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Friday, January 15, 2021

QCC's Practical Nursing students help administer first round of COVID-19 vaccines

SOUTHBRIDGE — Quinsigamond Community College practical nursing students are now part of history. On Dec. 18, eight practical nursing students along with their instructors Margaret "Meg" Yoder, professor of Nurse Education, and faculty member Christian Ilustre helped



STURBRIDGE – Selectmen unanimously approved amending the town's leave policy to give employees up to two days off if they experience symptoms beyond the fairly common mild injection-site pain within two days of getting one of the COVID vaccines.

Chair Mary Blanchard noted that so far there have been few reports of such effects, but they wanted to encourage people to get the shots without penalizing them. Prior to the change, they would have had to use sick time. In the same vein, they will allow up to two hours paid during staff's shift to actually get the shot itself.

Town Administrator Jeff Bridges noted the change will help in light of the fact the CARES Act sick time coverage expired at the end of December. Beyond vaccination, though, staff who do get Covid or have to quarantine due to potential exposure will still have to either take sick time or work from home.

Covid also played a role in the board's approval of a change order to the ongoing public safety complex project. There, the new rooftop unit doesn't include a carbon dioxide sensor, and the board decided to add one to "increase efficiency" and "meet fresh air guidelines." That adds \$2166 to the project, but Blanchard noted \$18,000 remains in its budget. In other business, they approved creating a new food service coordinator's job at the Senior Center, with pay coming from the town's annual Council on Aging formula grant. According to Leslie Wong, the plan is to hire someone to oversee an outside vendor's provision of daily lunches, a function now performed by Tri-Valley Elder Services. She said Hearthstone has agreed to send them hot at about 11 a.m. for service at 11:30 a.m. Right now, they arrive about two hours earlier, and she's had numerous complaints.



Courtosy

On Dec. 18, eight practical nursing students along with their instructors Margaret "Meg" Yoder, professor of Nurse Education, and faculty member Christian Ilustre helped administer approximately 100 COVID-19 vaccines to Harrington Hospital employees at the Southbridge Armory.

administer approximately 100 COVID-19 vaccines to Harrington Hospital employees at the Southbridge Armory. They worked with over a dozen Harrington nurses who also included a couple of QCC graduates, according to Professor Yoder.

Healthcare workers are the first to be vaccinated in the U.S. and Harrington employees who were vaccinated included doctors, nurses and other frontline workers at Harrington Healthcare and Harrington Physician Services.

"Our entire college community feels tremendous pride knowing our nursing students are playing such a vital role in our nation's history, said QCC President Luis G. Pedraja, Ph.D. "So many of our students are frontline workers who are essential to the safety and well-being of our community. They emulate what it means to be a Wyvern - QCC's mascot that is a symbol for com munity guardianship." "This is our community and having the opportunity to engage the practical nursing students in this historic moment, serving our community is immeasurable," said Professor Yoder. "The practical nursing students of the Class of 2021 are experiencing many firsts that will provide them with a resiliency unlike any other. The QCC students not only administered the vaccine, they performed intake assessments, gave educational information, and observed vaccine recipients post vaccination. This type of handson training enables students to stay current with workforce needs and makes them valuable employees when they enter the workforce because they require less training.

"Clinical experiences and opportunities are so important for all of our healthcare students. Harrington Hospital has been one of our most valuable partners during these past several months and we are honored to have been asked to assist at their COVID vaccine clinics," said Dean of the School of Healthcare, Pat Schmohl. "Our practical nursing students are learning firsthand the importance of community-based public health initiatives. We have procedures in place to keep our students safe while they are participating in these critical in-person clinical opportunities."

"At a time when clinical placements are difficult to find, Harrington Hospital has remained committed to providing QCC students with faceto-face opportunities. We could not be more grateful," Professor Yoder added. QCC students will continue to assist with the vaccination process throughout the remainder of the year and through April. "Encouraging service to our community is an integral piece of living QCC's mission, one of our core values. Today was just the beginning. All of our students will be provided with this opportunity. In the future, we will be administering the

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The change will not affect Tri-Valley's Meals on Wheels program – which delivers meals to seniors' home – just services in the center.

Additionally, selectmen approved the purchase-and-sale and funding agreements necessary for a Habitat for Humanity project to happen at 226 Cedar St. Bridges said the town's Community Preservation Committee allocated a little more than \$201,000 for the project, to be doled out when the work reaches certain "threshold steps" toward completion.

"The key to this agreement is a deed restric-*Turn To* **BOS**, *page* **A8** Turn To VACCINES, page A8

Brimfield residents asked to take cable survey

BRIMFIELD — The town of Brimfield will begin negotiating with Charter Communications on the company's continuation of cable television service to the town later this year. The Public Access TV Department asks that residents who are Charter subscribers take a brief online survey as part of fact-gathering to prepare for bargaining.

The license covers local access channels, Charter Cable TV service and installations to homes, busi-

nesses and along town roadways. Local access channels include Public Access Channel 191, Government Access Channel 192, and Education Access Channel 194. These carry a variety of town and regional programs.

To take the 10-question survey, cable subscribers should visit www.brimfield.tv and click the "Customer Survey" link near the top of the page.

Harrington Healthcare receives "A" grade in patient safety

SOUTHBRIDGE — The Leapfrog Group, a Washington D.C.-based organization aiming to improve health care quality and safety for consumers and purchasers, has released new Leapfrog Hospital Safety Grades, which assign A, B, C, D and F letter grades to hospitals nationwide. Harrington HealthCare System received its 15th grade "A".

"Patient safety has always and will always be a top priority for us. Our hospital is a trusted part of this community," said Ed Moore, President and CEO of Harrington HealthCare System. "We are proud to receive our 15th grade 'A,' and will continue to strive for greater excellence in patient safety Most importantly, we pledge to honor the trust of our patients by being transparent about our progress and working toward the highest possible standard of safety."

"Our goal is to inform patients about local hospitals with the best safety measures in place and the strongest records," said Leah Binder, president and CEO of The Leapfrog Group. "Every hospital can earn an 'A' grade, and we're proud of the hospitals that are committed to making an effort to protect patients from harm."

Developed under the guidance of an Expert Panel, the Leapfrog Hospital Safety Grade uses 28 measures of publicly available hospital safety data to assign A, B, C, D and F grades to approx-



imately 2,600 U.S. hospitals twice per year. It is calculated by top patient safety experts, peer-reviewed, fully transparent and free to the public.

To see Harrington HealthCare's full grade, and to access consumer-friendly tips for patients, visit www.hospitalsafetygrade.org and follow the Leapfrog Hospital Safety Grade on Twitter and Facebook.

About The Leapfrog Group

Founded in 2000 by large employers and other purchasers, The Leapfrog Group is a national nonprofit organization driving a movement for giant leaps forward in the quality and safety of American health care. The flagship Leapfrog Hospital Survey collects and transparently reports hospital performance, empowering purchasers to find the highest-value care and giving consumers the lifesaving information they need to make informed decisions. The Leapfrog Hospital Safety Grade, Leapfrog's other main initiative, assigns letter grades to hospitals based on their record of patient safety, helping consumers protect themselves and their families from errors, injuries, accidents, and infections.

Harrington HealthCare System is a comprehensive regional healthcare system serving more than 25 communities across south central Massachusetts and northeastern Connecticut. The system includes Harrington Hospital in Southbridge, Harrington HealthCare at Webster and three additional major medical office buildings: Harrington HealthCare at Charlton, Harrington HealthCare at 169, also in Charlton, and Harrington HealthCare at Spencer; Harrington Physician Services, our primary care and multi-specialty physician group; UrgentCare Express at Harrington in Charlton and Oxford; The Cancer Center at Harrington in Southbridge, and the region's largest Behavioral Health programs for mental health and substance use.

Victims in murder-suicide identified

BY JASON BLEAU VILLAGER CORRESPONDENT

CHARLTON – The District Attorney's Office has released the names of the victims in an apparent murder-suicide that occurred in Charlton on Saturday, Jan. 2.

According to official reports from both the Charlton Police Department and District Attorney Joseph D. Early, Jr.'s office Charlton Police and EMS responded to a 911 call at around 7:15 p.m. for an incident at 28 Southbridge Road. Police said the caller reported an argument between a couple in the bedroom of the home. Upon arriving, police found two deceased individuals, a female who had suffered several gunshot wounds and a male who had suffered a self-inflicted gunshot wound. The female was reportedly alive when police arrived but died later from her injuries despite medical assistance.

State Police Detectives assigned to the Worcester County District Attorney's Office were assigned to the case along with State Police Crime Scene Services and MSP Firearms Identification Services. Forensic scientists from the State Police Crime Lab were also part of the investigation. It was determined that the case was a murder-suicide. On Tuesday, Jan. 5, District

Kristin Carey was identified as the female victim in a murder-suicide in Charlton on Jan. 2.

Attorney Joseph D. Early, Jr. revealed the names of the victims, 49-year-old Keith Cuthbertson and

37-year-olf Kristen Carey, who was the mother of two children. Town records show Cuthbertson was the



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owner of the condominium where the incident took place.

Following Carey's death, a GoFundMe was set up with a goal of \$25,000 to help pay for Carey's funeral costs and support her children. In the wake of the incident Charlton Police provided information on their Facebook page for those suffering from domestic situations especially during the ongoing pandemic. The community-based organization New Hope, Inc. provides domestic violence services to 41 communities including the town of Charlton with a officer in Southbridge. The organization also works closely with the Dudley Court to assist survivors with safety planning, restraining orders and legal protections. Those in need of help are encouraged to contact New Hope's hotline at 1-800-323-HOPE (4673) or visit www.newhope.org.





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SPORTS EDITOR NICK ETHIER (508) 909-4133 nick@stonebridgepress.news

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Business Manager Ryan Corneau (603) 677-9082 ryan@salmonpress.news

Operations Director Jim DiNicola (508) 764-4325

EDITOR BRENDAN BERUBE (508) 909-4106 news@stonebridgepress.news

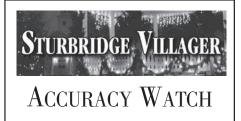
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Trinity Catholic Academy spills over with Christmas fun and learning

SOUTHBRIDGE — Teachers and students, alike all got involved at TCA, with parents at home support all made such wonderful Christmas celebration. All at TCA are so grateful for a very successful first half of the school year, there is a lot to celebrate this Christmas Season.

The week of Dec. 14 included a fun Christmas Sweater Day and on the last day of the school year, each class celebrated the Holy Season with their own theme within their classrooms. So much creativity and learning went along with the fun. A Christmas Door decorating contest, creative homemade gift exchange and so much more was experienced. The enthusiasm for all was overflowing. We wish all a very Merry Christmas 2020!



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

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

If you find a mistake, call (508) 909-4106 or email news@stonebridgepress. news 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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We are excited to welcome Pamala Holt from Dudley MA to our team of insurance professionals at Goodrich Insurance Agency in Milton MA. Pam has over 20 years of insurance expertise and will be our Personal lines Account Manager. Pam joined our office family on November 23, 2020 and will be working emotely from Dudley and in our main office in

remotely from Dudley and in our main office in Milton. Help us to give Pam a warm welcome! We look forward to providing our current client and new clients with professional, personal, knowledgeable valued client services you expect from Goodrich Insurance Agency!

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The Town of Sturbridge Council on Aging (COA) is currently seeking qualified candidates for the part-time (10 hr.) position of Food Service Coordinator.

Under the direction of the COA Director, the Food Service Coordinator plans, orders, tracks and sets up the daily congregate meals at the COA. With scheduling and training the volunteer kitchen aide to ensure that sanitary guidelines are followed.

Candidates should possess strong commitment to public service and serve the older adults, along with organizational, communication and basic math skills.

Complete job description and application available at https://www.sturbridge.gov/ your-government/pages/job-opportunities. Hiring Salary \$14.00 hourly, 5 days a week 10:30 a.m. – 12:30 p.m. no Holidays or weekends.

Interested parties should send a letter of interest and completed application to Alex McConnon, 308 Main Street, Sturbridge, MA 01566 or <u>amcconnon@sturbridge.gov</u>. *This position is open until filled. The Town of Sturbridge is an EOE.*



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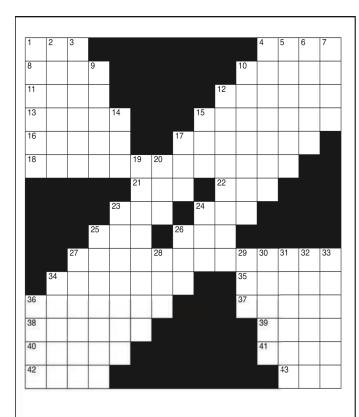
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24. Brew

27. Focus

36. Trip

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34. Discomfort

38. Makes happy 39. Double-reed instrument

40. Body parts

43. Time zone

41. Transgressions

42. One-time emperor of Russia

25. What ghosts say

26. Geological time

35. A citizen of Iran

CLUES ACROSS

- 1. Adequate yearly progress
- (abbr.)
- 4. Silicon Valley's specialty
- 8. Gather a harvest
- 10. Famed mathematician
- 11. No (slang)
- 12. Students use one
- 13. Type of molecule
- 15. Play make-believe
- 16. Large barrel-like containers
- 17. Touching
- 18. Treats allergies
- 21. Calendar month
- 22. Single 23. Cease to live
- **CLUES DOWN**
- 1. Used in treating bruises 20. Witness 2. One who cultivates a 23. Gives small estate 24. Expression of creative skill 3. One who supports the Pope 25. A way to prop up 4. Annuity 26. Midway between northeast 5. Geological period and east 6. Grab onto tightly 27. Winter melon 28. Supernatural power 7. Kept 9. Chinese city 29. Target 10. The most direct route 30. Threes 12. Type of tooth 31. A type of poetic verse 14. __ kosh, near Lake Winnebago 32. They make some people cry 15. Popular veggie 33. Kindest 17. Supervises interstate commerce 34. Forman and Ventimiglia are two 19. Foolish behaviors 36. A way to liquefy



Congressman Neal condemns new regulations as anti-LGBTO

BY JASON BLEAU VILLAGER CORRESPONDENT

WASHINGTON, D.C. Massachusetts 1st Congressional District Rep. Richard Neal is condemning new rules finalized by the Trump administration that he feels are discriminatory to members of the LGBTQ community.

Congressman Neal, who chairs the House Ways and Means Committee, released statements condemning President Trump's finalized rule that would allow foster care and adoption agencies that incorporate religious criteria into their adoption protocols to accept federal funds. Neal called it a "dangerous move" that fails to serve all Americans regardless of their faith.

These child services processes are already emotionally trying, and should focus on finding loving, safe placements, rather than discriminating based on sexual orientation or religion," Neal said in a press release.



Town of Charlton Invitation to Bid Maintenance of

Recreational Properties Mowing & Snow Removal Service

The Town of Charlton is seeking proposals from qualified landscape/plowing contractors, hereinafter referred to as the Bidder, for the purposes of maintaining town recreation fields, town common, and other municipal sites. Bidders must be able to perform varied landscaping services including mowing, trash removal, field maintenance and snow removal.

Prospective bidders may obtain a Request for Bid package, which is available for pick-up during the week, excluding holidays, Monday- Wednesday - Thursday: between 7:30 am and 5:00 pm and Tuesday, 7:30 am and 7:00 pm in the Board of Selectman/Town Administrator office of the Town Hall and returned no later than 10:00 AM, Thursday, February 11, 2021. The bid envelope shall be clearly marked "Request for Bids-Maintenance of Recreational Properties/ Mowing & Snow Removal Service." Sealed bids, appropriately marked will be publicly opened and read aloud in the Town of Charlton Selectmen's Meeting Room, Charlton Municipal Offices, Main Street Charlton MA 01507

The Congressman further cited a decision in the Supreme Court in 2020 in the case of Bostock v. Clayton County which he called a "step forward" for the LGBTQ community in terms of individual rights especially when it comes to adoptions. That case ruled that under the Civil Rights Act of 1964 employees couldn't be discriminated based on sexual orientation or gender identity. Neal feels the lessons learned from this case need to be expanded beyond the workplace and called for a reversal of the Trump administration's rule after the Democrats take hold of both the House and Senate later this month.

"Now that the balance of power in both Congress and the Executive Branch is changing, we must reverse this new discriminatory rule before it causes any undue harm and extend full federal civil rights protections to the LGBTQ community," Neal said.

Democrats on the Ways and Means Committee sent a joint statement in early December with a unified condemnation of the ruling asking the U.S. Department of Health and Human Services (HHA) to investigate the impact the rule would have on minorities' rights.

We ask that HHS provide to the Committee on Ways & Means an analysis of the scope to which the changes proposed in the Notice of Proposed Rulemaking would affect racial and ethnic minorities, gender minorities, children, parents, people with disabilities, the aging population. LGBTQ people, children in the child welfare system, parents in the child welfare system, and all groups of people considered a 'protected class' under the law," the Ways and Means Democrats wrote.

Neal also sent a letter to the HHS in December stating that the proposed rule rolled back civil rights protections and "abdicates the Executive Branch's responsibility to prevent federally funded discrimination."

Jessica Stolecki of Brimfield named to SUNY Potsdam **President's List**

POTSDAM. N.Y. of Jessica Stolecki Brimfield was recently named to the President's List at The State University of New York at Potsdam.

Stolecki, whose major Music Education, is was among 1,046 SUNY Potsdam students who were honored for academic excellence in the Fall 2020 semester. College President Dr. Kristin G.

hearthstonemarket1@gmail.com • hearthstonemarketandcatering.com

About SUNY Potsdam Founded in 1816, The State University of New York at Potsdam is one of America's first 50 colleges -- and the oldest institution within SUNY. Now in its third century, SUNY Potsdam is distinguished by a legacy of pioneering programs and educational excellence. The College currently enrolls approximately 3,600 undergradu-

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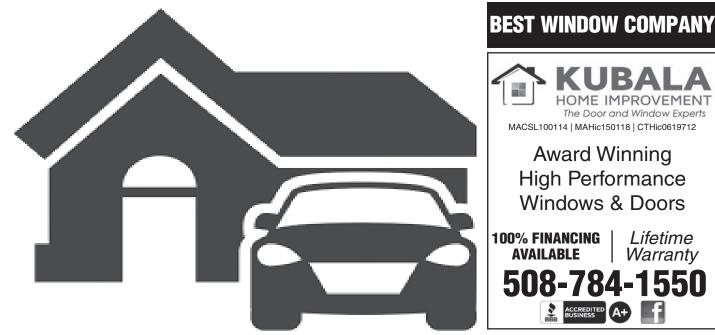
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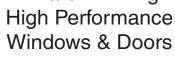


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EDITORIAL A firsthand COVID experience

One of our local correspondents, Jason Bleau, submitted the following reflection on his personal encounter with the COVID-19 virus in the hope that it might prove helpful to others.

I remember when I first heard about COVID-19. I was siting in a hotel room on Daytona Beach. I had just returned from watching the Daytona 500, and in between stories about the status of Ryan Newman following a horrific crash, details about a pandemic surging in China caught my eye. Less than a month later, everything shut down. The COVID-19 pandemic had gone global.

All throughout 2020, I found myself concerned about getting the virus. I quarantined, wore my mask, took every precaution I could. My goal was to make it through the holidays and reassess in 2021. I almost made it.

New Year's Eve, I felt what I can only describe as a "cloud in my lungs." I knew something was wrong. New Year's Day, a fever of just over 100 degrees struck me. I knew I had it. I didn't know how I got it, where I got it or who I may have infected, but I knew in my heart what it was. A day later, I took a test, and several more days later, my fears were confirmed, it was positive. After working so hard to avoid it in 2020, I had COVID-19.

The revelation wasn't as scary as I thought. I couldn't change what I had contracted, I could only wait it out. I isolated myself in my apartment and began the slow process of waiting... just waiting. By day three, my fever broke, and in the week that followed, my body experienced different symptoms almost daily. One day, it would be headaches and body aches. The next day, my energy was so sapped I could barely get out of bed. One day, it felt like just a bad cold. Some days, It was all of the above. For more than a week, I underwent a sickness I can only describe as an amalgamation of every cold and flu symptom you could think of, changing out the results on a daily basis. But it wasn't the isolation or the sickness that weighed on me. It was the how, and who, I might have impacted without even knowing it. Symptoms of COVID show up days after infection, and in the days prior to New Year's Eve I had been around numerous people, family, friends, shopping plazas. Who did I infect? Whose lives did I complicate? Who infected me? These questions worried me more than the illness itself. The scariest part of COVID for me wasn't getting it, but who may have gotten it from me, and how easy it was to contract it without ever even knowing it was there. I was lucky enough to survive COVID with minimal repercussions. Nobody I had been around tested positive, and to this moment I still don't know exactly how I was exposed. I did all the right things, and still I found myself dealing with the virus. While my experience may not have been deadly, I went through enough to understand that this virus is relentless, and the wrong immune system can be severely compromised by the variety of symptoms the virus employs, almost as if it is looking for the weakest point of your body's defenses to take permanent hold. If you're not fit enough to face even one kind of disease, this virus will exploit that. Even having gone through the experience of COVID-19, I will continue to wear my mask and continue to take precautions although it might appear as though these efforts didn't keep me from being exposed. I will do this because to me, the worst part of being infected wasn't my own wellbeing — it was the wellbeing of those who may have innocently been exposed before I even knew what I had inside me. I was always confident my body could beat it, but my decisions could have inadvertently compromised someone else who would not be so fortunate. I would have had a hard time knowing I was responsible for someone losing their livelihood, precious moments with loved ones, or, God forbid, their life. This virus might seem like a small, inconvenient thing to a lot of people, but I can say from experience it's very real and it's nothing I would want anyone to have to experience firsthand.

VIEWS AND COMMENTARY FROM STURBRIDGE, BRIMFIELD, HOLLAND AND WALES

DIY Tips to Better Health and Well Being

Self Care ranked high on New Year Resolution lists this year, and for many, that means taking matters into their own hands. The answer to common maladies isn't always in a medicine cabinet. In fact, treating every-

day ailments or symptoms of aging is often a matter of common sense. From mental maneuvers to manual massage, the following self help tips are geared toward effectively promoting good health and well being!

Improve Memory: What's your memory grade? If you're a flunky when it comes to remembering, it may be time to get your brain back in shape with a good diet, meditation, and some mental gymnastics:

Diet: Sugar is not only bad for your diet, it can also be bad for your brain! Research has shown that people who regularly consume lots of added sugar may have poorer memories and lower brain volumes than those who consume less sugar.

Many studies have shown that consuming fish and fish oil supplements may improve memory, especially in older people. According to Healthline, a study of 36 older adults with mild cognitive impairment found that short-term and working memory scores improved significantly after they took concentrated fish oil supplements for 12 months

Meditation: Research suggests meditation may increase gray matter in the brain and improve spatial working memory. In fact, Meditation and relaxation techniques have been shown to improve short-term memory in people of all ages, right up to the elderly!

Memory Training: No matter what your age, experts say exercising your brain really may make the difference between using it and losing TAKE THE HINT KAREN TRAINOR

 it. Memory training can include verbal repetition exercises, number quizzes, word definition challenges and more. Activities such as doing crossword puzzles, playing
 word games or cards, strengthens the recep-

tors between brain cells in memory transmission areas. If you sense memory loss occurring, use mental helps such as calendars, calculators, list making, and group discussions to exercise your memory receptors. And relax. According to the experts, worrying about what you're going to forget can actually cause a mental block!

Stall Senility: If forgetfulness has you fretting about a future with Alzheimer's, here are some facts that may actually help you stall or prevent the disease.

Exercise has been shown to reduce the risk for dementias. The good news is, it is never too old to start exercising to reap the benefits. Studies to date also show that KETO (low carb) and Mediterranean diets may be beneficial to brain health. Research of people genetically predisposed to developing Alzheimer's disease, showed those who consumed the most fat on average, as well as the most calories, were more likely to develop the disease compared as to people who followed low-fat, low-calorie diets.

Earlier research revealed middle-aged people with high cholesterol or high blood pressure could have up to a 50 percent greater risk for developing Alzheimer's later in life. Studies also showed patients may have low levels of vitamin B-12, A and C and beta-carotene, and high

Turn To TRAINOR, page A8

Will you choose to be a victor or victim in 2021?

How to respond when risk tolerance is tested



FINANCIAL FOCUS

JEFF BURDICK

When you begin investing, you'll generally assess your comfort with risk, as your investment choices will be guided at least partially by your risk tolerance. But once you actually experience the ups and downs of the market, this tolerance could be tested.

Risk tolerance may appear less bothersome in the abstract but seem quite different in reality. For example, you might initially think you wouldn't be fazed by short-term market downturns, no matter how severe. However, when the financial markets really decline, as happened when the COVID-19 pandemic struck last March, you might find yourself being more concerned than you thought you would be.

Before you change your investment strategy, it's important to understand the potential tradeoffs. By limiting your downside risk by investing less aggressively, you may also limit your upside potential. You might need to change your strategy in other ways, such as saving more or working longer. That said, the tradeoff involved in reducing your downside risk may be worth taking, if it helps you cope better with wild market swings, as the best strategy may be one you can stick with through the inevitable ups and downs of the markets.

Because market fluctuations are a normal part of investing, here are some additional suggestions that may help you focus on your long-term strategy.

Last week we spoke of the choice to make 2021 a better year and not remain stuck in our past. To act as if you have no power to change the course of your life only becomes a self-fulfilling prophecy. If

we want 2021 to be a better year, we must do something to make it so.

In other words, in this new year, will you choose to be a victim or a victor?

As I've said, maybe hundreds of times in this column, it is a choice we make. We can choose to remain (or become) a victim of circumstances or choose to create a happy, hopefilled life. Which will you choose?

I was CEO of a business with a distribution center in New Orleans when Hurricane Katrina hit. It was a devastating event to the entire region and our business, creating losses that could never be recovered. I visited New Orleans several times afterwards, and even though time had passed, and life moved on, there was a minority of the population who chose to remain living in emotional devastation. Some call it "victim syndrome." I understand that loss of loved ones, property and lifestyle is devastating. I also suffered through it. However, there is a choice to be made. You can live in the past negativity or choose to positively move forward. I'm not making light of tragedy and loss. I am, however, encouraging those who have suffered to positively move on. Rather than choosing to remain in the sorrow and pain of these past events, make a conscious and active decision to put your eyes on a brighter future. Allow optimism to give you hope.

Apply the same logic to 2020, our year of pandemic, creating tragic loss and brutal politics. Our citizens have lost loved ones. We've endured the loss of businesses and careers, while suffering through financial hardships, the likes of the Great Recession and maybe the Great Depression. 2020 has passed. We now have three vaccines and more on the way. What will you choose for you and your family?

Victim or Victor?

For you "nattering naybobs of negativity," I can see you rolling your eyes and hear you shaking your heads, saying, "Just making a choice solves nothing,"
and you are right. The keyword is "just." If you choose to move forward
in optimism, you also must move your mind and body in the positive direction. Making

the choice is only the first step, but a big one. Taking positive action is also required.

I'll leave you this week with these two truths.

Make the choice to move forward in optimism. Do not look to our government to solve your problems. Regardless of who sits in the Oval Office, they are incapable of doing for you what needs to be done. Become more self-reliant. Your heart, mind and soul feel more optimistic when you realize you have the power to build your own reality. Create the future you wish in your mind, engage the passions of your heart, and physically act to make your vision of a positive future come true. And...

Do not look to the government to bring us back together. There is more benefit in the minds of both red and blue leadership to keep us divided. If we are to come together to create a better nation and world, it's up to us, and it begins with creating a better personal life. We can't help others if we can't help ourselves first.

Focus this year on what you care about and feel is profoundly important. Be optimistic and stay focused. Believe this new year will be better. Not by magic but by an optimistic look forward and positive actions to make your new vision of the future, real. And remember... success is often just a matter of hanging on after others have let go.

Optimists are happier, healthier, and more active than pessimists. Optimists positively impact those they touch and make a positive, and often profound, difference in the world.

I'm extremely optimistic about our future. You can, and should be too. Will you join me?

Gary W. Moore is a freelance columnist, speaker, and author of three books including the award-winning, critically acclaimed, "Playing with the Enemy." Follow Gary on Twitter @GaryWMoore721 and at www.garywmoore.com. • Look past the immediate event. While the market's pandemic-driven fall was sudden, its recovery was also fairly quick. Eight months after its March meltdown, the market had regained all the lost ground and reached a new record high. During the midst of what appears to be a real threat to your investment portfolio, it can be difficult to anticipate a more favorable environment. Yet, while past performance can't guarantee future results, every historical market decline has been followed by a recovery.

• Understand that the Dow isn't your portfolio. When the Dow Jones Industrial Average and the other major market indexes such as the S&P 500 fall precipitously (or shoot up), it makes headlines. But the Dow and the S&P 500 only track the performance of large U.S. companies - and while their performance may be an indication of the U.S. economy, they aren't going to track the results of your portfolio, which should ideally include a personalized mix of large-company stocks, small-company stocks. international stocks, bonds, government securities and other investments.

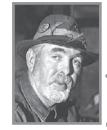
 Keep your emotions out of your investment moves. The market will fluctuate constantly – but you should always try keep your emotions in check. Excess exuberance when the market rises, or extreme despondency when the market falls, can lead you to make poor decisions. Specifically, we may buy when we feel good (when the markets are up) and sell when we feel badly (when markets are down). Your heart and your emotions may drive your financial goals – creating a comfortable retirement, sending your kids to college or leaving a legacy for your family - but when you invest for these goals, you should use your head.

Your risk tolerance is a key part of your investment strategy. But by taking the steps described above, you can gain a broader understanding of how risk fits into your overall picture – and a better understanding of yourself as an investor.

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.



A history of hare hunting



THE GREAT OUTDOORS RALPH TRUE

Hope everyone has stayed healthy during this terrible pandemic. There is still plenty to do for people that love the outdoors, and can socially distance whenever possible. Ice fishing has been spotty in the valley area, with thin, unsafe ice on many small ponds. Some anglers are still fishing on the few inches of ice on small ponds, but extreme caution needs to be The practiced. states of Maine, Vermont and New Hampshire, and New York, have a lot safer ice, and fishing is in full swing in those states. Fat Nancy's Bait & Tackle shop reported plenty of safe ice in the Pulaski New York area, and recommends a trip to the area soon.

A release from Massachusetts Fish & Wildlife on the recommendation to raise the saltwater fishing license, seems a bit harsh, especially during a pandemic, and people struggling to make ends meet. The toll of lives lost and the financial hardships the pandemic has on the U.S., will hopefully see a recovery in a year or two, but it will not be easy. News on raising the saltwater license did not have an amount of the proposed increase, but it did state that it wanted to increase the free license for anglers to 70 years old. Many anglers this writer spoke with were not happy!

Back in the day, this writer and many other Rod & Gun Club members were busy stocking snowshoe hare in swamps in the Central District. The hare were trapped by a



This week's picture shows Bob Bromley with a few of his fishing buddies a few years ago during the annual ice derby sponsored by the Northbridge Vets. Hopefully, the ice will become safe for different organizations to hold their annual ice derby.

their

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summer

licensed trapper running dogs on the snowin Canada and transported to the shoe hare in the Singletary Rod & Douglas State for-Gun Club for pick est and other local up by numerous swamps clubs to be stocked the by their members months, but most in open covers. sportsmen rarely The Blackstone hunted them in the fall and winter Valley Beagle Club was purchasing

months, hoping to keep population high for future the largest number of hare, which totaled 250 annugenerations. ally, at a cost of During the final vears of program around \$5 each. (called Operation Sportsmen with enjoyed Snowshoe),

clubs were paying up to \$20 each for the live delivery of the rabbits. After the program was stopped, the hare population diminished in a few years, with very few, if any remaining in our forests and swamps locally. What a shame! The program

lasted more than 50 years, but was stopped by activist groups claiming that it was cruel

to relocate the hare, and it could spread any diseases they may be carrying to other states, which was a bunch of baloney! In all of the years the program was held, there were no claims of disease concerns. The hare did so well after relocation that they started to breed and have young, adding to the excitement of the program! Hare

Courtesy

do not have large numbers of young like cottontail do; in fact, they only have two or three young, although they can have two or three litters a vear.

They are born fully covered in hair, with their eyes wide open, not like cottontail rabbits that are totally blind and have very little hair at birth. Hare turn white during the winter months to give them camouflage. Some times during winters with very little snow their white color makes them an easy target for their predators that consist of coyote, numerous birds of prey, bobcat, etc.!

Now that the birds of prey have returned in large numbers, after the spraying of DDT was stopped, many ground feeding animals like rabbits, & Squirrel populations are extremely low in some areas. This writer's back yard bird feeders have been absent of squirrels for a few years now, after a family of red tail

hawks moved into the neighborhood. Saltwater anglers are wondering about what the 2021 striper regulations will look like. The slot limit size was a complete disaster last year and hopes are high that it will not be implemented this year.

reminder Α that Wallum Lake in Douglas will close the last day of February. The body of water is an interstate body of water lying in both Massachusetts and Rhode Island, and is governed by Rhode Island regulations. Anglers are still fishing Wallum Lake with Rod & Reel and are catching numerous trout, that more than likely were stocked this past fall.

More than likely, all sportsmen's shows will be canceled this year because of the pandemic. Wear a Mask and stay safe! They will be bigger and better next year!

Take A Kid Fishing & Keep Rods Them Bending!

Latest antique, collectibles, and auction news

beagles



ANTIQUES, COLLECTIBLES & ESTATES WAYNE TUISKULA For my first column of 2021, I thought it would fitting to recap and wrap up the antique news from 2020 and share exciting news that has already happened this year. Some advertising pieces and machines slot brought strong results at an October auction, according to an Antiques and Arts Weekly report. A triangular shaped 1935 Coca Cola sign was one of the items in the auction. The double-sided hanging enam-

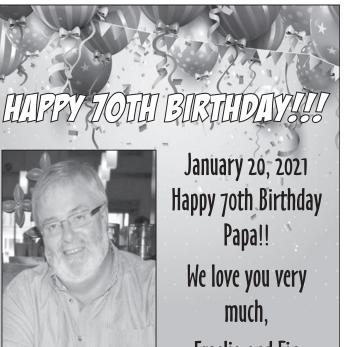
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tising sign for duction of Ivory soap. It sold for Amber Soap was said to be his-\$28,800. A Pepsi signif-Cola syrup distorically icant, because penser went for and it predated the \$39,975. A five Gamble adver- company's pro- cent "Little Rip"

baseball themed trade stimulator (similar to a slot machine) sold for \$132,000. A "Triple Centaur Jackpot" slot machine that accepted nickels and quarters in three separate sections reached \$240,000. An upcom-

ing auction expects even better results. Coin News reports that several coins in a January



sign brought \$21,600. An 1870s Proctor

20th-24th auction Turn To ANTIQUES, page A8

Emelia and Fin

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Hi! My name is William and love building with Legos!

William, who likes to be called Will, is an active and loving boy of Caucasian and Hispanic descent. He is outgoing and enjoys playing with his many friends. He is very social both during and after school. He has a witty sense of humor and loves to make people laugh. He is also very sensitive and concerned for the feelings of others. He is described by those who know him as being very helpful to others and very polite. He admires his older brother and sister and looks to them for guidance. Will likes to

William Age 11

play video games, build with Legos, and do arts and crafts projects. He does well in school and has expressed an interest in working in construction, being an architect, or a working as a truck driver when he is older. He very much wants to be adopted and is looking forward to the day when he meets his adoptive family.

Legally freed for adoption, Will would fit in well in any family constellation with or without other children in the home. An out of state family will be considered for Will providing that this family can commit to helping him maintain both in person visits and virtual contact with his siblings and grandmother who all live in western MA.

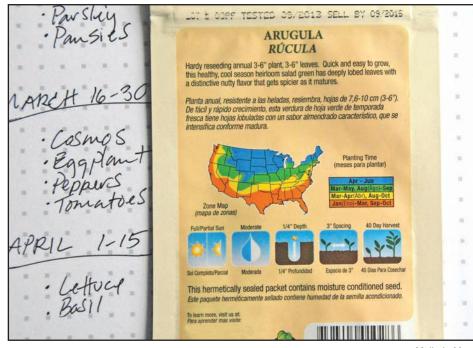
Who Can Adopt?

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 617-964-6273 or visit www.mareinc.org. The sooner you call, the sooner a waiting child will have a permanent place to call home.

Save time and increase success by creating a garden calendar



Melinda Myers

Check the back of the seed packet to determine when to start seeds indoors and when to move the transplants into the garden.



Ringing in the New Year is filled with resolutions that usually involve dieting and exercise. Gardening is a great way to help accomplish those two resolutions, while also improving your mood, reducing blood pressure, managing anger, maintaining flexibility and much more.

So, gather anyone that shares in your gardening efforts and landscape projects. Grab a calendar and make some gardening plans for the year ahead. Consider including a monthly project that you all can

share and one that moves you closer to your long-term gardening and landscaping goals.

Start the year right by growing some microgreens. They are quick, easy and require no special equipment. Plus, recent research found that many contain as much as 25 times more nutrients as the leaves of the full-grown plant.

Take some time to inventory your current seed collection. Decide what seeds you want to keep and grow this season and those you want to pass along to gardening friends. You may choose to make seed art with older or improperly stored seeds and invest in fresh seeds that are sure to germinate.

Once you complete your inventory, review new catalogs, and make

Turn To GARDENING, page A8

OBITUARY Charles E. Peloquin, 91



STURBRIDGE--Charles E. Peloquin, 91, died peacefully on Tuesday, January 5, 2021.Charlie is survived

by his wife of 12 years, Barbara (Theriault) Peloquin, whom he married December 28,

2008. He is also survived by his daughters, Jeanine Healy, and her husband Scott, of Charlton; Marie Ignazzi and her husband, Michael, of Pepperell; and Michele Ferrucci and her husband, Robert, of Plymouth; 7 grandchildren; and 5 great-grandchildren. Charlie was predeceased by his first wife, Rita (Dion) Peloquin, who died August 10, 2007; his daughter, Anne Bouley, who died December 4, 2019; and his siblings, Alfred E. Peloquin, and Gertrude Berthiaume.

Born in Southbridge, MA, on September 11, 1929, he was the son of Alfred J. and Honora (Ouellette) Peloquin. He graduated from the former Mary E. Wells High School with the class of 1946. In 1951, he graduated from the Massachusetts College of

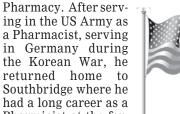
ANTIQUES

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are estimated to bring seven-figure sums. A 1796 No pole cent is one of the valuable coins. 1796 was the first year that the United States produced every denomination of coin from the half cent to gold Eagle \$10 coin. Other coins that may hit the million-dollar mark are an 1838 Liberty Gold Eagle, 1796 Quarter Eagle \$2 1/2 coin, 1885 silver Trade Dollar and a 1792 Silver Center Cent. A little silver was added to the center of the copper 1792 cent to make the intrinsic value of the coin worth one cent when the copper alone would have been worth less than that. An 1804 Proof Eagle and "1787 New York-Style Brasher Doubloon" are two of the other ultra-valuable coins. The Doubloon will be coming to auction for only the third time since 1848. The previous two times it set a world record for any coin ever auctioned. As of Jan. 9, online bidding was already at \$3.6 million.

There was news that offers hope for those of you hunting for that big estate sale or thrift shop find. The Lewiston, Maine Sun Journal reported that a Norway, Maine man made a thrift shop find that netted him a nice sum. Like most of us, 2020 was a difficult year for the antique dealer who discovered the painting at a thrift shop. His antique shop was shuttered from March through

Pharmicist at the for-



mer Centre Pharmacy and Howe Pharmacy in Bellingham which he owned and operated both for many years. Charlie was a Life Member of the VFW Post 6055 in Southbridge, a member of the American Legion, and a member of the Tri-Community Exchange Club. He enjoyed crossword puzzles and gardening.

Sansoucy Funeral Home, 40 Marcy Street, Southbridge, MA is handling arrangements. Due to the Covid-19 Pandemic, Charlie's funeral services will be announced at a later date. In lieu of flowers, Charlie himself hoped you may consider making donations to either the Prostate Cancer Foundation. 1250 Fourth Street, Santa Monica, CA 90401 or the American Cancer Society, 3 Speen Street, Framingham, MA 01701. www.sansoucyfuneral.com

------May because of the pandemic. In October, he purchased the painting by Austrian-born artist Josef Floch. According to the Sun Journal, "after the upheaval of World War I, Floch left Austria for Paris where he joined the popular avant-garde movement. As World War II raged in France, he immigrated to the United States about 1941, permanently settling in New York." The exact amount he received wasn't listed, other than that it was five figures. When asked where he bought the painting, the dealer stated, "I can't divulge all the details. That would be like a fisherman telling where his best spot is."

Our online auction of paintings and other artwork from the estate of artist Fay Moore will be running soon. Bidding ends Feb. 17. We are planning a vintage and antique toy auction soon after. We have been acquiring some consignments of gold jewelry, 1960s and earlier baseball cards and other antiques and collectibles for our next multi-estate auction. We are still accepting quality consignments for that sale. You can sign-up for email updates on future events on our homepage: www.centralmassauctions.com.

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.

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VACCINE

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vaccine to front line workers, EMTs, police and fire, and high risk vulner-able populations," Professor Yoder said, adding that the students were excited to be part of this historical moment.

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BOS

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tion," by which whomever ends up owning the home can make no more than 80 percent of the area's median income "in perpetuity," he added.

That way, it can be considered part of Sturbridge's "affordable housing" stock.

The town took the property some time ago for non-payment of taxes, and he said the agreement gives Habitat two years to finish the project (including finding an owner).

Closer to downtown, another vote allowed construction of several single-track trails for bikers and runners to start on the Riverlands property. Trails Committee member Brandon Goodwin said they were mapped in November, and the plan is to seek "someone who can build it correctly" this winter for construction in the summer.

TRAINOR

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concentrations of aluminum and mercury. So take your vitamins and eat healthy to up your odds of avoiding Alzheimer's!

Effortless Memory Boost: Too tired to exercise your brain to boost memory? Dab on your favorite perfume! Believe it or not, medical studies show memory skills are enhanced while people are wearing a fragrance. The theory is that because the part of the brain that stores memory is located near the part that senses smell, the memory is boosted when you sniff a fragrance. Now, if you can only remember where you put the cologne.....

Laughter is the Best Medicine: Groucho Marx once declared "A clown is like an aspirin, only he works twice as fast!" And health officials worldwide have proved laughter really may be the best medicine. According to University of Maryland Hospital studies, the benefits of laughing include improved coordination of brain functions, memory improvement, reduction in stress and depression, pain relief and stronger internal muscles. One UM doctor even claims twenty seconds of hearty laughter gives the heart the same workout as three minutes of hard rowing. So enjoy a daily dose of laughter, it's free, fun and contagious!

Stress Busters: It's 2 p.m., you've

"When the practical nursing students were presented with the opportunity, they echoed resoundingly ... 'Thank you!'"

For more information about QCC, contact Josh Martin, Director of Institutional Communications at 508-854-7513 or jmartin@qcc.mass. edu.

Thomas Chamberland added this project is grant-funded and already authorized by the town's trail master plan.

This will not affect the nearby Grand Trunk Trail, but Chamberland noted the town has already contracted someone to build about 2000 feet of that trail, using funds from 2005's Transportation Enhancement grant. That work is almost ready to go to Conservation and the state for permitting, with a goal of starting construction this fall. Specifically, it will extend the trail from the Ed Calcutt Bridge to the Farquhar-River Road intersection, with future work coming to connect that to the Riverlands parcel, he said.

The next selectmen's meeting on Jan. 21 will start early (at 5 p.m.) with a presentation on the Senior Center study results.

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

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to the ears, which improves hearing function. For A proper hearing "fitness" routine, the experts suggest working your way up to walking 30-60 minutes, five or six days per week. For an optimum hearing boost, add strength training, as those who are aerobically and muscularly fit had the best hearing!

Eye Test: Babyboomers may be soon discovering their eyes aren't as sharp as they used to be! Here is a quick vision test to gauge whether or not it's time to have those glasses upgraded: A person with good vision should be able to read the numbers and letters on a license plate 80 feet away. If not, it's time to get a vision checkup. If you work at the comput-er all day, this simple "eye break" exercises tired eye muscles. Hold a pencil one foot away from your eyes, focus on an object behind the pencil for several seconds, then blink and focus directly on the pencil for a moment or two. This helps relaxes and revitalize eyes. At home, relieve eye strain by cutting two thin slices of raw red potato. Keep them on your closed eyelids for 20 minutes

Sweet Slumber: Are you always tired? Is your nightly slumber less than satisfying? If so, it might be time to reset your sleep clock to ensure your daily dose of rest! If your body clock is set to a different time than your schedule, you'll feel tired. Experts say when you're in your 20s and 30s, your body is typically set to stay up late and sleep late. On the other hand, it's common for people in their bus and fus to fall asleep at before 8 p.m. and wake up before the birds. Here's how to get back to a normal sleep rhythm by resetting your sleep clock: Bright electric light can shift your body clock, according to a study published in the Journal of Investigative Medicine. If you want to stay up later, sit under a bright light bulb for one to two hours before your current bedtime. This will slowly shift your body clock to a later bedtime. In the morning, block out bright light until you've been up for an hour or two. If you want to go to bed and get up earlier, dim the lights in the bedroom after 9 p.m. and pull up shades to allow the morning sun to stream in.

GARDENING

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a list of seeds and plants you want to include this year. Order early for the greatest selection and availability. A recent increase in gardeners means more people shopping for the seeds and plants you want to buy.

While you wait for your seed order to arrive, prepare a space and organize supplies for starting any seeds indoors as needed. Clear a space, check your grow lights, and gather the needed seed starting mix and clean containers. Soak used containers in a one-part bleach and 9-parts water solution for ten minutes. Then rinse with clear water before reusing them this year.

Once you know what you want to grow, it is time to create a seed starting calendar. Check the catalogue, University Extension recommendations, and back of the packet to determine when you need to start the seeds indoors or out. Include dates for starting seeds indoors and directly in the garden. Note the recommended date for moving transplants into the garden. Add in time as needed to harden off transplants. Gradually introducing plants to the garden environment over a two-week period reduces transplant shock and increases your success.

vest times in your region. Make sure to allow sufficient time for harvesting and preserving. Supplement your own harvest with produce from farmer's markets and pick-your-own farms. Most post expected picking and produce availability dates on their website, so you can plan ahead. As the season begins, confirm picking times and invite family and friends for a harvest and preservation party.

Mark your calendar for peak har-

Record all this information on your calendar, garden chart or a spreadsheet to help keep your gardening efforts on track. This will also help you identify the best time to embark on larger landscaping projects or hire a plant sitter when you are away from the garden.

Make this the year you resolve to accomplish your gardening goals in a timely manner. You'll maximize your harvest, enjoyment, and other gardening benefits.

Melinda Myers is the author of more than 20 gardening books, including Small Space Gardening. She hosts The Great Courses "How to Grow Anything" DVD series and the nationally-syndicated Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and her Web site is www. MelindaMyers.com.

got a pile of unfinished work, you've yet to each lunch and the phone keeps ringing! If the high tech and high stress world has got you chewing your acrylic nails off, try these easy office stress busters: At the first sign of stress, massage therapists suggest simply massaging the palm of one hand by making a circular motion with the thumb of the other. Or, when you're stressed out, reach for a steaming mug of decaf or other hot beverage and cup your hands around the mug. Bring your warm hands to your closed eyes for a few seconds and take a deep breath to induce calm. And here's a good excuse to snack on the job: Carbohydrates stimulate serotonin in the brain, so reach for a bagel, crackers or pretzels to help calm down fast.

The Buzz on Caffeine: If you love your coffee, here's another excuse to drink high octane java! A popular ten year study revealed coffee drinkers really may be better thinkers. The report said a cup of coffee can help in the performance of tasks, requiring sustained attention. It further helped enhance a person's ability to perform these tasks, during low alertness situations such as at night or when a person has a cold.

Hearing Help: Are you saying "Huh?" more than you used to? Well before you run out to by a hearing aid, you might want to consider a pair of sneakers instead! Believe it or not, researchers at Miami University in Ohio report aerobically fit people heard sounds at lower volumes than their sedentary counterparts. In fact the researchers went as far as to declare that a fit person at age 40 can have the hearing of a 20 year old! The concept is that aerobic exercises such as walking, enrich the blood with oxygen and improve blood flow

Win Dinner for Two at the Publick House

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

Do you have a helpful hint or handy tip that has worked for you? Do you have a question regarding household or garden matters? If so, why not share them with readers of Stonebridge Press newspapers? Send questions and/or hints to: Take the Hint!, C/o the Southbridge Evening News, PO Box 90; Southbridge, MA 01550. Or email KDRR@aol.com. Hints are entered into a drawing for dinner for two at the historic Publick House Inn.



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Schoolhouse Pond. Private, pastoral setting. Open Field surrounded by tree line. 250+ feet waterfrontage. At the end of a Dead end road! \$179,900

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Home "Sweet" Home! TOTALLY Renovated! New Roof -Updated Electrical ~ New Heating System !! Bedroom 1.5 Bath - 2 Story Conventional Home. .Dead-End St. Rare find, Large Lot .77 Acre - Inside -Neutral Palette

SORRY, SOLD!

Webster - Upper Gore w/View of the Lake! 1+ Acre!

Artesian Well, Septic Design & Conservation - DONE. \$115,000.

Webster - Cooper Road 2 Buildable Lots! Water & Sewer Each \$24,500. Access. Zoned Lake Res.! Douglas-Mount Daniels 2.5 Acres abuts Douglas State



One level living with added 35 x 18 finished walkout lower level. Cathedral ceilings, skylight dining, hard-wood flooring and central air. Stainless appli ancesW/large double oven. Over-sized 30 x 14 deck. New Price \$314,900. quiet cul-de-sac!

SORRY, SOLD! Young ranch with heated 2 car garage, 3 bedrooms, 2 bathrooms. Efficient Propane heat, central air! Open floor plan! gas fireplace! Master Suite w/bathro Master California Closet! assisted sale \$279,900



yard. Kitchen wigranite counters & abundance of cabinets. Ca-thedral ceilings kitchen, dining and living room. Open floor plant large deck with large backyard through sliders in dining room. Hardwood floors! Tile baths. Master bedroom/master bath! Finished walkout lower level w/bar! 2 car garage. Extras: above around pool

 NEW TO THE MARKET!
 Custom Sprawling Split 2800+.SF'

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 Boller, Hot Water Tank - Oil Tankl FULL finished Lower Level W
 Full Bath & Laundry! THERE'S MORE! 2 Car Garage, renovated

 Full Bath & Laundry!
 THERE'S MORE! 2 Car Garage, renovated
 Full Bath & Laundry!

 Game Room or Home School!
 Over 1.4 Acres!
 \$360,000.

Lake Shirley - 647 Reservoir Rd

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

On the shores of Lake Chargoggagoggmanchauggagoggchaubunagungamaugg

Webster Lake - 100 Lakeside Ave



WEBSTER LAKE! PANORAMIC VIEWS! BEAUTIFUL SUNSETS! Extraordinary Waterfront Contemporary! Architect designed with Lake Living in mind, Custom Built with Attention to High Quality & Detail. Outstanding open concept, water view from almost every room. Nicely situated on a .25 acre level peninsula, 180'+/- prime lake frontage! Enhanced by a all natural shoreline! All you need to live is located on the 1st floor. Grand 2 story foyer, cozy fireplaced living room, gourmet kitchen, lake facing dining formal dining room, media room & spacious 1st floor quest BR Suite w private bath. Incredible 2nd floor fireplaced lake-facing corner master suite w/luxurious private bath, 3 more 2nd floor BRs & full bath! Something Special! Remember, Timing Is Everything! \$1,075,000.

SORRY, SOLD!

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

assisted sale \$1,040,000.



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Decembers' Single Family Homes Real Estate Market

OXFORD						
	December 2019	December 2020	Trend			
Median Price	\$273,500	\$311,000	٨			
Market Volume	\$3,597,000	\$5,252,154	٨			
# of Homes Sold	12	16	٨			
Avg Days on Market	44	26	٧			
WEBSTER						
Median Price	\$281,000	\$318,5000	٨			
Market Volume	\$4,100,900	\$6,199,800	٨			
# of Homes Sold	11	20	٨			
Avg Days on Market	63	30	¥			

Contact us to find more about your neighborhood market & what your home is worth! Happy New Year from our family to yours!



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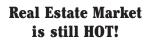
100

views on Webster Lake. Master Hartford ..major routes include 146, bedroom suite offers a relaxing sit- 20, 290,395 and Ma. Pike. Wake up ting area or ideal home office space. each day and experience a clear view an opportunity that rarely comes Easy highway access allows you to of an incredible lake. Boat slip availaalong to have unobstructed, direct commute to Boston, Providence, ble. 103 Beacon Park - \$324,900



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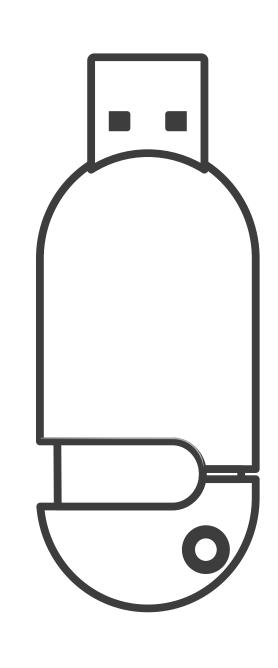
THIS TYPE OF MEMORY ALLOWS A COMPUTER TO READ DATA QUICKLY AND EFFICIENTLY AND TO RUN APPLICATIONS EASILY.

ANSWER: RAM (RANDOM-ACCESS MEMORY)



ENGLISH: Keyboard

SPANISH: Teclado



Creative Coloring

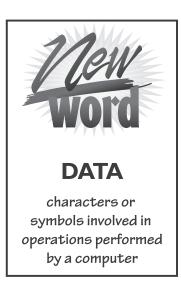
Celebrate cleaning up a computer. Color in this picture to create your own masterpiece.



• **1776:** THOMAS PAINE'S "COMMON SENSE," A PAMPHLET, WHICH PUSHED FOR AMERICAN INDEPENDENCE, IS PUBLISHED.

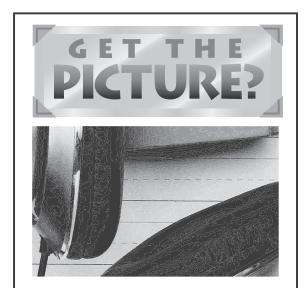
• **1901**: THE FIRST GREAT TEXAS OIL GUSHER IS DISCOVERED IN BEAUMONT, TEXAS.

• **1982:** DWIGHT CLARK MAKES A FINGERTIP TOUCHDOWN CATCH ON 3RD AND 3 TO SEND THE SAN FRANCISCO 49ERS TO THE SUPER BOWL.





A GAMING COMPUTER, ALSO KNOWN AS A GAMING PC, IS A



ITALIAN: Tastiera

FRENCH: Clavier

GERMAN: Tastatur

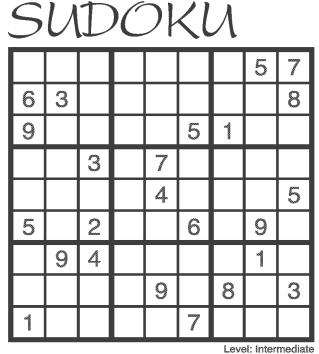


COMPUTER DESIGNED FOR PLAYING VIDEO GAMES. IT REQUIRES A LOT OF COMPUTING POWER.

Can you guess what the bigger picture is?

ANSWER: HEADPHONES





Fun By The Numbers

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

Here's How It Works:

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

0	Δ	0	2	0	à	n	~	8
6	9	ç	L	3	7	8	2	oaada
c	4	8	vensik	6	2	9	ç	L
S	mh	L	8	ç	9	4	6	3
\$	6	3	9	8	mh	S	L	ç
G	L	9	S	Þ	ε	6	nonda	8
unak	8	2	6	L	ç	3	9	7
9	S	undu	G	2	8	٢	7	6
8	S	6	7	mah	L	ç	ε	9
٢	G	4	3	9	6	sunda	8	2
ANSWER:								

Strategies to overcome seasonal affective disorder

Winter can be an awe-inspiring time of year. Snow-covered landscapes and opportunities to enjoy sports like skiing and snowboarding make winter a favorite time of year for nature enthusiasts and athletes.

As fun as winter can be, many people struggle with the transition from warm weather and long, sunny days to cold weather and reduced hours of sunlight. Sometimes mistaken or misidentified as the "winter blues," this phenomenon is known as seasonal affective disorder, or SAD.

What is seasonal affective disorder?

According to the National Institutes of Mental Health, SAD is a type of depression. The NIH notes that a person must meet full criteria for major depression coinciding with specific seasons for at least two years to be diagnosed with SAD. The American Psychiatric Association says symptoms of SAD can be distressing and overwhelming and even interfere with daily functioning.

The APA notes that SAD has been linked to a biochemical imbalance in the brain that's prompted by shorter daylight hours and less sunlight in winter. As the seasons change, a shift in a person's biological internal clock or circadian rhythm can lead to them being out of step with their normal routines. That can contribute to various symptoms, including:

· Feeling sad or depressed

· Loss of interest or pleasure in activities once enjoyed

· Changes in appetite, usually eating more and craving carbohydrates

 Loss of energy or increased fatigue despite increased sleep hours

Increase in purposeless physical activity or slowed movements or speech that may be noticed by others

Feeling worthless or guilty

• Difficulty thinking, concentrating or making decisions

· Thoughts of death or suicide





2021/2022 Annual House Building Project





cians about the following strategies to overcome SAD.

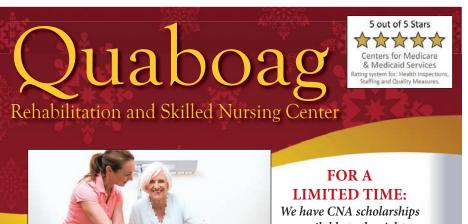
 Light therapy: According to the APA, light therapy involves sitting in front of a light therapy box that emits a very bright light. In the winter, patients typically sit in front of the box for 20 minutes each morning, and they may see some improvements within one to two weeks of beginning treatment. Light therapy is usually continued throughout the

· Medication: The APA notes that selective serotonin reuptake inhibitors, or SSRIs, are a type of antidepressant that are sometimes prescribed to treat SAD.

• Spending time outdoors: People with SAD who don't typically spend much time outdoors when the temperatures dip may notice their symptoms improve if they make a concerted effort to spend time outdoors in winter.

• Rearrange rooms in the home: The APA notes that rearranging rooms and furniture in a home or office to allow more natural light in during the daytime can help improve symptoms of SAD.

SAD is a legitimate concern for millions of people across the globe. Working with a physician to overcome SAD can help people successfully transition to days with fewer hours of sunlight.



available to the right applicants. Please inquire for further information.

New Year, New YOU! Begin A Rewarding New Career in 2021

We are grateful to be a part of this wonderful community. Thank you for "social distancing" to keep us all safe. We hope you'll consider Quaboag as your next career move.

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What our employees have to say...

"One of my favorite things about working at Quaboag is that you can tell the staff is here because they care about the patients. I have also found that my supervisor and administrator are very approachable when I have any concern. There are a lot of places where someone in a supervisor position is not that approachable." - Nicole F. (CNA)

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- Referral Bonus
- (for when you bring a friend)
- Education Reimbursement

"I am Definitely glad to be a part of the team as well. I feel like I'm home and everyone has been wonderful." - Nicole V. (LPN)

"In the time that I have been working at Quaboag I have witnessed the well-being and comfort of the residents as the main priority of the facility. The facility is centered around patient care and is designed in the best interest of the residents. – Lynnea T. (CNA)

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