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Friday, April 13, 2018

Dudley and Charlton voters say yes to override

BY JASON BLEAU
 STONEBRIDGE CORRESPONDENT

After over a year of planning and discussion voters finally took to the polls in both Dudley and Charlton on Tuesday, April 3 to decide on the fate of a proposed Proposition 2½ override to cover the next few years of education spending in the Dudley-Charlton Regional

School District.

Voters in both towns approved the override by relatively wide margins in the day long elections. Dudley approved the override by a vote of 724 to 533 while Charlton's margin was even bigger with a vote of 1,217 to 719 in favor of the proposal.

Both towns voted to add

\$1.5 million to their respective shares of the dual-town budget.

Superintendent of Schools Gregg Desto thanked both communities profusely for their support as officials from all areas of both communities had a hand in putting the numbers together and bringing an effective budget to the towns.

"It basically was an 18-month

process. We go back a year and a half working with the town officials to study the numbers and the projections and everybody realizing that we've got to do something, and we have to do it quick. The support from the town leaders and the school committee and the school leaders all paid off and it's all greatly appreciat-

ed," Desto said. "We just tried to the best we could to put honest information out there and continuously keep people as informed as we could. Hopefully, we did that. At the end of the day we're just so unbelievably grateful to the citizens for supporting us. It's a really positive turning point

Turn To **OVERRIDE** page **A6**



Courtesy photo

Geoff Diehl addresses a group at the Charlton Republican Town Committee last week.

Diehl campaigns in Charlton

CHARLTON — Representative Geoff Diehl (R-Whitman), candidate for U.S. Senate, spoke to the Charlton Republican Town Committee.

"I strongly believe that we need a Senator who will put Massachusetts first and stop all the partisan bickering. Voters are upset that the incumbent seems more

focused on attacking every initiative than trying to find solutions. I will make the Commonwealth the priority, not party politics," said Diehl.

Diehl has a proven track record of delivering. In 2014, he led the successful statewide ballot question to repeal automatic gas tax hikes saving taxpayers \$2 billion.

While Senator Warren has written books to put more money in her wallet, Diehl has put more money in every resident's pocket.

"I am pleased to have worked with the people of Charlton on repealing automatic gas tax hikes. We had over 250 people from Charlton sign to put the question on

Turn To **DIEHL** page **A3**

Planning position under scrutiny by officials

BY JASON BLEAU
 VILLAGER CORRESPONDENT

CHARLTON — A discussion during a selectmen's meeting on March 27 got a bit contentious as Planning Board members and selectmen worked to better define what the town will be looking for in the hiring

of a new town planner.

The town of Charlton has been without a planner for nearly half a year, and a recent meeting incorporating representatives of several town boards was organized to help finalize what the town will look

Turn To **PLANNING** page **A14**

Frost announces \$625,473 in Chapter 90 funding for Charlton

Assistant House Minority Whip Representative Paul K. Frost (R-Auburn) is pleased to announce the town of Charlton is slated to receive \$625,473 in funding assistance for local road and bridge repairs as part of a \$200 million Chapter 90 bond authorization unanimous-

ly approved by the House of Representatives on April 5.

"Local aid is what individuals rely on most on a daily basis," Frost said. "I'm glad the House of Representatives made a strong priority in this bond bill to support local aid for our cities and towns. I

Turn To **CHAPTER 90** page **A15**

Charlton citizens seek moratorium for solar farms

BY JASON BLEAU
 VILLAGER CORRESPONDENT

CHARLTON — A citizens' petition to place a temporary moratorium on solar farm development in Charlton may end up with backing from selectmen after a productive discussion during a meeting on March 27.

Representing the signers of the petition were Laurie

Degnan and Karen Spiewak, both of Osgood Road, who made it clear to selectmen and those present during the meeting the idea was not to victimize or eliminate solar arrays in Charlton, but instead to give the town time to reexamine its regulations and bylaws considering Charlton has become somewhat of a hub for solar farms in recent years.

"We're not saying we're trying to stop anything. We're simply saying we want this in place so we have time to put reasonable regulations in place like just about every other city and town across the stage has done," Spiewak told selectmen in a precursor discussion to the larger debate.

The citizens petition gained

Turn To **SOLAR** page **A4**



DOING ROBOTS

Jason Bleau photo

The Shepherd Hill Robotics Team got into the fun, showing off their creations and allowing for demonstrations throughout the Shepherd Hill science fair and STEM exhibition last week. From tiny robots at Mason Road School to these sophisticated versions at Shepherd Hill, and demonstrations of amazing things in between; it was an exhilarating day. More photos page 9.



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Summer gala to benefit emergency department renovation



Courtesy photo

Julian Edelman, Elise Wilson, and Danny Amendola are the first three hEROs committed to the expansion of the emergency facilities.

SOUTHBRIDGE — Harrington HealthCare System will hold a fundraising gala this July, honoring Elise Wilson, a long-time Harrington nurse who was attacked by a patient in June 2017.

The event is the healthcare system's major fundraiser to renovate and

expand the emergency department in Southbridge; a capital campaign estimated at \$5 million.

A Fare to Remember will be held on July 14 at Mechanics Hall in Worcester. Tickets go on sale to the public May 1.

Wilson, the 40-year employee of Harrington Hospital, who was the vic-

tim of an attack last summer while working in triage in the Southbridge ED, will attend with her family as the honorary Harrington "Hero" offering her support for the renovation project. The renovation will, in part, increase the safety of staff and patients, as well as increasing treatment space by 2,400 square feet and modernizing the existing 8,500 square foot space.

In addition to honoring Wilson, A Fare to Remember will feature a two VIP Guests: Julian Edelman and Danny Amendola. Both will be available for an exclusive pre-event cocktail hour where VIP ticket holders can meet and take a photo with the players, as well as receive autographed memorabilia. Julian and Danny will also make a special on-stage appearance at the beginning of the event to help offer their support for the ED campaign.

The evening continues with local restaurants from south central Massachusetts featuring tastings of their signature dishes and desserts. Those confirmed so far include Porterhouse, Sturbridge Seafood, Baba Sushi, Sturbridge Coffee Roasters, Public House, Mexicali, Rovezzi's and Metro Bistro.

Creative auctions will be available

including sports, music and destination-themed prizes.

In advance of ticket sales, the community is encouraged to become a Harrington "hERO" by participating in a series of online fundraising challenges that playfully offer a face-off between Julian and Danny to see who can raise the most money. Each challenge has a unique prize to specific participants, including signed memorabilia, game tickets, event VIP passes and more. The "hERO" Challenge has a \$100,000 goal and lasts until July 9.

The last major renovation of the Southbridge emergency department occurred in 1998 bringing the ED to its current complement of 14 stretcher rooms plus a triage and overflow room. Since its last renovation in 1998, the annual ED visit volume has grown 23 percent, from approximately 22,000 to 27,000, with steady increase over the most recent years.

Those interested in tickets or participating in the Harrington hERo Challenge can visit the event website at <https://afaretoremember.blackbaud-sites.com/>

For donation and sponsorship inquiries, please contact director of development Angela Chviek at (508) 765-3029.

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A HOOK IN

The Association of Traditional Hooking Artists Quiet Corner Chapter is hosting a Rug Hook In gathering on June 16 at the Woodstock Fairgrounds in Woodstock, CT. Registration fee of \$15 is required for this event and must be paid in advance by June 1. Registration forms for this event may be received by contacting treasurer Gretchen Gray at gretchg@verizon.net, or call Whispering Hill at (860) 928-0162 for more information. To learn more about rug hooking and become a member of Atha Quiet Corner, individuals can contact Whispering Hill regarding membership. All are welcome.

CHARLTON CAPSULES

CANTATA PLANNED
The Christian Community Choir will present Amazing Love Easter Cantata, an Easter experience in song and spoken word, on Sunday, April 15 AT 2 p.m. at the Masonic Home Chapel, Masonic Hill Road in Charlton. Free and open to all.

Annual scrumpticious day planned
Once again, the seductive fragrance from the chocolate fountain will envelop the hall as Chapter R of the P.E.O. Sisterhood presents its third annual Chocolate Sunday, May 20 from 2:00 to 4:00 p.m., at The Performing Arts Center, The Overlook, 88 Masonic Home Road, Charlton.

Enjoy an afternoon sampling multiple chocolate treats, punch, coffee, and tea. There will be a cake-decorating demonstration by chefs from The Overlook. The decorated cake will be raffled at the end of the event, along with baskets, gift certificates, and other items donated by sponsors. Proceeds benefit educational philanthropies of P.E.O.

Tickets for the event are \$15 in advance, \$20 at the door. Contact Georgeanne T. Roe at (508) 278-3589, georgeanne.roe@att.net.

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The Charlton Villager (USPS#024-954) is published weekly by Stonebridge Press, Inc., 25 Elm St., Southbridge, MA 01550. Periodical postage paid at Southbridge, MA 01550. POSTMASTER: Send address changes to Charlton Villager, P. O. Box 90, Southbridge, MA 01550.

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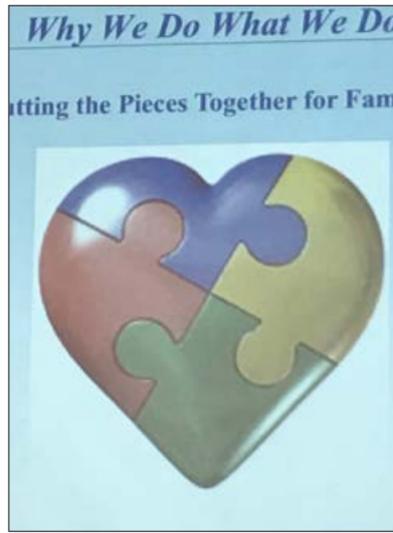
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Conference addressing autism draws diverse crowd



Dr. Andrew Zimmerman discussing the Sulforaphane study

Kim Maschi photos



Slide from Mary Beth Kadlec, ScD presentation



Dr. Cochran



Dr. Choueiri showing tools used in the new way to diagnose autism.

KIMBERLY MASCHI
STONEBRIDGE CORRESPONDENT

April 2nd was Autism and Awareness Day and at UMass University Campus, in the Albert Sherman Center a group of doctors share what they are working on to help those in the Autism Community. These five detailed and important TED talks were provided by those who work hard to help those with autism and the families afflicted. The various doctors presented an assortment of speeches on medications that are helping, diagnoses that have clues, better diagnosing tools and a search for furthering clinical trials.

Dr. Andrew Zimmerman, MD was first to speak and he has some hopeful news. A new medication is showing promise to help heal main problematic symptoms in autism. Dr. Zimmerman discusses in this speech, Broccoli Sprouts in ASD: clues to cures by Andrew W. Zimmerman, Kanwaljit Singh, Susan Connors and Eileen Diggins, that trials are currently being conducted and all signs point to promising outcomes. The medication is called Sulforaphane and is derived from broccoli sprouts. Studies are currently being conducted, and although there is no immediate success with FDA approval, there is hope. The main premise behind this new medication is that many children afflicted by autism notably improve when they have a fever. Dr. Zimmerman discusses that the effects of "Sulforaphane stimulates the heat shock response and regulates synaptic nerves."

This is exciting news in the autism community.

"Sulforaphane may provide clues to pathways involved in ASD," write DR. Zimmerman and team.

Next to speak at the UMass TED Talks was Jean Frazier, MD and she discussed the Fragile X which is "a single gene based neurodevelopmental disorder attributed to the loss of an important protein called Fragile X Mental Retardation Protein." Fragile X, which occurs in one out of 4,000 males and one out of 8,000 females, can cause a variety of developmental issues such as learning disability and speech delays.

"Fragile X is the leading known cause of autism," says Dr. Frazier. Through her and her teams research they are reaching new heights, Dr. Frazier states they are at the "cutting edge of trying to

understand this protein." This team at UMass University Campus is looking into beginning a clinical study with patients.

In order to have one's child diagnoses with autism, it is a long and grueling process that can take almost a year to complete. Dr. Roula Choueiri, M.D. is working hard to change that. Dr. Choueiri states the physicians need to "get them (children) in faster and an interactive test is better than a written questionnaire."

When diagnosing someone with autism there is a plethora of paperwork, the process can take a long time to finally get a diagnosis and by then, a lot of valuable time has passed the child and family by. Dr. Choueiri and her team are working on a way to cut the wait time and get those who need the help faster than in previous years.

Mary Beth Kadlec, ScD, doctor of science, shares her information on the CANDO clinic and the future. Kadlec describes the

CANDO as a service provider for those in the autism community "working together for families." Kadlec describes how the CANDO clinic is connected to helping those with autism. The clinic offers a variety of services including, evaluation and diagnosing, resources, health programs and speech and occupational therapies. As for the future, Kadlec is confident for that, they will continue in "Putting the Pieces Together for Families." The CANDO clinic is "embarking on a process to work with insurances," to help cover the cost that autism inflicts on the

you," said Diehl.

Over the past couple of weeks, Diehl has picked up the endorsements of the Watertown Republican Town Committee, the Hanson Republican Town Committee, the Bourne Republican Town Committee, the East Bridgewater Republican Town Committee, the Dracut Republican Town Committee, all of the Sudbury delegates to the April 28 convention, former New England Patriots Fred Smerlas, Steve Grogan, and Matt Light, Red Sox Champion Curt Schilling, and John Dennis, to name a few.

DIEHL

continued from page 1

the ballot," said Diehl.

The Charlton Republican Town Committee Meeting was held at 37 Main St.

Diehl has served in the Massachusetts House of Representatives since 2010. During his tenure in office, Diehl has focused on accountability of tax dollars, more transparency at the State House, and stopping illegal immigration at the state level.

"Your concerns will not fall on deaf ears. I will be available and accountable to

patients and families.

Last to speak is Doctor David Cochran, MD, PhD on medications to help those with autism. Dr. Cochran refers back to initial speaker Dr. Zimmerman and his work in Sulforaphane and believes this to be a promising medication.

"Autism is on the rise," says Dr. Cochran, an estimated \$90 billion are predicted to go into the cost to treat those with autism in the next year. Dr. Cochran look forward to new treatments and new targets in helping those with autism.

"UMass is still working hard for autism," say Dr. Cochran.

Those who work at the UMass Memorial Medical Center are dedicated, intelligent and vigilant in their strides to help those with autism and the families. Promising new techniques for diagnosing faster is essential in children receiving treatment in a time-

ly manner. New medications are being tested and show promise for the future. The CANDO clinic is available and willing to help. New clinical trials are in the works and beginning soon. The doctors, staff and affiliates at UMass are not going to stop working and learning until they can properly help those afflicted with autism, not just for the month of April, which is autism awareness and acceptance month, but for every day of the year and for many years to come.

ACCURACY WATCH

The Charlton Villager is committed to accuracy in all its news reports. Although numerous safeguards are in place to ensure accurate reporting, mistakes can occur. Confirmed fact errors will be corrected at the top right hand corner of page 3 in a timely manner. If you find a mistake, call (508) 909-4130 during normal business hours. During non-business hours, leave a message in the editor's voice mailbox. The editor will return your phone call.

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April Real Estate Market Update

According to Bankrate.com as of 04/06/2018 the rate on a 30 year fixed loan was 4.29% which is steady with where the rate was the last couple months. The fear of the future rate hikes most likely are having an affect on our current market causing people to purchase to keep their payments down. This is coupled with low inventory which is driving prices up in most areas. Refinancing is definitely still a good option but always look at the effective rate of your mortgage and if you have been paying it down for years the better rate may lower your payment

but may not help you to pay down your loan as quickly. Today we have 1322 single family homes for sale in Worcester County compared to 6 months ago where we had 1554 homes for sale in Worcester County which shows a 14.9% decrease in inventory year over year. The average days



REALTOR'S
REPORT
**JAMES
BLACK**

in sales and a 6.0% increase in average sales price while it is taking 18.9% less time to sell the homes this year than last year in Worcester County. This

shows that prices are still rising and homes are still selling quicker than a year ago. The numbers again are all positive and showing continued growth with no immediate signs of a change in the market. It is important to hire a Realtor familiar with your market especially in this market where it seems you can just put a sign out front and get a bunch of offers. The right agent will ensure you get the most money for the house in the shortest amount of time.

SOLAR

continued from page 1

enough support to be put on the annual town meeting warrant on May 21 as Article 29. Degnan and Spiewak expressed hope the selectmen would cosponsor or sponsor the article. Later in the meeting Degnan noted it's actually illegal to prevent solar from Charlton altogether, and that's not their goal. Citizens simply want to make sure the boom in interest for Charlton as a location for solar arrays is controlled properly through up-to-date regulations.

"We're not looking to fight solar. You can't. The state has mandated it. In 2014 the state

issued model zoning guidelines. We never adopted them. We're looking for some more border or buffer zones. Right now, I sit at these meetings and we have no power. We have to kind of say 'well could you put a few trees there'," Degnan said.

Charlton Building Commissioner Curtis Meskus was on hand to present a report he compiled at the request of selectmen detailing some of the finer points of solar in Charlton.

According to his report Charlton currently has 250 acres of solar fields in town, or about five acres a megawatt, with 20 fields in place altogether and five more in the

pipeline. Over the last year the currently operational arrays generated \$371,500 in tax revenue for Charlton with about \$269,000 expected from the five fields currently under consideration.

According to Meskus the moratorium is a legal action, but he did express a concern as to how this proposal would be perceived considering Charlton's urge to "go green."

"A moratorium would be allowed," said Meskus. "We are a green community and that's a concern of mine when the question was proposed is how does that affect us as a green community? One of the things as a green community that we have to do is allow solar

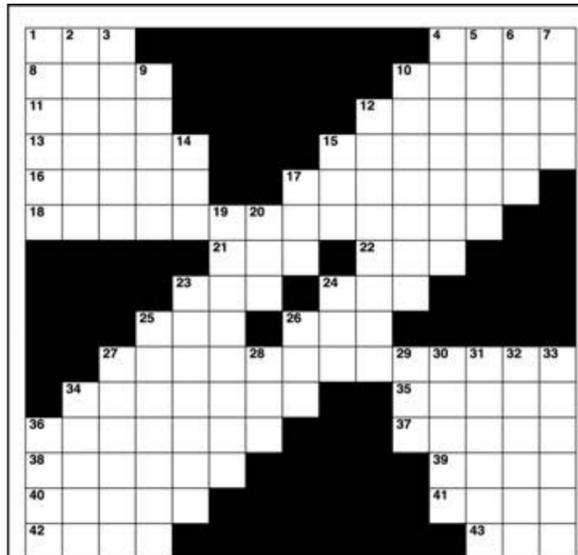
by right. It doesn't mean we have to allow it everywhere, but we have to allow solar by right, manufacturing by right, and R&D by right, one of those three. So, I just want to make sure that the town doesn't get in trouble by that."

The selectmen made no specific motion on the moratorium, which still has to go before the Zoning Board before the annual town meeting. However, several selectmen voiced their opinions that proposal might be a good idea just to make sure Charlton is handling the influx of interest from solar companies properly.

"Obviously I think we've seen solar explode in this town for a lot of reasons," Selectman

Rick Swenson said. "I think what we've always tried to do with any kind of business development in this town is along with residential development and all types of development is to have some type of balance and control. I have to agree that I think a temporary one-year moratorium just to sit back and catch our breath and look through the regulations and how the state laws have changed and what authority we do have and get some control. I completely support this and when the time is right I'd probably like to see this board at least do co-sponsor this."

The Zoning Board will address the moratorium during a meeting on April 25.



CLUES ACROSS

- 1. Upon
- 4. Roman Statesman
- 8. A protective covering worn over the face
- 10. Perfected
- 11. British school
- 12. Colored with red powder
- 13. Tivoli
- 15. What bowlers hope to knock down
- 16. Finnish lake
- 17. Damaged regions of tissue
- 18. World-renowned guitarist
- 21. Political action committee
- 22. Oxygen reduction system
- 23. Part of a circle
- 24. Italian monk's title
- 25. Kidney problem (abbr.)
- 26. One point east (clockwise) of due north
- 27. Home to a world famous bay
- 34. Mollusk
- 35. Large nest of a bird of prey
- 36. Predict
- 37. Reconnaissance
- 38. Move in a particular direction
- 39. Cut with a tool
- 40. True firs
- 41. Heaven's opposite
- 42. Employed
- 43. "Partridge Family" actress Susan

CLUES DOWN

- 1. Induces vomiting
- 2. Gloss or sheen on wood furniture
- 3. Meteorological line
- 4. Help shoppers save money
- 5. Heart condition
- 6. What tweens become
- 7. ___ and ends
- 9. Small knob
- 10. Island capital
- 12. Refinisher
- 14. Brazilian city
- 15. Pearl Jam's debut
- 17. Resinous substance of an insect
- 19. Stretched out
- 20. Bag-like structure in a plant or animal
- 23. Reference works
- 24. Hoover's office
- 25. Confused
- 26. The Science Guy
- 27. A young woman
- 28. Used to express good wishes
- 29. Body part
- 30. Draw blood
- 31. Curved
- 32. ___ Kidman, actress
- 33. Profoundly
- 34. Fools
- 36. Wife (German)

Savers Bank part of assistance program

Savers Bank has been selected to participate in the Federal Home Loan Bank of Boston's Equity Builder Program, which assists local homebuyers with down-payment and closing costs.

The \$3.1 million program provides grants to financial institutions to assist households at or below 80 percent of the area median income. Borrowers are eligible to receive up to \$11,000 in assistance on a first come first serve basis. Buyers must also complete a homebuyer counseling program.

"We are pleased to be able to offer this assistance to help ease some of the challenges associated with a home purchase. Homeownership is key to building wealth and creating financial stability, and programs that assist homebuyers are a critical component in ensuring that our communities continue to thrive," said John Fearing, senior vice president and chief lending officer, Savers Bank.

Savers Bank is eligible to receive up to \$110,000 in 2018 through the Equity Builder Program depending on availability of funds.

Since 2003, the Equity Builder

Program has awarded more than \$35 million in EBP funds assisting 3,150 income-eligible households to purchase a home.

To learn more about applying for assistance, contact one of our dedicated residential lending specialists, Lisa Birtz at (877) 247-1815 or Dan Kirschner at (877) 247-1816.

Savers Bank is a full service community bank with offices in Southbridge, Uxbridge, Auburn, Grafton, Charlton, and Sturbridge. Savers Bank is a member of the Federal Deposit Insurance Corporation (FDIC), the Federal Home Loan Bank, the Co-operative Central Bank, and Massachusetts Bankers Association. Founded in 1910, Savers Bank has assets of over \$500 million, offers a full range of consumer and commercial banking services, and a strong legacy of community commitment and customer service.

The Federal Home Loan Bank of Boston is a cooperatively owned wholesale bank for housing finance

in the six New England states. Its mission is to provide highly reliable wholesale funding and liquidity to its member financial institutions in New England. The Bank also develops and delivers competitively priced financial products, services, and expertise that support housing finance, community development, and economic growth, including programs targeted to lower-income households.

CHARLTON ALMANAC

REAL ESTATE

CHARLTON

\$295,240 3 Deer Run, Doyle, Michael, and Doyle, Stephanie, to PNC Bank NA.

\$275,000 307 N Sturbridge Rd, Brunette, Adam J, and Brunette, Jessica L, to Macomber, Dustin.

\$270,000 57 Sandersdale Rd, 57 Sandersdale R RT, and Heirtzler, Ronald L, to Lemay, Justin A, and Lemay, Lindsey.

\$97,000 106 H K Davis Rd, NPJ RT, and Goulas, Geore P, to M Diesel LLC.

Senior Supplement Program



- Are you over 65?
- Do you receive Medicaid, Fuel Assistance, Veteran's Aid or SNAP?
- Are you a resident of Southbridge or Sturbridge?

NOW LOCATED at our Parish Ministry Center
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All participants are eligible to come once a month.

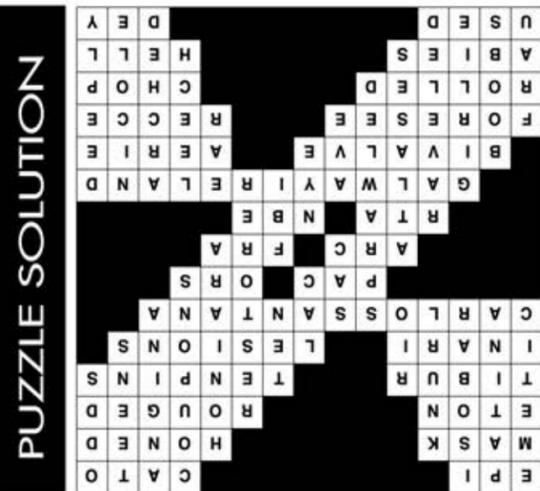
APRIL DATES

- April 11
- April 18
- April 25



By appointment only
Please call 508-765-3701
the day before for a time

Supplement includes: food staples, some dairy items, frozen meats, canned goods, toiletries, paper products, \$10 gift card of your choice at local grocery store or pharmacy



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Planning & prepping 'Plants in a Pot'

There are many reasons to plant a vegetable garden, among them the security of knowing where the food you bring to the table comes from. A healthy eating revolution coupled with food safety issues, has contributed to a renewed interest in backyard gardening. Make that back porch, patio, and windowsill gardening!

For those who don't have room to plant a sprawling plot, container gardens fit the bill. From whiskey barrels to plastic buckets, plants are sprouting up on back decks, front porches, and even on balconies. Many vegetables grow successfully when contained in pots. Benefits include the ability to position the pots to increase growing condition, and a reduced risk of pest invasions.

Read on for tips to plan to plant:

Crop Pickings: Luckily, some of the best loved vegetables are appropriate for container gardening. Crops that do well include tomatoes, lettuce, peppers, cucumbers, beans, as well as, carrots, cabbage, peas, beans, beets, cauliflower and broccoli. In addition, there are many varieties of dwarf vegetables that are specially bred to grow well in containers.

Container Choices: Once you've decided which plants to pot up, there are a few general rules to follow to ensure thriving container crops. The size of the container depends upon the crop that will be grown. Typically most vegetables can thrive as long as there is enough space for proper root development. Shallow rooted crops such as lettuce, peppers, radishes, and herbs require a space at least six inches in diameter with an eight inch soil depth. Tomatoes, cucumbers, squash and beans grow well in deeper buckets, such as five gallon buckets, half whiskey barrels, and deep patio pots.

Bushel baskets, half barrels, wooden tubs, or large pressed paper containers

are ideal for growing tomatoes, squash, pole beans, and cucumbers. Note that container plants do best when transplanted from seedlings into the container, allowing for a hardening off period.

Select Soil: The perfect planting material for containers should provide quick and steady drainage with enough water retention to keep the roots moist. Some gardeners suggest a traditional soil mix, others prefer a soil free potting mix that offers a lightweight medium that is free from soil borne diseases. A good rule of thumb is to mix equal parts of sand, garden soil and peat moss. This mixture may be heated in a low oven for an hour to kill any weeds, insects or bacteria.

Water Well: Proper watering is essential for a successful container garden, due to the fact their root system is restricted. Usually once a day is sufficient, but keep mind containers are much apt to dry out in hot weather, causing the plant to produce poorly or worse. Also, avoid soaking the leaves when watering, as wet foliage encourages disease. And make sure the pot is equipped with proper drainage. Inadequate drainage will cause the mix to become water logged, and the plants will be deprived of necessary oxygen.

Proper Placement: Placement is important, since growing vegetables need at least five hours of direct sunlight each day. Flowering and root vegetables need even more sun. Check the requirements of each variety you are growing. Since the container garden offers mobility, moving a pot to ensure it receives sufficient sunlight is a valuable advantage.

Pot Couture: Container plants encourage creativity. A handsome garden pot



TAKE
THE
HINT
KAREN
TRAINOR

or two on the patio adds ambiance and beauty to an outdoor space. A row of trellised pole bean pots can serve as a decorative barrier along a deck or balcony. And a window box of lettuce, radishes and peppers, not only offers lush greenery, but handy salad pickings at your fingertips.

Rx for Container Gardening: While container gardening is typically user friendly, with less risk of insect invasion or disease, the gardening method is not foolproof. The University of Maine Cooperative Extension offers the following suggestions for treating common container garden problems.

Symptoms: Plants tall, spindly, and unproductive.

Cause: Insufficient light.

Cure: Move container to area receiving more light. Reduce feeding intervals.

Symptoms: Plants yellowing from bottom, lack vigor, poor color

Cause: Excessive water.

Cure: Reduce watering intervals; Check for good drainage.

Symptoms: Plants wilt although sufficient water is present.

Cause: Poor drainage and aeration.

Cure: Use mix containing higher percent organic matter; increase number of holes for drainage.

Symptoms: Marginal burning of leaf edges.

Cause: High salts.

Cure: Leach container with tap water at regular intervals.

Symptoms: Plants stunted in growth; sickly, purplish color.

Cause: Low temperature or low phos-

phate.

Cure: Relocate container to warmer area. Increase phosphate level in base solution.

Symptoms: Holes in leaves, leaves distorted in shape.

Cause: Insects

Cure: Hand pick or use insecticidal spray.

Symptoms: Plant leaves with spots; dead dried areas, or powdery or rusty areas.

Cause: Plant Diseases

Cure: Remove diseased areas where observed. Call your Extension Office or bring in a leaf for diagnosis.

**

Win Dinner for Two at the Publick House

Your tips can win you a fabulous dinner for two at the historic Publick House Historic Inn in Sturbridge! Simply send in a hint to be entered into a random drawing. Hints are entered into a drawing for a three course dinner for two at the historic Publick House Inn! One winner per month will win a fabulous three course dinner for two at the renowned restaurant, located on Route 131 across the town common in historic Sturbridge. Because I'm in the business of dispensing tips, not inventing them (although I can take credit for some), I'm counting on you readers out there to share your best helpful hints!

Do you have a helpful hint or handy tip that has worked for you? Do you have a question regarding household or garden matters? If so, why not share them with readers of Stonebridge Press publications? Send questions and/or hint to: Take the Hint! c/o Stonebridge Press, PO Box 90, Southbridge, MA 01550. Or email kdr@ao.com.

CMS Chamber and partners to offer spring job fair

The Chamber of Central Mass South will partner with Bay Path Regional Vocational Technical High School in Charlton to present a spring Job Fair at the school on Wednesday, April 25. Sponsored by some of the largest manufacturing employers in the region, Karl Storz Endovision of Charlton, Schott North America of Southbridge, and OFS of Sturbridge, the job fair will be held in two parts and both employers and local job seekers are invited.

Local businesses seeking to fill summer jobs, internships and full-time positions are encouraged to contact the Chamber to reserve a table. In its first year, the Job Fair will welcome up to 30 businesses to be represented on a first-come, first-served basis with the hope that this will be an annual event and expand over time.

"We canvassed our members on the merits of offering a job fair and the response was overwhelming," says Chamber Executive Director Alexandra McNitt, "there are many job opportunities locally across several types of businesses. We are excited to work with our partners in presenting this job fair and expect a great turn out."

Part one of the fair is scheduled from 1-2:30pm. This portion of the fair will welcome Juniors and Seniors currently attending Bay Path RVTHS, Shepherd Hill Regional High School, and Southbridge High School. The second part, from 3-6 pm, will be a full-on job fair open to all adult job seekers throughout the region. Concurrent with the job fair, two adjacent classrooms will offer resume building workshops and a panel discussion

titled "Reality Check: What Employers Expect from Entry-Level Employees."

The job fair will be promoted with ads and inserts in a half-dozen local papers with a reach of over 40,000 homes locally and supported by posters in high-traffic business locations throughout the region. Area businesses wishing to participate can contact the Chamber of Central Mass South to receive an application for a table as well as a list of tips about what to bring and what to expect. Job seekers will be able to view a list of partici-

pating companies as they come on by visiting the home page of the Chamber website, www.cmschamber.org.

The cost for businesses to purchase a table at the spring fair is \$50. There is no charge for current member businesses of the Chamber of Central Mass South. A terrific response is expected so if you are looking

to hire, you are urged to call 508-347-2761 or email info@cmschamber.org to apply for a table today or request more information. The Job Fair is, of course, free to attend for job seekers. Bay Path Regional Vocational Technical High School is located at 57 Old Muggett Hill Road in Charlton.



Say it in living color!

The world isn't
black and white.
So, why is your ad?

Friday's Child



Hi! Our names are Devondrick and Eliajah and we want to be a police officer and professional soccer player.

Devondrick and Eliajah are friendly brothers who are looking for a family together! Devondrick is an outgoing young man of Cape Verdean descent. He presents as quiet and shy around people he does not know but once

he feels comfortable, he is friendly, outgoing, and funny. Devondrick is very athletic and loves to play baseball, football, and basketball. He participates in team sports regularly, and is currently on local baseball and football teams. Devondrick is very competitive and takes pride in his abilities. He does well academically, especially in math. He has many friends at school with whom he enjoys spending time.

Eliajah is of Lebanese and Cape Verdean descent. He is funny, social and enjoys being around other children. He loves to play outside and watch television. Eliajah has played baseball in the past and would also love the opportunity to try soccer. Eliajah's foster mother says that Eliajah has a big heart, and that he is very helpful around the house and will even ask to help with chores! He does well in class and has friends at school.

Ready for adoption, Devondrick and Eliajah would like to be placed in a home together with a mother and a father, a single mother or a single father. Their social worker is open to exploring families with or without other children in the home.

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.

The process to adopt a child from foster care requires training, interviews, and home visits to determine if adoption is right for you, and if so, to help connect you with a child or sibling group that your family will be a good match for.

To learn more about adoption from foster care, call the Massachusetts Adoption Resource Exchange (MARE) at 617-6273 or visit www.mareinc.org.

The sooner you call, the sooner a waiting child will have "a permanent place to call HOME."

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LEARNING

Tuition assistance available for casino apprenticeships

SPRINGFIELD — The Massachusetts Gaming Commission, the Springfield Technical Community College Foundation and the Holyoke Community College Foundation have provided funding to create scholarships for MCCTI students. In addition, MCCTI has been designated as a pre-apprenticeship training program through the Workforce Innovation and Opportunity Act, a federally funded employment and training program.

“STCC and HCC, in collaboration with MGM, have created MCCTI to make sure people get the training they need for the jobs they want,” said Michele Cabral, director of MCCTI. “These scholarship opportunities make it possible for everyone who wants a job or wants a better job, to get the skills they need.”

Registration is ongoing, with seats available for April sessions (starting April 9, 23, and 30), as well as May and

June classes. The courses are geared toward those interested in beginning a career but who do not yet have experience or training as table game dealers. Successful completion of two or more classes at MCCTI guarantees an audition with MGM Springfield. The resort and casino is seeking to hire 450 table games and poker dealers.

“The chance to start a new career and secure this training at no cost or reduced cost is a significant opportunity we hope many Springfield area residents will consider,” said Alex Dixon, general manager, MGM Springfield. “Becoming a table games dealer is one of the most coveted and fruitful careers choices in the gaming, hospitality and entertainment industries. It’s a great way to make a life and provide for a family, and we’re thankful for MCCTI’s help in this endeavor.”

Scholarship information, along with a full schedule of classes and course

descriptions, is available on the MCCTI website at www.mccti.org.

“The training is happening between now and July 18,” added Cabral. “We hope those who are unemployed, underemployed or who have been displaced will take advantage of these scholarships, which provide access to high quality career and skills training for area residents.”

MGM Springfield and MCCTI will host information session on Saturday, 14 from 10 a.m. to 2 p.m. Free and open to the public, this session will provide specifics on registration and enrollment, what it takes to become a successful table games dealer, skills required, and opportunities available. No formal education is required to apply to the school, and beginners are welcome. Information sessions will be held at the new MCCTI facility at 95 State Street in downtown Springfield. To learn more or to register in advance,

please visit <http://www.mccti.org/upcoming.html>

The MCCTI was formed as a collaborating workforce development organization by the state’s fifteen community colleges. The MCCTI has developed a Memorandum of Understanding with the Massachusetts Gaming Commission to work collaboratively regarding workforce certification, training, licensure and other requirements. The Institute is collaborating with Workforce Investment Boards/Regional Employment Boards, the Massachusetts community colleges, resort casino and slot facility developers and operators, educators, training providers, unions, and community based organizations to provide recruitment, screening, career counseling, training, and job placement strategies and solutions.

BAY PATH ANNOUNCE HONOR ROLL

CHARLTON—The following students have earned a place on the honor roll for the third quarter at Bay Path Vocational Regional Technical High School

GRADE 12

High Honors: Shane Clardy, Andrew Ferrecchia, Joshua MacIntosh, Jacob Morin, Dylan Sandstrom, Christian Shadis

Honors: Conner Allen, Karcherise Andrews, Ecko-Luv Beaver, Adriana Bennett, Kyle Bouvier, Cheyenne Boyle, Tyler Brindle, Ashley Burlingame, Jamie Butkiewicz, Tyler Cahill, Christopher Carmody, Mina Carrabba, Angela Chapman, Brian Choiniere Jr., Bradley Cook, Erica Czechowski, Dylan Delaney, Robin Duff, Patrick Dyer, Nicholas Fletcher, Robert Gallagher, Orianna Gendron, Madison Gosselin, Kristin Hadley, Andrew Hafferty, Joseph Hallihan, Corrina Hamilton, Briana Johnson, Payton Kallanian, Christian Keeler, Margaret Lacaire, Salah LaTulippe, Simone LeBlanc, Taylor Lemoine, Dahlia Lovendale, Cameron Maher, Jiliana Marrero, Alessandra Martocci, Ariana Melendez, Tariyaha Morris, Kayla Morrison, Fintan Neff, Hailey Overholser, Shivani Patel, Katelynn Peterson, Julia Resener, Courtney Rousseau, Antonio Sanelli, Claudia Schlegel, Michael Shedd, Camden Sinkewich, Mason Smith, Sarah Sputo, Jonathan Sterczala, Rhianna Sweeney, Karlee Therrien, Noah Thompson, Savannah Vangel, Andrew Vidot, Thomas Willette, Emily Woodruff

Principal’s List: Alexis Albin, Iliana Ayala, Joshua Banach, Kylie Bankowski, Sean Burke, Katelyn Chalupka, Kyle Cloutier, Vianca Cordero Arroyo, Caiden Ellis, Jason Fagan, Alexander Fengler, Zachary Horne, Althea Houston, Jacob Johnson, Azalynn Kopytko, Benjamin Leach, Melissa Lees, Erin McMenemy, Alexander Nelson, Kayla Nyström, John O’Loughlin, Charles Paquette, Drew Paulhus, Hector Perez, Stephanie Redmond, Shawn Rheume, Marisabel Rivera, Robert Ruiz

Kody Sandgren, Jacob Seymour, Amber St. Marie, Erika Wharton, Jeremy Wheeler, Brianna White, Alexander Whitney, Bennett Wisniewski, Brandon Zarzecki

GRADE 11

High Honors: Mikaylee Dickinson, Emily Downer, Hayden Smith, Emily Wong Kam

Honors: Hannah Abubakar, Lauryn Alicea, Karisa Allen, Joshua

Beauchemin, Dominick Berthiaume, Timothy Bordeaux, Margaret Borowski, Hannah Brody, Devon Bruyere, Jacob Burgos, Kaitlyn Chabot, Brendan Coomey, Cory Cotton, Adrienne Courchaine, Jonathan Dalbec, Joslynn Daniels, Demetrious Davila, Adrian DeMichele, Colin Donovan, Codey Drummond, Lily Eccleston, Hunter Emond, Dominic Esposito, Macy Fongeallaz, Loriauna Graika, Ryan Hassett, Noah Huehls, Hannah Iozzo, Catherine Jones, Montana Josey, Kyle Kallgren, Ryan Langlois, Karissa Lugo, Mackenzie Martin, Marissa Martocci, Mariah Mason, Alejandro Medina, Danisa Melendez, Mathieu Mitchell, Neftali Morales, Michael Moran, Charles Morse, Kailyn Murphy, Jayden Pantalone, Zachary Perry, Ashlin Peters, Heather Poirier, Jamie Rodriguez, Jalen Rojas, Michael Russo, Isabelle Sargent, Marrisona Scopa, Melody Serrano, Evelyn Sheehan, Scott Singer, Theodore Stauffer, Vincent Strzelecki, Steele Sturgis, Paul Thomas, Natasha Vargas Taft, Jacob Veber

Principal’s List: Jessmarie Aviles: Zachary Bankowski, Mikayla Battaglia, William Bedford, Johnny Berthiaume, Kayla Brodeur, Alec Casasanta, Christopher Chute, Ian Augusto DaSilva, Kayla Davis, Melissa De Paz, Mason Deane, Justin Dwyer, Mason Faraday, Connor Fausek, Andrew Flanagan, Jake Grampetro, Michael Grant, Kacie Grenier, Timothy Hansen, Ian Inangelo, Patricia King, Ryan Lachapelle, Kolby Lamoureux, Isaiah LeBoeuf, Emily Margoupis, Jessica McNulty, Kristopher Mekal, Samuel O’Brien, Joey Perez, Jeremiah Prunier, Emily Rodriguez, Genesis Rodriguez, Joseph Rosario, Kathryn Ryan, Juan Sanchez, Jordan Santiago, Jack Santon, Abraham Santos-Ramos, Izabelle Somicu, Emma St. Laurent, Lillie Torteson, Eliza Wandelea, Gabriella Wondolowski

GRADE 10

High Honors: Jared Aucoin, Mia Bohanan, Sydney Cardinal, Lauryn Dawson, Anna Israelian, Andrew Makowiecki, Cody Prince, Carla Rodriguez, Alexandar Vesovski, Kaylyn Violette

Honors: Riane Anderson, Julia Antocci, Tiffany Arnold, Kendra Aucoin, Alicia Ayala, Osaias Ayala, McKayla Baldwin, Laura Banach, Meghan Barry, Trinity Battista, Lauren Bigelow, Ayva Borelli, Rachel Bourgault, William Carlson, Evan Clockedile, Anthony Colacchio, Elizabeth Cormier, Colton Cowher, Alec

Dalton, Braden Doney, Thadius Dubsy, Kelsey Durant, Gavyn Floury, Nathan Fontaine, Luke Girard, Dylan Greamo, Jacob Hinman, Edward Knopf, Adam LaFleche, Mathew Langlois, Benjamin LaPointe, Jared Lavigne, Samantha LePage, Thomas Lombardi, Jonathan Lussier, Erica MacGrory, Julianna Marcoux, Madison Marois, Nicholas Marshall, Kiyiana Minton, Benjamin Morin, Shiloh Murphy, Kimberly Ngo, Mackenzie O’Neill, Kevin O’Rourke, Kyle Paquette, Addison Paradis, Maeve Perreault, Joseph Postale

Principal’s List: Katianna Alvarez, Alexander Berube, Adam Bickford, Heath Bigelow, Ethan Brown, Nicholas Butler, Jack Cicero, Louis Daniels Jr., Eleana DaSilva, Jack Davis, Devon DeCarolis, Thomas Dowd III, Kaley Eaton, Ariana Gelardi, Max Ginsburg, Morgan Girard, Brandon Gomes, Kyle Greenwood, Allison Hamel, Michael Houghton, Jaden Jarmulowicz, Michael Keeler, Nalin Koo, Samantha Lackey, Joseph Lafrenais, Alana Lane, Patrick Lange, Brian Lavoie, Nicholas Livingston, Danielle Mandella, Zoe Manzano, Patrick McManus, Carina Miller, Jaden Morales, Zachary Olson, Justin Orrell, Spencer Peck, Gabriel Penafior, Abigail Ramebeje, Anastasia Ranese, Chantal Ravenelle, Angeley Santa, Natalya Sawa, Lauryn Sey, Luke Snay, Steven Sutton, Sebastian Thibault, Kamila Tomei Maldonado, Lexianna Wheeler, Riley White, Zachary Whittemore, Michael Zanca

GRADE 9

High Honors: Nathaniel Beauchesne, Dylan Bellerive, Kaitlyn Brindle, Kayla Canty, Gabriella Caron, Emma Christian, Cheyenne Courtney, Lexia Demers, Evan Duffey, Alexis Gosselin, Juliannah Kolofsky, Samantha Labelle, Eliana Lasell, Ulysses Logan, Zachary Messina, Michael Mullaly, Owen Ostromecki, Michael Pulsifer, McKenzie Robinson, Kyleigh Sutherland, Christopher Towns Jr., Derek Varnum, Ashley Wilson, Caitlin Young

Honors: Jacob Anderson, Erika Apher, Olivia Baca, Sophia Baca, Ivy Ballou, Dylan Barrette, Dominic Beauchesne, Maya Bond, Skyler Bond,

Victoria Bonneau, Dani Borci, Rebecca Boucher, Matthew Brown, Samantha Burdett, Alexa Burks, Samantha Busold, Roland Butzke, Brenna Castro, Lauren Chase, Christian Consiglio, Megan Costa, Brianna Cote, Natalie Courtney, Olivia Courville, Bailey Creeron, Jordan Daigneault, Leah Dingu, Rachel Eovacious, Jessi Escoto-Cifuentes, Madison Etzweiler, Ethan Finneran, Annabelle Fitts, Benjamin Gelineau, Isabella Gonyea, Sarah Gosselin, Julianne Goulet, Ryan Grampetro, Chloe Grenier, Devin Hanlan, Cristal Hernandez, Molly Hoefler, Elena Hopkins, Jayce Hutchinson, Abigail Joesten, Skyla Josey, Isaac Josti, Elin Kaufman, Ryan Kennedy, Susanna Krantz, Savannah LaBranche, Karma Lama, Seth Lawendowski, Julio Lopez-Torres, Larissa MacDonald, Grant Maffei, Evan Maldonado, Nicholas Marcotte, Jessie Masterson, Marilena Matos-Criado, Chase McKenney, Elizabeth McLam, Kevin McManus, Samuel Messier, Ty Millette, Dylan Nguyen, Robert Nichols III, Arman Patel, Madison Paulhus, Meagan Peck, Christine Pink, Madison Poole, James Rivera, William Rodriguez, Andrea Rogan, Aiden Sabatinelli, Kyle Sadusky, Steven Schoenfeldt, Dylan Smaltz, Samuel Smith, Ryan Steiner, Kiana Tonkin, Jared Torosian, Johnathan Tucker, Joshua Turcotte, Mackenzie Uliere, Damian Wielgorecki, Genevieve Williams, Louis Zanca

Principal’s List: Emma Abbascia, Aaron Aguilar, Adrian Aguilar, Heaven Aucoin, Kayla Aviles, Nathan Barton, Abigail Card, Andrew Colson, Kelli Devlin, Nathan Dexter, Brenna Donovan, John Dupont, Tyler Ethier, Parker Glispin, Paige Grushey, Jaycob Holbrook, Erik Johnson, Liam Kalil-Johnson, Jamie Kirkorian, Trevor Latino, Matthew Livsey, Angel Martinez, Dimitrios Mironidis, Joshua Natale, Edward Jiejadlik IV, Kylee Olejniczak, Alexander Pelic, Ryan Rice, Ashley Richard, Adrian Sinkewich, Riley Smith, Saige Therrien, Antonia Van Dam, Nikko Vitkos, Tyler Walton, Cullen West, Allison Wheeler, George Youssef

OVERRIDE

continued from page 1

moment for our schools and our communities.”

The overrides went to the polls with the seal of approval from the boards of selectmen in both communities. The Dudley-Charlton Regional School district totals \$53.1 million for the upcoming fiscal year starting on July 1 and the override sets in motion and multi-year initiative to balance the budget to avoid overrides in the future.

While the district was successful in its bid for increased funding from both towns, Desto said the fight doesn’t end here. The district and its representatives as well as the selectmen in both towns are going to continue their work to advocate for change to the funding formula on the state level. Over the course of the past year local leaders have been very vocal that dual-town districts like the Dudley-Charlton district lose out because of the current formulas which played a part in the need for the override.

“There’s a broken funding system in the state and I think most reasonable people know that,” Desto said. “We’ve got to continue to advocate. We understand you can’t rely on overrides forever. We appreciate the support of our townspeople, but we also realize we can’t expect it all the time. There needs to be something done at the state level and we’re just going to continue to do the best we can to help advocate for reforming the funding formula.”

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Four things to know if an aging parent is moving to your home



It's every adult child's nightmare: getting a phone call in the middle of the night from an aging parent, or worse, the hospital. Maybe there's been a fall or a medical emergency. Perhaps the early stages of dementia have advanced more quickly than anticipated, and there's been an incident. Either way, one thing is clear in this situation — it is no longer safe for the parent to live alone.

Deciding to move an aging parent — especially one who is disabled — into your home isn't a decision anyone makes lightly, but it's often the most affordable option. One out of every four caregivers lives with the person they are caring for. While this can be very rewarding to both the son or daughter and the aging parent, there are several important pros and cons to this arrangement. On one hand, if the parent is mentally and physically sound, they can help in small ways with the kids, housework or finances. On the other hand, if they require constant care due to a disability or illness, the entire family might experience moments of added stress, anxiety and frustration.

That's why you need to weigh options and considerations when an elderly parent moves in with you. Though there might be heavy emotions surrounding the decision, it could still be the right choice. This guide will help you make that decision by giving you some insight on:

Understanding how to give

the right kind of care.

Estimating the costs associated with assisted living facilities versus in-home care.

Making your home elderly-friendly.

Adjusting the whole household to the lifestyle changes.

Giving the right kind of care

Being the child of a senior who needs more vigilant care means you have your heart in the right place — your parent's health and well-being is your priority. However, that doesn't necessarily mean you are as qualified as an expert to give the best care.

If Mom or Dad is still relatively healthy and independent, moving him or her in will be much simpler and smoother. However, most people don't get to the point where they consider moving a parent into their own home unless in response to a specific health crisis. In that case, it's important you know your parent's illness or limitations very well. Consider where this health situation is likely to go. How will a chronic illness, a broken hip or mental illness progress one, two or five years from now? You may be prepared today, but you also need to think about how prepared you will be later on.

If the health situation is serious or extreme, you may not be capable of giving the best quality of care. Living with you might only be a temporary solution. This could help ease the transition to a nursing facility, or you could hire an in-home professional to support your caregiving responsibilities. However, if their health requires 24/7 monitoring, specialized care or equipment, it may be best to move them to a nearby nursing home or assisted living facility.

Estimating the associated

costs

Sometimes the decision to move in an elderly parent comes down to cost. On average, a nursing home can run about \$80,000 per year and an assisted living facility costs roughly \$43,000 per year.

However, there are also care costs to consider when moving Mom or Dad in. Things may be easy now, but the amount of assistance needed will most likely increase as they age. That means that sooner or later you might consider finding an in-home aide. A caregiver hired to help with self-care tasks like bathing, feeding and chaperoning activities can cost about \$20,000 per year for full-time help.

For other tasks around the house, you may want to consider hiring an errand runner or personal assistant to ease the burden on both you and your loved one. These services can cost about \$25 per hour, and may come in handy in a pinch. If you're reacting to a recent health crisis, you may need to hire a caregiver with specific medical training, which can double, or even triple, the cost of care.

Providing full-time care may entitle you to financial or other forms of assistance. Do thorough research to help you prepare and budget for the many facets of care giving.

Making your home ready for care

Moving in a parent who is aging or disabled is, in all probability, the most cost-effective solution for many people. However, that doesn't mean that there won't be some expenses associated with renovating areas of your home to make it safe and secure for senior care. Some common remodeling projects include:

Installing an automatic lift to help the senior navigate flights

of stairs (\$1,500-\$3,000).

Building a ramp in addition to your front steps if the senior needs wheelchair access (\$400 and up).

Widening doorways for wheelchair and walker access (\$500-\$1,000).

Converting an attic, basement or den into a bedroom, possibly for you or your children. You'll want your senior to be comfortable, and usually, a first-floor bedroom without stairs is the safest place for them to reside (\$1,500-\$5,000).

Adding a new bedroom or suite for your aging parent, especially if there is no other room to renovate (\$100,000).

Adding handrails and modifications to the bathroom to prevent slips and falls (\$40 per foot).

Covering prescription medication costs and healthcare copays.

Paying additional bills for electricity, groceries and water.

The National Alliance for Caregiving (NAC) released a study stating that out-of-pocket caregiving costs can run about \$5,500, but other studies have shown the costs may be much higher, topping at around \$15,000 per year for care.

While these renovations are less of a financial burden than a nursing home or assisted living facility, not planning for any costs can creep up on your finances. To avoid problems or roadblocks later, talk to your parent and family members about this up front.

Adjusting to the lifestyle changes.

There are going to be more sacrifices than just finances and space when you move in an elderly parent. Will your child's music disturb your aging parent? Is your elderly housemate as clean and tidy as you expect the rest of your

family to be?

Instead of focusing on the potential issues, think about this as an opportunity for everyone to grow. Creating room for your parents in your home can help your children learn how compassion leads to joyful compromise. It also empowers everyone to try out critical thinking and conflict resolution skills. If your mom or dad is uncomfortable with your teen's loud music, ask your child to use headphones after a certain hour, or pick up a pair of noise cancelling ones for your parent.

When you bring a senior who needs extra care into your home, some of your vacation plans will likely have to change. You may have to put off some vacations, while others may just need to be modified or adjusted to accommodate for accessibility. Again, get the whole family involved in the decision-making process, especially if you feel like resentment is building.

Caring for an aging or disabled parent can help you give back some of the love and devotion they gave to you when you were young or going through challenging changes. There will certainly be stressful times, and not everyone will be satisfied with each compromise or outcome. However, if you feel in your heart that this is the right decision, the relief you feel being able to keep your aging loved one safe will override most tense and stressful moments. Remember, you are one of many to make the choice to have your parent live with you; there are others out there, in groups online or in person, who can provide emotional support when you need it.

Source: <https://www.homeadvisor.com/r/moving-in-aging-or-disabled-parent/#ixzz5BWxfggGd>

Many recognized for work in advocacy



WCL Board member Mel Crouse present Farmers of the Year award to Ed and Dave Davidian in appreciation of your preservation of land, providing wildlife habitat and recreation to sportsmen and sportswomen, farmers from Davidian Brothers Farm. Founded in 1920, the Farm is a 250 acre operation run by Ed and Dave Davidian, 500 Church Street, Northborough.

The Worcester County League of Sportsmen's Clubs presented awards to distinguished outdoors advocates and leaders at the annual banquet. Over 275 people attend the banquet each year including legislators, Massachusetts Wildlife officials, members of the more than 50 sporting clubs in the county, and other outdoor and sporting NGOs.

This year's award recipients are as follows:

Legislator of the Year Award: Senator Anne Gobi, in recognition of her support of issues concerning sportsmen and sportswomen in the State Legislature.

Words of Wisdom Award: Ralph True, in recognition of his efforts to inform, educate, and promote issues for sports-

men and sportswomen through his column The Great Outdoors for the Blackstone Valley Tribune and other Stonebridge Press publications.

Mentor of the Year Award: Jack Whitehead in recognizing his work providing information and education for the youth of Massachusetts, in the inaugural launch Young Guns Youth Trap competition program.

Sportsperson of the Year Award: Bonnie Booth, Massachusetts Wildlife Board of Directors in recognition of her work promoting the League for the sportsmen and sportswomen

Hall of Fame Inductee: Ken Stidsen, in recognition of lifelong leadership and passion for sportsmen and programs in Worcester County.

For a list of all inductees over the years: <http://www.wclsc.org/hall-of-fame.html>

Farmer/Landowner of the Year: Ed and Dave Davidian in appreciation of your preservation of land, providing wildlife habitat and recreation to sportsmen and sportswomen, farmers from Davidian Brothers Farm. Founded in 1920, the Farm is a 250 acre



Central Massachusetts reps from the Senate and House present awards to Hall of Famer Ken Stidsen, in recognition of lifelong leadership and passion for sportsmen and programs in Worcester County, for a list of all inductees over the years: <http://www.wclsc.org/hall-of-fame.html>

operation run by Ed and Dave Davidian, 500 Church Street, Northborough.

The Worcester County League of Sportsmen's Clubs represents more than 25,000 sportsmen from over 50 clubs in Worcester County and adjacent towns. Since 1875 sportsmen in Worcester County have been committed to the 4 Point Action Program consisting of

Public Relations, Legislation, Conservation and Education that promotes and protects interests of sportsmen and citizens in the areas of conservation, environment, farmer, landowners and sportsmen relations, hunting, fishing, and access to public waters.

Find us on Facebook and the web at <http://www.wclsc.org/>



Central Massachusetts reps from the Senate and House present awards to Words of Wisdom recipient Ralph True, in recognition of his efforts to inform, educate, and promote issues for sportsmen and sportswomen through his column The Great Outdoors for the Stonebridge Press publications, particularly the Blackstone Valley Tribune.



Central Massachusetts reps from the Senate and House present awards to Sportsman of the Year Bonnie Booth, Massachusetts Wildlife Board of Directors. In recognition of her work promoting the League for the sportsmen and sportswomen



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FRANK G. CHILINSKI
 PRESIDENT/PUBLISHER

RUTH DEAMICIS
 EDITOR

EDITORIAL

Thank you Charlton

Making a choice to add to your own annual bills is not easy.

Knowing the decision is in your hands, knowing the taxes on your property are increased for a good cause though, makes all the difference in the world.

The Powers That Be from several different angles are to blame for the quagmire of school funding.

First of course is the whole formula devised more than 25+ years ago, never fully understood, never fully fleshed out, twiddled with, tweaked, and now such a convoluted mess even the Department of Education doesn't know how to explain it.

They sure don't know how to apply it fairly to the cities and towns of Massachusetts.

Chapter 70 was supposed to "level the playing field" and give smaller and less wealthy cities and towns a leg up; a more equitable chance at benefits already available to more wealthy communities with more tax dollars to spend on education.

But if it was ever done right, it would have cost WAY more than anyone wanted to spend, because who could possibly justify giving enough money to the city of Lawrence to educate its kids like Wellesley?

And then, the state got cold feet, and started a program to "wean" all towns off the state dole altogether. A bunch of shoulda, woulda, coulda unfunded mandates that basically squirreled with the whole thing.

Then they started making different rules for single districts and multi-school regional districts; because someone figured it was less expensive to do regionals. But once the carrot to create regionals was pulled away, it left places like Dudley-Charlton in a fine mess indeed.

Now mix in the push for school choice. And the newer push for charter schools.

Both of which pull funding from local public schools and re-distributes it without any possible way for the home district to reestablish those lost funds to help the programs still in place at the local school.

Now let's throw in the big one that even preceded this whole mess in the first place: Prop 21/2.

This one not a legislative decision.

This one was a citizen petition that forced a decision through the legislature.

The concept was to force more accountability for tax dollars; force (as we've been told) STATE accountability for better use of tax funds.

Wait though, the two-and-a-half has nothing to do with the state funds at all. It is ALL local taxes. It ties the hands of LOCAL towns to raise funds.

And the artificial percentage has not even kept up with inflation, let alone the real costs of doing business.

But the state legislation won't touch it. They won't adjust it. They won't repeal it. In some ways, their hands are tied as well; since it was a citizen generated petition for action, repealing, replacing or even adjusting it would need to come from the grassroots.

Which leaves every city and town with the only option left, to override it every time the actual costs of doing business on either the town or the school side finally crashes and burns.

There has been little to no growth in a lot of areas in a lot of towns in Massachusetts since the passage of this; because people are scared of it. But as this last vote in Charlton and Dudley have shown, with all the information on the table, explanations carefully backed up with real facts and figures; and no pie in the sky, over the top expectations, the people will listen and respond.

They know the system is broken and this is the only way. So they will, YOU will, step up when necessary.

Thank you.

OPINION

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

TO THE EDITOR

Opacum: annual appreciation

To the Editor:

On March 31st, members and friends of Opacum Land Trust gathered at the Holland Community Center to sing the praises of our 18th successful year. Celebrating at our annual pancake breakfast, we dished out 18 pounds of pancake batter, 275 sausages and gallons of coffee (not to mention a gallon of local maple syrup) to thank everyone for their support over the past year.

Our Executive Director Ed Hood reviewed what we completed over the past year, including Dingley Dell in Brimfield, Clark-Rogers CR in Monson and Kisten Sanctuary CR in Charlton. Opacum Land Trust is closing in on its 2020 acres by 2020 goal, the year we turn 20. 1996 acres conserved! We would like to thank Ed, along with his administrative assistant, Anne Renaud-Jones, for all their hard work.

We wish to thank our greatest asset: our donors, members and friends. Thank you for your generosity! We

are grateful for donations from these supporters to make our pancake breakfast possible: Tip Top Country Store (Brookfield), Shaws, Stop & Shop and Wal-Mart (Sturbridge), Big Y (Palmer), The Bird Store and More (Sturbridge), Norcross Wildlife Sanctuary (Wales) and Maple Ledge Farms (Holland). Kudos to the Holland Community Center for having such an excellent venue.

Special thanks to the Board and Friends for all of their help setting up, cooking, serving, cleaning and for putting together the local baskets & other prize items.

Looking forward to spring! Be on the lookout for more information about TourOpacum! A bike ride for land conservation based at Rapscaillon Brewery in Sturbridge on July 8th.

On behalf of the Opacum Land Trust Board of Directors & Staff,

Howie Fife, President

Strategies for your investment 'garden'



FINANCIAL FOCUS
 JEFF BURDICK

If you're a gardener, your busy season is at hand, as April has been designated National Garden Month. But

could the skills you deploy at gardening be transferred to other areas of your life – such as investing?

Here are a few ideas for doing just that:

Establish a timeline. As a gardener, you typically follow a well-defined timeline. You need to get the soil ready a few months before you want to plant, and you need to plant at different times, depending on what plants you choose. You even need to set up a schedule for watering, feeding, weeding and other garden care. As an investor, you may also need to observe a timeline. During the early and middle stages of your career, you probably need to invest primarily for growth, so you can build resources for a comfortable retirement. Then, as you near retirement, you may want to lower your risk level by shifting some – though certainly not all – of your investment dollars from growth-oriented vehicles into more income-producing ones. And once you do retire, your focus will shift to preserving your money, so one of your key decisions will center on how much you can afford to withdraw each year from your investment portfolio.

Choose "healthy" investments. Gardeners like to choose plants they know will really last. That's why they look for things such as green leaves, as opposed to brown or yellow ones, and thick stems, which usually indicate a plant is strong, healthy and capable of surviving a transition from the pot to the ground. And when you invest, you, too, should look for signs of health in the investments you choose. For example, when picking stocks, look for companies with solid fundamentals, such as experienced management, strong earnings and the demonstrated ability to produce products and services attractive to consumers. Or, when considering bonds, consider those that independent rating agencies have awarded the highest grades, in terms of the financial strength of the issuer.

Feed your investments properly. Things like fertilizer and plant food can be valuable, but the most important element in plant nutrition is water. Under-watered plants will not survive, but overwatering your plants can certainly damage them severely. When you invest, you also need to know the right amount of "food," or "nutrients," to apply. If you don't put enough money into investments, they may not grow as much as you'd like. On the other hand, it is possible to "overwater" certain investments. For example, if you constantly put money into just one or two investments, they could end up crowding out others in your portfolio, causing you to lose the value of diversification. And if these particular investments are already growth-oriented vehicles, highly subject to market risk, they could take a big hit during a market downturn. Ultimately, seek a balance in how you distribute your investment dollars.

Year after year, successful gardeners reap the rewards of their labors. And following some of their habits can help you work toward a long-lasting and fruitful investment garden, too.

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

Does the Constitution matter anymore?

A newspaper editor recently wrote of the difficulty in finding a columnist expressing the constitutional viewpoint. I was impressed that she was making her way through the Federalist Papers and considered it a good read.



LIBERTY UNDER FIRE
 DR. HAROLD PEASE

Probably not one in 20 today can identify what it is or how it came about.

Today the Federalist Papers would be too deep a read for most college students — even many law school pupils. But it houses the thought processes and debates behind the Constitution, the document that caged the natural tendencies of man more than any governing document in world history. An understanding of the Constitution without this resource is not possible. And because the Constitution is based upon natural law, which does not change, it applies in all generations and in all societies.

Constitutional principles were once taught at every level of education and stories of the sacrifice of our Founders frequently recited with admiration. Today few schools teach these principles in grade school and fewer still in high school. In college U.S. history and political science classes the Constitution is tucked in the back of textbooks as an appendix, hence few actually read it. The history of the Constitution's origin is housed in a chapter but constitutional principles seemingly have only informational value.

Some colleges or universities have courses on the Constitution for political science majors but almost, without exception, students are not required to actually read it, heavy emphasis is given instead to case law. The same is true in law school. Original intent is hardly mentioned. Law schools provide our attorneys and our judges, most with too little on original intent. One rogue Supreme Court decision can effectively destroy large chunks of the Constitution and almost no one notices or cares. Too few understand that the Supreme Court is not the supreme law of the land over the Constitution. The Founders would have never permitted nine justices to destroy foundation principles.

Sadly, I never met one having a Ph. D in U.S. history or political science who, to get the degree, actually was required to read the U.S. Constitution in full. Nor have I met a lawyer having to do so either. Case law yes, loads of it, but not the Constitution in full or natural law upon which it is based.

If colleges give no emphasis to constitutional study how can we expect the student to do so either? Several years ago, U.S. News and World Report reported a study showing that most Americans could not pass the constitutional questionnaire for citizenship, so constitutionally illiterate are we. This document is only of minimal value to journalism or communication majors as well. But these professions serve as information filters in our newspapers, magazines, or radio or television news programs.

The media has divided citizens into two warring groups liberals and conservatives, lumping constitutionalists and libertarians with conservatives,

traditionally both major groups problem-solve primarily by increasing federal power without specific constitutional authority (if the document is properly understood) and pretends that there exist no other viewpoints. Rarely is original intent allowed into the debate. But the Constitution is the law of the land and all in authority swear an oath to preserve it.

Barack Obama, violated the constitution more than any president in our history with George W. Bush second. The Tea Party movement, primarily constitutionalists, rose up in 2009 as much against George W. Bush, a conservative, as against the incoming president Barack Obama, a liberal. It used to matter if a president did not carefully follow the Constitution. Today both Democrats and Republicans defend their president routinely when he violates it. Donald Trump certainly is no constitutionalist although, thus far, he has followed it more closely than any previous president the last 28 years.

Of the two major political parties, the Democrats rarely cite the document and seem almost to have contempt for it. In fact, most of what they propose is easily argued to be outside the Constitution. They used to defend major parts of the Bill of Rights but I do not see much of that anymore. Republicans sometimes carry the document on their person but do not hold to it and thus much of what they propose is also outside of the Constitution but they do use the word Constitution more than do Democrats, if that means much.

This generation knows that the Constitution was a good thing, probably should be revered, at least historically, but they know little of the principles housed therein and have no idea how to vote to get back to it. This they will never get from the media, political party, or, it seems, not even the institutions of learning — only private study. That my new editor would find it difficult to find columnists that express the constitutional viewpoint is easily understood, as is the fact that newer columnists, lacking this understanding, are far more likely to express views in opposition to it.

Constitutional illiteracy is almost universal to the point that those qualified to defend the Constitution as designed are becoming extinct. Students are not likely to defend it if they never experienced it being defended. A real danger exists that if too few know or value its principles we will lose it — perhaps we already have. Some say it is no longer relevant for our times. They are so wrong.

Dr. Harold Pease is a syndicated columnist and an expert on the United States Constitution. He has dedicated his career to studying the writings of the Founding Fathers and applying that knowledge to current events. He taught history and political science from this perspective for over 30 years at Taft College. Newspapers have permission to publish this column. To read more of his weekly articles, please visit www.LibertyUnderFire.org.

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Shepherd Hill hosts Science Fair and STEM Expo

BY JASON BLEAU
STONEBRIDGE CORRESPONDENT

The students and educators of Dudley and Charlton schools took part in a triple-threat event on Thursday, April 5 as the high school hosted a science and engineering fair and the rescheduled STEM Expo.

The science fair helped showcase projects from students young and old from throughout the Dudley-Charlton Regional School District while the Women in STEM Career Expo showcased women who have applied STEM concepts and teachings into their careers to give locals students a chance to talk with them one on one about their future in the work force.

The third part of the event was the presentation of Shepherd Hill Senior STEM Certificate Capstone Projects, presentations that incorporated STEM concepts into a larger project studied and presented by seniors from the school. The event was a massive success with parents and locals all turning out to admire the work of local students and the significance of STEM teachings in local schools.



The Mason Road BeeBots, a STEM initiative, allowed kids to partake in an interactive exhibit.

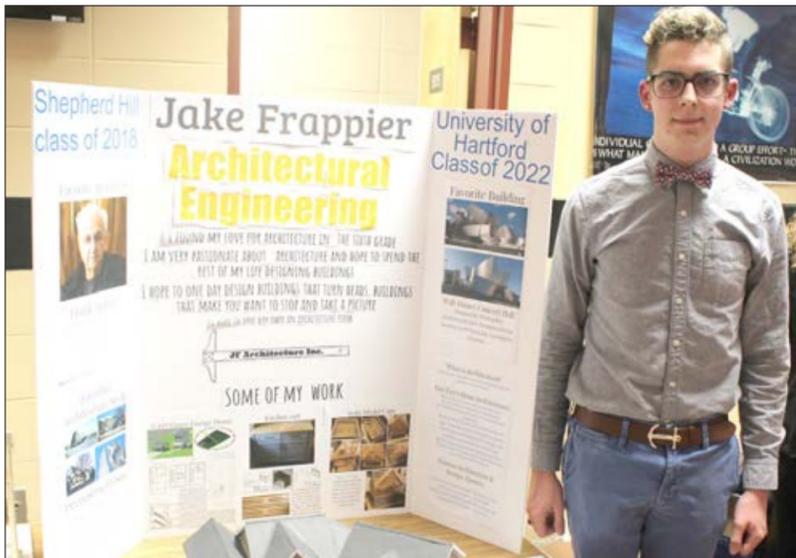


Even the younger students got into the action presenting their own unique inventions. This "Mail Master" was invented by Keilani Marcano.

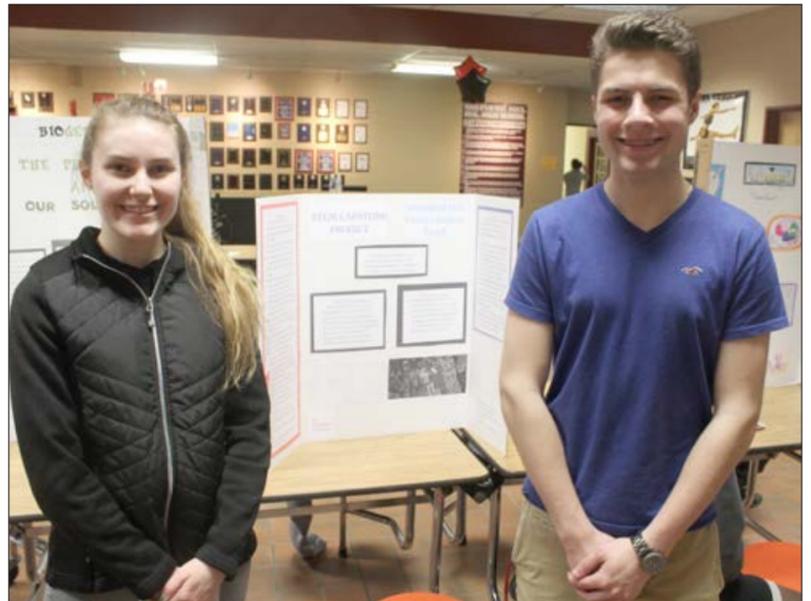


Jason Bleau Photos

Shepherd Hill senior Theodora Veronis shows off her STEM certificate Capstone Project, a study in water filtration to aid developing countries.



Senior Jake Frappier, who has been accepted to the University of Hartford, shows off a project showcasing his career passion, architectural engineering.



Seniors Chloe Ryder and Jack Krukonis stayed local for their STEM Capstone Project, designing a layout for a cross country track form Shepherd Hill Regional High School.



The Women in STEM Career Expo showcased women whose careers involve application of STEM concepts.



Superintendent of Schools Gregg Desto talks with representatives of Project Lead the Way, a national initiative to develop STEM curricula for teachers in America.



Logan Gevais presents his science fair project, "working with a soil battery."



Charlton Middle School students Ronan Shaw and Akshat Viswanath show off their fun creation, a dinosaur themed mini roller coaster called the Jurassic Coaster.



Students Mildness Onyekwere and Alex Kiely show off their science fair project called "The Golden Potato."

Senate endorses civic education initiative

BOSTON – Senator Michael O. Moore (D-Millbury) announced the Senate passed legislation to promote and enhance civic education. The legislation, which passed by a 32-4 vote, reflects an innovative approach to strengthening civic learning and participation in the Commonwealth.

"We are on the verge of enacting civic education curriculum that is critical to equipping our next generation with the tools and information needed to be active and engaged citizens," said Senator Moore. "Civic education is an essential component for the survival of our precious democracy and I was proud to work with my colleagues in the Senate to advance this measure."

The legislation enacts a hands-on and experiential approach to fostering civic engagement. The bill incorporates project-based learning components, encourages the instruction of civic competencies, and provides extracurricular civic-participation opportunities. The curriculum is made possible by the Civics Project Trust Fund, which will provide funding for professional development and for the further development of curriculum frameworks.

The legislation also complements and enhances efforts currently undertaken by the Board of Elementary and Secondary Education to update the History Social Studies Framework. The last time these standards were revised was in 2003 and the proposed revisions include a strong focus on civic education, and to challenge students to deepen their understanding of history, geography, and economics.

Provisions of the bill passed by the Senate are the result of 18 months of collaboration amongst a bipartisan working group of legislators and stakeholders. Initial efforts to implement civic education standards also date back to a 2012 report by the Special Commission on Civic Engagement and Learning. The Commission's final recommendations included input from key leaders within the area of civic education including former Senator Richard T. Moore (D-Uxbridge) who served as chair of the Special Commission.

The bill, S.2375, has been referred to the House of Representatives for consideration. To continue tracking the legislation, visit the Legislature's website, www.malegislature.gov.

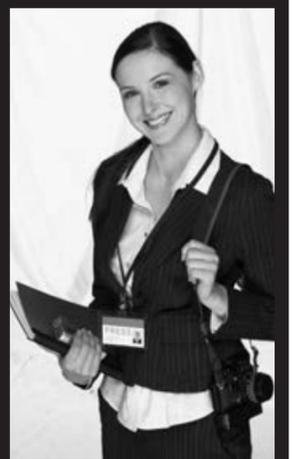
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A lot of 'firsts' as reservoirs and lakes open for fishing

This past Saturday the Wachusett Reservoir opened to shore fishing only, but anglers had little problems catching their limit of three lake trout each. Most fish were caught on shiners with a few catching them on hardware. After catching their limit of lake trout, a few of the anglers decided to file the trout after they had arrived home. They were surprised to find a lot of crayfish and numerous other baitfish like small sunfish and even a small largemouth bass, inside of one of their lakers. It even had a rubber worm in it which had to be there from last year's fishing season.

Controversy over rubber worms being used as fishing baits has been discussed for a long time, and the makers of the rubber worm and other soft plastics discussed making them biodegradable. It is time to make all soft plastics biodegradable for both fresh and salt-water fishing. They are killing a lot of fish, as they are unable to digest them.

The Quabbin Reservoir will open to fishing on April 21, but the crowds of the '70s are no longer there. The regulations on washing boats before each fishing trip to the Quabbin has driven most anglers away from the once popular fishing site. The steep price



THE GREAT OUTDOORS
.....
RALPH TRUE

to wash a boat is now around \$50 and must be done at a registered garage chosen by the Metropolitan police. A tag is affixed to your boat and trailer. If the tag is broken you will need to pay another fee before launching your boat at the Quabbin.

The idea is to stop the transfer of weeds and zebra mussels into the lake, that can be catching a ride on your boat from other bodies of water. If you have a boat that can be used just to fish the Quabbin, it works out just great. Fishing at the Quabbin has been very good for those anglers that still fish there. Last year local angler Bob Czupryna of Uxbridge caught numerous lake trout and salmon on most of his fishing trips to the Quabbin. Czupryna is a regular at the Quabbin Res.!

Wallum Lake in Douglas will open to fishing this Saturday. Anglers should enjoy a day of fishing catching brown, rainbow, tiger, and brook trout. Bass fishing anglers also catch smallmouth bass and largemouth bass at Wallum Lake, with smallmouth bass providing some great fishing. Remember that Wallum Lake is governed by Rhode Island regulations, and allows anglers to retain five trout daily. Brood stock salmon are no longer available from

federal hatcheries, and are missed by anglers that fish this pristine body of water. Be sure to have all of the necessary safety equipment on board your boat, and anglers fishing from a canoe must wear life preservers at all times, at this time of year.

The Uxbridge Rod & Gun Club will hold their annual fishing derby at the club grounds this Saturday April 14, for members only. The derby will start at 7:00 am. The club will also serve breakfast to members and guests. This week's picture shows a very happy young lady with her catch last year.

The West Hill Dam will hold their vernal pool walks on April 14 & 21 from 7:30 to 9:30. Contact Viola for more information. Call 978-318-8417

Wild turkey hunting opens April 30 this year, and by the looks of it, harvesting a wild turkey in Massachusetts should not be too hard if you can shoot straight! More next week.

The New England Outdoor Writers will hold their annual banquet at the Singletary Rod & Gun Club this Saturday April 14. The day will start at Carl's Diner for breakfast in Oxford, and then proceed to the Singletary Rod & Gun Club for a business meeting and banquet. More on the event next week.



Courtesy photo

A catch from last year's Uxbridge Rod & Gun Club fishing derby is shown off. This year's derby is this Saturday.

Take A Kid Fishing & Keep Them Rods Bending!!

Getting to know the Governor's Council

I ask you, "Who among us has the power to take away your child, your home and even your freedom with a single decision?"

The lifetime appointed judges in Massachusetts, that's who. The seriousness of the Governor's Council business is best understood when one asks themselves these life changing questions. The Governor's Council is the final approval of all lifetime appointed judges and clerk magistrates in Massachusetts. The Council consists of eight members, all elected throughout the state. I am your Governor's Councillor for the 7th

District, which includes 65 cities and towns and is primarily made up of all Worcester County.

In addition, the Council approves members of the Massachusetts' Parole Board, Administrative Law Judges for the Department of Industrial Accidents, the Appellate Tax Board and all notary publics and justices of the peace. These are all important roles. But by far, the most crucial job of the Council is to vote on the lifetime appointed judges and clerk magistrates. Nobody becomes



LIFE, LIBERTY AND THE GOVERNOR'S COUNCIL

JEN CAISSIE GOVERNOR'S COUNCILLOR, 7TH DISTRICT

a judge, or a clerk magistrate in Massachusetts without a majority vote of the Governor's Council. This applies to every judicial position from the local District and Probate Courts right on up to the highest court in our state, the Massachusetts Supreme Court (SJC). All of the

confirmation hearings are open to the public and anyone is welcome to come in and testify either for or against a nominee. No other entity can override the Governor's Council's vote on nominees and this is as it should be because the Governor's Council is effectively the Peoples' only voice in the final confirmation of all lifetime appointed judges and clerk magistrates in Massachusetts.

Prior to conducting confirmation hearings, receive substantial personal and professional background information on each nominee. As a practicing attorney who

is in court daily on criminal and civil matters, due diligence to me means conducting an exhaustive review of nominees' qualifications, courtroom experience, their cases and legal writings. For myself, vetting nominees properly at their confirmation hearings requires intense preparation and the ability to formulate tough questions on issues of public safety, victims' rights, and judicial philosophy. The taxpayers of Massachusetts deserve judges who understand that public safety is paramount and that victims need to be heard. Every nominee must demonstrate to me that they

understand judges are to apply the law, not make the law.

Our Founding Fathers established the Governor's Council as a Constitutional body in the Massachusetts' Constitution because they understood the awesome power judges wield over our lives. This is an historical principle that compelled me to first run and one that I have always taken to heart in carrying out my duties.

It has been and continues to be my pleasure representing the good people of Worcester County as their voice on the Governor's Council.

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SPORTS

With eight starters returning, Rams' softball team may be bullish on opposition

BY KEN POWERS
SPORTS CORRESPONDENT

It is an offensive juggernaut with a top-notch pitcher. That's the one-sentence synopsis of the Shepherd Hill Regional varsity softball team heading into the 2018 season.

The Rams lost just one starter off of last year's team — senior and team captain Dani Donnelly — which finished 14-9 overall and advanced to the semifinal round of the Central Mass. Division 1 Tournament.

Shepherd Hill's top seven returning hitters recorded a combined total of 176 hits, 152 RBI and 19 home runs last year.

"We're fortunate; we lost only our starting shortstop from last year," said Rams' head coach Donny Loos about Donnelly, who batted .377 and drove in eight runs. "That is really the only change in our lineup. Everyone else who contributed meaningful time for us last year is back this year."

Three players hit for a better than .400 average for Shepherd Hill last season — catcher Sophia Sciarappa, pitcher Cayley Fagan and second baseman Parker Filo-Loos. Sciarappa, a senior, hit .483 (29 of 60) with five home runs

and 25 RBI. Fagan, a junior, hit .429 (30 of 70) driving in 29 and belting a pair of round-trippers. Filo-Loos, a sophomore, hit .406 (28 of 69) with a homer and 17 RBI. She also scored 36 runs and stole 36 bases.

Another player who impressed last year as a freshman for the Rams was Kiley Wong-Li. The first baseman finished with a .392 average (31 of 79) to go along with team highs in home runs (eight) and RBI (36).

"Kiley had a phenomenal season offensively last year and she does a great job playing first base," Loos said.

Filo-Loos and Wong-Li were both named Mid-Wach All-Stars after last season.

"We were really fortunate to have such a contribution from two freshmen last year," Loos said. "We're looking forward to both of them building on those seasons during their sophomore campaigns."

Other Shepherd Hill players who finished with batting averages better than .300 last year included senior right fielder Hailey Delphia who hit .375 (27 of 72, 3 HR, 28 RBI), sophomore Kelly Cournoyer, .313, (10 of 32, 9 RBI) and junior shortstop Carly Snyder, .309 (21

of 68, 8 RBI).

Rounding out the roster is left fielder Keely Scotia, a junior, seniors Abby Morin and Karina Provost, sophomore Alaina Plourde and freshmen Sam Zannotti and Emma Lanpher.

Much of the Rams' power at the plate came from Sciarappa and Delphia, who combined to drive in 53 runs.

"Sophia is our senior captain and she hits for power and average and is a tremendous leader for our team. She is six hits away from 100 in her high school career, so we're looking forward to sharing that milestone with her," Loos said. "Hailey has really come into her own. She has really stepped up big. She really improved on her sophomore season last year as a junior, and what we've seen from her so far this season it looks like she ready to take another leap up. She's been hitting the ball great."

When Fagan wasn't opening eyes at the plate she was doing so from the pitching circle, recording a 3.49 earned-run average in 110.1 innings pitched. She finished 10-7 and struck out 97 while walking 33.

"I've definitely seen improvement in Cayley since last year," Loos said. "Her strength and command have improved

and her overall confidence is at a higher level than what I've seen from her in her first two seasons. We're expecting her to have another great year."

Filo-Loos also pitched in four games for the Rams (26 innings), finishing 4-0 with 10 strikeouts, a walk and a 2.15 ERA. Filo-Loos is expected to play full-time at second this year with the spot-starting duties being handed over to Plourde.

Loos is looking forward to watching the upcoming season unfold for the Rams.

"To make it to the district semifinals and lose just one player off that team, we're excited about what we can accomplish this year," Loos said. "This team is offensively strong. We score a lot of runs and we hit for power. We have a lot of versatile athletes who can do a lot of things."

SPORTS BRIEFS

Charlton Youth Basketball now accepting 2018 scholarship applications

Charlton Youth Basketball proudly sponsors a scholarship program for four Charlton high school seniors accepted for enrollment at a university or college for the 2018-19 academic year.

To be an applicant for this scholarship, you must be a Charlton graduating senior who has participated in Charlton Youth Basketball for a minimum of two years and must complete a typed essay with the topic regarding "How playing Charlton Youth Basketball has had a positive impact on my youth." The postmarked due date for the application and essay is May 4. Four \$500 scholarships will be presented by Charlton Youth Basketball upon review of all applications.

Please submit your name, address, telephone number, email address, number of years playing Charlton Youth Basketball and the grades participated, additional involvement (coaching, volunteering, refereeing, etc.), names of Charlton Youth Basketball coaches from your experience, the high school you attended and the college/university you will be attending.

Please sign the application and mail to Charlton Youth Basketball, P.O. Box 811, Charlton, MA 01507.

Dudley/Charlton women's basketball looking for available players

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

Sturbridge American Legion holding baseball signups

Baseball players interested in playing Sturbridge American Legion Baseball that are born on Jan. 1, 1999 or later are eligible to play. Signup dates will be held April 14 and 21 between 10 a.m. and noon on both days at the Champeau-Vilandre Sturbridge Camp.

Post, Main Street in Fiskdale. Players should bring a photocopy of their birth certificate when they register at signups to insure their eligibility. All players that live in Sturbridge and/or attend Tantasqua Regional High School are eligible for the Sturbridge team, also players from other surrounding towns may also be eligible to play. Team will conduct tryouts May 19, 20 and 26, times will be 10 a.m. to noon on all three try-out dates at Tantasqua Regional High School. For more information contact team manager Jim Rosseel (774) 230-1784 email jimrosseel@hotmail.com or Coach Ray Sullivan (508) 736-7770 email raysull_2@yahoo.com.



File photos

Carly Snyder of Shepherd Hill, seen crossing home plate in action last year, is one of eight returning starters for the Rams.



Kelly Cournoyer of Shepherd Hill batted over .300 last season for the Rams as a freshman.



Shepherd Hill's Sophia Sciarappa is the Rams' catcher and now a senior captain.



Shepherd Hill's Cayley Fagan will be the team's ace for the third straight season.



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OBITUARIES

Sheila M. McDowell, 75

WEBSTER- Sheila M. (Ciabaszewski) McDowell, 75, passed away on Wednesday, April 4, 2018. She leaves a son, Keith McDowell of Woodstock CT.; two daughters, Cheryl A. McDowell and Lisa McDowell of CA; her mother, Dorothy (Volker) Ciabaszewski; two brothers, Bobby Ciabaszewski of

Dudley, Wayne Ciabaszewski of Webster; two sisters, Linda Gabler of Brimfield, Wendy Ciabaszewski of Charlton; eight grandchildren and one great granddaughter.

She was born in Webster, the daughter of Dorothy (Volker) Ciabaszewski or Charlton and the late William

Ciabaszewski. She lived in Webster for her whole life. Sheila was very devoted to her faith. She attended High Pointe Church in Thompson, CT. Calling hours will be held on Sunday, April 8, 2018 from 1 pm-3 pm. Burial will be private. The Shaw-Majercik Funeral Home, 48 School

Street, Webster MA has been entrusted with her arrangements. A guest book is available at www.shaw-majercik.com where you may post a condolence or light a candle. Donations may be made in her memory the Cancer charity of donors choice.

Art deco style



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International des Arts Décoratifs et Industriels Modernes in 1925.

Art deco architecture and decorative arts represented modernism. Some pieces were individually crafted, but most were mass produced. According to Britannica, "the intention was to create a sleek and antitraditional elegance that symbolized wealth and sophistication. The Art Encyclopedia (visual-arts-cork.com) lists the major forms found in art deco pieces: "trapezoidal, zigzagged, and triangular shapes, chevron patterns, stepped forms, sweeping curves and sunburst motifs."

Some of the materials used

Art deco, or style moderne, originated in the 1920s and developed into a major style in Western Europe and the United States during the 1930s, according to Britannica. It was first exhibited in Paris at the Exposition



during manufacturing were bakelite plastic, molded glass, chrome, stainless steel, spelter and bronze.

Two buildings in New York exemplify art deco design. The Chrysler Building opened in 1930. The New World Encyclopedia describes the Chrysler Building's "highly decorative style known for its sharp angular or zigzag surface forms and varied ornamentation." The corners of the 61st floor were designed in the shape of 1929 Chrysler hood ornaments. It was the world's largest building for 11 months,

before the completion of the Empire State Building.

Rockefeller Center is also illustrative of art deco design. The round art deco mezzanine and rotunda along with the building's sign lettering made from multiple lines are just some of the art deco features of the building. The statue of Prometheus is believed to be the most photographed sculpture in New York City. A statue of Atlas stands at the front entrance. On another historical note, John D. Rockefeller's employed over 40,000 to construct the building during the

Great Depression.

Of course, there are more smaller scale art deco items produced. Art deco furniture turns up fairly regularly in New England homes and typically doesn't bring the strong prices associated with other art deco pieces. Posters appeal to collectors. A 1929 Monte Carlo poster sold for \$8,500 and one from 1930 brought \$10,000. A German poster titled "Odeon Casino" realized \$26,000. Some art deco radios are also very desirable. A Fada bakelite radio in blue and orange brought \$9,400 in 2014. A Sparton Peachbird mirrored radio sold for nearly that amount in a recent online auction. Georg Jensen sterling silver is always popular in any pattern. A 64 piece art deco set recently sold for \$7,700.

Auction prices for important art deco pieces have been particularly strong. A bronze sculpture titled "The Aristocrat" depicts an elegantly dressed woman walking 2 dogs. It realized \$71,000. A Cartier 18 karat solid gold desk set sold for \$76,000 last year.

Rare art deco jewelry pieces are highly desirable. An art deco platinum, onyx and natural pearl necklace reached \$320,000 at auction in 2012. An art deco platinum, emerald

and diamond bracelet brought \$370,000 in a 2011 auction. An art deco natural fancy blue marquise-shaped 3.5 karat diamond certainly shined when it sold for \$1.4 million at a 2013 auction.

We will be offering an art deco lamp, prints and other items in our May 31st auction. Bidding is currently taking place for our online auction of a Sterling, MA estate full of antiques. The preview takes place at the estate on April 21st. Our online auction of a Weymouth, MA estate will be coming soon. This estate contains a Harley Davidson, 2 SUVs, many remote control helicopters and drones, along with home furnishings. We also have an estate sale planned for early May in Southbridge with many pieces of yellow ware, other pottery and antiques. Our next live auction takes place in Worcester on May 31st. See www.centralmassauctions.com for details on these and other upcoming events.

Contact us at: Wayne Tuiskula Auctioneer/Appraiser Central Mass Auctions for Antique Auctions, Estate Sales and Appraisal Services www.centralmassauctions.com (508-612-6111) info@centralmassauctions.com

Community leaders hear positive impact of Scouting

More than 100 community leaders gathered at the Mohegan Council's annual Prepared. For Life. Breakfast at the College of the Holy Cross to hear the positive impact Scouting has on the community.

Guest speaker Reverend Judith Hanlon of Hadwen Park Congregational Church, Worcester, said of Scouting at her church to Breakfast goes, "Thank you for believing that values and morals are important. I am grateful that the Boy Scouts of America has become a progressive organization."

"Boy Scouts of America is one of the nation's largest and most prominent values-based youth development organizations. For over a century, the BSA has helped build the future leaders of this country. And BSA's numbers are ever-growing: beginning in June 2018, Mohegan Council will introduce 'family scouting' to its Cub Scout Packs, where girls will be invited to join the Cub Scout program. In February 2019, a program will be launched for 11-17-year-old girls, similar to the Boy Scouts program."

"To me, (Scouting) is unique in the fact that, you take such young people - kids - and (while) it's about the wilderness, outdoors, environmental awareness, about being a good citizen, the byproduct is these kids are learning self-reliance, confidence, and



Tyler J., a Cub Scout from Pack 148 in East Brookfield, tells everyone why he enjoys being a Cub Scout.

leadership, and they don't even realize that they're learning all those things." Said John Creedon Jr., owner of the Worcester Brave Hearts on The Hank Stolz Experience.

Other speakers in attendance were: Rob Bellin, Cubmaster of Pack 37 in Worcester and professor of biology

at College of the Holy Cross; Donnie Stephens, Eagle Scout from Troop 232 in Dallas, PA and student from College of the Holy Cross, former vice-chief of the Order of the Arrow, BSA's National Honor Society; and Jeffrey Hotchkiss, Scout executive and CEO of Mohegan Council, BSA.



Rev. Judith Hanlon addresses those present at the breakfast.

A Cub Scout, Tyler J., from Pack 148 in East Brookfield also spoke about why he likes being a Cub Scout.

Mohegan Council, BSA will be holding its 36th annual golf Outing for Scouting on Friday, June 1 at Cyprian Keyes in Boylston. Interested individual golfers as well as sponsors can find more information at www.MoheganCouncilBSA.org/support.

PLANNING

continued from page 1

for in its new hire. However, it was clear from a March 28 discussion there was still some confusion as to exactly what responsibilities will be placed on the shoulders of the new planner.

Planning Board Chairman Peter Starkus said he was surprised and "upset" human resources presented a document that called for a town planner, and not an individual that would act as town planner and economic development coordinator, responsibilities that had been consolidated for the previous planner.

"We've been without a planner for five months now and if we keep doing these kinds of scenarios we're going to probably going to be another five months without a planning director," Starkus said. "We have to decide if this is one position, let us advertise it and we'll go from there."

Board of Selectman Chairman Joseph Szafarowicz was very up front with his response to Starkus, explaining the document submitted by the Planning Board called for a planner specifically.

"We know the need for a planning director. There's so much work and there's so much going on in town that the Planning Board is falling behind because they don't have the manpower. So, we're completely understanding of that factor. When we asked what the Planning Board was looking for they said a planning director and on top of the sheet that says planning director it doesn't say EDC director,"

Szafarowicz said.

However, it was explained that economic development responsibilities were contained within the job description of the position and the Planning Board was under the impression a planner would be hired with the expectation they would also serve as an economic development coordinator to some capacity and the town would hire help to take over the economic development responsibilities if the work load was too much. Selectman David Singer said he wanted to make sure the Planning Board was aware of a flaw in this concept.

"Historically we've gone down that road. We used to have separate positions in this town, planning and economic development were separate. We didn't have enough to warrant separate positions. What was done at that time is they combined those two and I think, and this to me to this day, is an embarrassment to the town, instead of maybe paying that person a little bit more because of the added responsibilities they took the entire second sal-

ary and gave it to that person who had it for the remainder of their time here," Singer said. "Now we have an opportunity to look at what we do going forward and say are we going to take the same approach? Are we going to pay more money for one person to do a role and then say that's okay, keep the money and we're going to hire somebody else and they only do one job now? It's a consideration."

Planning Board members and selectmen debated the specifics of the plan, but in the end both parties explained their intent was the hire someone capable to filling the position and make sure Charlton got the biggest bang for the buck.

Selectman John McGrath offered an idea that would be a compromise of hiring a planner and allowing that person to perform some economic development responsibilities without necessarily making it a permanent part of their job right away. This involved hiring a planning director that would merely fill in wherever needed for economic development and then adjust the salary as need-

ed later.

"That solves two issues. The first issue is the dire need that we need to get a town planner and it gives us a chance to write down what we think an economic development director should be doing. I know from at least my perspective, being on the Board of Selectmen, we're looking for a sales person. At least that's what I'm looking for. We'll see if this person is capable of doing some of that," McGrath said.

Despite the contentious start to the discussion, both boards appeared to be on level ground by the time the nearly half-hour debate concluded. The final call was to hire a planning director with understanding that they will attend EDC meetings and communicate back between planning and EDC members at the start. If they find that there's a lot of need for an economic development director planning officials and selectmen can approach that issue when the time comes.

Planning Board members are expected to look over candidates for the position this month.

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CALENDAR

Sunday, April 15

CANTATA PLANNED: The Christian Community Choir will present Amazing Love Easter Cantata, an Easter experience in song and spoken word, on Sunday, April 15 AT 2 p.m. at the Masonic Home Chapel, Masonic Hill Road in Charlton. Free and open to all.

STEPPIN' OUT: The Hayloft Steppers Square Dance Club is holding a Special Advanced dance on Sunday, April 15 from 2:00 to 4:30. The caller will be Bill Mager. There are no rounds. Admission is \$8 per person. For information on our beginner classes, please call Moe at (508) 344-3430 or Al at (413) 436-7849 or visit our website at www.hayloftsteppers.org. The club is located at 232 Podunk Road in Sturbridge.

Wednesday April 18

CANDIDATES NIGHT PLANNED: The Charlton Candidates Forum will be held this year on Wednesday, April 18 at 6:30 in the Library in Dexter Hall (top floor). All candidates have been invited to attend. Steve Coleman has graciously, once again, agreed to moderate.

Everyone should park in the back of the building and enter from the lower level back entrance as this is an after hours event. The front doors remain locked after the library closes at 5:00.

JEWELRY MAKING CLASS: On Wednesday April 18 10:30 a.m. to 12:15 p.m., the Brimfield Senior Center is offering a class on jewelry making! Try your hand at designing your own creation. Make a bracelet, necklace, earrings, etc. All beads and tools provided. The class is \$5 plus cost of materials of your choosing. Earrings can be made for as little as \$1 and a bracelet or necklace for under \$20 depending on which beads you choose. Breakfast is available at 9:30 for a suggested donation of \$2, but you must call to reserve prior to 11 a.m. on April 16. Menu is an egg, cheese & bacon sandwich, yogurt & fruit parfait and coffee, tea or juice. Please call to reserve your space as seating is limited for this class. The Senior Center is located in the 1st Congregational Church, 20 Main St., Brimfield, (413) 245-7253.

Friday & Saturday, April 20 & 21

ANNUAL SPRING SALE: The Federated Church of Sturbridge and

Fiskdale, 8 Maple St., Sturbridge will be holding its annual Spring Rummage Sale on Saturday, April 21 from 8:00 a.m.-2:00 p.m. in Fellowship Hall. There will be a pre-sale on Friday, April 20 from 2:00 p.m. to 8:00 pm. Great bargains to be had.

In conjunction with our Rummage Sale on Saturday April 21 only, we will also be accepting electronics for a small fee. Bicycles of all sorts will also be taken from 9:00 a.m. to 2:00 p.m. in the rear of the Meetinghouse (parking area). This is a great opportunity to start spring cleaning and to recycle.

EARTH DAY: The Sturbridge Conservation office is again encouraging a town wide Earth Day Trash Clean Up event on Saturday, April 21 and Sunday, April 22. Heavy-duty trash bags are available for use in the cleanup. Volunteers will be asked to register by providing their names, the location of the cleanup, and the location where bags will be left for DPW pick up. Volunteers can select the area(s) they would like to work in. Bags can be left at the nearest intersection for the Sturbridge DPW to pick up on Monday, April 23. To register walk in at the Conservation office Tuesday-Friday April 10-13 and April 17-20; eMail Anne Renauld-Jones before April 19 at arjones@town.sturbridge.ma.us or call the Conservation office at (508) 347-2506.

Saturday, April 21

TOWN WIDE EFFORT: Let's Clean Up Holland! April 21st from 9-Noon. Participate in our second annual town wide effort against LITTER! Meet at Holland Elementary at 9am sharp. Form a team, be part of a team, or come on your own. With support and funding from The Last Green Valley, Opacum Land Trust and the Holland Highway, Police and Fire departments it will be a bigger success this year! Last year 70 participated, this year WE WANT 150!!! A party with treats for all participants will follow from 12-2:30! Feel good about our pretty town! Bring gloves & rough clothes, suitable footwear. For more info call (413) 245-4197

Saturday, April 28

CLOTHING DRIVE: Charlton Brownie Girl Scout Troop will be hosting a drive through clothing drive at the Charlton Elementary School on Earth Day, Saturday, April 28 from 10 am - 1 pm.

Sunday, May 20

CHOCOLATE! Once again, the seductive fragrance from the chocolate fountain will envelop the hall as Chapter R of the P.E.O. Sisterhood presents its third annual Chocolate Sunday, May 20 from 2:00 to 4:00 p.m., at The Performing Arts Center, The Overlook, 88 Masonic Home Road, Charlton. Tickets for the event are \$15 in advance, \$20 at the door. Contact Georgeanne T. Roe at (508) 278-3589, georgeanne.roe@att.net.

Saturday, June 16

A HOOK IN: The Association of Traditional Hooking Artists Quiet Corner Chapter is hosting a Rug Hook In gathering on June 16 at the Woodstock Fairgrounds in Woodstock, CT. Registration fee of \$15 is required for this event and must be paid in advance by June 1. Registration forms for this event may be received by contacting treasurer Gretchen Gray at gretchg@verizon.net, or call Whispering Hill at (860) 928-0162 for more information. To learn more about rug hooking and become a member of Atha Quiet Corner, individuals can contact Whispering Hill regarding membership. All are welcome.

ONGOING

ALZHEIMER'S SUPPORT GROUP: On the third Wednesday of each month, 6-7 p.m. at the Overlook Independent Living Building, fourth floor Solarium, 88 Masonic Home Road, Charlton. The intent is to build a support system, exchange practical information, talk through issues and ways of coping, share feelings, needs and concerns and to learn about community resources. Contact Kathy Walker at (508) 434-2551 or kawalker@overlook-mass.org for more information. Presented by Alzheimer's Association MA/NH Chapter, visit (800) 272-3900 or alz.org.

NUMISMATICS: Looking for a new hobby? Come learn about the hobby of Coin Collecting. Or maybe you are an old time collector. Our club, the Nipmuc Coin Club, has both. We learn from each other through our monthly guest speakers, show and tell presentations, monthly coin auctions and free attendance prizes. Our group loves to share their knowledge with each other. About half of our members also like to eat. Each month we have a simple dinner with dessert and refreshments just

prior to our meeting, which allows us time to socialize too. We meet the fourth Wednesday of each month starting at 6:30 p.m. in the Oxford Senior Center located at 323 Main St. in Oxford. It is the building directly behind the Oxford Town Hall building. For more information, please contact Dick Lisi at (508) 410-1332 or lisirichard15@yahoo.com.

Free Playgroup at the Hitchcock Academy; sponsored by Union 61 Family Foundation Five Grant. It includes: Music & Movement on Wednesday 9-9:45 a.m. and Playgroup on Monday & Thursday 9-11 a.m. For more information about these and a variety of other classes visit us at www.hitchcockacademy.org or call 413-245-9977

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

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

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

CHAPTER 90

continued from page 1

know these funds will go a long way in helping a lot of people in my district and throughout the Commonwealth."

The town should have \$625,473 to spend on local roads for the upcoming construction season. The Chapter 90 formula used to distribute funds to communities is based on road miles, population and the number of people who are employed by businesses within the community. The funds are paid out as reimbursements to communities for qualifying infrastructure work. The funding may be used on a variety of municipal roadway projects, including mending potholes, cracking, and other surface defects and repair or replace signage, guardrail, storm grates, or road striping or painting.

The recent \$200 million for Chapter 90 bond funding passed in the Massachusetts House on April 5 and was sent to the State Senate.

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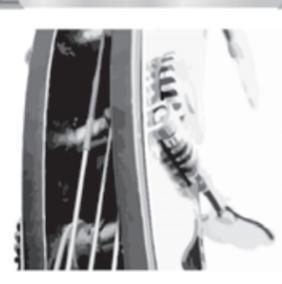
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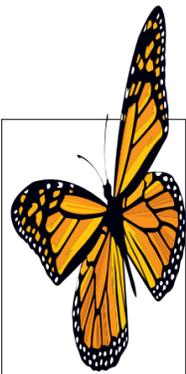


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BEEKEEPING SEMINAR AT KLEM'S
11:00 a.m.
Learn the basics
Instructed by Mary Duane
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Spencer, MA
508-885-2708 (Ext. 104)
www.klemsonline.com



TEQUILA MOCKINGBIRD
9 P.M.
308 LAKESIDE
308 East Main St.
East Brookfield, MA
774-449-8333

TUESDAY, APRIL 17
2:00 p.m. - 4:00 p.m.
THE BRIDGE OF CENTRAL MASSACHUSETTS CAREER OPEN HOUSE
39 Elm St., Suite 212

Southbridge, MA
Now hiring treatment co-ordinator, senior residential counselor, full and part-time residential co-ordinators, and relief counselors For information: thebridgcm.org or 508-755-0333

FRIDAY, APRIL 20
SECOND CHANCE PET ADOPTIONS AT KLEM'S
2:00 p.m. - 4:00 p.m.
Come visit the dogs and cats available
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SATURDAY, APRIL 28
EQUIPMENT CONSIGNMENT AUCTION AT KLEM'S
10:00 a.m.
Buy or sell!
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GIANT MEAT RAFFLE
6 P.M.
DOORS OPEN AT 5 P.M.
6 tables to be raffled off totaling over \$2000 in high quality meats
Seafood and BBQ table
50/50, burgers & dogs for sale
SONS OF THE AMERICAN LEGION POST 138
175 Main St., Spencer, MA



SATURDAY AND SUNDAY APRIL 28 AND 29
ANNUAL SPRING DERBY 2018
8:00 a.m.
Registration and breakfast starts at 6:00 a.m.
Spencer Fish & Game Club
Cash prizes and trophies
Large trout up to 11 pounds stocked for the event
Youth archery shoot
155 Mechanic St., Spencer, MA



FRIDAY, SATURDAY, SUNDAY MAY 4, 5, 6
Klem's SpringFEST & Tent Sale
Come early for the best selection!
TENT SALE HOURS:
Friday - Noon - 7 p.m.
Saturday - 9 a.m. - 7 p.m.
Sunday - 9 a.m. - 5 p.m.
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THURSDAY THROUGH SUNDAY MAY 10-13
RECORDS & BURPEE CHILDREN'S ZOO
Free admission!
Educational family fun!
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FRIDAY, MAY 18
Second Chance Pet Adoptions
At **KLEM'S**
2 p.m. - 4 p.m.
Come visit the dogs and cats available
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117 West Main St., Spencer, MA
508-885-2708 (Ext. 104)

COMEDY NIGHT AT MAQUI'S BAR
8:30 p.m.
Presented by the Providence Comedy Factory
Featuring 4 headliners
\$15 pp
Tickets available at Maqui's
Or call 774-230-2520
Or 401-639-77226
61 Chestnut St., Southbridge, MA



Do Something Fun This Weekend!

LEGALS

TOWN OF BRIMFIELD
PLANNING
BOARD

In accordance with the provisions of Chapter 40A, Section 11, M.G.L. the Brimfield Planning Board will hold a public hearing, on the following:

Public Hearing Notice

The Brimfield Planning Board will be holding a Site Plan Review Public Hearing for Auction Barn Innovations, Inc. for the proposed project of a change of use to add winery to be located at 35 Main Street (parcel id: Map #13B Block# A, Lots 2 & 6) on May 2, 2018 at the Brimfield Town Hall (21 Main Street) at 7:30pm.

Anyone interested in more information or wishing to be heard on the application can contact the Brimfield Planning Board or appear at the time and place designated above. A copy of the application may be inspected at the Planning Board Office in the Town Hall, please call 413-245-4100 x153 or email planning@brimfieldma.org

April 13, 2018
April 20, 2018

LEGAL NOTICE

The Brimfield Planning Board will hold a public hearing on May 2, 2018 at 7:15 PM in the Town Hall (21 Main Street) regarding the town meeting articles regarding proposed zoning by-law changes. The proposed zoning by-law changes will affect the following sections:

By Petition: To amend Section 1.2 as it pertains to the Business District to add the following (prior to; as laid out by the Commonwealth of MA) "and with the exception of Large-Scale Ground-Mounted Solar Photovoltaic Installation (as allowed under the terms and definitions of Section 7A of these by-laws) to extend to a depth of 2,500 feet from established sidelines of US 20, for the parcel known and designated as Map 11-A-9"

For the complete narrative of this proposed changes please visit <http://www.brimfieldma.org> under "town news", visit the Town Hall Annex at 23 Main Street or contact the Planning Board at planning@brimfieldma.org.
April 13, 2018
April 20, 2018

Take it up a notch out back: adding appeal to a patio or deck

Summer means time spent gardening and relaxing with friends. And just like the kitchen in winter, the patio or deck tends to be the gathering spot when the weather turns warm.



Get the most from this space with a bit of pre-season planning and decorating. Select functional and beautiful furnishings to create a special spot for you, family and friends to enjoy whenever the weather allows.

First, sketch out the space and measure the dimensions of all furnishings you are considering, making sure they will fit. Allow extra space for people to pull chairs in and out from the table and navigate around furnishings, preferably 3 to 4 feet.

Next, select a table that fits the space and provides ample serving space. An extension table allows you to expand your surface if a few more folks drop by. A round folding table provides space for guests, and it can be stashed against the wall when work-space is needed.

Small- and large-space gardeners will enjoy the benefits of elevated gardens with built-in trellises. These maximize growing space even on a small deck or patio and bring the garden to the party. Look for self-watering planters and especially those with wheels so you can easily move them out of the way of a family gathering or closer to the kitchen for easy harvesting.

Include a multifunctional

piece like a potting bench. Look for a versatile and well-built, furniture-quality piece like the CedarLast potting bench (gardeners.com) that complements other furnishings and can be used as a serving surface when entertaining.

GARDEN MOMENTS

MELINDA MYERS

Consider features like a faucet for washing and watering that drains into a bucket or the ground, as well as hooks for hanging tools and baskets and space for storage.

Bring nature to your door and mask unwanted background noise with the soothing sound of water. Wall-mounted and container fountains add the sound and motion of water to even the smallest patios and decks. Watch for colorful winged visitors stopping by for a sip.

Extend your enjoyment into the evening with pleasing outdoor lighting. Make sure the light is deflected and not shining directly into visitors' eyes. Downward facing overhead lights brighten large areas. Use them to illuminate key spaces such as those used for cooking. Strands of lights on structures, ribs of an umbrella or the underside of a bar provide a festive touch.

Use tabletop lighting to create a more intimate mood. Outdoor flameless candles add warmth to your space while a Columbine solar lantern adds charm. Look for a style that complements your outdoor décor.

Add pathway lighting to direct guests to the patio or on a stroll through the gar-

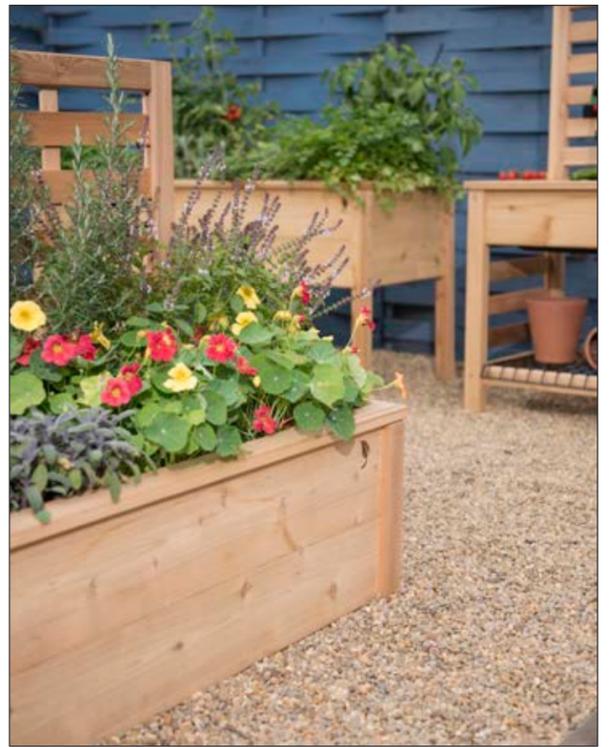


Photo courtesy Gardener's Supply Company

Raised beds and multipurpose potting benches can add both beauty and functionality to your patio or deck.

den. Solar lighting allows flexibility and eliminates the need for trenching wires to a power source. Think beyond traditional pathway and railing lighting. Strategically placed upward lighting of structures and plants or downward lighting hung from above can also provide needed illumination.

Whatever the size of your patio or deck you can create an inviting outdoor space for gardening and entertaining. Just invest a bit of time planning and shopping for attractive and functional furnishings. Then sit back and

relax in your newly decorated space.

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 segments*. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and was commissioned by *Gardener's Supply* for her expertise to write this article. Myers's web site is www.melindamyers.com.

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FORD F250 SUPERCAB XL
4X2 1 owner Nice truck
\$14923
STK# 6449A



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4x4, Ecoboost, Low miles
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STK#590x

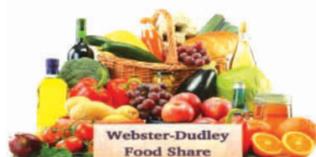
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Listings Always Needed - We're Always Busy Selling!!!

<p>ON DEPOSIT</p> <p>CHARLTON - 8 Chelsea Way! ANGALIE ESTATES! 2,500' 10 Rm Colonial! 4 Bdrms, 2.5 Baths! 3.02 Acres! Cul-de-sac! 2 Story Grand Foyer! SS Appliance Kit w/ Is! Huge Liv Rm! Formal Din Rm! 1st Flr Master w/Bath! 1 1/2 Flr Laundry! C/Air! In-ground Pool w/Pool House! 3 Car Garage! \$488,000.00</p>	<p>NEW LISTING</p> <p>WEBSTER - 9 Gore Gable! Custom 8 Rm Colonial! 1/2 Acre Private Lot! Eat-in Kit w/ New Counters, Sink, SS Appliances, Paint & Flr! Formal Din Rm! Frpld Liv Rm! Gleaming Hrdwds Throughout! Den w/Cathedral! 4 Spacious Bdrms w/Oak Flrs! Tie Bath w/Dble Vanity! 1.5 Baths! Screen Porch! Prof Landscaping! 2 Car Attached Garage! \$309,900.00</p>	<p>ON DEPOSIT</p> <p>WEBSTER - 24 Linwood St! Well Maintained 2 Family! Each Unit Consists Of An Eat-In Kit w/Gas Range, Pantry w/ Abundant Cabinets! 2 Carpeted Bdrms! Knotty Pine Heated Sun Room Or Den! Full Baths w/Laundry! 2nd Flr w/Screened Porch! Newer Roof, Siding & Windows! Updated Furnaces! Garage! \$219,900.00</p>	<p>SOLD</p> <p>CHARLTON - 2 Ponnakin Hill Rd! Nice Updated 7 Rm Split! .92 Acre Corner Lot! SS Appliance Kit w/Center Isl, Cathedral & Skylight! Din Rm w/Slider to 12x16 Deck! Cathedral Liv Rm w/Brick Frplc & Pellet Stove! 3 Bdrms! 2 Full Baths, Whirlpool Tub! Frpld Fam Rm! Garage! \$289,900.00</p>	<p>NEW PRICE</p> <p>SHREWSBURY - 747 Grafton St! 8 Rm Cape! 5 Acres off Route 20! Great Business Location! House Needs Total Rehab! 1st Flr Consists of Eat-in Kitchen w/Built-in Hutch! Large Liv Rm! Master Bedroom w/Closet! Office! Full Bath! 2nd Flr Has 4 Bdrms w/Closets! Vinyl Windows! \$237,000.00</p>	<p>ON DEPOSIT</p> <p>AUBURN - 13 Inwood Rd! Cute 6 Room Cape! 2-3 Bedrooms! All Hardwoods on Both Levels Under Carpeting! Finished 2nd Floor with Bedroom & Office! Lower Level Playroom! Vinyl Siding! Replacement Windows! Oil Heat! 8,276' Level Lot! Shed! 1 Car Garage! \$179,900.00</p>	<p>ON DEPOSIT</p> <p>STURBRIDGE - 13 Main St! Work & Live Here! Completely Remodeled! "Turn Key" 1st Flr Beauty Salon w/Cair, Handicapped Bthrm, Kit, Gas Heat! 2nd Flr - Appliance Kit, Liv Rm, 2 Bdrms, 1.5 Baths, New Oil Furnace! 13 Parking Spaces! 2 Car Garage! Sep Utilities! Town Services! Rte 20, 84 & 90! \$329,900.00</p>	<p>ON DEPOSIT</p> <p>OXFORD - 51 Old Worcester Rd! 5 Rm Ranch! Maple Cabinet Kit w/White Appliances! Din Area w/Slider to Deck! Refinished Hrdwds in Liv Rm & 3 Bdrms! Tile Bath! Large Open Basement! New Doors! 7 Year Old Roof, Vinyl Siding, & Windows! House Freshly Painted! 1 Car Garage! \$229,900.00</p>
<p>SOLD</p> <p>WEBSTER - 9 Asselin Ave! Hospital Near! Great Ideal 7 Rm Split Entry! Nicely Landscaped! 5 Acre Lot! In-Ground! Above Ground Pool! SS Appliance Kit! Din Rm w/Slider to Sunroom! Liv Rm w/ Frplc! 3 Bdrms! Updated Bath! Frplc Fam Rm! 2 Oil Heat! 2 Car Garage! Shed! \$279,900.00</p>	<p>SOLD</p> <p>DUDLEY - 20 Williams St! Nice 7 Rm Cape w/Car Garage! SS Appliance Kit w/Oak Cabinets & Corian Counters! Frpld Liv Rm & Din Rm w/Hrdwds! Sunroom w/Hot Tub/Skylight! 3 Bdrms! Master Bath & Walk-in Closet! 2 Tile Bathrooms! Baduser Pharmacy! Town Services! Fenced Backyard! \$244,900.00</p>	<p>ON DEPOSIT</p> <p>WEBSTER - 25 North Main St! ATTENTION INVESTORS! 4 Family! 44/44 Rms! 22/22 Bdrms! Consists of 4 Kitchens, 2 Bedrms Each Unit, 4 Living Rms One Unit with Built-ins & Fireplace! 4 Full Baths! Laundry In Units! Full Basement w/Storage! Needs TLC! Walk Up Attic! \$169,900.00</p>	<p>SOLD</p> <p>DOUGLAS - 93 Monroe St! 10.97 ACRES! Updated 1867 8 Rm Farmhouse! Flexible Floor Plan! Loads of Charm! Frplc Liv Rm! Fam Rm! Cathedral! Slider to Deck! Din Rm! 4 Bdrms! 2 Baths! 2 Car Attached Garage! Additional 3 BAY, 50x85' GARAGE BUILDING! \$594,500.00</p>	<p>SOLD</p> <p>DUDLEY - 7 Kayla Lane! 8 Rm Colonial Set On 1.34 Acres! Appliance Granite Kit! Frpld Dining Rm! Living Rm w/Hrdwds! Cathedral Ceiling Family Rm! 3 Bedrooms! Spacious Master, Master Bath! 2.5 Baths! 1st Floor Laundry! Farmers Porch! Deck! Attached 2 Car Garage! \$359,900.00</p>	<p>SOLD</p> <p>MILLBURY - 197 W. Main St! 5 Rm, 2 Bdrm Cape! Great Location On 1 Acre Lot! Home needs considerable updating and may not qualify for traditional financing! Being sold AS IS! Tile-5 Passed but there is Town Sewer in the Street! Easy Access to Rte 146! Close to Singletary Boat Ramp! \$120,000.00</p>	<p>SOLD</p> <p>CHARLTON - 44 Oxford Rd! 8 Rm Colonial w/Farmers Porch! 1.38 Acres! New Quartz Kitchen! Formal Dining Rm w/Hrdwds! Frpld Fam Rm w/Hrdwds! Spacious Liv Rm! 4 Bdrms! Master Bath! 2.5 Baths Total! 16x30 Deck! 2 Car Garage! Shed! 2016 Roof! Many Updates! \$344,900.00</p>	<p>NEW LISTING</p> <p>DUDLEY - 9 Page Ln! Newly Renovated 6 Rm, 3 Bdrm, 2.5 Bath Cape! 1 Acre Lot! Cul-de-sac! Hrdwds Throughout! Open Liv Rm, Kit & Din Area! SS Appliance Granite Kit w/Slidr to Composite Deck! 1st Flr Master w/Walk-in Closet & Master Bath! 2nd Flr w/2 Large Bdrms & Full Bath! Garage Under! \$329,900.00</p>
<p>ON DEPOSIT</p> <p>WEBSTER - 11 Upper Gore Rd! Convenient 6 Rm Ranch! Fully Appliance Kit! Frplc Din Rm w/Hrdwds! 3 Bdrms w/Hrdw! Spacious Liv Rm w/Brick Hearth! 1st Flr Laundry! Large Trex Deck! Updated Windows, Siding & Furnace! Garage! Shed! Sold w/dk! 39 Acre Lot! \$259,900.00</p>	<p>ON DEPOSIT</p> <p>WEBSTER - 10 Arkwright Rd! Attention Investors & to Owner Occupy! 2 Family! 8/7 Rms! 3/3 Bdrms! 2,500' of Living! Each Has Kit w/Breakfast Nook, Dining & Liv Rms & Den! 1st Flr w/Pellet Stove, Deck w/Enclosed Porch! 2 Car Garage! Updated Windows! Newer Roof! Minor Cosmetics Needed! \$199,900.00</p>			<p>ON DEPOSIT</p> <p>WEBSTER - 56 Chase Ave! Well Maintained 2 Fam! 6/4 Rms! 3/2 Bdrms! Oversized Pantry! Frpld Liv Rm w/Bay Window! 3 Large Bdrms w/Wall to Wall Carpets & Large Closets! Den! Full Bath w/Linen Closet! Semi-Finished Lower Level w/Full Bath! 10yr Young Roof! Newer Gas Furnace! \$229,900.00</p>	<p>SOLD</p> <p>WEBSTER - 47 Harris St! Custom Built 6 Rm Ranch! 43 Acre Lot! Eat-in Kit w/Oversized Pantry! Frpld Liv Rm w/Bay Window! 3 Large Bdrms w/Wall to Wall Carpets & Large Closets! Den! Full Bath w/Linen Closet! Semi-Finished Lower Level w/Full Bath! 10yr Young Roof! Newer Gas Furnace! \$229,900.00</p>		
<p>SOLD</p> <p>WEBSTER LAKE - 294 Killdeer Island! North Pond! 62' Waterfront! Panoramic Views! 8 Rm Colonial! Kit w/Double Oven! GLEAMING Hrdwd Flrs! 4 Bdrms! 2 Full Baths! 14X20 Trex Deck! Newly Painted! Prof Landscaped! Fenced Yard! Plenty of Docks Included! \$524,900.00</p>	<p>ON DEPOSIT</p> <p>WEBSTER LAKE - 10 Kenneth Ave! South Pond! Sandy Shoreline! 9 Rm Contemp Ranch, 3 Bdrms! 3 Baths! Lake Views from Most Rooms! Hrdwd & Tile Flrs Throughout! Brnmarban Custom Granite Kit w/Cherry Cabinets! 1st Flr Office! Master w/New Bath! Frplc Fam Rm! Deck w/Custom Bar! 2 Car Garage! \$639,900.00</p>	<p>ON DEPOSIT</p> <p>WEBSTER LAKE - 60 Bates Point Rd! Middle Pond! Absolute Prime 52' Level Waterfront Lot w/Western Expo! Panoramic Lake Views! 8 Rms, 3 Bdrm, 2 Baths, A/C'd, Ranch! Custom SS Appliance Granite Kit! Din Rm w/Hrdwds & Slider to Waterfront Deck w/awning! Lake Facing Frplc Liv Rm w/Cathedral, Skylight & Hrdwds! Comfortable Master Bdrn! Frpld Lower Level Fam Rm! 2 Car Garage! \$729,900.00</p>	<p>SOLD</p> <p>WEBSTER LAKE - 82 Lakeside Ave! South Pond! Prime 157' Waterfront w/Western Expo! Beautiful Sunsets! Panoramic Lake Views! 10+ Rm, 4 Bdrm, 4.5 Bath, A/C'd, 3,832' Custom Colonial! Lake Facing Quartz Kit w/Heated Flr! Din Area w/Custom Wall Unit & Slider to Waterfront Deck w/Elect Awning! Frplc Liv Rm! Din Rm w/Tray Ceiling! Lake Facing Master w/Master Bath! Upstairs 3 Bdrms, 2 Lake Facing! Lower Level Fam Rm w/2nd Kit, Sauna & Full Bath! 3 Car Attached, 1 Car Detached! Security! Generator! Boat House! \$1,195,900.00</p>	<p>ON DEPOSIT</p> <p>WEBSTER LAKE - 3 Long Island! Accessible by Boat Only! "True Summer Cottage" Ready to Rough It! Loads of Potential! Water on 2 Sides! Panoramic Views Across Wide Expanse of the Middle Pond! 3 Separate but Connected Buildings! 4 Bedrooms! Town Water & Sewerage! \$229,900.00</p>	<p>ON DEPOSIT</p> <p>WEBSTER LAKE - 3 Lakeview Rd! Middle Pond - Reid Smith Cove! Ideal Summer or Yr Round! Western Expo - Beautiful Sunsets! 6 Rm Ranch! New Quartz & Stainless Steel! 3 Remodeled Bdrms! 2 New Baths - Master Bath! Tile & Hrdwds! Frplc Oil Heat! Unique Waterfront! \$575,000.00</p>	<p>ON DEPOSIT</p> <p>WEBSTER LAKE - 15 Lakeview Rd! Reid Smith Cove! Enjoy the Music of Indian Ranch & the Indian Princess! Rm Summer Cottage w/Possible Bdrms! Master Overlooking Lake! Great Potential! Or Tear it Down, Build Something New! 50' X 118' Lot w/Gentle Slope, Almost Level! Town Sewer! \$297,900.00</p>	<p>SOLD</p> <p>WEBSTER LAKE - 33 Beacon Rd! 6 Rms, 3 Bdrms, 2 Baths! 141' Privacy Kit, Master Bdrn, Master Bath, Roof & Windows New in 2013! Enjoy Sunsets from Wrap-around Porch! Beautiful Lake Views! Frplc Liv Rm! SS Appliances! C/Air! 2 Car Garage! \$519,900.00</p>
<p>NEW LISTING</p> <p>WEBSTER LAKE - 48 Laurelwood Dr! Reid Smith Cove! One of the Lake's Best Lots! Beautiful 10 Rm, 3,686' Contemp! 104' Waterfront, 228' Rd Frontage, 33,628 Sq. Ft. or .77 Acres! The Best on Market! Gradual Sloped Lawn to Beach/Shore! Private Rd w/Woods Across Street! Location, Slope to Water, View & Exposure, Things You Can't Change, After that it's One's Imagination! Front, Back, & Side Yards, Space to Roam, Entertain, Park & Expand! Main Level, White & Black Granite Kit, Center Isl w/Gas Range & Sink, Wall Ovens! Din Area! Lake Facing Din Rm! Frplc Liv Rm w/Cathedral Open to Sun Rm w/Water View! Lake Facing Office/Possible 4th Bdrn! Half Bath! Upstairs, 3 Bdrms, 2 Bathrooms! Amazing Lake Facing Master, Bath w/Whirlpool, Steam Shower, Dble Vanity, Cathedral w/Skylight & Laundry! Walk-out Lower Level w/ Frplc Fam Rm, Summer Kit & 3rd Full Bath, 3.5 Total! C/Air! Gas Heat! 2 Car Garage & More! \$1,100,000.00</p>	<p>NEW LISTING</p> <p>WEBSTER LAKE - 8 Reid Smith Cove Road! Panoramic Lake Views! West Expo! Super Sunsets! 9,688' Lot! Gently Sloping! 2,254' Custom Contemp Cape, Built 09 as 2nd Home, Like New! Open Fr Plan! Spectacular Lake Facing Great Rm w/17' Ceiling, Recessed Lights, Sliders to Trex Deck, Stone Gas Frplc, Surround Sound & Gleaming Hrdwds! Granite Kit w/ht, SS Appliances, Soft Close Cabinets, Hrdwds & Recessed Lights! 1st Flr Master w/Tie Bath, Whirlpool Tub/Shower, Dblc Sink & Linen Closet! Upstairs Sitting Area Overlooking Grand Rm w/Lake Views! Hrdwd Hall to 2 Bdrms w/Recessed Lights, Ceiling Fans & Dble Closets! Full Bath & Linen Closet! Lower Level Walkout Fam Rm w/Tie Flr, 10' Ceilings, Recessed Lights, Ceiling Fans, Stone Gas Frplc, Surround Sound, Wet Bar & Slidr! Full Bath w/Tie Flr! Utility Rm w/Laundry & Storage! Nice Decks! Get Packing! \$724,900.00</p>	<p>NEW LISTING</p> <p>WEBSTER LAKE - 109 Beacon Park! Waterfront, Beach Front, Pool Side Townhouse w/BOAT DOCK! 5 Rms! Move-in Condition! Panoramic Lake Views! Appliance! Din & Frpld Liv Rm w/Hrdwds! Lake Facing Master! Custom Master Bath! 2 Bdrms! 2.5 Baths! C/Air! Garage! \$288,000.00</p>	<p>NEW LISTING</p> <p>WEBSTER LAKE - Access! 124 Gore Rd! 440' Waterfront! Great Location! Direct Highway Access! 3 Acres! UNDEVELOPED LAND w/EXQUISITE VIEWS! Explore the Opps! Build a Restaurant, Hotel, Condominiums! Cozy 4 Rm, 2 Bdrm Home! Oversize 2 Car Garage w/2nd Floor! \$379,000.00</p>	<p>NEW LISTING</p> <p>WEBSTER LAKE - 602 Treasure Isl! Townhouse! 6 Rms! 1,874' Hrdwd Floors! Appliance Granite Kit! Open Fr Plan! 2 Bdrms! Master Bath w/Whirlpool Tub, Separate Shower & Bidet! 3 Baths! Frpld Fam Rm! C/Air! Gas Heat! Trex Deck! Recent Windows/Doors! Garage! 2 Boat Slips! Heated Pool, Sandy Beach! \$344,900.00</p>			

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Featured New Webster Lake Listing!

WEBSTER LAKE - 110 LAKESIDE AVE

Panoramic Views Define this Unique Webster Lake Waterfront Contemporary! 190' of water-frontage spanning the horizon from East to West! Pavilion sits at water's edge! Lakeside patio, fire pit & sandy beach for swimming! Huge waterside decks & aluminum docks! Contemporary style home offers 2,497 SF +/-, 9 Rms, 4 Bedrooms, 2-1/2 Baths including private master bath. Open concept w/ kitchen/dining/living & year-round sun-room. Lake facing private master BR suite. Walkout lower level features a family room, half bath & lakeside 3 season room! 2 car attached garage!

\$755,000.

<p>WEBSTER - 6 BOYDEN ST EXT</p> <p>Buyers &/or investors take notice! A short sale offering with full lender cooperation. A fantastic opportunity to own an affordable, move in ready, single family, 3 br, 1.5 bath, split level style home with potential for a 2 family conversion! Appears to meet all criteria for conversion to a 2 family. Municipal Water & Sewer.</p>	<p>THOMPSON - 5 BEATTIE AVE</p> <p>NEW LISTING! Under Construction! Craving some privacy? 1.31 acre +/- -/o Conveniently located for commuters! Close to I-395! This Split Level home has an attractive modern flare w/twin peaks & rectangular window lighter above the front entry door! Open fr plan, cathedral ceilings, hrdwd & ceramic tile flrs! Granite counter-tops, center island! Dining rm w/ sliders to deck overlooking private back! 2 BRs, +Mstr BR suite w/private bath! 1/2 bath/laundry, 2-1/2 bath total! Central Air, 2 car garage. \$259,900.</p>	<p>THOMPSON - 12 OAKWOOD DR</p> <p>SORRY, SOLD!</p> <p>1st Time Offered! Beautiful one owner well kept Ranch! 3 generous size bedrooms! Large living room with Bow Window, eat in kitchen. Oversized carport! Level fenced yard! Forced hot water by oil! Large shed! \$192,500</p>	<p>WEBSTER - 1195 SCHOOL ST</p> <p>SORRY, SOLD!</p> <p>Mid century, 6 room 3 bedroom Cape ready for the next generation to move in and make their own! 1.38 acres of land in ground pool (needs work) , pool house 3 car detached garage! Single detached garage for home use. First floor bedroom, upper bedrooms with knotty pine and built ins. New roof and heating in 2010. \$224,900.</p>
<p>DUDLEY - 67 WEST MAIN ST</p> <p>Looking for a place for your at home BUSINESS? CORNER lot! 8,580 SF (20 acre), 2 story single family home w/3 BRS, 2 Baths! Possible to convert this home back to a 2 family! Municipal Water & Sewer! Recent Natural Gas Buderus FHW Boiler 2 Car Detached Garage! Auction online go to xome.com Apr. 7-10 \$185,000.</p>	<p>WEBSTER LAKE - 203 BEACON PARK</p> <p>Webster Lake Condo in BEACON PARK! 10 acres of Park like Grounds!, Natural Sandy Beach! Excellent for Swimming! Do your early morning laps in the ground pool! 1200+ sf Living space! 2 large bedrooms, dining and living room! 2 sliders - Deck! BOAT DOCK INCLUDED! Buy now - enjoy the 4th of JULY FIREWORKS! \$254,900</p>	<p>WEBSTER - 36 WEST AVE</p> <p>First Time Offered! Grand 1960 Custom Built Cape! 10+ Spacious Rooms Include: 4 BRs 3 Full Baths, 2 Full Kitchens, Dining Rm, 2 Lg Family Rms, Gorgeous Formal Living Rm w/Fireplace! Plus 2 Delightful 3 Season Enclosed Patio Rooms w/Slate & Terra Cotta Tile Flrs! 3,235 SF +/-, Outstanding ONE LEVEL LIVING w/2 BRs & full bath. 2nd floor - 2 huge BRs & full bath! Dynamite lower level in-law setup w/existing kitchen & full bath! \$279,900</p>	<p>LAND!</p> <p>WEBSTER/DUDLEY BUILDABLE LOTS</p> <p>Webster Lake - 16 Black Point Rd. Waterfront, Boat Access, Buildable w/Town Water & Sewer. \$59,900</p> <p>Webster Lake - 22 South Point Rd. Waterfront, Southern exposure! Town Water & Sewer \$229,900</p> <p>Dudley - View St. 17,280. SF mostly cleared land. Dead end street \$49,900</p> <p>Oxford - 4 Leicester St., 8.47 acres, mostly cleared \$149,900</p> <p>Thompson - East Thompson Rd. White's Highway 23 acres! Abuts Mass. Line Beautiful view! \$99,900.</p>
<p>WEBSTER LAKE - 7 CEDAR DR</p> <p>SORRY, SOLD!</p> <p>English Tudor Style Colonial! Cathedral ceiling Dining & Fireplace Living Room! 1600+ sq ft of living area! 3 Good size bedrooms. Master bedroom with Master Bath! 1 bedroom on the main living level. 2-1/2 Total Baths! 7 rooms total! Finished basement with Heath! Forced hot air by oil! Central Air Conditioning! 14 X 42 car port! 3 car garage! Comes with Non-Seperable Waterfront Lot, on Middle Pond! Enjoy Webster Lake without the High Taxes! \$367,000.</p>	<p>WEBSTER LAKE - 118 POINT BEACON RD</p> <p>Excellent Opportunity to Finally Own Your Own Webster Lake Waterfront Property! Prime Location, 5,691 +/- SF Lot, 50' W & Water Frontage at a Great Price! Contemporary Ranch offers 996 +/- SF of living area w/2 BRs & full bath. Plus, convenient, indoor access to Walkout Lower Level w/renovated potential for additional living area. Main level features Open Floor Plan w/sliders to full front dock! Spectacular Western view across Middle Pond! Additional land & shore frontage available. \$345,000</p>	<p>WEBSTER LAKE - 22 LAURELWOOD DR</p> <p>1st Time Offered in Reid Smith Cove, Spectacular 3700 +/- SF, 13 Rm/4.5 Bath Lake Home, Uniquely Designed for Lake-Style Living! Private Setting, Ideal Location, .68 Acres, 92' of Natural Shoreline, Prof. Landscape, Multiple Decks, Lakeside Cabana, 3 Mstr BR Suites w/Elegant 1st Flr Mstr - all w/Private Baths, Finished Walkout LL w/Living & Billiard Rms & Summer Kitchen! Call Sharon at 508-954-7222 for More Information \$1,150,000.</p>	<p>WEBSTER LAKE - 705 TREASURE ISL.</p> <p>ON DEPOSIT</p> <p>Just in time for summer! Move in ready! This End Unit Condo is nice and bright with early morning natural light! Hardwood floors! Recent Energy Efficient Windows! 2 bedroom, 2 1/2 Baths, Fireplace! Walkout Lower Level! Impeccable Park like grounds, Heated Pool! Boat Slip! Don't miss out! \$334,900</p>

On The shores of Lake Chargoggagoggmanchauggagoggchaubunagungamaugg



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NEW PRICE

WOODSTOCK-Enjoy water views of Lake Bungay from the wrap around deck of this 1664 square-foot Colonial. The spacious living room with cathedral ceiling has a cozy corner woodstove and French doors leading out to a back porch. There are two bedrooms upstairs and an office space on the main floor as well as two full baths. The roof and furnace were recently replaced. This home sits nicely on 4 of an acre in Woodstock Valley. Call today for your private viewing. **\$174,900**

NEW PRICE

THOMPSON-This Ranch style home is sitting on almost 5 acres with a 4 stall horse/pony barn and a fenced in pasture ready to go. The home features 4/5 bedrooms with 1 room being used as a laundry room and 1 full bathroom. The kitchen opens to a dining room/eating space and the living room has a nice entertaining center. The bedrooms are all good sized. There is a full basement under 1/2 of the home which has newer electrical panel and a new oil tank. Home features a paved driveway with plenty of parking, a sewer roof, and a good sized shed for the tractor & garden tools. **\$179,900**

NEW PRICE

KILLINGLY-You must see this 3 BR, 2 1/2 bath, 1451 sq. foot Cape Cod home sitting nicely on 1 acre; re-built from the subfloor up by a local respected builder; Hardwood floors, chef's kitchen with granite countertops & stainless steel appliances; 1st floor master bedroom with full bath and walk-in closet; easily accessible to 395; listed at only **\$214,900**

THOMPSON-Located on 2 acres, this 4,352 Sq Ft., Georgian style Contemporary is one of the first "energy efficient" homes in the area. Sunken living room with fireplace, custom cherry kitchen, dining room, office and exercise room all adorn the first floor with one wall of glass sliders to balcony. Second floor has two oversized bedrooms with a shared bath and a lg. master suite with full bath, whirlpool tub, shower and walk-in closet. His and hers garages separated by a courtyard. A must see home! Call today for your private showing. **\$419,900**

KILLINGLY-Great owner occupied, well maintained 1,635 sq ft, 2 Family, side by side. Unit A- has 2 bedrooms, unit B has 3 bedrooms with each having 1 bath, dining area and living room. Laundry hookups, vinyl siding, fenced backyard and 2 driveways. **\$159,900**

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Southbridge:Great 2 family with many renovations! 5 rooms 2 bedroom units. Beautiful hardwood floors, natural woodwork, large kitchen w/island. Dining room has closet, could be 3rd bedroom. Updated electrical service with landlords meter. Newer HW heaters. Roof in 2012. Windows 6. Doors 2008. Long term clean tenants. **\$265,900.**

Southbridge:INVESTORS! ROOMING HOUSE with 11 rental rooms plus caretaker's 3 room apartment. Expansion possible in the Carriage House in rear. Share a kitchen. Common baths. Updated furnace. Off street parking. At one time a 4 family, \$110 per week per room. Good rental history. Walk to town! **\$235,000.**

Southbridge:HUGE Brick 3 family! Fully rented, each unit has 3 bedrooms AND fireplace! Large eat in kitchen! Hardwood floors too! Many updates approx. 10 years ago. Tenants pay their own heat & Electric. **\$229,000.**

Southbridge:INVESTORS TAKE NOTE!! Money maker! This property can be a 4 family with all 4 room 2 bedroom apartments. Updates include siding, furnaces, electrical, hot water heaters, and roof. BANK OWNED so limited information as to when these updates were done. No Rental history. Off street parking on each side. Garage. Walk up attic. Needs cosmetics. **\$184,500.**

Southbridge:Desirable 4 room 2 bedroom 2 bath Condo! Kitchen has DW, Stove and refrigerator included. Washer & Dryer only 1 year old. Assigned parking. BIG living room with sliders to deck. Lots of storage! Low condo fees! **\$115,900.**

Southbridge:Yearning for Privacy! Lovely A-Frame with 4 rooms 2 bedrooms. New heating system. Updated Bath. Hardwood floors. Updated roof. Front porch & big driveway. Move in ready. **\$169,900.**

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

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- * 3 Bedroom
- * Rough plumbed for second bath

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- * 4 Bedroom
- * 2.5 Baths
- * Fireplace
- * 2-C-G

4 Minuteman Way ~ \$424,900

WEBSTER LAKE - SUBDIVIDE A LOT

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13 Bates Cove ~ 1,475,000

SHREWSBURY 55+ COMMUNITY

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- * Family Room * Ranch Style

6 Essex Dr ~ \$354,900

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TWO SOFA TABLES: ONE DARK OAK w/ Shelf Underneath \$125. ONE MAHOGANY COLORED \$100. Both Very Good Condition. Can email Pictures. (774) 239-3006

TWO USED RECLINERS, \$75 each. Dishwasher, bought new, never used, \$225 or best offer. 508-764-3567 please leave message

WOOD STOVE - good heater for workshop, garage, or green house \$100 or best offer. 508-943-6520

WOODSPLITTER: 21 Ton, Horizontal/ Vertical \$1,600. Floor Jack \$20. Shop Vac 16 Gallon \$50. Craftsman Sanders, Home-Lite Chainsaw, Wheeled Bikes, 8 Barrels For A Floating Dock \$10/Each. Glass Top Table 42"x68" \$50. Player Piano (Needs Work), Includes 140 Rolls. \$1,000. Dishes For 8 Still In Box. GPS Garmin 255, Canon Power Shot Camera 1010x. (508) 885-3136, (860) 888-5207

100 GENERAL

130 YARD SALES

DEADLINE FOR YARD SALE SUBMISSIONS IS NOON MONDAY FOR ALL MASS. WEEKLY PAPERS
Deadline subject to change due to holidays
Call for more info

130 YARD SALES

ESTATE/INDOOR YARD SALE - Saturday, April 14 and Sunday April 15 from 9:00-4:00. 11 Forest Avenue, Southbridge. Mahogany Furniture, Vintage glassware, religious items, Winnie the Pooh Collectibles, Jewelry, Clothing, Books, Videos. **ALL MUST GO!!**

YARD SALE, Saturday April 14, 9am-2pm Household items, jigsaw puzzles and many other items. 20 Huguenot Road, Oxford.

200 GEN. BUSINESS

205 BOATS

15' STARCRAFT ALUMINUM CANOE with Keel. \$350. Call (508) 278-2083

16FT OLDTOWN OTTER KAYAK: 2 Person, Paddles Included. \$500. (508) 347-9979

2013 MIRRO-CRAFT 14'6" Boat Trolle 1416 2013 40HP Yamaha Motor, Full Cover Hummingbird Fish Finder, Many Extras, Boat, Motor, and 2014 Trailer Like New, Ready to Go! Call (860) 935-0340 Leave Message. Price \$8,500.00

CANOE - 17' GRUMMAN ALUMINUM, flat bottom. Ideal for fishing and family fun. \$850. Call Sue 860-412-9632

OLD TOWN CANOE: 1931 old town 18' restored Maine guide canoe. Clear resin coated, Mahogany gun wales and caned seats, a third seat mahogany caned seat and back. Paddles included. Perfect for the wooden canoe enthusiast. \$5800.00. (508)479-0230

265 FUEL/WOOD

CORD WOOD - Seasoned, cut, split, delivered. \$250 a cord. 508-826-3312, 508-344-9214

FIREWOOD: Cut, Split & Delivered. Green & Seasoned. Wood Lots Wanted. Call Paul (508)769-2351

284 Lost & Found PETS

Did you find your pet? Or find a home for one?



LET US KNOW!!!
Please call us so that we can take your ad out of the paper...

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298 WANTED TO BUY

ROUTE 169 ANTIQUES: 884 Worcester St., Southbridge MA. Looking To Purchase Antiques And Collectibles Single Items Or Entire Estates. We Buy It All And Also Do On-Site Estate Sales And Estate Auction. We are now accepting dealers for our multi-dealer group shop. Call Mike Anytime (774)230-1662.

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

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An agency serving adolescents and adults on the autism spectrum is seeking energetic and creative people to fill the following positions:

Registered Nurse (RN)
Full time position, during the school day, M-F 8:30 a.m. – 4:30 p.m. Current License Required. Salary is commensurate with experience.

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Residential Shift Supervisor:
Come and directly supervise a team of residential instructors as they work together to develop functional living, social, and daily life skills in the people with autism whom we support. This full time position includes a three day weekend, health and dental benefits and generous paid time off. Associates Degree in Human Services or similar field strongly preferred. 2+ years of supervisory experience may be substituted for degree. Valid Driver's License Required. Schedule: Second shift Wednesday through Friday, and Saturday all day. Salary is commensurate with experience.

Part Time Residential Instructor positions also available to teach activities of daily living and social skills. Starting Pay is \$13.50/hour

To apply: Fax/mail a letter of interest and resume along with salary requirements to:
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300 HELP WANTED

CAFETERIA ASSOCIATE - experience in food services preferred. Duties include food preparation, serving meals, cashier when needed, closing and clean-up duties. Please contact Food Service Director at kchanaki@dcrsd.org

310 GENERAL HELP WANTED

FOSTER PARENTS WANTED: Seeking Quality Homes Throughout Central MA To Provide Foster Care To Children In Need. 24/7 Support. Generous Reimbursement. \$1000 Sign-On Bonus. Call For Details: Devereux Therapeutic Foster Care. (508)829-6769

442 LICENSED DAY CARE

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

454 HOME IMPROVEMENT

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

505 REAL ESTATE

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546 CEMETERY LOTS

CEMETERY 2 PERSON LOT PAXTON MEMORIAL PARK in Valor Section. Plot #445. Two Together, Prime Location. \$5,000 or best offer. Call (508) 892-4003

550 MOBILE HOMES

PARK MODEL: Located at Highview Campground, West Brookfield. Seasonal 4/15-10/15 Two Bedroom with Addition and Storage Shed. (508) 873-6312, (508) 867-8736

575 VACATION RENTALS

CAPE COD TIME SHARE FOR SALE: Edgewater Beach Resort, 95 Chase Avenue, Dennisport, MA 02639 On the water, Studio (Unit 706). Permanent Week 33 (August). Deeded rights. You'll own it for a lifetime & can be passed down to your children and grandchildren. \$5000. (508)347-3145

313 CLERICAL

2nd and 3rd shift full-time Dispatcher for 4-5 nights a week. We will train qualified applicants. Dispatch Solutions is an E/OE. All applicants must pass a pre-employment drug screen and criminal background check to be eligible for employment. Call 508-347-5000 or email slawson@mobilemedtransport.com

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705 AUTO ACCESSORIES

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1951 FORD CUSTOM CONVERTIBLE: V8, Standard Transmission with Overdrive, Excellent Driver & Show-Car. \$42,900. (860) 377-7230

1977 CORVETTE Automatic, Red, Rebuilt Original Motor 350HP, Rebuilt Front Suspension, Rebuilt Rear End with 3:55 Gears, Excellent Body, Solid Frame, Painted and Restored in 1996, Runs Excellent, No Winters! \$11,000 obo. Call or Text 774-318-7014

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725 AUTOMOBILES

1999 FORD MUSTANG CONVERTIBLE: 35th Anniversary Edition. 121,000 miles, 5 speed manual transmission, V-8, Great Condition Inside and Out! Always Garaged. \$4,500 or best reasonable offer. Call (508) 943-7705 to See

2007 HYUNDAI ELANTRA, 4 cyl., automatic, a/c, power doors/windows, auto start, cruise control, tilt steering, exc. condition, 111,000 miles, \$4,500 508-779-0542

2011 DODGE CHALLENGER: 305 hp V6 SE auto w/slip stick Mango Tango w/black strips 59,000 miles. Loaded, remote start. \$14,500. 508-864-1906

2011 SUBARU OUTBACK - 136,000 miles, great shape, regular maintenance, roof rack, trailer hitch, back-up camera. \$7500. 508-688-7666

2012 BUICK VERANO, crystal red, 19,500 orig. miles, 1 owner, meticulously maintained, gray leather, FWD, 6-auto, remote starter system, blue tooth, CD/MP3/NAV/AV \$11,800 774-745-0069

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<p>Brand Spankin' New 2018 Hyundai Elantra</p> <p>65 Elantras in stock! • SE Trim • 4 cyl economy • iPod Input • Power Package</p> <p>MSRP: \$18,115 SAVE \$6,100</p> <p>BUY FOR: \$11,977 LEASE FOR: \$129/MO. 36 MOS. • \$2,839 DOWN 10,000 MILES/YEAR</p>	<p>Brand Spankin' New 2018 Santa Fe Sport</p> <p>• Fuel Efficient • Bluetooth • 17" Alloy wheels • Back-Up Camera</p> <p>MSRP: \$28,320 SAVE \$8,600</p> <p>BUY FOR: \$19,877 LEASE FOR: \$199/MO. 36 MOS. • \$2,999 DOWN 10,000 MILES/YEAR</p>
<p>Brand Spankin' New 2017 Hyundai Tucson</p> <p>55 Tucsons in stock! • Back-Up Camera • 5" LCD • All-Wheel Drive • iPod Input</p> <p>MSRP: \$22,785 SAVE \$5,800</p> <p>BUY FOR: \$16,977 LEASE FOR: \$139/MO. 36 MOS. • \$2,649 DOWN 10,000 MILES/YEAR</p>	<p>Brand Spankin' New 2018 Hyundai Elantra GT</p> <p>• 8" LCD • Front Wheel Drive • 17" Alloy Wheels • Bluetooth • Back-Up Camera • Hatchback • Spoiler</p> <p>MSRP: \$23,280 SAVE \$5,500</p> <p>BUY FOR: \$17,777 PAYMENTS AS LOW AS \$49/WK.</p>
<p>Brand Spankin' New 2017 Hyundai Sonata</p> <p>80 Sonatas in stock! • Back-Up Camera • iPod Input • 16" Alloys</p> <p>MSRP: \$22,785 SAVE \$5,800</p> <p>BUY FOR: \$16,977 LEASE FOR: \$139/MO. 36 MOS. • \$2,649 DOWN 10,000 MILES/YEAR</p>	<p>Brand Spankin' New 2018 Hyundai Kona</p> <p>5 Konas in stock! • Back-Up Camera • 7" LCD • All-Wheel Drive • iPod Input • 16" Alloy Wheels • Great on Gas • Security System</p> <p>MSRP: \$20,460 DESIGNED FOR A GREAT BIG WORLD. STARTING AT: \$21,875</p>

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 General Manager

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<p>2014 GRAND CHEROKEE</p> <p>#18022A • LAREDO TRIM, 4X4, 8.4" LCD, KEYLESS START</p> <p>RETAIL PRICE: \$25,977 WHOLESALE PRICE: \$22,477</p> <p>SAVE \$3,500 OFF OF RETAIL PRICE!</p>	<p>2016 DODGE CHARGER</p> <p>#8018A • SXT TRIM, ALLOYS, HEATED LEATHER SEATS, NAV</p> <p>RETAIL PRICE: \$21,988 WHOLESALE PRICE: \$19,988</p> <p>SAVE \$2,000 OFF OF RETAIL PRICE!</p>
<p>2012 DODGE DURANGO</p> <p>#38485A • SXT TRIM, ALLOYS, ALL-WHEEL DRIVE, IPOD INPUT</p> <p>RETAIL PRICE: \$17,988 WHOLESALE PRICE: \$15,988</p> <p>SAVE \$2,000 OFF OF RETAIL PRICE!</p>	<p>2011 MERCEDES ML 350</p> <p>#38281A • MOONROOF, ALLOYS, ALL-WHEEL DRIVE</p> <p>RETAIL PRICE: \$19,988 WHOLESALE PRICE: \$17,988</p> <p>SAVE \$2,000 OFF OF RETAIL PRICE!</p>
<p>2015 CHEVY SILVERADO</p> <p>#38611L • DOUBLE CAB, 4X4, HEATED SEATS, 20" ALLOYS</p> <p>RETAIL PRICE: \$29,944 WHOLESALE PRICE: \$26,944</p> <p>SAVE \$3,000 OFF OF RETAIL PRICE!</p>	<p>2015 CHEVY TAHOE LTZ</p> <p>#40222 • NAV, MOONROOF, 4X4, HEATED LEATHER, DVD</p> <p>RETAIL PRICE: \$45,999 WHOLESALE PRICE: \$42,499</p> <p>SAVE \$3,500 OFF OF RETAIL PRICE!</p>
<p>2014 CADILLAC ATS 2.5L</p> <p>#117563A • BLUETOOTH, NAV, KEYLESS START, ALLOYS</p> <p>RETAIL PRICE: \$18,944 WHOLESALE PRICE: \$15,444</p> <p>SAVE \$3,500 OFF OF RETAIL PRICE!</p>	<p>2016 FORD ESCAPE SE</p> <p>#17745A • 4X4, HEATED SEATS, BACK-UP CAMERA, TURBO</p> <p>RETAIL PRICE: \$21,855 WHOLESALE PRICE: \$17,955</p> <p>SAVE \$3,900 OFF OF RETAIL PRICE!</p>
<p>2011 NISSAN PATHFINDER</p> <p>#111370 • 3RD ROW SEAT, 4X4, ALLOY WHEELS, TOW HITCH</p> <p>RETAIL PRICE: \$18,988 WHOLESALE PRICE: \$17,988</p> <p>SAVE \$1,000 OFF OF RETAIL PRICE!</p>	<p>2013 HYUNDAI ELANTRA</p> <p>#H0319L • GLS TRIM, GREAT ON GAS, IPOD INPUT, 16" ALLOYS</p> <p>RETAIL PRICE: \$12,999 WHOLESALE PRICE: \$10,599</p> <p>SAVE \$2,400 OFF OF RETAIL PRICE!</p>
<p>2008 NISSAN SENTRA</p> <p>#D6628A • 2.0 TRIM, IPOD INPUT, GREAT ON GAS, PWR PKG</p> <p>RETAIL PRICE: \$6,988 WHOLESALE PRICE: \$5,988</p> <p>SAVE \$1,000 OFF OF RETAIL PRICE!</p>	<p>2016 CHEVY EQUINOX LT</p> <p>#38720L • HEATED SEATS, BACK-UP CAMERA, ALLOYS</p> <p>RETAIL PRICE: \$21,944 WHOLESALE PRICE: \$19,944</p> <p>SAVE \$2,000 OFF OF RETAIL PRICE!</p>
<p>2015 LINCOLN MKZ AWD</p> <p>#P11290L • TURBO, 19" ALLOYS, MOONROOF, NAV SYSTEM</p> <p>RETAIL PRICE: \$23,855 WHOLESALE PRICE: \$20,855</p> <p>SAVE \$3,000 OFF OF RETAIL PRICE!</p>	<p>2014 FORD F-150 4X4</p> <p>#17479A • SUPERCAB, TURBO, TRAILER HITCH, ALLOYS</p> <p>RETAIL PRICE: \$30,855 WHOLESALE PRICE: \$28,855</p> <p>SAVE \$2,000 OFF OF RETAIL PRICE!</p>
<p>2013 FORD FIESTA SE</p> <p>#P11192A • BLUETOOTH, GREAT ON GAS, PWR PKG, IPOD INPUT</p> <p>RETAIL PRICE: \$10,855 WHOLESALE PRICE: \$8,955</p> <p>SAVE \$1,900 OFF OF RETAIL PRICE!</p>	<p>2014 BUICK LACROSSE</p> <p>#38497L • HEATED LEATHER, PREMIUM TRIM, MOONROOF</p> <p>RETAIL PRICE: \$24,944 WHOLESALE PRICE: \$17,944</p> <p>SAVE \$7,000 OFF OF RETAIL PRICE!</p>
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<p>2015 GMC ACADIA SUV</p> <p>#38665L • SLE-1 TRIM, ALLOYS, MOONROOF, NAV, LEATHER</p> <p>RETAIL PRICE: \$27,944 WHOLESALE PRICE: \$25,944</p> <p>SAVE \$2,000 OFF OF RETAIL PRICE!</p>	<p>2012 HYUNDAI GENESIS</p> <p>#H0160 • MOONROOF, NAV, HEATED/COOLED SEATS</p> <p>RETAIL PRICE: \$18,999 WHOLESALE PRICE: \$11,999</p> <p>SAVE \$7,000 OFF OF RETAIL PRICE!</p>

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Mike Penner
 General Manager

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2017 HARLEY FATBOY
LAW 616

\$9,925

\$137

PER MONTH

Fuel Injected Fully serviced and ready for years of trouble-free driving.

2007 TOYOTA COROLLA LE
LAW 1317

\$6,525

\$89

PER MONTH

Passenger Airbag, Daytime running lights...Other features include: Power locks, Power windows, Auto, Air conditioning, 1.8 liter inline 4 cylinder DOHC engine...Standard features include: Remote power door locks, Power windows with 1 one-touch, Automatic Transmission, Air conditioning, 1.8 liter inline 4 cylinder DOHC engine, 126 hp horsepower

2007 AUDI A3
LAW 1300

\$8,425

\$113

PER MONTH

ABS, Traction control, Curtain airbags, Passenger Airbag, Front fog/driving lights...Other features include: Leather seats, Power locks, Power windows, Auto-shift manual Transmission, Climate control...Standard features include: Leather seats, Remote power door locks, Power windows with 4 one-touch, Auto-shift manual Transmission, 4-wheel ABS brakes, Air conditioning with dual zone climate control, Cruise control, Audio controls on steering wheel, Universal remote transmitter, Traction control - ABS and driveline, 8-way power adjustable drivers seat, Multi-function remote - Trunk/hatch/door/tailgate, Power mirrors, Tilt and telescopic steering wheel, 250 hp horsepower, 3.2 liter V6 DOHC engine

2010 TOYOTA PRIUS
LAW1208

\$8,925

\$119

PER MONTH

SAVE AT THE PUMP!!! 48 MPG Hwy ABS, Traction control, Curtain airbags, Passenger Airbag, Stability control...Other features include: Power locks, Power windows, CVT Transmission, Climate control, Cruise control...Standard features include: Remote power door locks, Power windows with 4 one-touch, CVT Transmission, 4-wheel ABS brakes, Air conditioning with climate control, Cruise control, Audio controls on steering wheel, Traction control

2007 INFINITI G35
LAW 1287

\$9,525

\$137

PER MONTH

ABS, Xenon headlights, Traction control, Curtain airbags, Passenger Airbag...Other features include: Leather seats, Power locks, Power windows, Heated seats, Auto...Standard features include: Leather seats, Remote power door locks, Power windows with 2 one-touch, Heated drivers seat, Automatic Transmission, 4-wheel ABS brakes, Air conditioning with climate control, Cruise control, Audio controls on steering wheel, Xenon headlights, Traction control

2010 BMW 328i
LAW 1323

\$9,925

\$137

PER MONTH

ABS, Traction control, Passenger Airbag, Curtain airbags, Front fog/driving lights...Other features include: Power locks, Power windows, Rear air conditioning, Climate control, Audio controls on steering wheel...Standard features include: Remote power door locks, Power windows with 4 one-touch, 4-wheel ABS brakes, Rear air conditioning - With separate controls, Air conditioning with dual zone climate control, Audio controls on steering wheel, Traction control - ABS and driveline, 230 hp horsepower, 3 liter inline 6 cylinder DOHC engine

2013 VW JETTA
LAW1304

\$9,925

\$137

PER MONTH

ABS, Traction control, Curtain airbags, Passenger Airbag, Daytime running lights...Other features include: Bluetooth, Power locks, Power windows, Heated seats, Sunroof...Standard features include: Bluetooth, Remote power door locks, Power windows with 4 one-touch, Heated drivers seat, Sunroof - Express open/close glass, Automatic Transmission, 4-wheel ABS brakes, Air conditioning, Cruise control, Audio controls on steering wheel, Traction control - ABS and driveline, 2-way power adjustable drivers seat

2010 CHRYSLER TOWN & COUNTY
LAW1316

\$9,925

\$137

PER MONTH

ABS, Traction control, Curtain airbags, Passenger Airbag, Front fog/driving lights...Other features include: Power locks, Power windows, Auto, Rear air conditioning, Air conditioning...Standard features include: Remote power door locks, Power windows with 2 one-touch, Multi-speed automatic Transmission, 4-wheel ABS brakes, Air conditioning, Front air conditioning zones - Dual, Rear air conditioning - With separate controls, Cruise control, Audio controls on steering wheel, Universal remote transmitter, Traction control - ABS and driveline, 8-way power adjustable drivers seat, Multi-function remote

2009 MINI COOPER
LAW 1298

\$9,925

\$137

PER MONTH

BS, Traction control, Curtain airbags, Passenger Airbag, Daytime running lights...Other features include: Power locks, Power windows, Air conditioning, 1.6 liter inline 4 cylinder SOHC engine, 118 hp horsepower...Standard features include: Remote power door locks, Power windows with 2 one-touch, 4-wheel ABS brakes, Air conditioning, Traction control - ABS and driveline, Multi-function remote - Trunk/hatch/door/tailgate, windows, Tilt and telescopic steering wheel, Power mirrors

2009 BMW 328i
LAW 1299

\$10,625

\$149

PER MONTH

ABS, Traction control, Passenger Airbag, Curtain airbags, Front fog/driving lights...Other features include: Power locks, Power windows, Sunroof, Climate control, Rear air conditioning...Standard features include: Remote power door locks, Power windows with 4 one-touch, Express open/close glass, 4-wheel ABS brakes, Rear air conditioning - With separate controls, Air conditioning with dual zone climate control, Audio controls on steering wheel, Traction control - ABS and driveline, Passenger Airbag, Multi-function remote - Trunk/hatch/door/tailgate, windows, sunroof/convertible roof

2012 HONDA ACCORD
LAW 1301

\$10,925

\$153

PER MONTH

Less than 62k Miles* Great MPG: 34 MPG Hwy ABS, Traction control, Curtain airbags, Passenger Airbag, Stability control...Other features include: Power locks, Power windows, Auto, Air conditioning, Cruise control...Standard features include: Remote power door locks, Power windows with 1 one-touch, Automatic Transmission, 4-wheel ABS brakes, Air conditioning, Cruise control, Audio controls on steering wheel, Traction control - ABS and driveline, Tilt and telescopic steering wheel

2011 FORD ESCAPE
LAW 1303

\$10,925

\$153

PER MONTH

Great MPG: 23 MPG Hwy** 4 Wheel Drive, never get stuck again. Safety equipment includes: ABS, Traction control, Curtain airbags, Passenger Airbag, Front fog/driving lights...Other features include: Power windows, Power locks, Power windows, Auto, Air conditioning, Cruise control...Standard features include: Power door locks, Power windows with 1 one-touch, Automatic Transmission, 4-wheel ABS brakes, Air conditioning, Cruise control, Audio controls on steering wheel, Traction control - ABS and driveline, Tilt steering wheel, 8-way power adjustable drivers seat, 3 liter V6 DOHC engine

2012 SUBARU IMPREZA
LAW 1312

\$11,425

\$161

PER MONTH

ABS, Traction control, Passenger Airbag, Curtain airbags, Front fog/driving lights...Other features include: Bluetooth, Power locks, Power windows, Power windows, Heated seats, CVT Transmission...Standard features include: wireless phone connectivity, Remote power door locks, Power windows with 1 one-touch, Heated drivers seat, CVT Transmission, 4-wheel ABS brakes, Air conditioning, Cruise control, Audio controls on steering wheel, Traction control - ABS and driveline, Passenger Airbag, Heated passenger seat, Head airbags - Curtain 1st and 2nd row, 148 hp horsepower, 2 liter flat 4 cylinder DOHC engine

2011 NISSAN JUKE
LAW1313

\$11,525

\$163

PER MONTH

Gets Great Gas Mileage: 30 MPG Hwy... This all-purpose Vehicle, with its grippy AWD, will handle anything mother nature decides to throw at you... This Juke has less than 74k miles!!! Safety equipment includes: ABS, Traction control, Curtain airbags, Passenger Airbag, Front fog/driving lights...Other features include: Leather seats, Navigation, Bluetooth, Power locks, Power windows...Standard features include: Leather seats, Navigation system, Bluetooth, Remote power door locks, Power windows with 1 one-touch, Heated drivers seat, Sunroof - Express open/close glass, CVT Transmission, 4-wheel ABS brakes, Compressor - Intercooled turbo, Air conditioning with climate control, Cruise control, Audio controls on steering wheel, Traction control

2013 NISSAN ALTIMA
LAW 1129A

\$11,725

\$166

PER MONTH

Less than 40k miles!!! This gas-saving 2013 Nissan Altima 2.5 S will get you where you need to go! Safety equipment includes: ABS, Traction control, Curtain airbags, Passenger Airbag, Dusk sensing headlights...Other features include: Bluetooth, Power locks, Power windows, CVT Transmission, Air conditioning...Standard features include: Bluetooth, Remote power door locks, Power windows with 1 one-touch, CVT Transmission, 4-wheel ABS brakes, Air conditioning, Cruise control, Audio controls on steering wheel, Traction control - ABS and driveline, Power mirrors, Tilt and telescopic steering wheel, 6-way power adjustable drivers seat, 182 hp horsepower, 2.5 liter inline 4 cylinder DOHC engine

2013 FORD FUSION
LAW 1307

\$11,925

\$169

PER MONTH

Less than 51k Miles** ABS, Traction control, Curtain airbags, Passenger Airbag, Signal mirrors - turn signal in mirrors...Other features include: Bluetooth, Power door locks, Power windows, Air conditioning, Audio controls on steering wheel...Standard features include: Bluetooth, Power door locks, Power windows with 4 one-touch, 4-wheel ABS brakes, Air conditioning, Audio controls on steering wheel, Traction control - ABS and driveline, 8-way power adjustable drivers seat, Head airbags - Curtain 1st and 2nd row, Passenger Airbag, 1.6 liter inline 4 cylinder DOHC engine

2016 HYUNDAI SONATA
LAW 1341

\$11,925

\$169

PER MONTH

ABS, Traction control, Curtain airbags, Passenger Airbag, Stability control...Other features include: Bluetooth, Power locks, Power windows, Auto, Air conditioning...Standard features include: Bluetooth, Remote power door locks, Power windows with 1 one-touch, Automatic Transmission, 4-wheel ABS brakes, Air conditioning, Cruise control, Audio controls on steering wheel, Traction control - ABS and driveline, Tilt and telescopic steering wheel, Multi-function remote - Trunk/hatch/door/tailgate, Power heated mirrors, Head airbags - Curtain 1st and 2nd row, Passenger Airbag, 185 hp horsepower, 2.4 liter inline 4 cylinder DOHC engine

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Always seek the advice of a Lyme literate physician before making any treatment decisions.

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As I See It:

BY MICHELE MILLER, CO-FOUNDER
OF THE CENTRAL MASS LYME FOUNDATION, INC.

Lyme disease is one of the most misunderstood and controversial diseases across our country. Getting proper diagnosis and treatment options are extremely difficult. I quickly found this out after losing my mom, Jeanne, to complications from untreated late-stage Lyme disease. Mom was full of life until she developed a rash on her upper back while spending the winter in Florida in early 2011. The non-blistering rash was quickly diagnosed as shingles and she was prescribed a steroid. Her health would never be the same after that.

If you had asked me a few years back what Lyme disease was, I would have thought that after a tick bite you would get a bull's-eye rash and your doctor would prescribe a dose of antibiotics. All would then be okay, as so many think. But I soon found out it wasn't.

In May 2011, Mom came back from Florida and had trouble with her speech. My brother and I feared that she had a mild stroke, so an MRI was performed, then reviewed by a chief neurologist. A month later, Mom received what she described as a death sentence: she was told she had ALS, otherwise known as Lou Gehrig's disease. Her quality of life with this diagnosis would diminish rather quickly. Mom questioned the diagnosis and heard that a local holistic physician, who fortunately was Lyme literate could possibly help. Her first appointment with this doctor reviewed her past medical records and he ordered both the Elisa and Western Blot tests to determine what my Mom had been battling. These tests would be sent to a Lyme specific laboratory in Palo Alto, California. This lab has the highest accuracy for testing. Our next appointment, four weeks later, he would diagnose her with late stage Lyme disease and several co-infections, such as Babesia and Bartonella. Aggressive antibiotic treatment was prescribed but we were not aware at that time that this treatment could either kill her or save her. The next 1-1/2 years I would have to watch my Mom lose her capacity to talk, walk and swallow. Months later, unable to eat, she needed a feeding tube that would cause her to succumb to complications from aspiration pneumonia. Seeing her in this debilitating state has not easily been erased from my memory. I was angry that the medical system had failed her and recognized that I needed to seek counseling for the pain that my mother had endured. Cleaning out my parents' home and recalling the many happy times we shared there, I discovered numerous journals written by Mom throughout her life. In her last several journals she wrote about the pain she was suffering and about her feeling of being so alone in this illness. She wrote of her fear to leave this Earth and the people she loved dearly. She so wanted to be a part of her grandchildren's lives, watch them grown into adults, graduate from college, get married and raise their own families. These were milestones she knew she would never witness nor cherish as a memory.

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CHRONIC PAIN

YOU DON'T HAVE TO LIVE WITH IT!!

If you suffer from chronic pain, you are not alone. Chronic pain is defined as pain that persists over time (longer than 3 to 6 months) and typically results from long-standing (chronic) medical conditions, injury, inflammation, or neurological disorders. (1) The National Institute of Health found that more than one out of every ten adults in the United States report having chronic pain. It has been suggested that the medical community's efforts to help patients manage pain along with false claims by pharmaceutical companies, led to the current opioid epidemic. (2,3) According to the 2015 National Survey on Drug Use and Health, 2.7 million people had a prescription drug use disorder. (4) It is plain from these statistics that chronic pain is a serious problem and that medication alone may not be the answer.



damage occurs, as in the example of a sprained ankle, the chemical inflammatory response is initiated as the body attempts to heal. In these circumstances, we feel pain with pressure or movement of the limb. In both of these examples, pain serves a purpose: to protect us from further injury and allow the body to heal. When pain persists longer than the protective response is required, chronic pain has set in.

So what can you do if you suffer from chronic debilitating pain? Since compensatory musculo-skeletal changes often contribute to persistent pain, a referral to physical therapy may provide the relief you seek. A physical therapist will perform an examination to identify the possible sources of your pain. Postural alignment, soft tissue restrictions, joint limitations, and muscle weakness

Pain is a complicated mechanism that involves the body's response to injury and neurological pathways in the brain. Sensory receptors in the body called nociceptors react to noxious mechanical, thermal, and chemical stimuli, sending information through the nerves in the spinal column to the brain for interpretation. In acute pain, the brain's reaction is incredibly fast, as when we quickly pull our hand away from a hot stove. When tissue

may all impact your condition. Physical therapy modalities such as heat/cold treatments and electric stimulation promote circulation for healing and muscle relaxation. Manual therapy including joint mobilization and soft tissue manipulation increase mobility and alignment. Therapeutic exercise increases flexibility, strength, and endurance for functional improvements. Most importantly, a physical therapist can teach you how to manage your chronic pain through self pain relieving techniques and instruction in a home exercise program.

In addition, complementary medicine offers alternatives to traditional medical management alone. An example of complementary treatment for chronic pain is Massage Therapy. Therapeutic massage can help to break the pain-muscle spasm cycle that often accompanies persistent chronic pain. Pain frequently results in muscle spasms as yet another protective response of the the body. Muscle spasms cause tightness essentially restricting movement, which encourages us to rest the area. This is helpful initially but quickly becomes detrimental, as lack of movement combined with the tight muscle causes even more pain. Massage techniques such as effleurage, petrissage, and deep tissue strokes increase circulation, decrease muscle spasm, and promote muscle relaxation, effectively breaking the pain/spasm circle.

Gone untreated, chronic pain can result in the inability to participate in everyday life. The physical, social, economic, and psychological impact can be devastating. Seeking non-pharmaceutical treatments may be the answer to gaining control of your pain.

1. NCCIH Pub No: D456, Modified Jan 24, 2017)
2. (Baker DW: History of the Joint Commission's pain Standards: Lessons for Today's Prescription Opioid Epidemic. JAMA. 2017;317(11):1117-8.
3. AND Johnson SR: the opioid abuse epidemic: How healthcare helped create a crisis. Mod Healthc. 2016;46(7):8-9.
4. (Hughes A: Prescription Drug Use and Misuse in the United States: Results from the 2015 National Survey on Drug Use and Health.)

Submitted by: Rosemary Wolanski, PT, DPT, M Ed

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Dr. Mahoney is excited about her recent return to primary care, where she can develop long-term relationships with patients and their families. She is accepting new patients from birth to 18 years of age. If you're seeking a pediatrician, we hope you will consider joining Whitinsville Pediatrics.

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Brain-healthy habits to embrace

Cognitive decline is a condition that is often associated with aging, but even middle-aged people can experience memory loss or cognition issues.

The Alzheimer's Association says that more than five million Americans are living with Alzheimer's disease and other dementias. By 2050, that number could rise to as high as 16 million people. More than 747,000 Canadians are living with Alzheimer's or another dementia, says the Canadian Alzheimer's Association.

Although there is no definitive way to prevent dementia, living a long, vibrant life may be possible by encouraging some healthy habits for the brain. It is never too late or too early to begin health and lifestyle changes.

EXERCISE

Becoming more active can improve brain volume, reduce risk for dementia and improve thinking and memory skills. The journal *Neurology* found that older people who vigorously exercise performed better on cognitive tests than others of the same age, placing them at the equivalent of 10 years younger. Increased blood flow that occurs with physical activity may help generate new neurons in the hippocampus, an area of the brain involved with learning and memory.

The Harvard Medical School says aerobic exercise may help improve brain tissue by improving blood flow and reducing the chances of injury to the brain from cholesterol buildup in blood vessels.

QUIT SMOKING

The Alzheimer's Association indicates that evidence shows smoking increases the risk of cognitive decline. Smoking can impair blood flow to the brain and cause small strokes that may damage blood vessels.

EAT HEALTHY FOODS

Foods that are good for the heart and blood vessels also are good for the brain. These include fresh fruits and vegetables, whole grains, fish-based proteins, unsaturated fats, and foods containing omega-3 fatty acids.

DID YOU KNOW?

According to the American Heart Association, half of the men who die suddenly of coronary heart disease do not exhibit symptoms. The AHA also says that between 70 and 89 percent of sudden cardiac events occur in men. Both of those factors only highlight the importance men must place on protecting themselves against heart disease. The AHA notes that the steps that can help men reduce their risk for heart disease vary depending on their ages. For example, men in their 20s can make sure they exercise regularly, avoid smoking and secondhand smoke, and schedule routine wellness visits with their physicians. Men in their 50s may need to be more diligent in their efforts to prevent heart disease, especially if they have already been diagnosed with conditions such as high blood pressure, high cholesterol or diabetes. While young men and older men may need to employ different strategies in their fights against heart disease, men of all ages can benefit from routine exercise, nutritious diets and healthy lifestyles. More information about combatting heart disease can be found at www.heart.org.



Seniors can include healthy lifestyle habits, such as exercise and balanced eating, to reduce the risk of dementia and other neurological issues.

Neurologists state that, while research on diet and cognitive function is limited, diets, such as Mediterranean and Mediterranean-DASH (Dietary Approaches to Stop Hypertension), may contribute to a lower risk of cognitive issues.

CONSUME CAFFEINE

Caffeine may help boost memory performance and brain health. A *Journal of Nutrition* study found people ages 70 and older who consumed more caffeine scored better on tests of mental function than those who consumed less caffeine. Caffeine may help improve attention span, cognitive function and feelings of well-being. Information from *Psychology Today* also indicates caffeine may help in the storage of dopamine, which can reduce feelings of depression and anxiety. In addition, compounds in cocoa and coffee beans may improve vascular health and help repair cellular damage due to high antioxidant levels.

WORK THE BRAIN

Engaging in mentally stimulating activities can create new brain connections and more backup circuits, states Dr. Joel Salinas, a neurologist at Harvard-affiliated Massachusetts General Hospital. Working the brain through puzzles, reading and participating in social situations can stimulate the release of brain-derived neurotrophic factor (BDNF), a molecule essential for repairing brain cells and creating connections between them.

A good way to combine these lifestyle factors is to take an exercise class with friends, mixing the social, stimulation and exercise recommendations together.

Cognitive decline can come with aging, but through healthy habits, people can reduce their risk of memory loss and dementia.

Some lesser known allergy symptoms

Allergy symptoms are a result of a person's immune system overreacting to something that is harmless to most people but sparks a reaction in people sensitive to the trigger. Some symptoms of allergic reactions, such as sneezing, are widely known. But people may be surprised to discover some of the other common allergy symptoms.

According to the American College of Allergy, Asthma, and Immunology, a host of physical symptoms are indicative of allergic reactions.

- **Wheezing, shortness of breath:** The ACAAI says that wheezing or shortness of breath are telltale signs of asthma, but notes that such symptoms also may be indicative of an allergic reaction. The ACAAI recommends people see an allergist if they develop unexplained wheezing that keeps returning or if the wheezing occurs alongside symptoms like rapid breathing or difficulty taking in air. Wheezing that appears after a person is stung by an insect, takes a medication or eats something he or she is allergic to is symptomatic of an allergic reaction and requires immediate medical attention.

- **Cough:** The appearance of a dry, persistent cough may indicate an allergy. Coughs are often a byproduct of a cold or flu, but such coughs tend to taper off after a few days. Chronic dry coughs that linger for more than three weeks may indicate the presence of an allergy. Allergy-related coughs may be more prevalent during certain times of year or in certain environments. The ACAAI notes that chronic dry cough has been linked to



allergies such as hay fever and may indicate an allergy to pet dander, dust, pollen, or mold.

- **Headache:** Though few people associate headaches with allergies, some headaches can be allergy-related. According to the ACAAI, sinus headaches and migraines have been linked to allergies. Sinus headaches may be characterized by localized pain over the sinus area and/or pain in the face that may or may not be accompanied by a headache. A throbbing pain on one side of the head indicates a migraine, the symptoms of which may worsen when exposed to light. Among the more painful allergy symptoms, headaches should be discussed with an allergist.

- **Nausea and vomiting:** Nausea and vomiting may be a byproduct of food allergies. Seasonal allergies rarely, if ever, lead to nausea or vomiting. However, when a person eats a food he or she is allergic to, the immune system reacts to this allergy in much the same way it does to allergies like hay fever, releasing a chemical called histamine. When a person is dealing

with seasonal allergies, the histamine his or her body releases can cause sneezing, runny nose or other symptoms commonly associated with such allergies. But when histamine is released to combat food allergies, it can cause nausea and vomiting.

Allergies affect people in every corner of the globe. Recognizing symptoms of allergies can help people combat them more effectively.

LYME

continued from page 3

As I saw it, my mother had suffered in silence, and I asked myself how many more were doing the same? In October, following her passing, I set up a table with information about Lyme disease at my local library. That evening, 23 people came to share their stories of the same isolation they experienced with this disease. I listened to them all and saw that these people had been misled down the same path as my mother. Even through my grief, this gave me the driving force to continue with the mission to raise awareness this terrible disease.

Our monthly meetings at the library continued, which led to my husband and I creating the Central Mass Lyme Foundation in memory of my mom. We are dedicated to increasing awareness about the seriousness of this disease as well as many other tick-borne illnesses.

On March 21, 2015, the foundation organized our first Lyme Disease Conference in New England. This conference drew hundreds of people

on a snowy morning to learn how to get help, but more importantly to connect with others who were hidden behind their doors like my mother, suffering in silence. That day, her voice would be heard loud and clear. It would be the fruition of battling this illness together with people who cared and understood, no questions asked. Since then, our foundation has organized 2 other conferences bringing the Lyme community together.

The mission of our 501c3 foundation is raising awareness about Lyme disease as well as other vector-borne diseases. We do not diagnose or treat. But we do raise awareness through our distribution of resources to our public libraries, presentations at local organizations and tables at public events. We also educate schools and provide materials for their parents and educators. This has been a grass roots effort with many volunteers who may be afflicted with Lyme or know someone who is.

As I see it, Lyme disease is easy to get, and very complex to treat. Our foundation will continue the fight for the many who don't have the strength to do it alone, and for their families who need the support. My Mom's mission has only just begun.

Side effects of snoring include higher risk for Alzheimer's

Snoring may seem like a pesky yet minor problem, but it can be much more serious than some people know. Although snoring is a common problem among all ages and genders, the National Sleep Foundation says that men are twice as likely to snore as women, and snoring can worsen with age.

The aging process can lead to a relaxation of the throat muscles, resulting in snoring. Furthermore, the NSF says anatomical abnormalities of the nose and throat, illness and other factors may also contribute to snoring. Drinking alcohol, which can have an effect similar to muscle relaxants, in the evening can make snoring worse.

While many people may think snoring is a mere nuisance, it actually may be a symptom of obstructive sleep apnea. Over time, apnea can be associated with high blood pressure and

increased risks of heart attack, stroke or death, advises WebMD.

Now there is new evidence that those with obstructive sleep apnea may be at a higher risk of developing Alzheimer's disease as well. A new study published in the journal *Neurology* found that people with sleep apnea tended to develop memory problems and other signs of cognitive impairment earlier than people without such sleep disorders. Richard Osorio, MD, a research assistant professor of psychiatry at the NYU Center for

Brain Health, found that, among 2,000 people studied, those who reported having sleep apnea or snoring tended to develop signs of mild cognitive impairment, including memory lapses



and slower speed on cognitive skills, about 12 years earlier on average than those who didn't report any sleep-related breathing issues. Mild cognitive impairment often precedes dementia related to Alzheimer's disease.

Some researchers believe snoring and sleep apnea may contribute to a buildup of the toxic protein in the brain called beta-amyloid, which is a hallmark of Alzheimer's disease and other dementias.

If snoring has become problematic, men are urged to visit a doctor or sleep specialist to see which therapies can be instituted to help improve sleep and overall health.

How to recognize signs of heat stroke in dogs



Summer is a great time of year for people and their pets to enjoy the great outdoors and soak up some sun. Just as men and women exercise caution by applying sunscreen and staying hydrated on hot summer days, dog owners must take steps to protect their four-legged friends when bringing them outdoors.

Heat stroke can pose a serious threat to dogs on hot days. Dog owners

who routinely take their pets outdoors in summer must learn how to protect canines from heat stroke and how to recognize its symptoms.

What is heat stroke?

Dogs suffer from heat stroke when their body temperatures exceed 104 F and the built-in mechanisms they rely on to cool themselves – including panting – cease to function properly. But any temperature 103 F or above is considered abnormal. According to PetMD, heat stroke is a form of non-fever hyperthermia that can lead to multiple organ dysfunction.

Is heat stroke immediately evident?

Heat stroke can overwhelm dogs quickly, so dog owners should be especially diligent and watch their dogs closely when they are spending time outside on hot days. Dogs may first suffer from mild heat-related stress or moderate exhaustion before they begin experiencing the more severe symptoms of heat stroke, so dog owners should look for signs of stress or fatigue and bring their dogs inside immediately after noticing such symptoms. The consequences of heat stroke are severe, so dog owners should always err on the side of caution.

What are the symptoms of heat stroke?

Dogs that are overheating and potentially suffering from heat stroke may exhibit a number of symptoms. Such symptoms are typically easy to spot, but dog owners still must pay close attention to their four-legged friends during summertime walks or play sessions in the backyard.

Turn To **HEAT STROKE** page **10**

Understanding heartworm

Conscientious pet owners understand they must be on the lookout for a host of issues that can affect the health and well-being of their pets. One such issue is heartworm.

What is heartworm?

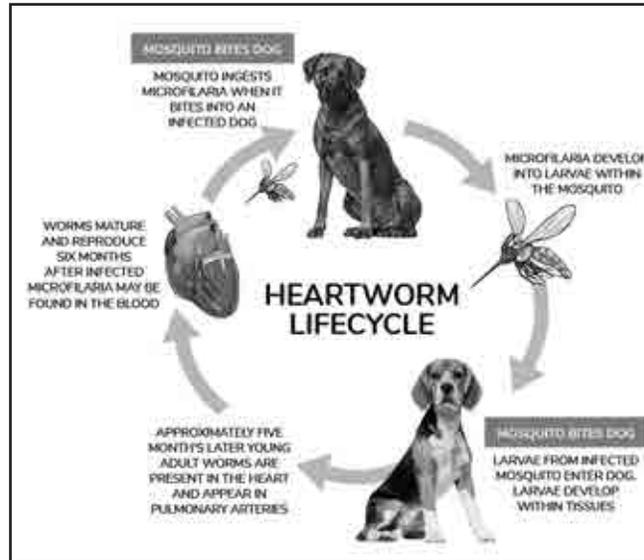
The American Heartworm Society notes that heartworm is a disease caused by foot-long worms that live in the heart, lungs and associated blood vessels of affected pets. Known as heartworms, these worms can cause severe lung disease, heart failure and organ damage. Some instances of heartworm may even prove fatal.

Who gets heartworm?

Heartworm disease affects dogs, cats and ferrets. Heartworms also live in wolves, coyotes, foxes, and sea lions. And while such instances are rare, heartworms have even been found in humans.

How is heartworm transmitted among pets?

Mosquitoes transmit many diseases, and they even play a role in the transmission of heartworm. The AHS notes that adult female heartworms living in infected dogs, foxes, coyotes, or wolves produce microfilaria, which are microscopic baby worms that circulate in the animals' bloodstreams. When mosquitoes feed on the blood of these infected animals, they pick up microfilaria. Within 10 to 14 days, these microfilaria mature and develop into infective stage larvae. When mosquitoes then bite another animal, these larvae are deposited onto the surface of the skin of those animals,



ultimately entering their new hosts through the wound created by the mosquito's bite. The larvae then spend the next six months maturing into adult heartworms.

How long do heartworms live?

Upon reaching maturity, heartworms can live for five to seven years in dogs and for two to three years in cats. According to Peteducation.com, heartworm in ferrets can be rapidly progressive and fatal.

What are the symptoms of heartworm?

Heartworm symptoms can vary depending on the type of animal that is infected. Dogs infected with heartworm may exhibit few or no symptoms in the early stages of the disease, only gradually exhibiting symptoms as the infection persists. Such symptoms include mild persistent cough,

reluctance to exercise, fatigue after moderate activity, decreased appetite, and weight loss. As heartworm progresses, dogs infected with the disease may develop swollen bellies due to excess fluid in their abdomens. Dogs infected with large numbers of heartworms may develop sudden blockages in their heart, which can lead to cardiovascular collapse, threatening the dog's life.

Cats may exhibit subtle or dramatic symptoms of heartworm. Coughing, asthma-like attacks, periodic vomiting, loss of appetite, and weight loss are some of the more subtle symptoms of heartworm in cats. But some cats may struggle to walk, experience fainting spells or have seizures as a result of heartworm. The AHS notes that the first sign of heartworm in cats is sometimes sudden collapse or sudden death.

Ferrets with heartworms may seem tired all the time and exhibit shortness of breath even after just a few minutes of activity. Ferrets may also experience fluid buildup in their abdomens due to heart failure and blocked blood vessels.

Can pet owners protect their pets from heartworm?

The AHA recommends that pet owners get their pets tested for heartworm every 12 months. In addition, the AHS advises pet owners to give their pet heartworm preventive 12 months a year.

More information about heartworm is available at www.heartwormsociety.org.

HEAT STROKE

continued from page 9

According to the American Kennel Club Canine Health Foundation, signs that a dog is overheating include:

- Panting followed by disorientation and fast, noisy breathing
- Collapsing or convulsing
- Bright red or blue gums
- Vomiting and diarrhea

Vomit and diarrhea connected to heat stroke may contain blood. In addition, the eyes of dogs suffering from heat stroke may be glazed-over and such dogs may be unresponsive to commands, or their replies to commands may be slower than usual.

Can heat stroke be prevented?

Though dogs can suffer heat stroke even on mild days, dog owners can

take precautionary measures.

- Alter routines. Walking can be great exercise for dogs, but on hot days dog owners can walk their dogs when temperatures tend to be at their most mild, such as in the early morning hours or evenings when the sun is setting or has already set.
- Limit play time. Dogs generate heat when playing and exercising, and their body temperatures may rise considerably on hot summer days. To reduce dogs' risk of heat stroke, limit play time on hot days.
- Don't travel with dogs. Temperatures can be unbearable inside vehicles, so dog owners should not take their dogs along when running errands on hot days.

Dog owners must be especially mindful of their dogs' behavior on hot days. Protecting dogs from extreme heat can safeguard them from heat stroke, which can be fatal.

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Kevin Floyd, MD, MS, *Electrophysiologist
and Interventional Cardiologist*, and
Bryon Gentile, MD, *Cardiologist*
7 - 8 pm

TUESDAY, MAY 8

Don't Let Joint Pain Slow You Down!
David Ayers, MD, *Orthopedic Surgeon*
5:30 - 6:30 pm

Common Sports Injuries from A to Z
Michael Brown, MD, *Orthopedic Surgeon*
7 - 8 pm

THURSDAY, MAY 31

Why Would You Need to See a Spine Surgeon?
Christian DiPaola, MD, *Orthopedic Surgeon*
5:30 - 6:30 pm

The Clock is Ticking, So Is Your Heart - Keep It That Way
Ira Ockene, MD, *Cardiologist*
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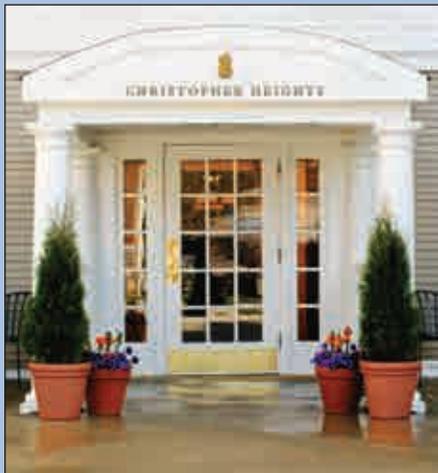
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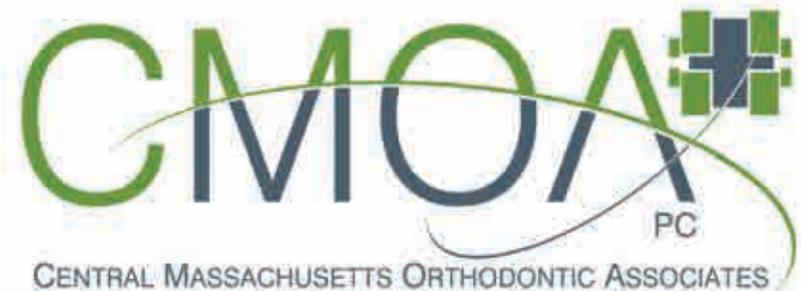
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The Sounds of Spring

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It's been a strange winter season to say the least. With an abundance of natural food and warmer temperatures our wintering birds didn't have much need for the bird feeders this season. The birds seemed to virtually disappear, and from what we have heard, the same phenomena occurred throughout the Northeast. The birds were there just not at the feeders, and when the bitter cold weather came they literally flocked to the bird feeders, and then were gone again.



Turkey Vulture

Spring has now officially arrived, and with it the return of the harbingers of spring. Many of you may think that the American Robin is a true sign of spring but what you may not know is that the Robin along with the Eastern Bluebird is a winter resident here. Robins and Bluebirds tend to gather in swampy areas

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Environmental health hazards encountered each day

Environmental health risks can be found all over the world. Whether one resides in an urban or rural environment, it is difficult to avoid pollutants that can produce unfavorable effects on human health. For example, it's estimated that car emissions contribute to a staggering number of deaths in the United States alone, and many areas are deemed to have unsafe air that can contribute to long-term diseases such as lung cancer. So says the group Top Environmental Issues, which publishes information on an array of environmental topics and statistics. Other pollutants lurk in the soil or drinking water sources.

The process of addressing environmental hazards starts with individuals, who can educate themselves about various pollutants and how to reduce their impact on human health.

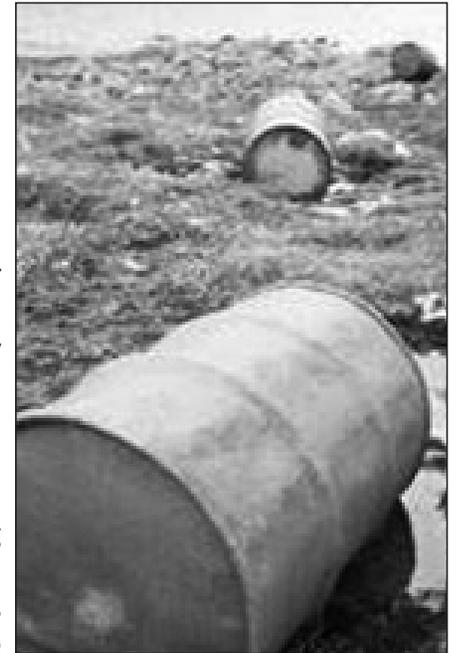
· **Lead:** Even though lead use has decreased, there remains some residual risk. The Occupational Safety & Health Administration says that lead enters the body primarily through inhalation and ingestion. Many people are exposed to lead by breathing in lead-containing dust at work or from hobbies that involve lead. Lead affects nearly every system in the body, but it can be particularly harmful to the brain and nervous system.

· **Mercury:** Mercury is another metal that has drastic health effects. People may be exposed to mercury through their occupations or even their diets. Mercury occurs naturally in Earth's crust but is primarily released from coal-fired power stations and other industrial processes. According to the World Health Organization, mercury's potentially toxic effects include digestive and immune system interruption, nervous system impairment and skin and eye problems.

· **Contaminated drinking water:** All tap water contains trace amounts of natural microorganisms. However, contaminants can end up in drinking water from run-off from residential and commercial areas. The Clean Air Council says drinking water may contain contaminants such as arsenic, radon, trihalomethanes (chloroform, bromodichloromethane, dibromochloromethane, and bromoform), and pesticides.

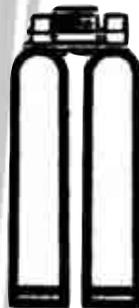
· **Pesticides:** Chemicals used to prevent the proliferation of lawn and garden pests may be effective, but they also can produce adverse health effects. Pesticides have been associated with increased risk of cancer and can affect the developing nervous system. The Pesticide Action Network says close to a billion pounds of toxic chemicals are intentionally introduced into the environment and the food supply each year.

Many contaminants can potentially be found in the air we breathe, the water we drink and the land upon which our homes are built. Learning about some of the more common environmental hazards can help people take action to avoid them.



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The benefits of water features in garden landscapes



Water features, such as ponds or waterfalls, can add a special touch to the landscape

Many homeowners aspire to make their homes appear as beautiful and welcoming as possible. Exterior renovations may be high on homeowners' to-do lists, and landscaping is oftentimes a key component of those projects.

When planning gardens, homeowners may benefit by considering more than just flowers and shrubs while giving thought to other elements that can breathe vitality into their landscape designs. Water features can do just that, as such features provide more than just visual appeal.

- **Aesthetic appeal:** Water elements stand out against the greenery and foliage and can be used to create focal points around the garden or yard. A single fountain can draw the eye, while a trickling stream or waterfall can deliver water to various spots in the landscape.
- **Soothing sound:** Rain drops on a rooftop or waves lapping on a shoreline elicit feelings of harmony and relaxation. Water features can bring that gentle sound close to home, further enhancing the ambiance.

Turn To **LANDSCAPES** page 9

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The benefits of choosing solar energy

Home improvement trends come and go. What's popular among today's homeowners may feel dated to prospective buyers a decade from now. But solar energy is one home improvement trend that does not figure to go the way of sunken living rooms or popcorn ceilings.

According to the Solar Energy Industry Association®, solar energy experienced a compound annual growth rate of more than 60 percent between 2006 and 2016. Solar energy has also done wonders to improve the employment rate. According to the Solar Foundation's National Solar Jobs Census, in the United States there were more than 260,000 solar workers in 2016, an increase of 25 percent from the previous year. Things are equally rosy in Canada, where the Government of Canada reports installed capacity for solar thermal power has experienced a compound growth rate of nearly 14 percent since 2004.

The search for a renewable energy source has led many people to embrace solar energy, but there are many more reasons for homeowners to embrace going solar.

- Return on investment: Many people considering solar energy for the first time may experience some sticker shock when they learn the cost of installing solar panels on their homes. But data from the EnergySage Solar Marketplace indicated that, in the first half of 2015, solar shoppers who compared their options achieved payback on their solar investments

in 7.5 years. So in addition to the monthly savings on their utility bills, homeowners can expect to recoup their solar energy investments in a relatively short period of time.

- Property value: Whether they plan to do so in the near or distant future, homeowners with an eye on selling their homes may be interested to learn that a recent study from the Lawrence Berkeley National Lab found that solar panels can significantly increase property value. The study analyzed the sales of more than 20,000 homes in California, Connecticut, Florida, Massachusetts, Maryland, North Carolina, New York and Pennsylvania, suggesting the desire for solar energy among prospective buyers is not exclusive to a particular region of the country.

- Energy independence: According to the U.S. Energy Administration, most of the energy consumed in the United States comes from fossil fuels like petroleum. The EIA also notes that, in 2016, the United States imported about 10.1 million barrels of petroleum per day. By embracing solar energy, Americans and citizens of any country that relies heavily on foreign oil imports, can take a big step toward increasing their energy independence.

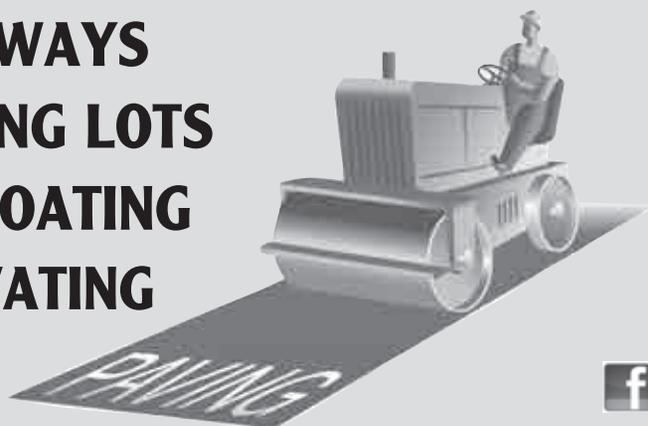
The use of solar energy is on the rise, and there are many reasons for homeowners to embrace this increasingly popular energy source.



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How to Stain Your Deck

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Staining gives your deck a strong layer of protection from wear and tear. With the right staining products - prepared and applied correctly - you can maintain and enjoy your deck for many years to come.

Preparing Your Deck for Staining

Remove as many items as you can (planters, hoses, outdoor furniture, light fixtures) and cover other items (steps, plants, sidewalks/paths) with drop cloths.

Examine the deck for surface wear, cracked boards, and popped nails.

Make any necessary repairs before you stain your deck.

Applying the Stain Decks are often subjected to extreme environmental conditions (direct sun, cool damp shade, etc.) as well as heavy foot traffic. Proper care of your deck will help ensure the longevity of the finish.

Step 1 After properly preparing the wood, select an inconspicuous place on the actual wood you will be staining and test the stain to be sure you will be pleased with the final color results.

Step 2 First stain the vertical sections of the deck, such as the rails and posts, so that drips will not land on previously finished areas.



Step 3 Once the vertical surfaces are completed, proceed to the deck surface. For deck boards, stain two to three boards at a time to avoid lap marks. Do not stop in the middle of a board, or you will risk developing lap marks. Make sure to wipe up any excess stain.

Deck-Staining Tips

The best way to apply deck stain is to use a roller or spray, followed by backbrushing to even out the stain.

Do not let stain puddle on the surface of the deck.

Stain does not stay mixed the same way paint does. You will need to stir the stain frequently during application.

To ensure proper stain penetration and even drying results, avoid applying stain in direct sunlight.

Soak the bottom of the deck posts in Benjamin Moore Alkyd Primer (366). This will give the posts added protection from the kind of ground moisture they are subjected to, and will help extend the life of the posts.

Learn about all of our wood stains by visiting NALS Paint Center or www.benjaminmoore.com, and find the one that is right for you.

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How to control common spring pests



Ants are a nuisance that become more active as the weather warms.

Just when winter thaws out and people are anxious to enjoy the blooming flowers and luscious lawns of spring, pesky pests can appear and impact comfort levels and safety.

Many pests resume their levels of activity as spring draws closer and temperatures warm up. The presence of these insects and rodents may cause problems in and around a home, which makes it essential to recognize them and avoid issues. The following are some of the more common spring pests and how to remedy infestations.

PAVEMENT ANTS

Pavement ants are some of the most common pests residents encounter inside and outside of their homes. These ants are light brown to black with appendages that are lighter than the rest of their bodies. Small in stature, pavement ants have parallel lines on their heads and thorax, according to pest extermination company Orkin.

Although pavement ants nest outdoors, they can enter homes through small crevices in search of food scraps. Their large colonies may not disappear until treatment is introduced. Keep foods in tightly sealed containers, clear counters and floors of crumbs, and address water sources, such as leaks. Pesticides may be needed in extreme conditions.

FLEAS

Fleas are tiny, jumping, biting pests that must find a host upon which to live. As ectoparasites, they feed on blood while living on the body of living hosts. Pets can bring fleas inside the yard and home in warm weather. According to the University of California Statewide Integrated Pest Management Program, flea larvae develop more quickly at higher

temperatures. At normal room temperatures, the entire life cycle of a flea is about 18 days.

Several flea control products are available to control fleas on cats and dogs. There also may be powders and sprays to alleviate flea infestations in the home. Vacuuming is also very effective in killing larvae in the carpet and at picking up adults.

WASPS

An errant wasp, hornet or yellow jacket may have survived winter and ridden out the colder temperatures within a home. Once the weather warms, queens will begin to look for places to lay eggs and establish colonies. Treating areas where wasps are seen entering and leaving the home is key. Seal holes as soon as possible.

Although wasps help control other insect populations, their painful stings and potentially aggressive nature can make them challenging to have around a home. If a nest is found, hire a professional to remove it.

SPIDERS

Many spiders are not harmful enough to humans and pets to be much of a problem. In fact, spiders can be helpful to have around to control the populations of other insects. Still, many homeowners would prefer these web-slinging friends remain outdoors. Therefore, sealing cracks in a home's foundation and repairing small openings around windows and doors can help keep spiders out. Also, alleviating moisture issues in basements, garages or attics may keep out other bugs that would be prey to spiders.

Homeowners can take the steps necessary to cut down on pests in and around their homes.

DID YOU KNOW?

The U.S. Environmental Protection Agency notes that there is no practical way to eliminate all mold and mold spores in an indoor environment, including a home. But by controlling moisture in their homes or apartments, men and women can control indoor mold growth. One way to do just that is to prevent condensation in a home by adding insulation. In addition, clean building materials or furnishings that become wet as promptly as possible, and no more than 48 hours after the items have become wet. Mold produces allergens and irritants, and inhaling or touching mold or mold spores can trigger allergic responses such as sneezing, runny nose, red eyes, rashes on the skin, and even fever-like symptoms.

Use renovations to create healthier homes

Home renovation projects are done for several different reasons, whether to update styles, repair damaged or broken items or to achieve more living space. More than ever before, homeowners are choosing improvement projects geared toward making their homes healthier.

Establishing a healthy home means different things to different people. For example, to an environmentalist, a healthy home may incorporate eco-friendly or green products. To those with young children or mobility-impaired seniors, a healthy home may be one free from potential hazards. Others may view a healthy home as one that alleviates allergies.

The World Health Organization says inadequate housing conditions, such as poor ventilation, radon, urban pollution, and moisture issues, can contribute to many preventable diseases and injuries — especially respiratory problems, nervous system disorders, cardiovascular diseases, and cancer. Furthermore, the U.S. Environmental Protection Agency ranks indoor air quality as a top five environmental risk to public health. EPA studies have found that indoor air pollution levels were roughly two to five times greater than outdoor pollution levels.

People interested in making their homes healthier can embrace these renovations and lifestyle changes.

LANDSCAPES

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- **Brings texture:** Water has its own unique and fluid texture that can provide stark contrast to blades of grass or the hard lines of architectural elements, such as pergolas or retaining walls. A pond or fountain can soften lines.

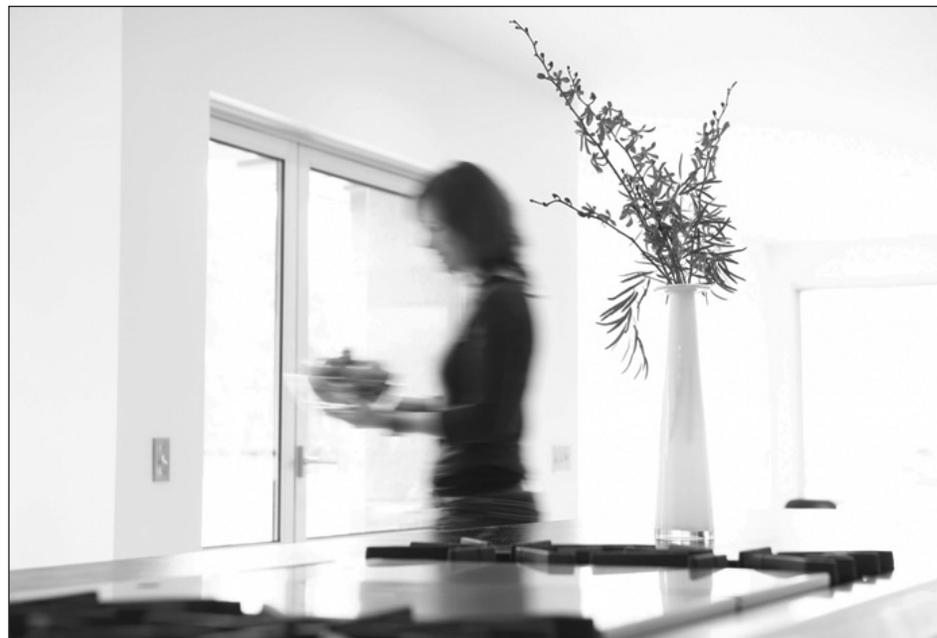
- **Enhance the natural ecosystem:** Water features can attract wildlife to a property. Birds may visit to take a quick sip, and dragonflies are sure to dart and hover over the shimmering ripples. Inviting natural wildlife to the yard can add hours of entertainment by enjoying the animals and insects.

- **Remedy problem areas:** Rather than fighting with the landscape, homeowners can adapt it. An area of the yard prone to soggy conditions or flooding can be transformed into a pond or waterfall to work with natural surroundings.

- **Foster a passion:** Many people turn to water features so they can explore the hobby of nurturing an outdoor aquarium. Koi ponds are relatively easy to install and maintain, and the vibrant fish add visual appeal.

- **Add a personal touch:** Water features are as unique as the homeowners who create them. To set landscaping apart from neighbors' homes, homeowners can add fountains, ponds or flowing water elements to their properties. Decorative water features also can be melded with pools and spas to help these manmade recreational areas seem like they were carved right out of the natural landscape.

Water features can take landscapes to the next level with sounds, texture, movement, and beauty.



- **Be aware of furniture materials.** Toxic PBDEs, which are chemicals used as flame retardants on furniture fabrics produced prior to 2006, can send toxins into the air. Some manufacturers may still use these flame retardants in new forms, but with similar risks. Before purchasing furniture, ask if a product is treated, and select naturally fire-resistant materials like wool and cotton.

- **Lighten up.** Lighting is often underappreciated but can have a dramatic impact on whether a home feels inviting, warm and/or uplifting. Experiment with different types of bulbs and lighting fixtures to turn drab and dreary environments into brighter places. Lighting may improve mood and productivity.

- **Let the sun shine in.** Modify window treatments to let more sunlight into the house. There is evidence that the sun, particularly UV light, is a potent bactericide. The Sunlight Institute advises that there's no harm in letting natural sunlight do its work, as bacteria within eight feet of low-intensity UV light can be killed in 10 minutes.

- **Inspect and service wood-burning appliances.** A study published in the American Journal of Respiratory Cell and Molecular Biology has found regular inhalation of wood smoke limits immune activity and function, and anyone who burns wood indoors should be aware of these potential health risks. Ensuring proper ventilation of smoke and routinely cleaning the chimney can help cut down on particulate matter.

- **Turn to nontoxic cleaning products, pesticides and insecticides.** Always opt for nontoxic, natural products when cleaning in and around the house.

- **Declutter the home.** A cluttered, hectic space can affect emotions and mental state, never mind attracting dust and making a home harder to clean. Spending time in spaces that do not elicit stressful feelings is healthier and can help residents to rest and recharge.

Making a home healthier can be on the list of this year's renovation plans.

SPRING

continued from page 3

during the winter, as there is a more plentiful food source in those areas. When the food source becomes scarce Robins will show up on your lawn and you may see Bluebirds at your suet feeder. This usually happens more toward spring, but in a severe winter you may see them under your bird feeders all winter.

If you truly want to know that spring is in the air watch for the return of the Turkey Vulture. It's easy to identify these large birds. In flight they have a V shape to their wing called dihedral, they also appear to be a large bird with a very small head. The Turkey Vulture is one of the earliest spring arrivals to our area. Another early spring arrival is the massive flocks of grackles and red winged blackbirds. If you have had the opportunity to witness one of these flocks it may give you flashbacks to the movie *The Birds*.

We have been seeing more activity at the bird feeders lately as the natural food crop has diminished. That said, it's a good time to do some springtime maintenance on your bird feeders and birdhouses. Bird feeders get dirty, and dirty feeders transmit disease. Birds can transmit diseases such as conjunctivitis by touching the edge of the seed port while feeding. Conjunctivitis is highly contagious and can cause blindness in the birds. Spoiled seed or rancid suet can cause beak rot, which softens the bird's beak causing it not to be able to eat. As they say, the best defense is a good offense. Take the feeders down and thoroughly wash them with a bleach solution. If the feeders are particularly dirty wash with mild soap and then bleach. Thoroughly dry the feeder before replenishing the seed. Birdhouses also need to be cleaned out and readied for the spring nesting season. Mice will use the birdhouses in winter. Make sure mouse nests are cleaned out prior to the mice breeding in them.

Take a step outside in the morning and you will hear the bird song chorus beginning. Our resident migrants are setting up their territories and will soon be looking for a mate. By the end of April and into early May our neotropical migrants will be returning. Neotropical Songbirds are species of birds that breed in the summer in the U.S. and Canada and migrate to the Neotropics (Mexico, Central America, S. America) during winter; they often return to the same areas during each migratory stop. Many of these birds do not frequent our feeders, but they do breed in our area. One must look to see them. Going out on a bird walk in May will introduce you to birds you may have never seen before. However some of our favorites such as Ruby throated Hummingbird, and Baltimore Oriole will grace our feeders.

The Ruby throated Hummingbird is already on its way back north. A quick look at the 2018 hummingbird migration map (<http://www.hummingbirds.net/map.html>) will show you where they have been seen. At last look they have been spotted in North Carolina. Our recommendation is to put your hummingbird feeders out on tax day. The hummingbirds will be returning to our area toward the end of April. Hummingbirds will readily



Ruby throated Hummingbird

use the hummingbird feeders but the trick is to keep the nectar fresh and the feeder clean. Only use clear hummingbird nectar. Red dye is not good for the hummingbirds and can shorten their lifespan. Change your nectar every 2 -3 days, it's not necessary to completely fill your hummingbird feeder, just use the amount that is needed for a couple of days. Nectar will spoil very quickly in the heat and the hummingbirds will not use the feeder if the nectar is spoiled.

Baltimore Orioles will return within the first few days of May so it is best to have your oranges and grape jelly out for them around the 28th of April. Returning Orioles will look for food in the place they found it in the previous year. If the food

is available when they arrive you will have a much better chance of them staying around your yard.

Migrating Indigo Buntings will be showing up around this time also. They will come to your seed feeder on occasion and this brilliant blue bird is always a treat to see.

One of the more unwanted visitors to the bird feeders is the black bear. The bear have been destructive to the bird feeders but we have a solution to feed your birds and save your bird feeders. The Bird Store and More has a Bear Proof Bird Feeder Pole that the bear can not topple or destroy. It has saved multitudes of feeders around the country, and enables you to enjoy the birds and not worry about the bear. When the food is not readily available the bear will not return.

Until then enjoy the songbird chorus around your yard.

DID YOU KNOW?

Spring cleaning is a ritual that many people participate in as the last vestiges of winter disappear. Spring cleaning is a time to open windows, deep clean rooms and closets and take down and launder window treatments and linens. Others use spring cleaning as a time to sort and donate or discard clutter that might have accumulated over the winter. Even though spring cleaning seems like a modern invention, the act of spring cleaning is believed to have originated centuries ago. Some say that the ancient Chinese cleaned in preparation for their New Year as they hoped to wipe away any bad luck and misfortune from the previous year. Similarly, the ancient Hebrew practice of thoroughly cleansing a home before the springtime feast of Passover may have evolved into the spring cleaning we know today. Another possible connection is the tradition of "shaking the house clean" in Iran. Iranians celebrate Now Ruz (Persian New Year) with many different rituals, one of which involves buying new clothes and cleaning every corner of the family home to signify renewal.

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