and dry-cleaning bills.

As you can see, it may be possible for you to save quite a bit of money by working from home. How can you use your savings to help meet your long-term financial goals, such as achieving a comfortable retirement?

For one thing, you could boost your investments. Let's suppose that you can save \$2,500 each year by working remotely. If you were to invest this amount in a tax-deferred account, such as an IRA or your 401(k) or similar employer-sponsored plan and earned a hypothetical 6 percent annual return for 20 years, you'd accumulate more than \$97,000 – and if you kept going for an additional 10 years, you'd have nearly \$210,000. You'd eventually pay taxes on the amount you withdrew from these accounts (and withdrawals prior to age 59 and a half may be subject to a 10 percent IRS penalty), but you'd still end up pretty far ahead of where you'd be otherwise.)

You also might use part of your savings generated by remote work to help build an emergency fund containing a few months' worth of living expenses. Without this fund, you might be forced to dip into your retirement accounts to pay for something like a major home repair. Becoming an at-home worker will no doubt require some adjustments on your part – but, in strictly financial terms, it could lead to some positive results.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Please contact Jeff Burdick, your local Edward Jones Advisor in Sturbridge at 508-347-1420 or jeff.burdick@edwardjones.com.

Power Outage Tips

BEFORE

- Follow directions from local officials
- Check flashlight and radio batteries
- Charge mobile devices
- Add warm clothes and blankets to emergency kit
- Keep gas tank full
- Take cash out (ATM's may not work)

DURING

- Conserve energy
- Go to community warming shelters & check on neighbors, family, seniors and homeless
- Only use generators in open areas away from windows and home to prevent carbon monoxide poisoning

AFTER

- Throw out unsafe food

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# Anglers take to the ice



THE GREAT  
OUTDOORS  
• • • • •  
RALPH  
TRUE

The old saying: if you do not like the weather in New England, just wait a day or two. Fishermen have been waiting or some safe ice, and it has finally happened. Numerous small ponds were safe this past weekend, but it was safe in some areas and not so safe in others. Caution still needs to be practiced as not all areas of the lakes and ponds are frozen equally. The Uxbridge Rod & Gun Club had a few anglers catching some recently stocked trout this past Saturday, with Steve Bedard of Uxbridge landing a real impressive rainbow trout, as this week's picture shows.

Not all sections of the pond were safe, but anglers concentrated on the safe areas to fish. While some anglers were fishing Steve Bedard was busy cooking breakfast prior to his big catch. Waffles and eggs were great, according to all in attendance. Steve loves to cook ,and does a pig roast for the club every year!

This past week, I visited Jerrys' Bait & Tackle shop in Milford to get the latest information on fishing conditions in other parts of the state. One angler that I spoke with did not want to be identified, but he did reveal some great information on his success fishing for Northern Pike in the Western part of the state the week before. Trophy fishing for pike can be a bit on the pricey side when it comes to purchasing live bait, as I quickly found out. You want to catch big fish, you need to use large bait! Six- and seven-inch bait fish cost the angler \$5 each, while the four-inch bait cost \$3 each! He was just glad to get them, as bait fish that size are not easy to find.

I asked the angler if he had any pictures of his fish from the prior week of fishing, and he was quick to show me one fish that was a monster Northern Pike. I asked him if he would allow me to use it for my next column? Sorry, I do not want people following me to my favorite fishing hole! I can understand, as one local angler that has some great fishing spots for Northern Pike had that happen to him. He found anglers parked down the road from his

house, waiting for him to leave, and they would attempt to follow him to his fishing spot that morning.

He was smart enough to notice he was being followed, and managed to lose them on some of the back roads, prior to arriving at his destination. Deer hunters are also reluctant to disclose their trophy deer hunting spots for the same reason, and have gone through similar experiences. Is this what fishing and hunting is coming to? It also happens on the ocean. It makes reporting on trophy fish and deer success a lot harder. Oh, well! It is the world we live in today! I do not need to worry about anyone trying to follow me my hot spots, as they have been fished out by commercial draggers.

Dog owners need to keep their pets close to home and under their control at all times. The threat of losing them to predators is extremely high this time of year, and the

Turn To **RALPH**, page **A10**



**Jim Lavallee & Steve Bedard ice fishing at the Uxbridge Club Pond this past Saturday.**



**Steve Bedard with a monster rainbow trout caught this past Saturday!**

## Managing a difficult insect pest on houseplants



GARDEN  
MOMENTS  
• • • • •  
MELINDA  
MYERS

A sticky substance on plant leaves, plant stands, and the floor are often the first clue alerting gardeners to a problem. If a closer look reveals bumps on the upper and lower surface of leaves and stems, it means scale insects have moved in to dine on your houseplants. Severe infestations can cause leaf yellowing, stunting and dieback of the plant.

If you have battled these insects, you know they can be challenging to control. Arm yourself with an understanding of their lifecycle and be persistent to successfully manage these pests.

Scale insects have needle-like mouthparts that allow them to pierce the leaf and stem surfaces. They suck plant sap through a tube-like structure just as if they were drinking from a straw. These are one of several insects that secrete drops of a clear, sticky substance, called honeydew, as they feed. A black fungus known as sooty mold may grow on the honeydew. It does



Melinda Myers

**Scale insects may be dining on your houseplant if you notice a sticky substance on its leaves and bumps on the upper and lower surface of the plant's leaves and stems.**

not directly harm the plant, but it looks bad. In severe cases, sooty mold can prevent sunlight from reaching the leaves, causing them to yellow.

Adult scale insects form coverings that protect them from adverse environmental conditions and most chemical controls. Eggs hatch under this protective covering and the immature scale, called crawlers, emerge looking for a place to feed. Once settled, the crawler continues to grow, shedding layers of skin. These layers of shed skin, or waxy layers, form their protective covering.

Isolate infected plants as soon as you discover the problem. This will reduce the risk of this pest spreading to your other plants.

You can remove the adult scales with a toothpick, tweezers, or an old toothbrush. Repeat every few weeks until you have this pest under control. This may be sufficient to control small populations, but if you miss even one adult the problem persists.

The crawler stage is the most susceptible to chemical control. You will need a hand lens or magnifying glass to see these short-lived crawlers. Insecticides and washing small plants with a plant-safe soapy water solution can help manage small populations. Cover the pot and soil to prevent any scale knocked off during the bath from crawling back onto the plant.

Increase your chance of success with the help of

an organic insecticide like Summit Year-Round Spray Oil (SummitResponsibleSolutions.com). This lightweight oil suffocates and controls all stages of the scale insect, including the adult and eggs housed under the protective covering. Repeat applications are needed to get this insect under control.

This product is safe for people and pets while harmful to this and other houseplant pests. As always read and follow label directions for the most effective results.

Clean the pot, saucers, plant stands and the area around infected plants to remove any honeydew and unseen crawlers. This along with proper control will reduce the risk of these insects infesting treated and nearby plants.

Continue to monitor all your plants for scale and other insects each time you water. It is much easier to manage small populations than larger infestations on more plants.

Melinda Myers has written more than 20 gardening books, including *Small Space Gardening*. She hosts *The Great Courses "How to Grow Anything" DVD series* and the nationally-syndicated *Melinda's Garden Moment TV & radio program*. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and was commissioned by Summit for her expertise to write this article. Myers' Web site is [www.melindamyers.com](http://www.melindamyers.com).

## How valuable is your antique painting?



ANTIQUES,  
COLLECTIBLES  
& ESTATES  
• • • • •  
WAYNE  
TUISKULA

We often find antique paintings in the New England estates that we handle. Prices vary greatly, as some paintings are worth little while others can be quite valuable. This column will offer tips to determine if that painting on your wall will help you with your retirement fund.

The first thing you should do is check to see if what you have is an actual painting. Prints can often look like paintings to the naked eye. If you check your piece with a magnifying glass, you may find dots, the copyright mark and other indications that it is just a print. You may also see a number such as 246/500 signed in pencil along with the artist name. These markings are seen on limited edition prints or AP (artist proof) prints. They



have some value, but typically are not as valuable as an original painting. There are exceptions though. Nearly 20 years ago, we sold a group of prints that were signed by Andy Warhol. They brought around \$500 then and may be worth even more if they were auctioned today.

If you are certain you have a painting, there are other things you can check for or you can ask someone more knowledgeable to help you check it. Look at the painting detail. Do the details, such as hands in a portrait or items in the background of a scene, look like they are painted well? Try to estimate the age by examining the frame. If it is in an antique gold leaf frame, the painting could very well have been done in the 19th

century. Also examine what material it was painted on. If the painting is on canvas, turn it around and check to see if the canvas has the discoloration that you would expect with an older painting. Paintings on canvas are typically more valuable than those painted on board. Oil paintings typically bring more than watercolors or pastels.

The subject matter also makes a difference in value. An artist may be well known for their seascapes, but they could have also painted portraits or landscapes. The paintings that they specialized in are typically more valuable. Painting size is also important. Some painting appraisals are based on the price per square inch. Condition is another

important factor. Holes, tears and repairs will detract from value. The provenance (definition according to Merriam Webster: "the history of ownership of a valued object or work of art or literature") is important with paintings, as with other antiques. We sold an abstract painting by a French artist at one of our auctions. The winning bidder asked for the family name from the estate who consigned it so that he could track the provenance of the painting and prove it was original.

Lastly, look for the name of the artist and see if it is dated. When you have the artist name you can look it up in Davenport's Art Reference and Price Guide or an online database. Paintings that we found in

local estates have brought five figures at auction. There are plenty more in this area that could bring six or seven figures. If you have a valuable painting, you can sell it and always replace the space on the wall with a reasonably priced limited-edition print.

Our current online auction features paintings by well-known equestrian artist Fay Moore from her estate. Bidding ends Feb. 17. We will soon be running our next auction of antique, vintage and more recent toy vehicles and trains. We continue to accept quality consignments of gold jewelry, sterling silver, paintings, coins, and better collectibles such as 1960s and earlier comic books and baseball cards for that sale. Keep watching [www.centralmassauctions.com](http://www.centralmassauctions.com) for more details on upcoming events.

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# Shovel snow safely this winter

The beauty of freshly fallen snow is undeniable. Such beauty compels millions of people across the globe to ski and snowboard each winter, while millions more enjoy simply looking out their windows at snow-covered landscapes.

If it was as convenient as it is beautiful, snow would likely be welcomed with open arms whenever the local weatherperson includes it in his or her forecast. But heavy snowfall can be inconvenient, making it difficult to travel and even creating more work for individuals responsible for shoveling their driveways and walkways.

Shoveling snow can increase a person's risk for injury, and some may be surprised to learn just how frequently such injuries happen. The U.S. Consumer Product Safety Commission notes that, in 2018, more than 137,000 people needed medical assistance for injuries that happened while shoveling snow or using snowblowers.

Sprains and strains in the back and shoulders are the most common injuries when shoveling snow. But people also can suffer lacerations and injuries related to below-freezing temperatures when shoveling snow. The American Academy of Orthopaedic Surgeons recommends people keep these safety precautions in mind when shoveling snow this winter.

- Stretch before shoveling. Just like you would do before exercising in a gym, stretch prior to picking up your snow shovel. Warm up your



muscles with some light exercise for 10 minutes to reduce your risk of sprains, strains and muscle tears.

- Stay hydrated and take frequent breaks. The AAOS notes that snow shoveling and snow blowing are aerobic activities. Such activities require participants to be hydrated. In addition, taking frequent breaks can help prevent injuries.

- Avoid shoveling snow if you're at risk for heart attack. Some people should avoid shoveling snow entirely. According to the Harvard Medical School, researchers correlated hospital admissions and deaths due to heart attack the day after it snowed in Canada between 1981 and 2014. Researchers found that the deeper the snow, the more men died of heart attacks. In fact, researchers found that there was a 34 percent increase in heart attack deaths the day after an eight-inch snowfall, and those rates increased when snowfall increased. Most deaths were men, but both men and women who are at risk of heart attack should avoid shoveling snow, particularly after heavy snowfall. Adults who are unsure of their heart health should consult with their physicians prior to shoveling snow.

- Use the right equipment. Ergonomic snow shovels can make shoveling less taxing, reducing your risk for sprains and strains. Spacing hands on the tool grip can increase leverage, making shoveling easier and less likely to lead to injury.

- Pushing snow instead of lifting it. The AAOS recommends pushing

Turn To **SHOVELING**, page **A16**

## Hypothermia a risk when temperatures drop

Cold winter temperatures begin to appear as early as November. While some people retreat into their homes to escape the chill, plenty of others embrace winter because of the opportunities for recreational activities such as snowboarding, skiing, snowtubing, and much more. Many do not mind the brisk temperatures, preferring the cold when walking the neighborhood or hiking nearby trails.

However, just as activities enjoyed in hot climates put individuals at risk for heat-related health emergencies, when the mercury drops, hypothermia can compromise outdoor enthusiasts' health. The Mayo Clinic says hypothermia is a medical emergency that occurs when the body loses heat faster than it can produce heat. While body temperature normally hovers around 98.6 F, hypothermia sets in when body temperature falls below 95 F.

Hypothermia occurs as a result of prolonged exposure to cold temperatures. It also can happen after capsizing into cold water or even sweating and then getting chills when the temperature drops.

WebMD says that, during exposure to cold temperatures, around 90 percent of heat loss escapes through the skin, and the rest is exhaled from the lungs. Heat loss speeds up when the skin is exposed to moisture or wind. In response,



the body will shiver to produce heat through muscle activity. Furthermore, the body also will temporarily narrow blood vessels, called vasoconstriction. Activity of the liver and heart normally produces most of the body's heat. But as core temperature drops through hypothermia, these organs will engage in a protective shutdown to preserve heat and protect the brain.

Anyone spending time outdoors in

the cold weather should be aware of the most common symptoms of hypothermia so that prompt action can be taken. Such symptoms include:

- excessive shivering
- slowed speech
- clumsiness
- slowed breathing

- stumbling
- confusion
- weak pulse
- excessive fatigue

Infants and older adults have a higher risk of developing hypothermia due to a decreased ability to regulate body temperature.

Hypothermia is an emergency situation, so it is necessary to call 911 immediately if you or a companion suspects its presence. Treatment goals include increasing body temperature to a normal range. While waiting for trained medical professionals, these steps can be taken.

- Remove wet clothing.
- Cover the person with warm blankets, including the face but not the mouth. If no blankets are available, use body heat to warm one another.
- Try to administer warm soup or beverages if the person is conscious.
- Apply warm compresses to the chest, neck or groin.
- Do not move the person around or attempt to massage their body to help restore heat, as it could put the individual at risk for cardiac arrest.

Hypothermia is a serious condition that requires prompt attention when temperatures begin to drop.

### RALPH

continued from page **A9**

other threat is to have them fall through thin ice. In the last few weeks, dog owners have had their pets fall through thin ice, but were lucky that they were rescued in time. Numerous deer are also falling through thin ice as they attempt to cross local ponds and lakes.

Even when you are taking walks with your dog at this time of year, they should be kept on a leash when walking near ponds and lakes. A few years back, I was taking my dogs Molly and Twig for a walk along the banks of the Uxbridge Rod & Gun Club, when my wife's beagle Molly spotted a couple of mallard ducks flying by. As soon as she spotted them, she started to chase them by sight.

Not watching where she was going, the ducks banked to the right over the pond. She followed them and found herself under a thin layer of ice. I quickly jumped into the water that, thankfully, was not too deep. I could see her swimming under the coating of ice (about an inch), and I managed to break the ice and grab her collar. I threw her towards the shore as my walking buddy looked on. This happened prior to my wife's passing, and I knew that if I had gone home without her, my life would be hell! She suffered no ill effects from the ordeal, and I was lucky the water

was not too deep.

Talking to young family members about the dangers of thin ice cannot be stressed enough at this time of year. They need adult supervision at all times, and some adults need to be supervised by their children!

Bringing in your dogs to a warm place during extremely cold weather should be practiced, and there outdoor living quarters need to be clean, dry, with plenty of straw! They also need plenty of water at this time of year with plenty of high protein food.

The Massachusetts late Canada Goose hunting reopened on Jan. 15 in the Central District, and will remain open until Feb. 15, with a five-bird daily limit. Fortunately, the fields are absent of snow having numerous geese frequenting them on a daily basis. Unfortunately, most fields are now frozen making food for the geese hard to get, and some fields that do have food and numerous geese in them, are off limits to hunting. Rivers should provide some great hunting opportunities to harvest a few geese before the season ends on Feb. 15.

The 2020 black bear season in Massachusetts was a record year, with 325 bears harvested! The September season had 236 bear harvested, and the November season had five.

Take A Kid fishing & Keep Them Rods Bending!

### HITCHCOCK

continued from page **A1**

Nosework® on Thursday evenings and Saturday mornings.

Hitchcock Academy offers activities to bring light into winter days. If you've ever wanted to follow a musical muse HFA offers in person and online piano lessons with teacher Anne Macon. Schedule an in person lesson on Tuesday from 3 to 6 p.m. Online lessons are available Monday, Tuesday, or Friday. If you prefer stringed instruments Linda Day Newland, a veteran of the Austin Symphony Orchestra offers online instruction in violin or viola for all ages and all levels in half hour increments between 2 and 5:30 p.m. on Thursdays.

Get rid of those winter kinks. Yoga class is online Monday evening with instructor Sharon Palmer, who has a new six-week session beginning on Feb. 1. Classes begin at 7:15 and provide a great way to wind down.

Let's Cake Decorate with Sue Gaulin is offering cake decorating for spring: March's Bunny Stump Cake instructs you how to create a scene using sugar icing. April's Sprinkles Anti-Gravity Cake demonstrates how to use icing to decorate a cake that seems to defy gravity and May's class features a number of techniques to create a stunning Buttercream Cupcake Bouquet. Let's Cake Decorate classes take place on Sunday March 28, April 25, and May 16 from 1 to 3 p.m.

Martial Arts classes with Sensei Izzy Lopez are available both in person and online. Classes are held Mondays, Wednesdays, and Fridays between 4:30

and 6 p.m. Sign up to get the COVID price of \$35 per month for two weekly sessions.

If you miss the fresh taste offerings of a Farmer's Market, remember, on the first and third Saturday of every month you can pick up pre-ordered Farmer's Market favorites from 10 am to noon. Go to hitchcockacademy.org to find out how you can order your favorites from Turn A Bout Farm and Rocky Ridge Beef.

Family Foundations 5 is a program for caregivers and children from infancy through age five. Its goal is to support and strengthen families, promote child development, and provide information about community resources. Offerings are free for families, but registration is required. Currently a play group meets at HFA on Wednesday mornings. Check out their Facebook page for full details.

On Saturday, Jan. 30, Hitchcock Academy parking lot will be the place to stock up on your favorite Girl Scout Cookies. From 10 a.m. to noon, The Mills and Hills Girl Scout group will be there to satisfy your sweet tooth with favorites like Samoas, Tagalongs, Thin Mints and more.

Hitchcock Academy follows all current COVID guidelines for cleaning and social distancing and anyone using the facility must wear a mask. All information regarding current class offerings, events, and registration are available online at hitchcockacademy.org. Just because days are short, and the thermometer reads cold doesn't mean there's nothing to do. Hitchcock Academy constantly works with instructors to offer options to its community members. Look for upcoming classes in yoga, tai chi, meditation, and fencing.

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# OBITUARIES

## Cynthia Anne Adams

Cynthia Anne Adams was born on June 30, 1954 in Northampton, MA and passed of natural causes on December 25, 2020 in Brimfield, MA. She lived her early life in Amherst MA and graduated from Amherst Regional High School in 1972. She went on to earn a bachelor degree from UMass Amherst. Cindy had a very competitive spirit which was on full display while playing in multiple softball leagues in Amherst, on the volleyball court and in every other sport, board or card game she participated in. She was passionate about the arts and loved theatre and dance. Cindy was a gifted interpreter of astrology and tarot cards. She was also a writer and enjoyed interacting with other writers, always eager to offer her support and encouragement. In the 1987, Cindy moved to Maryland to further her education. Her compassion for others led her to pursue a degree in Psychotherapy. She earned her Master's degree at Towson University. Cindy had a positive impact on many lives while working as a psychotherapist, and for that she was very proud. While in Maryland she met and fell in love with Gregor Becker, whom she married on 1/7/1989. Cindy was an open minded, and spiritual person. She had a willingness to experience different cultures, and embraced alternative ways of thinking. She was excited to share what she learned, and was always ready to perform Reiki or guide others on a journey to find their spirit animal. Nothing was more important to Cindy than family. She loved to get together to play games, sports, have discussions or act out a play. Melding her love of drama and writing, Cindy would travel from Maryland to join the family on week long vacations bearing the scripts she had written for everyone to participate



in the latest play she created. Although countless hours were spent developing each part, Cindy always encouraged the "actors" to embrace their improvisational skills. It was during these vacations that Family classics including: The Shoot-Out at the I'm Okay, You're Okay Corral, Werewolves of Lincoln, The Day before Independence and Harry Potter and the Soothsaying Mirror were produced. In 2012, Cindy returned to Massachusetts to be near the family she loved so much. She is survived by her beloved husband, Gregor Becker. Her loving Sisters and Brothers: Susan Merriam and husband James of Maynard, Lawrence E. Adams Jr and wife Deborah of Northampton, Gregory Adams and wife Diane of Shutesbury, Ronald Adams and wife Donna of Hadley, Laura Merriam and husband Stephen of Milford, Lynda Stedman and husband Mark of Sturbridge. Her Nieces and Nephews: Jeffrey Adams and wife Catherine Curley, Kristen Lemoi and husband Jody and their daughters Mckenna and Emerson, Brittney Stedman, Eric Adams, Dalton Adams, Alexandra Merriam, Taylor Stedman and Kaitlyn Merriam. As well as many loving cousins. She is predeceased by her parents: Lawrence E. Adams, Sr. and Cecelia (Pat) Adams. A celebration of life will be held to remember Cindy at such time as friends and family can once again come together without limitation or restriction. In honor Cindy's love of humor, love of laughter and creative spirit, donations in her name to Happier Valley Comedy ([www.happier-valley.com/support](http://www.happier-valley.com/support)) would be appreciated. Beers & Story Palmer Funeral home entrusted with Cynthia's care. For more information or to leave a memory, please visit [www.beersandstory.com](http://www.beersandstory.com)

### TRAINOR

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personality to a garden or window box, but the ancient, edible flower is also a valuable detoxifying and anti inflammatory agent. In addition, its been claimed the pansy is also helpful in treating eczema, asthma and allergies.

Pansies grown without pesticides can be enjoyed in their natural state, simply washed and tossed in a salad or cold drink, or the flowers may be made into a healthful tincture or tea. To make a pansy poultice for external skin application to treat eczema and impetigo, simply add two tablespoons of pansy petals to two cups boiling water. Allow to steep for about 20 minutes and cool. Soak clean cloth in mixture and apply to skin,

\*\*\*  
Growing garlic? The health virtues of garlic have been touted for generations. Here are a couple of garlic remedies to try:

\*The book, "The Healing Power of Garlic," suggests garlic nose drops can kill the viruses that cause cold or flu. Here are the book's instructions on concocting the drops: Crush some garlic to obtain juice, and add ten parts water and mix well. Apply as you would regular nose drops.

\*According to a home remedy promoted by generations past, if you place a clove of garlic on each side of the mouth between the teeth and cheek, a cold will disappear within a day. It's worth a try!

\*\*\*  
Tea Tonics  
Natural teas are used to treat many maladies. If you are growing these herbs, you already have the ingredients for some healthful healers!

\*Fever Treatment Tea: Some Native American tribes treated a low grade fever with sage, as in this old time recipe. As a bonus, the dried peppermint supplies the tea with a soothing, cooling effect. To do: Pour one cup boiling water over two teaspoons dried, edible sage and one teaspoon dried peppermint. Steep. Strain, and sweeten with honey if desired. Slowly sip up to three cups a day.



## Jeffrey Bruce Lund, 52

Jeffrey Bruce Lund, 52, of Center Conway was taken too soon from us on Sunday, the 10th of January 2021. Jeff was the proud, loving father of two sons, 23-year-old Tyler Lund and 18-year-old Ryan Lund, both of Conway. He leaves behind a large close-knit family including his parents, Robert and Sandra (Jackson) Lund, sisters Joanne Lund of Sturbridge MA, Trish and husband Peter Lindsay of Merrimack NH, Pam Lund of Nashua NH, Paul Petersen life-long friend/brother of Highland MI, the mother of his children Christina Lund, the very extensive Jackson/Lund family, special friends Kevin Lebel, Tammy Smith, Phil Halle of Summit Builders and many cousins, nieces and nephews.



he made his living honing his skills to become a master carpenter working with Phil Halle at Summit Builders for more than 20 years, while also traveling as much as time allowed. Jeff was fortunate enough to spend many years in The Mount Washington Valley that he loved so much. Jeff, together with his sons, spent as much time as possible experiencing and taking part in all things outdoors. Jeff was an avid hiker, mountain and road biker, paddle-boarder, marksman and a strong cornhole competitor. He also loved family trips to the beach, trips to camp Jackson and teaching the many nieces and nephews how to fish.

There was a walk-through ceremony held at Furber and White Funeral Home in North Conway to commemorate Jeff's life on February 20, 2021 from 2 to 4 p.m.

In lieu of flowers, there has been a fund set up to help the family with expenses, please send donations to "The Lund Fund" at any TD Bank location.

## Elena "Lena" Langlois, 95

BROOKFIELD- Elena "Lena" (Sandole) Langlois, 95, passed away on Thursday, Jan. 21st, in the Rose Monahan Hospice Home, Worcester, after an illness.



She leaves her beloved husband and life partner of 45 years, Robert L. Langlois; her beloved seven nieces and nephews, several great nieces and nephews, along with several cousins and close friends. She was predeceased by her brother, Arthur Sandole, her two sisters, Mary Arsenault and Laura Wojtas and three nephews. She was born in Southbridge the daughter of Fileno and Rosalina (Fortucci) Sandole.

Lena worked as an office manager for Westwood Textile Co. in Southbridge for many years, retiring many years ago. She also worked part time at Mathieu's Shoe Store in Southbridge for many years. Lena had a lifelong affection for children, particularly for those in need. Lena made a donation in memory of her mother for the construction of a school building to provide education to underprivileged children in Savanna Du Bois, Marigot, Haiti. She traveled to Haiti in 2018 at the age of 92 and continued to support the school through fund raising for the Light of Education Foundation. She was a woman of deep faith and was an active

member of her beloved St Anne-St Patrick Parish and St Anne's Shrine in Fiskdale for decades, providing countless hours of service until recent illness. Some of her many roles included serving as Eucharistic Minister and lector. She headed the Environmental Committee and was known as "the flower lady" and founded the Memorial Garden project. She worked tirelessly with the committee for the annual Novena to St Anne. She was the recipient is service awards from the parish and the Diocese of Worcester. She loved to entertain and was famous for her delicious muffins and pizzelles. She died never having gotten old. At 95 she died young. She will be severely missed.

Her funeral was held on Tuesday, Jan. 26th, from the Daniel T. Morrill Funeral Home, 130 Hamilton St., Southbridge, with a Mass at 10:00am in St. Anne's Church, 16 Church St., Sturbridge. Burial will follow in St. Mary's Cemetery, Southbridge. Calling hours in the funeral home were held on Monday, Jan. 25th, from 5:00 to 7:00pm.

In lieu of flowers donations may be made to the Light of Education Foundation, P.O. Box 183, Malden, MA 02148.

[www.morrillfuneralhome.com](http://www.morrillfuneralhome.com)

### MOORE

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fully and making plans for the five-year anniversary party of my death proclamation and I fully expect to attend ... and you are invited!

No. Being an optimist will not cure cancer but being an optimist will push you to not give up. Your optimism will search for a positive outcome. Being optimistic doesn't always mean you'll find a solution, but it will give you a dramatically better chance than pessimism.

I'm roughly four weeks away from my projected "death day" and I believe I'm healthier now than I was a year ago. And that's not just

optimism. My blood tests and scans agree.

So, what about you? There is a cure for the "Pandemic of Pessimism" and it's the choice to become an optimist. What is your picture of a happy and successful future? Believe the best is yet to come and go to work to make it so.

I'm optimistic that 2021 will be my best year ever. What about you? Will you join me?

Gary W. Moore is a freelance columnist, speaker, and author of three books including the award-winning, critically acclaimed, "Playing with the Enemy." Follow Gary on Twitter @GaryWMoore721 and at [www.gary-wmoore.com](http://www.gary-wmoore.com).

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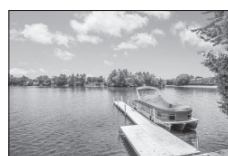


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**WEBSTER LAKE** – 124-2 Gore Road! 1.68 Acres! Private Retreat Lot with 320' of Road Frontage and 200' of Waterfront! Located in North Pond! Beautiful Panoramic Views! Sucker Brook Cove! Lot has been split from a larger parcel! Survey, Home Rendering and Conservation Items Addressed - Order of Conditions Pending! This is the Opportunity to Build a Unique Home with Spectacular Views! Direct Lake/Boat Access! Water and Sewer in the Road! Walk to Restaurants! Surrounded by Wildlife, including Swans and Eagles! **\$175,000.00**



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**WEBSTER** – 55 Hillside Ave! 7 Rm, 4 Bedroom Cape! Great Highway Access! Walk to Memorial Beach! View July 4th Fireworks from Your Backyard! Liv Rm w/Hrds, Ceiling Fan & Pellet Stove! Eat-in Kit! Fam Rm! Full Bath! 1st Flr Master w/Hrds & Ceiling Fan! Oil Heat! Vinyl Sided! Younger Roof! Replacement Windows! Town Services! Fenced Yard! 1 Car Garage! **\$239,900.00**

**WEBSTER LAKE** – 20 Bates Point Rd! Middle Pond! Western Exposure w/Panoramic Lake Views! Beautiful Sunsets! 7 Rms, 2.5 Bdrms, 2.5 Baths! Recently Renovated from Top to Bottom! Move-in Ready! Professionally Landscaped! Exterior Stonework Front & Back! Open Floor Plan! 1st Level w/Huge Family Rm w/Lake View & Access out to Stone Patio, 1/2 Bath & Laundry, Travertine Tile Throughout! 2nd Level w/Custom Granite Kitchen w/Stainless Steel Appliances, Center Island w/Seating & Large Pantry! Spacious Living Rm w/Sliders to 14X34 Composite Deck! Dining Area w/Water Views, Hardwood Floors Throughout, Bath w/Tiled Shower, Guest Bedroom or use as Office! Lake Facing Master Bedroom w/Walk-in Closet & Private Deck! Bathroom w/Double Sinks, Tiled Shower & Separate Tub! Comfortable 3rd Bedroom w/Lots of Storage! Level Lot w/Room for Entertaining and Enjoying All The Lake has to Offer! **\$749,000.00**

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### FEATURED PROPERTY!

#### DUDLEY - 22 ROBERTS ROAD



Lovely 3 bedroom Ranch! Single door 2 car garage with storage! Eat-in kitchen. Fieldstone Fireplaced Living Room! 3 bedrooms, hardwood floors, Remodeled bathroom! Lower Level fieldstone walls/fireplace! In-ground pool! - 3.58 ACRES includes extra lot. **\$312,000.**

#### OXFORD - 12 WINTER STREET



Home "Sweet" Home! TOTALLY Renovated! New Roof - Updated Electrical - New Heating System!! Bedroom, 1.5 Bath - 2 Story Conventional Home. Dead-End St. Rare find, Large Lot .77 Acre - Inside -Neutral Palette of Complimentary Paint Colors throughout the Entire House! Loads of Character! **\$281,000.**

#### THOMPSON - 5+ ACRE WATERFRONT LAND - BECOLA ROAD



**5+ Acre Waterfront Land** - on "Little Pond". Also known as Schoolhouse Pond. Private, pastoral setting. Open Field surrounded by tree line. 250+ feet waterfrontage. At the end of a Dead end road! **\$179,900**

#### THOMPSON - 25 TERRACE DRIVE



Off Thompson Hill! At the end of a Dead end road well maintained & loved! Kitchen with double wall ovens, gas cook-top, granite countertops. Formal dining room. Fireplaced Living room! master, on the first floor, 4 bedrooms total! 2nd full bath - second level. 2 car garage! assisted sale **\$325,000.**

#### WEBSTER - 103 UPPER GORE RD



Home "Sweet" Home! TOTALLY Renovated! New Roof - Updated Electrical - New Heating System!! Bedroom, 1.5 Bath - 2 Story Conventional Home. Dead-End St. Rare find, Large Lot .77 Acre - Inside -Neutral Palette of Complimentary Paint Colors throughout the Entire House! Loads of Character **\$319,000.**

#### LAND WEBSTER/OXFORD/DUDLEY/DOUGLAS

**Oxford** - 4 Leicester St - Approx. 8.47 ACRES! River Frontage Possible to be Subdivided! **\$89,900**  
**Webster** - Upper Gore w/View of the Lake! 1+ Acre! Artesian Well, Septic Design & Conservation - DONE. **\$115,000.**  
**Webster** - Cooper Road 2 Buildable Lots! Water & Sewer Access. Zoned Lake Res! **Each \$24,500.**  
**Douglas-Mount Daniels** 2.5 Acres abuts Douglas State Forest! **ON DEPOSIT! \$132,900**

#### WEBSTER - 29 WEST AVE.



Cozy 2 Story House with 3 BIG Bonuses! #1. Land almost 1 ACRE! #2. Zoning is MR-12 - Possible Multi Family Use - Investment Opportunity! #3. Large Over-sized 2+ Car Garage, Work Bench, Power & 2nd Floor! Great Space for the Hobbyist, DIY or Contractor! 1ST Floor - Living rm, Bedroom, Large Kitchen/Dining Area with Galley Pantry & Full Bath! 2nd Flr, 2 Bedrooms! All New Carpets - Recent Paint! Multi Level Back Deck with Jacuzzi! **\$255,000.**

#### WOODSTOCK - 33 DEER MEADOW LANE



Beautiful 2,422 Sq Ft Colonial! 4 Bedroom! 3 Bath! Fireplace, 2 Car garage! So much more! assisted sale **\$415,000**

#### OXFORD - 115 CHARLTON ROAD



Beautiful home set back off road providing privacy and oversized yard. Kitchen w/granite counters & abundance of cabinets. Cathedral ceilings kitchen, dining and living room. Open floor plan! large deck with large backyard through sliders in dining room. Hardwood floors! Tile baths. Master bedroom/master bath! Finished walkout lower level w/bat 2 car garage. Extras: above ground pool! **\$369,900.**

#### WEBSTER - 20 KINGSBURY



**NEW TO THE MARKET!** Custom Sprawling Split 2800+ SF! Central Air! Kitchen, Dining Room, Cathedral Ceiling Living Room, 3 Bedrooms! Granite Counters & New Flooring! New Boiler - Hot Water Tank - Oil Tank! FULL finished Lower Level w/ Full Bath & Laundry! THERE'S MORE! 2 Car Garage, renovated to include Hydro Heat, AC & 1/2 Bath! Great for Fitness Studio, Game Room or Home School! Over 1.4 Acres! **\$360,000.**

#### WEBSTER - 52 CUDWORTH ROAD



1.99 ACRE INDUSTRIAL ZONED LOT! GREAT OPPORTUNITY TO LIVE & WORK FROM HOME! Amazing 1790 Antique Colonial! Undergone major updates & renovations, maintaining Antique Charm! Great Room graced by an Open Hearth Stone Fireplace! Soaring Cathedral Ceilings! **\$499,900.**

*On the shores of Lake Chargoggagoggmanchauggagoggchaubunagungamaugg*

#### Webster Lake - 100 Lakeside Ave



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#### Lake Shirley - 647 Reservoir Rd



Lakefront! Lake Shirley! Modern Flare on a Lakefront Colonial! 1st level Formal large entry foyer, living room, gas fireplace, chef kitchen, Impala black granite, center island, 3 season porch, overlooking the lake. 1st FL bedroom suite w/ shower and jacuzzi tub. 2nd floor Master Suite! Lower level Summer kitchen, full bath, game room. Crown moulding & hardwood floors throughout, wired sound system, radiant floors. oversize 2 car garage. Additional Guest House! assisted sale **\$1,040,000.**



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**Dudley:** 3 Bedrooms, Finished lower level, 2 baths, Family room  
**8 Blue Heron Dr - \$339,900**



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The Town of Douglas seeks qualified applicants for the part time position of Economic Development Project Facilitator to work under the supervision of the Town Administrator. Complete job description and application via web site [www.douglas-ma.gov](http://www.douglas-ma.gov).

The employee will work nineteen (19) hours per week. Annual salary \$28,636. Requirements: high school diploma or equivalent, ten (10) years of private sector management experience, no less than two (2) years of service on a public board or commission of the Town of Douglas. Must have ability to attend evening meetings with various town boards, and a valid motor vehicle operator license.

Send cover letter with resume and Town of Douglas employment application to Matthew Wojcik, Town Administrator, Town of Douglas, Municipal Center, 29 Depot St., Douglas, MA 01516. Position will remain open until filled.

AA/EOE.





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# New Year's

## Window & Door Sale!

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Buy 1 window or door,  
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Minimum purchase of four.



with

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down

# 0

monthly  
payments

# 0%

interest

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• Poor-quality vinyl windows can crack and cause drafts this time of year. Our windows' composite Fibrex® material is **two times stronger than vinyl**.

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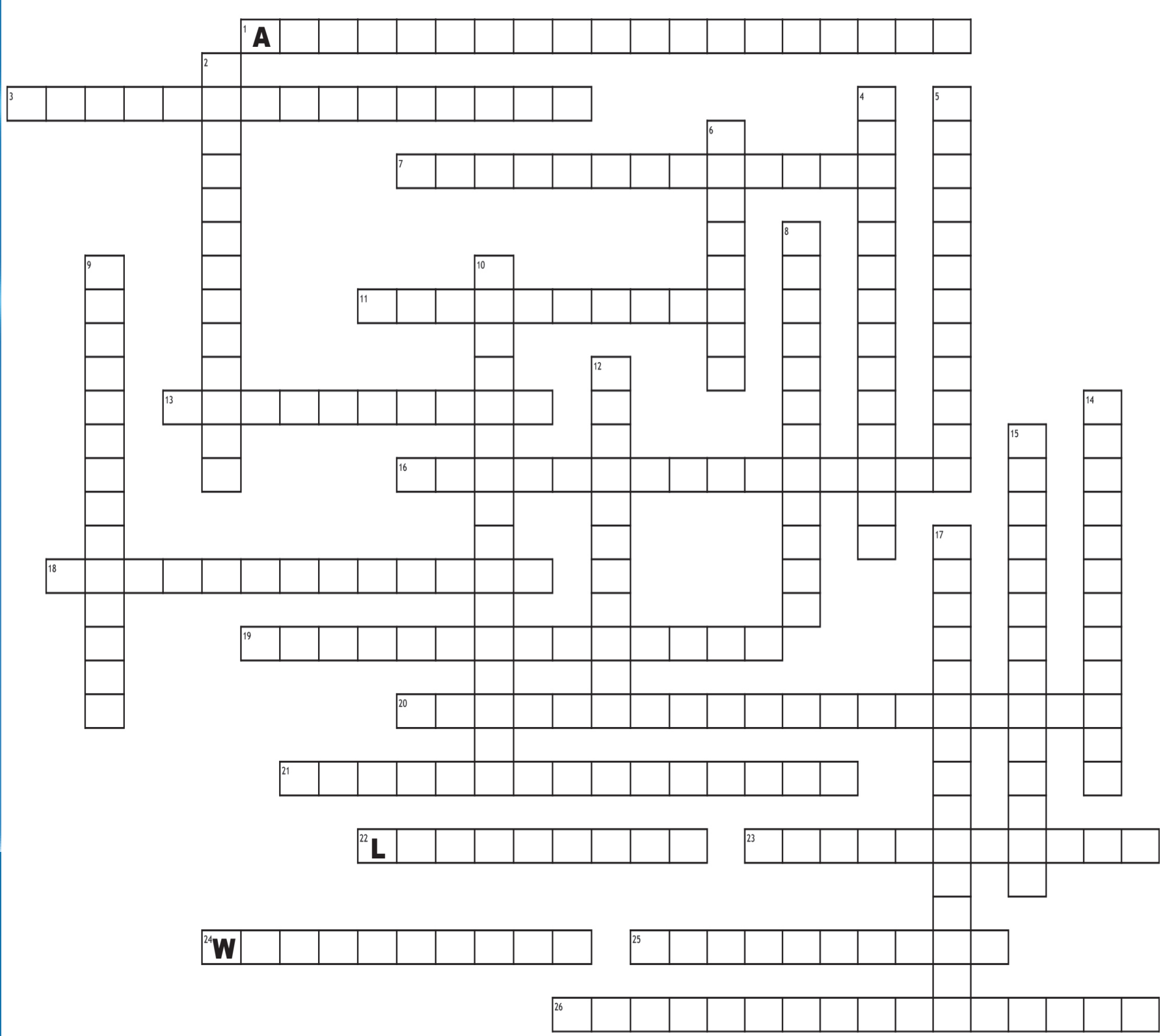
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For J.D. Power 2020 award information, visit [jdpower.com/awards](http://jdpower.com/awards). <sup>1</sup>DETAILS OF OFFER: Offer expires 2/6/2021. You must set your appointment by 1/31/2021 and purchase by 2/6/2021. Not valid with other offers or prior purchases. Buy one (1) window or entry/patio door, get one (1) window or entry/patio door 40% off, and 12 months \$0 down, 0 monthly payments, 0% interest when you purchase four (4) or more windows or entry/patio doors between 1/1/2021 and 2/6/2021. 40% off windows and entry/patio doors are less than or equal to lowest cost window or entry/patio door in the order. Additional \$50 off each window or entry/patio door, no minimum purchase required, taken after initial discount(s), when you set your appointment by 1/31/2021 and purchase by 2/6/2021. Military discount applies to all active duty, veterans and retired military personnel. Military discount equals \$300 off your entire purchase and applies after all other discounts, no minimum purchase required. Subject to credit approval. Interest is billed during the promotional period, but all interest is waived if the purchase amount is paid before the expiration of the promotional period. Financing for GreenSky® consumer loan programs is provided by federally insured, federal and state chartered financial institutions without regard to age, race, color, religion, national origin, gender or familial status. Savings comparison based on purchase of a single unit at list price. Call for financing details. Available at participating locations and offer applies throughout the service area. See your local Renewal by Andersen location for details. License number available upon request. Some Renewal by Andersen locations are independently owned and operated. "ENERGY STAR" is a registered trademark of the U.S. Environmental Protection Agency. "Renewal by Andersen" and all other marks where denoted are trademarks of Andersen Corporation. ©2021 Andersen Corporation. All rights reserved. ©2021 Lead Surge LLC. All rights reserved.



# 3rd Annual ABC's of the Seasons WINTER EDITION



**Across**

- 1. Family owned & operated since 1997
- 3. Find our BOGO Coupon on our Website
- 7. Crystals & Gemstones
- 11. Drive happier
- 13. MDPU# 31690
- 16. Winter clothing to cover you from head to foot
- 18. 45 years in business
- 19. Since 1978. All Makes & Models.
- 20. We treat chronic bad breath
- 21. Color matching specialists
- 22. 15 years Real Estate Experience
- 23. Foggy, cracked, or broken glass
- 24. ASE Certified Technicians
- 25. Reserve now for Valentine's Weekend
- 26. Use promo code palmer123

**Down**

- 2. Family owned and operated since 1977
- 4. In print and online
- 5. 508.353.2279
- 6. Reporting for Duty!
- 8. Warm up to a new career
- 9. Need to get it done? Call me!
- 10. We will be happy to assist you anytime
- 12. Family owned and operated since 1967
- 14. Give your sweetheart a gift certificate for Valentine's Day
- 15. 24 hr Roadside Assistance
- 17. Family owned for over 70 years

**ABC'S OF THE SEASONS, WINTER EDITION**

Hint... answers don't always include entire business name.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Circle which paper you found this in:

*Spencer New Leader, Webster Times, Charlton Villager, Sturbridge Villager, Auburn News, Blackstone Valley Tribune, Southbridge News*

Daytime Phone: \_\_\_\_\_

Email address (optional) \_\_\_\_\_

Comments: \_\_\_\_\_

Please find the answers to this crossword puzzle on page 2 of this section. Enter to win a \$25 gift card to one of these local businesses by mailing in your completed crossword to **ABC Crossword Puzzle, Stonebridge Press, P. O. Box 90, 25 Elm Street, Southbridge, MA 01550**  
OR scan & email or take a picture and email it to [jsima@stonebridgepress.news](mailto:jsima@stonebridgepress.news) by Thursday, February 18.  
Random-drawing for winner of all correct entries to be announced in the February 26th issue of the Express. One entry per person.  
Please support these ABC's businesses and tell them you saw their ad in your local paper! Good luck!



**SHOVELING**  
*continued from page A10*

rather than lifting snow when possible. If snow must be lifted, squat with your legs, knees bent and back straight. When lifting, lift with your legs and do not bend at the waist. Scoop small amounts of snow at a time and walk to where you want to dump. The AAOS warns against holding shovels full of snow with

arms outstretched, as doing so puts too much weight on the spine. Snow should not be thrown over the shoulder, as such a technique requires a twisting motion that puts stress on the back. In addition, the AAOS notes that heavy wet snow should be removed in pieces and not all at once. Anyone can get injured while shoveling snow. Such injuries are preventable when certain safety measures are taken.



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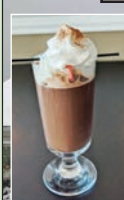
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