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Friday, November 6, 2020

# **School District** reports first Positive **COVID** case

#### **BY JASON BLEAU** VILLAGER CORRESPONDENT

DUDLEY/CHARLTON The Dudley Charlton **Regional School District** has recorded its first COVID-19 positive test.

On Monday, Oct. 26, district Superintendent Steven Lamarche sent out a letter notifying the public that a bus driver for the district had tested positive for the virus in the district's first official case of infection since welcoming back students this fall.

As with most COVID-19 cases throughout the state, personal information, including the name of the infected, was not revealed to the public to protect the patient's privacy, however those who had been in close contact with the bus driver were reportedly notified of the situation. It was also confirmed that the driver had not transported students the day of the notification.

Superintendent Lamarche addressed the situation briefly in his report to the Regional School Committee on

Wedesday, Oct. 28, complimenting the staff for their continued diligence and indicating that the positive test is not a sign that the district is letting its guard down.

"Our staff and student continue to do a remarkable job in practicing all of the required mitigating strategies to prevent the spread in our schools. Our collective efforts will continue to build longevity in our current in-person learning model as we are all well organized and prepared to minimize the transmissibility of a positive COVID-19 case. Additionally, we have a great working relationship with our boards of health, health director and health agent. This collaboration is grounded in open lines of communication, confidentiality and professionalism," Lamarche said.

While the identity of patients and their affiliation with the district are usually kept private, Lamarche felt comfortable identifying the position of the individual as the bus drivers for the district are part of a third party company.

"The purpose of identifying the role of the bus driver was to share that it was not a positive COVID-19 case in our school facilities and thus establishing a particular dynamic that I have observed in other districts," Lamarche said. "In addition, the bus drivers are an independent vendor and must complete their own processes in combination with our expectations. In hindsight, this might have been better served in the communication so I will continue to work with our team to review future communication and work to provide the right information moving forward when it comes to a bus driver."

In his letter to parents and the public, Lamarche stated that it is current protocol that both students and drivers always wear masks during transportation and that buses are cleaned thoroughly between trips. First Student, the company that operates the bus, is also reviewing tapes from the vehicle in question to determine any increased health risks.

# School Committee member bonored with MASC Lifetime Achievement Äward

REGION Mary Antocci, recently Vice Chairperson of the Dudley-Charlton Regional School District School Committee, was honored this month to receive a letter from the MASC Board of Directors notifying her that she has been selected to receive an esteemed MASC Lifetime Achievement 2020 Award recognizing her for her contributions to the children of the Dudley-Charlton Regional School District.

Antocci has been an extremely active member of the Dudley-Charlton Regional School District School Committee for several years, or three election terms. The honor recognizes her contributions to the children of the district, both through her years of service on the School Committee, as well as through the many activities in which she has participated through the



This tribute would have been presented next month at the MASC awards banquet in Hyannis during the annual joint conference. However, since the pandemic necessitated putting this year's program on hold, the plan is to present the award at a later date when it is safe to get together, possibly at a reconvened event in the Spring of 2021.

**Mary Antocci** 

# Dudley parent petitions increased live instruction

**BY JASON BLEAU** VILLAGER CORRESPONDENT Regional Committee that more live

and the Dudley Charlton my mind months ago, but steps," Panczyk said. School I wanted to give it some time and see now the school year started and how it improved as we moved on. After the last (school committee) meeting on Oct. 14, it appeared to me that we have no further steps to improve our school plan and the only way we would have any further steps is if our budget improved so I was left wondering how could we reach our number one goal, which is to be back in person full time, without having any further

like-minded parents and keep the students learn-After talking with fami- citizens to voice their ing even through the pan-

DUDLEY/CHARLTON

- In recent weeks, a petition has been floating around on social media seeking support for added in-school learning for the students in the Dudley Charlton Regional School District.

The change.org petition was started by parent Caitlynn Panczyk of Dudley, who sought to send a message to Superintendent of Schools Steven Lamarche

instruction would be beneficial to students of the district during the implementation of hybrid and remote learning due to the ongoing COVID-19 pandemic.

The petition gained 570 signatures before its closing on Oct. 27 and the following evening Panczyk joined a livestreamed meeting of the school committee to explain the reasoning behind the document. "It had crossed

IV, Irlends and coworkers Panczyk learned of how other districts in the commonwealth have handled managing both online and in-person learning during the pandemic and she felt other districts were doing better. While she acknowledged that the Dudley-Charlton District was excelling in its own right compared to some district, she felt there was clearly room for improvement and saw the petition as a way for concerns as well. She felt a common theme was the need for more live instruction and she and 569 other signatories wanted to express those concerns to school officials as a united group.

Panczyk also seemed to acknowledge that the petition had its fair of naysayers and took the time to defend the calls for more live teaching opportunities while praising the educators who have worked hard to

demic.

"I do not wish to make any each and every teacher's job more painful than it already is this year. I understand all the hard work that they are putting into each and every day. I appreciate them and I want them to know that, but my goal is to highlight that we're missing something. I want to make this year better for everyone, every teacher,

Turn To **PETITION** page **A7** 

## Cornerstone Bank donates to Charlton Public Safety Building campaign

CHARLTON Cornerstone Bank is pleased to announce its recent donation of \$2,500 to support the Charlton Public Safety Building Campaign.

The proposed Charlton

Public Safety Building, provide Charlton with to be built on Masonic Home Road next to the current police station, will become the headquarters for the police and the fire departments. The new building will

a 911 communications center for coordinated emergency response, emergency responder training, and the storage space for town-owned emergency and firefight-

#### ing equipment.

proud 'We are support the town to Charlton," of stated Cornerstone Bank President & Treasurer and Chairman of the Bank's Charitable

Donations Committee Todd M. Tallman. "In an emergency, every second counts, and our community must have access to modern safety facilities to keep up with increasing calls for service.'

To learn more about the Charlton Public Safety Building Campaign, please visit: https:// www.townofcharlton. net/.

#### ABOUT **CORNERSTONE** BANK

Cornerstone Bank is an independent, mutual savings bank serving the residents, businesses, and communities throughout Central Massachusetts from offices in Charlton, Holden, Leicester, Rutland, Southbridge, Spencer, Sturbridge, Warren, Webster, and Worcester along with a Loan Center in Westborough. Deposits are insured in full by a combination of the Federal Deposit Insurance Corporation the Depositors and Insurance Fund. The an Equal Bank is Opportunity Employer, Equal Housing Lender, and SBA Preferred Lender. For more information, visit online at cornerstonebank.com, on Facebook, or call 800-939-9103.

Pictured here, left to right: Public Safety Building Committee Member Lois Sugrue, Public Safety Building Committee Member Karen Spiewak, Public Safety Building Committee Co-Chair Stephen Coleman, Cornerstone Bank AVP, Senior Market Manager Sabrina Webb, Public Safety Building Committee Co-Chair Noreen Smith.





# "Angel on Earth"

### BAY PATH STUDENT THANKED BY PATIENT'S FAMILY

MANCHESTER, Conn. — The words posted were "C's caregiver. . . and her angel Isabella who have been by her side these past days" in the online obituary for C. C. through FarleySullivan. com (Farley Sullivan Funeral Home). A private service was live streamed due to health concerns with the pandemic.

The angel is Isabella Boateng of Manchester, Conn., a full-time practical nursing student at Bay Path Practical Nursing Academy in Charlton, MA and a Certified Nursing Assistant (CNA) with All Ways There Home Care (Vernon, Conn.), as well as a Hospice Aide with the Seasons Hospice & Palliative Care in Bloomfield, Conn. Boateng's educational background includes a Diploma in Accounting from Konongo Odumase (2005) and a Diploma in Business Management (2009) from Kumasi Polytechnic, both in Ghana. She has been a CNA since 2014 and a Home Health Aide. As a member of the PN Class of 2021, Boateng was elected as Student Representative and as an officer of the UNICEF Club. She is Dementia Care certified and completed a COVID-19 Contact Tracing from Johns Hopkins University. Her other certifications include, Alzheimer's Disease and Related Dementias for Nursing Homes, Adult Day Care, and Hospice from A Train Education (Willits, Calif.) and



**Isabella Boateng** 

The Columbia- Suicide Severity Rating Scale from Columbia University College of Physicians and Surgeons. She is currently in Fundamentals of Practical Nursing clinical rotation at Quaboag Rehabilitation and Skilled Care center under the tutelage of Professor Jennifer DeFilippo, MSN, RN. Boateng is mastering her nursing skills such asHand washing, PPE and Infection Control, Measurement & application of antiem-

bolic/compression stockings, Bed bath oral care (conscious & unconscious), Body mechanics, ROM, and Positioning, Bed making (occupied & unoccupied), Safe transfers & use of Mobility aids, Mechanical lifts and restraints, Vital signs monitoring and interpretation (especially manual/palpatory BP), Pulse Oximetry, Neurological assessment, Pain assessment, Head to toe assessment (including skin assessment), Height & weight measurement and documentation, Sterile Technique, Clean & sterile dressing changes, Wound assessment & documentation, Oxygenation: cannula, masks placement, Incentive Spirometry, Catheter insertion & removal, straight catheterization, Specimen Collection: sputum, urine, Guaiac testing, FSBS Checks, NG Tube insertion and suctioning, GT care and feedings, Ostomy Care, Enemas, Medication Administration (dispensing/ various routes), Parenteral Medication, Administration and injections, IV care, Tracheostomy Care and suctioning.

The deceased's family thanked Boateng and all the caregivers. The familv also requested that in lieu of flowers memorial donations may be made to the Alzheimer's Association (www.alz.org). Boateng is looking forward to a successful nursing career.



### 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, email news@stonebridgepress.news or call (508) 909-4106 during normal business hours. During non-business hours, leave a message in the editor's voice mailbox. The editor will return your phone call.



# State officials offer COVID guidance for the holidays

#### **BY KEVIN FLANDERS**

**STAFF WRITER** REGION - Concerned over the possibility of a major COVID-19 super-spreader situation, state officials have released Thanksgiving guidance to

help keep residents safe. State leaders are particularly concerned about the elderly, who will gather around Thanksgiving tables by the thousands. Family members of all ages are urged to heed all precautions to reduce the spread and keep vulnerable populations safe.

"Traveling and gathering with family and friends for Thanksgiving will look different this year to keep loved ones safe from COVID-19," read a statement from the Massachusetts Department of Public Health. "The DPH reminds residents and communities to be aware that gatherings and events are subject to the current state gathering size limits, as well as applicable sector-specific workplace safety standards."

Thanksgiving weekend is traditionally one of the busiest travel holidays of the year. Officials urge all motorists to follow the Massachusetts COVID-19 travel order, which prevents individuals living in high-risk states from traveling to Massachusetts without quarantining.

Officials ask all residents to limit in-person holiday gatherings as much as possible. Those at higher risk of contracting the virus are advised to for members of their own households.

'Wear a mask while preparing or serving food to others who don't live in your household," read the DPH statement. "Consider having one person serve all the food so that multiple people are not handling the serving utensils."

Officials strongly urge residents to avoid any self-serve food or drink options, such as buffets or buffet-style potlucks, salad bars, and condiment or drink stations.

For 14 days before and after holiday gatherings, minimize your public contacts and appearances. Only leave home for essential services like going to work, buying groceries, and appointments with doctors, officials said.

In addition to holiday meals, there are several other risks to consider this Thanksgiving. Avoid shaking hands and hugging,

DPH officials said; instead, wave and verbally greet others. Also, avoid singing, dancing, and shouting, as these activities increase the chances of catching COVID-19 through the air.

Also, in the weeks preceding your Thanksgiving plans, check to ensure that COVID-19 conditions are not worsening in your commu-

### Town of Sturbridge **DPW FOREMAN Department of Public Works**

The Town of Sturbridge has an immediate fulltime opening for a Foreman in the Department of Public Works, Highway Division. This position is a union position and the successful candidate will be responsible for creating and handing out daily work assignments to the Highway crews and monitoring these crews among other responsibilities.

A CDL (Class B) and hoisting license (Class 2B) are required. The salary for the position is \$31.08 per hour. For a copy of the complete job description and an application please go to https://www.sturbridge.gov/your-government/pages/job-opportunities.

> Position open until filled. The Town of Sturbridge is an EOE.



skip large holiday events this year.

"Gatherings with more people pose more risks," read the DPH statement. "You can also consider hosting a virtual holiday dinner with extended family or friends, especially if they are at higher risk for illness from COVID-19."

Residents can also arrange to safely deliver food items to family members or neighbors who aren't able to participate in traditional dinners.

Additionally, the following guidelines were released by the state for Thanksgiving gatherings that involve individuals from more than one household.

Wear a mask when not eating or drinking

Wash your hands often with soap and warm water

Stay at least six feet apart from others

Assume that all guests beyond your immediate household could be asymptomatic spreaders

Take precautions to reduce risks for older adults and those with medical conditions.

If gatherings are held indoors, improve ventilation by opening windows and doors when possible.

Also, officials caution against sharing food, drinks, or utensils during meals. Encourage your guests to bring food and drinks for themselves and

"The number and rate of COVID-19 cases in your community – and in the community where you plan to celebrate - are important to consider when deciding whether to host or attend a holiday celebration," read the DPH statement.

Individuals who aren't feeling well should avoid attending in-person celebrations. Do not host or participate in any in-person festivities if you have symptoms of COVID-19 or may have been exposed to the virus.

All residents are encouraged to get the flu vaccine this year. For additional information on how to stay safe this fall and winter, visit www.cdc.gov/coronavirus.

## Nichols announces Cybersecurity Master's Certificate program

#### **BY JASON BLEAU** CORRESPONDENT

DUDLEY - Nichols College is rolling out a new graduate program for one of the most in-demand professions of modern society, cybersecurity.

With the increased dependence of technology and communication for both private and business use, cybersecurity is a profession that specializes in helping secure private information and server access to prevent sensitive documents or the public image of a company from being compromised. In October, Nichols College revealed that the school will be offering a new graduate study program offering prospective stua non-technical master certificate in this growing field.

'Cyberspace touches every aspect of our personal and professional lives," said Tom Stewart, Associate Dean of Graduate and Professional Studies in a release from the college. "Today's leaders must be proactive and proficient in developing risk management strategies to combat cyberthreats which can have catastrophic consequences for their own organizations and the global business arena."

The program will teach students about the evolving threats of the digital world and incorporate input from professionals and academic experts to

dents the chance to earn help teach students the foundational skills for the profession including best practices, comprehension and even have them create their own protection plans.

> The announcement was made in conjunction with MassCyberCenter's Cybersecurity Month 2020 in October. As part of the announcement the school also hosted a webinar on Oct. 21 which focused on managing the "silo mentality," a term used to describe a reluctance to share information with employees of different divisions in the same company. The panel included experts in cybersecurity who educated participants in the current landscape and today's cyberthreats for the digital age.



Maxxon Age 11

kind boy of Caucasian and Hispanic descent. He is generally easy-going and calm. His favorite activities include riding his bike, playing with trucks, and watching television. Maxxon is fascinated with broadcasting and radio. He also enjoys interacting with adults and loves music, especially classic rock. Maxxon has a good sense of humor and will often surprise everyone with a funny joke out of nowhere.

Maxxon is currently attending a therapeutic school with extra supports. He is doing well overall in school and gets along with his peers. Maxxon is diagnosed with Autism Spectrum Disorder

(ASD) but is very high functioning. He can do his own daily care and hygiene, and with a little adult support is comfortable accessing his community.

Legally freed for adoption, Maxxon is eagerly awaiting his forever home. His social worker believes that he will thrive in a nurturing family of any constellation, with or without other children in the home. Maxxon has an Open Adoption Agreement and an adoptive family must be willing to help him visit with his birth father three times a year. Maxxon also has two half-sisters in Massachusetts who he would like to remain connected to. Maxxon can be placed outside of Massachusetts but must be within driving distance of the central part of the state.

#### 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.

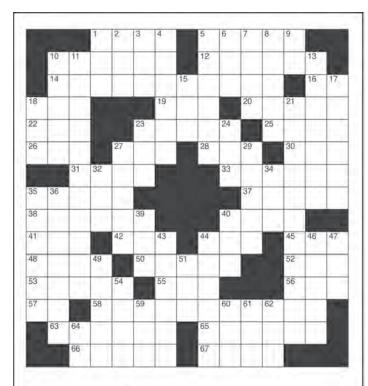
To learn more about adoption from foster care, call the Massachusetts Adoption Resource Exchange (MARE) at 617-6273 or visit www.mareinc.org. The sooner you call, the sooner a waiting child will have a permanent place to call home.



## State offers funding for infrastructure improvements

#### **BY KEVIN FLANDERS** STAFF WRITER

REGION - The pandemic has not only altered how we work and learn, but also the basics of how we get around and interact in an age of social distancing. Recognizing the need to fund several short-term infrastructure adjustments to accommodate health measures, Gov. Charlie Baker recently announced significant funding for projects.



#### CLUES ACROSS

- 1. Upright post on a boat
- 5. Sentimental person
- 10. Native American tribe
- 12. Wear away
- 14. Where you're going
- 16. Doctor
- 18. Popular Chinese dialect
- 19. One point east of due south
- 20. Northern sea duck
- 22. Note
- 23. Wives (law) 25. Trigonometric function
- 26. A way to communicate (abbr.) 56. Shed tears
- 27. Swiss river
- 28. No (Scottish)
- 30. Commercials
- 31. Large instrument
- 33. \_\_Chantilly, \_\_de Menthe 35. Small, saclike cavities

#### CLUES DOWN

- 1. More (Spanish)
- 2. A subdivision of a play
- 3. Japanese title
- 4. More jittery
- 5. Fabric
- 6. Luke's mentor \_-Wan
- 7. Cleaving tool 8. Ancient city of Egypt
- 9.36 inches
- 10. Farewell
- 11. Second to last
- 13. Improved by critical editing
- 15. Defensive weapon (abbr.)
- 17. Fancy attire

45. Cool! 48. Tip of Aleutian Islands 50. Indicates silence 52. Water in the solid state 53. Security interests 55. Popular hoopster Jeremy 57. Low frequency

37. High and thin in tone

38. Treat extremely well

42. Rob of energy

44. Paving material

40. Famed track star Usain 41. Secure web connection (abbr.)

- 58. Harmful bacterium
- 63. Common language: lingua\_
- 65. Standards of perfection
- 66. They consist of two parts
- 67. A detailed description of design
- 32. Computing platform (abbr.)
- 34. Snakelike fish
- 35. Greatly horrify
- 36. Despicable person
- 39. Tell on
- 40. Ballplayer's tool
  - 43. Central Brazilian town
  - 44. Court game
  - 46. Land
  - 47. "The Partridge Family" actress Susan
  - 49. Retract a statement
  - 51. Data executive
  - 54. Capital of Yemen

Last week, the Governor allocated funds to help communities plan for short-term innovations and long-term recovery efforts. A new \$10 million round of the Shared Streets and Spaces Grant Program will continue to help cities and towns quickly expand improvements to sidewalks, curbs, streets, on-street parking spaces, and off-street parking lots, officials said. This will improve public health, safe mobility, and renewed commerce throughout the Commonwealth.

Additionally, local recovery planning grants will soon be available to cities and towns to assist with long-term planning for their business districts. A total of \$10 million is available for this program.

"Our current circumstances call for a plan with the size and scope to match the urgency we need to address the most pressing challenges we now face," said Secretary of Housing and Economic Development Mike Kennealy. "By targeting vital resources toward these key areas, this strategy will allow us to lay a solid foundation for our path to recovery."

The state has also announced several new efforts to support museums and other cultural facilities that have faced multiple challenges this year. These institutions will be eligible for \$10 million in Cultural Facilities Operating Grants, officials said. This funding will help organizations make safety improvements and other upgrades to allow them to continue operations.

Last month, the Governor filed a revised budget proposal that recommends over \$100 million in additional funding for economic recovery and development efforts statewide, including \$35 million for community development grants and loans.

The latest funding packages complement

the Governor's \$275 million economic recovery plan announced in June.

- New funding will focus on the following efforts:
- \$50.8 million in small business grants

\$10 million to continue funding the Shared Streets and Spaces Program

\$10 million for local recovery planning grants to support cities and towns

\$10 million to support cultural facilities

\$8.3 million in small business technical assistance "During this unprecedented public health emergency, the Baker-Polito Administration is continuing to invest significant resources to support recovery and growth initiatives for small businesses and Main Streets across Massachusetts," said Secretary of Administration and Finance Michael Heffernan. "Through close coordination with federal, state, and local partners – including our legislative colleagues – we are proud to put forth a plan that thoughtfully invests funds from multiple sources to equip employers with the tools, resources, and sup-

ports to help navigate the new COVID-19 landscape. Added Joseph Kriesberg, the president of the Massachusetts Association of Community Development Corporations, "Small business owners have sacrificed to help keep all of us safe and healthy. This initiative is our opportunity to have their backs.'

Additionally, in an effort to help keep residents in their homes during the pandemic and support small landlords with expenses, the Baker Administration recently announced \$171 million in support of the Eviction Diversion Initiative. This comprehensive strategy includes funding to help cover housing costs, rent, and mortgage payments, among others.

For more information about ongoing recovery efforts, visit www.mass.gov.

## Tallman to assume role of Cornerstone Bank CEO on Jan. 1

=WORCESTER — Effective Jan. 1, 2021, Cornerstone Bank President and Treasurer Todd Tallman will be appointed the Bank's CEO. Tallman steps into the role as a banking veteran with over 20 years of experience.

"Knowing Todd as well as I do, I am fully confident he will serve as an outstanding CEO," states K. Michael Robbins, who will retire as Cornerstone Bank CEO on Dec. 31, but continue to serve as the Bank's Chairman. "Todd's management, leadership and professional skills-not to mention that he's a fine, caring individual by nature-make him eminently qualified for this position."

A Certified Public Accountant, Tallman began his career as  $an {\it Audit\,} Manager\, at\, KPMG. After joining\, Southbridge\, Savings$ Bank in 1998 as Chief Financial Officer, he served in increasingly senior positions until his promotion to President/ CEO in 2014. Subsequently, in 2016, when Southbridge Savings Bank and SpencerBANK created a merger of equals to form Cornerstone Bank with assets totaling \$1.3 billion, Tallman was named President and Treasurer.

With a passion for supporting communities and enriching the lives of others, Tallman serves on the Boards of several nonprofit organizations—including Big Brothers Big Sisters of America-and is past President of the United Way of Southbridge, Sturbridge and Charlton.

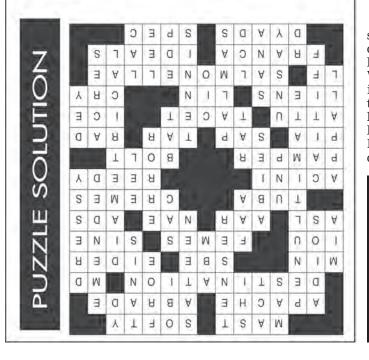
'I can't thank Mike [Robbins] and the Cornerstone Board of Directors enough for the trust and confidence they are placing in me. As the saying goes, Mike will be a very tough act to follow. I'm tremendously excited about helping further Cornerstone's legacy as a financially sound, highly trusted community bank—and I will ensure that, as a team, we are in the best position possible to make that happen."



**Todd Tallman** 



- 18. Farrow, actress 21. Completely opposed
- 23. Supervises flying
- 24. Pouch
- 27. True firs
- 29. Mistake
- 59. Portable computer screen material 60. Electronic data processing 61. "Matt Houston" actor Horsley 62. Resinous substance
- 64. Rural delivery



#### About Cornerstone Bank

Cornerstone Bank is an independent, mutual savings bank serving the residents, businesses, and communities throughout Central Massachusetts from offices in Charlton, Holden, Leicester, Rutland, Southbridge, Spencer, Sturbridge, Warren, Webster, and Worcester, along with a Loan Center in Westborough. Deposits are insured in full by a combination of the Federal Deposit Insurance Corporation and the Depositors Insurance Fund. The Bank is an Equal Opportunity Employer, Equal Housing Lender, and SBA Preferred Lender. For more information, visit online at cornerstonebank.com, on Facebook, or call 800-939-9103.

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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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(508) 943-6888			
Charlton Elementary School			
(508) 248-7774 or (508) 248-7435			
Heritage School (508) 248-4884			
Charlton Middle School(508) 248-1423			
Shepherd Hill Regional High School			
Bay Path Regional Vocational Technical			
High School (508) 248-5971 or (508) 987-0326			

### **CHURCH LISTINGS**

· Charlton Federated Church, 64 Main St., 248-5550, Sunday worship 10:30 a.m. www.fedchurchcharlton.org • Charlton Baptist Church, 50 Hammond Hill Road, 248-4488,www.charltonbaptist.org, Sunday worship 8:30 a.m. and 11 a.m. • Charlton City United Methodist, 74 Stafford St. 248-7379, web site: CharltonCityUMC.org Sunday worship and Children's church 10am • St. Joseph's Church, 10 H. Putnam Ext, 248 7862, www.stjosephscharlton.com, Saturday Vigil Mass 4:30 p.m., Sunday Mass 8 a.m. Sunday Family Mass 10 a.m., Sunday LifeTEEN Mass 5 p.m., Weekday Mass Monday, Tuesday Thursday, Friday 8:30 a.m.

• Hope Christian Fellowship, 6 Haggerty Road, 248-5144

 Assemblies of God Southern New England District Headquarters, Route 20, 248-3771 snedag.org, Office hours Monday-Friday 8:30 a.m. to 4:30 p.m.

• Lamblight Christian Church, 37 Main Street - Grange building 1st Floor, Charlton, Ma 01507, Rev. Stephen Wade, (774) 452-2393 Pastor's Cell. Sunday Service 10:00am. www. visitlamblight.com

• New Life Fellowship A/G, SNED Chapel, 307 Sturbridge Road, Rt. 20, Charlton, MA, Sunday Worship 10:00 a.m.



This section reaches 47,000 households in 7 Massachusetts newspapers.

# Are your pocket watches valuable?

typically made

from gold. Most

gold cases pro-

duced in the

United States

were 14-karat or

10-karat. James

Boss invented

gold-filled cases,

which were cre-

ated from sheets

of gold bonded to

another metal.

Gold filled cases

have much less

gold than solid

14-karat cases,

but they have

or

10-karat

We often come across pocket watches when handling local estates. Some can be worth as little as a dollar while a rare one could sell for millions. In this column, I'll offer a brief history on pocket watches and some information on evaluating your pocket watches.

A German locksmith named Peter Henlein is credited with inventing the pocket watch in the early 1500's, according to Britannica. The early watches were large and didn't keep very accurate time. An article in the Atlantic quotes a passage from Alexis McCrossen's book "Marking Modern Times: A History of Clocks, Watches, and Other Timekeepers in American Life." She writes that in the 1700's "people want to start carrying the time around with them; they're not content just to look at the public clocks in whatever village or town they might end up in." Improved timekeeping became a necessity. In 1843, elections in Pottsville, Pennsylvania were disputed because the towns people didn't synchronize their clocks and the time to close the polls was disputed, according to the Smithsonian Magazine. The Atlantic reported that the "advent of the railroad, factories, and electricity, and COLLECTIBLES the standardization of time zones in Europe and the United States-

demand around the world for watches." Factories in more gold than gold plat-Waltham, Mass. and elsewhere produced watches to meet the demand. The Atlantic reported that "on July 9, 1916, The New York Times puzzled over a fashion trend: Europeans were starting to wear bracelets with clocks on them." It wasn't much longer before this "fashion trend" reached the United States and wristwatches became more popular than pocket watches.

An important factor in pocket watch valuation is the material that the case is made from. The most valuable cases are

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& ESTATES . . . . . . . increased WAYNE TUISKULA

> ed cases, which have only a small percentage. Cases were also made from sterling silver (0.925 percent silver) and coin silver (nine tenths of a percent). Cases marked silveroid, silverine and oresilver contain no actual silver. After a train collision in 1891, the railroads created pocket watch standards in 1893 which required

watches to have at least 17 jewels. Watches needed to be accurate within 30 seconds per week. The Santa Fe Railroad later increased the minimum to 19 jewels. Usually, the more jewels in a pocket watch, the greater the accuracy and value. Additional factors affecting value are the age and condition of the watch.

Recent auction results show average gold-filled 17 jewel, 19 jewel and 21 jewel pocket watches selling in the \$100 range. An older key wind goldfilled Waltham watch in excellent condition brought \$850 in October. A 14-karat gold watch by the Columbus Watch Co. in its presentation box with a fob (chain) fetched \$2,000 last month.

Some pocket watches bring even greater sums at auction. A rare A. Lange & Sohne 18-karat 1903 gold German watch with an enamel dial and enamel design on the case sold for 440,000 (\$513,00 U.S.) in 2016 and a Patek Philippe Grande Complication 44 jewel 18-karat gold went for 520,000 (\$607,000 U.S.) in 2014. Another Patek Philippe sold even better in 2014: The Henry Graves Supercomplication sold for \$24 million. I'm sure the winning bidder will never be late for any appointments.

We have a pocket



watch collection, along with gold estate jewelry, sterling silver, art, a Red Cross poster collection and many other antiques and collectibles from New England estates in our online auction ending November 17th. Visit www.centralmassauctions.com for a link to this online sale.

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.

# Gardening gifts that provide years of enjoyment



The popularity of gardening is at an all-time high and people are discovering its many benefits. Some want to grow safe and nutritious food, others are boosting the beauty of their landscape, and many are turning to gardening to relieve stress. With the holidays right around the corner, it's the perfect opportunity to support new and experienced gardeners with a thoughtful garden-related gift.

Help small space gardeners expand their growing space and reduce maintenance with self-watering elevated cedar planters. Elevated gardens add garden space to a balcony, deck or patio while raising the garden bed to a comfortable and easily accessible



rot resistant mango wood terrariums (gardeners. com) add a new and decorative twist to this traditional growing system.

Plant stands allow your favorite indoor gardener to maximize any available space. Shelves filled with greenery help improve indoor air quality, reduce stress, and can elevate one's mood. New modern metal plant stand designs add a modern vibe to the indoor garden display.

ing their garden indoors. Keep them stocked with fresh herbs and vegetables. Increase their growing space and needed light with a gift of energy efficient LED grow lights in an attrac-

tive stand like the Oslo customizable LED Grow Lights. For those with very limited space, consider an organic kitchen caddy planter kit. A windowsill or countertop herb garden is a great way for anyone to add garden-fresh flavor to winter meals.

Make gardening a fun and accessible experience with the help of a deep seat kneeler that when flipped over, converts. Or add storage and mobility with a Tractor Scoot Deluxe with Bucket Basket. The handle allows you to easily take your tools and garden scoot with you to every corner of your landscape.

fect for harvesting garden produce, collecting weeds or transporting anything from one space to another.

The gift of gardening provides lifelong benefits. Supporting family and friends with useful tools and equipment can increase their gardening enjoyment and success. And don't forget to add a few of your favorite garden related items to your gift list. You'll eliminate the stress and guesswork for the giver and you both will appreciate a gift that provides years of function, beauty and memories.

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 Melinda's Garden Moment TV & radio program. Mvers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Gardeners Supply for her expertise to write this article. Her Web site is www. MelindaMyers.com.

Supply Company Gardener's Bird cage planters add whimsy to outdoor or indoor décor while providing a unique place to display air plants, seasonal plants and more.

height. The self-watering system makes gardening easy with proper, less frequent watering to ensure success.

Do the same for indoor plant enthusiasts with stylish terrariums, plant stands, and lighting features. Terrariums are still popular, creating a decorative means for providing the moisture and humidity tropical plants need. Copper and

When space is at a premium, give the gift of vertical gardening accessories. Birdcage planters provide a unique way to display tropical or seasonal flowers. Lower them to tabletop level to use as a centerpiece or decorative element in seasonal indoor displays.

Don't overlook the cooks in your life that may be intrigued by mov-

And don't forget the stocking stuffers. Who doesn't need extra plant tags, ties and gloves? Consider replacing the stocking with a colorful Tubtrug. These flexible lightweight tubs are per-

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# QCC named fifth best online Associate degree program in the nation

WORCESTER Quinsigamond Community College's online Associate degree programs were named the fifth best return on investment (ROI) in the country.

According to OnlineU, an unbiased rankings organization that compares all online colleges and universities in the country, QCC was the only community college listed in the top five, and one of only two community colleges in the country to make the top 10 in the 2020 list.

"Our programs are some of the most affordable and lucrative in the country as shown in this national ranking study. Our online programs are as robust as our in-person programs, without any additional cost differential. At QCC, our goal

is 100 percent student success for all, and part of attaining that success means making sure our students have an affordable education that leads them into a productive future," President Dr. Luis Pedraja said.

The rankings include an annual tuition comparison of each school, based on out-of-state tuition rates, unless in-state rates are offered to all students. QCC's ROI ranking of 95.9 percent is based on its out of state annual tuition. QCC's Fall 2020 out-of-state tuition is \$411 per credit, as compared to its in-state tuition rate of \$205 per credit.

College and university online programs are also ranked based on the median salary and mean debt numbers found in the U.S. Department of Education's College

Scorecard, as well as graduates' salaries and debt payments for 10 years after graduation accounting for standard salary growth, and interest on debt payments. Each school is then given an "ROI score," that reflects how the salary and debt of the programs compare to similar ones.

"It's particularly gratifying to receive this acknowledgement as we continue with remote instruction due to the pandemic. It is validation of all the work that our faculty and staff do to help our students,' President Pedraja said.

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

## **OBITUARY** Dorothy G. DiGregorio, 86



CHARLTON/ SOUTHBRIDGE-Dorothy G. (LaRochelle) DiGregorio, 86, formerly of Southbridge, passed away peacefully in her sleep on Thursday, Oct. 29th, in the Overlook Masonic

Healthcare Center, Charlton.

Her husband of 62 years, Dr. Ronald A. DiGregorio, passed away on Jan. 25, 2018. She leaves her children, Rona Florio and her husband Dominic of New Rochelle, NY; Gary V. DiGregorio of Webster and his fiancé, Pinapath Jangwud of Thailand, DiAnna Spetseris and her husband Angelos of Webster; her sisters, Lorraine Healy of Rutland, VT and Joan Corriveau of Greenwood, SC; her grandchildren, Dominique Florio and Alex Spetseris; her step-grandchildren, Matthew Kelly, Nikki Spetseris, Gary Spetseris, Thanapath Chunnawan, and Achiraya Jangwud; her step-great-granddaughter, Kennedy Kelly; and many nieces and nephews. She was predeceased by her infant daughter, Lauren in 1959 and her son, Brian A. DiGregorio in 1984. She was also predeceased by five brothers, Roger LaRochelle, Norman LaRochelle, Vincent LaRochelle, Paul LaRochelle, and recently Roland LaRochelle and four sisters, Eleanor

LaRochelle, Gertrude Tobia, Nita Corbitt, and Phyllis Green. Dorothy was born in Southbridge, the daughter of Aime and Eva (St. Jean) LaRochelle.

Dot had a sunny disposition and derived her greatest happiness and meaning from being a wife, mother, sister, aunt, and friend. She found fulfillment in caring for her family and home, volunteering at her children's school, sewing, cooking, entertaining, and bowling. As her children grew older, she enjoyed the friendship, camaraderie, and work at A&M Tool & Die. After retirement, she most enjoyed her home at the beach in Narragansett when it was filled with family and friends. When not entertaining, she enjoyed reading, crossword puzzles, and experimenting with new recipes.

Her children and grandchildren hope to carry on her legacy of finding pleasure in life's greatest gifts: family, friends, and home.

Dorothy's funeral service and burial in St. Mary's Cemetery, Southbridge, will be private. There are no calling hours.

In lieu of flowers donations may be made to the Brian A. DiGregorio Scholarship Fund, P.O. Box 530. Sturbridge, MA 01566.

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

www.morrillfuneralhome.com

#### PETITION

continued from page A1

every student, and every parent, but first we have to recognize the fact that there is an issue," said. Panczyk. "I don't know what the answer is, but I think we need to continue to move forward and keep working towards our number one goal.

While he did not specifically mention the petition, Superintendent Lamarche did address the call for more live teaching and acknowledged that the district and the world remains in a divisive time where they are still learning what they can or can't do safely and financially and how to approach the full return to in-person learning properly.

Each and every community is going through the same struggle. Everyone, including all of us, want to be back to full in-person learning. Our current learning model makes

that transition almost seamlessly with student-teacher classroom assignments and studies. This was purposeful in our panning. What we do not have is widespread approval on how or when this move will occur to full in-person learning,' Superintendent Lamarche said, later adding his own notes of support for educators in the district.

"Unfortunately, as public educators we are an easy target. We work in the public and everyone has an established association to schooling through their own experience and what it was. We will continue to provide stability and the Dudley Charlton Regional School District educators are working extremely hard to ensure each student has the best learning experience available under these circumstances - Dudley Charlton School District educators should continuously be applauded for their fortitude, their experience, their can-do attitude and for seeing each student as an individual through this unprecedented time in our lives."



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**BRENDAN BERUBE** Editor

# "There are many kinds of strength"

On Nov. 22, 1963, President John F. Kennedy was en route to give a speech in Dallas, Texas. He was assassinated before reaching his destination. Already written, was a speech he was to deliver at the event.

Here we are 57 years later, reading his words that call for unity and peace. We have taken portions of out due to space, however our hope is that this decades old speech will translate into 2020.

The speech reads as follows:

'This Nation's strength and security are not easily or cheaply obtained, nor are they quickly and simply explained. There are many kinds of strength and no one kind will suffice.

Ignorance and misinformation can handicap the progress of a city or a company, but they can, if allowed to prevail in foreign policy, handicap this country's security. In a world of complex and continuing problems, in a world full of frustrations and irritations, America's leadership must be guided by the lights of learning and reason — or else those who confuse rhetoric with reality and the plausible with the possible will gain the popular ascendancy with their seemingly swift and simple solutions to every world problem.

'There will always be dissident voices heard in the land, expressing opposition without alternative, finding fault but never favor, perceiving gloom on every side and seeking influence without responsibility. Those voices are inevitable. But today other voices are heard in the land — voices preaching doctrines wholly unrelated to reality, wholly unsuited to the sixties, doctrines which apparently assume that words will suffice without weapons, that vitu-peration is as good as victory and that peace is a sign of weakness.

We cannot expect that everyone, to use the phrase of a decade ago, will 'talk sense to the American people.' But we can hope that fewer people will listen to nonsense. And the notion that this Nation is headed for defeat through deficit, or that strength is but a matter of slogans, is nothing but just plain nonsense. Above all, words alone are not enough. The United States is a peaceful nation. And where our strength and determination are clear, our words need merely to convey conviction, not belligerence. If we are strong, our strength will speak for itself. If we are weak, words will be of no help. "I have spoken of strength largely in terms of the deterrence and resistance of aggression and attack. But in today's world, freedom can be lost without a shot being fired, by ballots as well as bullets. The success of our leadership is dependent upon respect for our mission in the world as well as our missiles — on a clearer recognition of the virtues of freedom as well as the evils of tyranny. "Finally, it should be clear by now that a nation can be no stronger abroad than she is at home. Only an America which practices what it preaches about equal rights and social justice will be respected by those whose choice affects our future. Only an America which has fully educated its citizens is fully capable of tackling the complex problems and perceiving the hidden dangers of the world in which we live. And only an America which is growing and prospering economically can sustain the worldwide defenses of freedom, while demonstrating to all concerned the opportunities of our system and society. "My friends and fellow citizens: I cite these facts and figures to make it clear that America today is stronger than ever before. Our adversaries have not abandoned their ambitions, our dangers have not diminished, our vigilance cannot be relaxed. But now we have the military, the scientific, and the economic strength to do whatever must be done for preservation and promotion of freedom. "The strength will never be used in pursuit of aggressive ambitions — it will always be used in pursuit of peace. It will never be used to promote provocations — it will always be used to promote the peaceful settlement of disputes. We, in this country, in this generation, are — by destiny rather than by choice — the watchmen on the walls of world freedom. We ask, therefore, that we may be worthy of our power and responsibility, that we may exercise our strength with wisdom and restraint, and that we may achieve in our time and for all time the ancient vision of 'peace on earth, good will toward men.' That must always be our goal, and the righteousness of our cause must always underlie our strength. For as was written long ago: 'except the Lord keep the city, the watchmen waketh but in vain."

Sometimes simple tips and hints are the most valuable, especially when it comes to your health and well being. Since most of us are always on the lookout for ideas that make life a little eas-ier (especially during these stressful times), this week's column will focus on an array of

Remember to Drink Coffee!: A cup of Joe can jog your memory, especially if you're over age 65! In a study, memory performance declined significantly between AM and PM in seniors who didn't drink coffee or drank decaf. Those who had a cup of the high octane stuff showed no such effect!

tried and true FYI tips.

H20 FYI: Hydrogen peroxide is a thrifty alternative to pricey products. Did you know 3% hydrogen peroxide can be used as an effective foot bath for athlete's foot? Soak feet in one pint of hydrogen peroxide mixed with one gallon of warm water for a half hour each night.

Great Grapes: Having a bad day? If your anger has you biting people's heads off, instead bite into a fresh apple hand-ful of grapes! These fruits are rich in pectin, which can reverse the effect anger has on the body, and helps your system return to normal!

Carpal Tunnel Relief: If you have symptoms of carpal tunnel, it could be the way you use your computer mouse or pad. Relieve symptoms by using your fingers instead of your wrist to control the movement think piano lessons! And if you are using a mask. try grasping it with the thumb and pinky - it takes the strain off the wrist.

# FYI Tips

Fat Burning Boost: ! Did you know you can give your body a fat burning boost by increasing your intake of oils like cod liver oil or evening



primrose oil? These substances 'link' with the fat in your body and help digest the fat better.

Mighty Minis: Hate working out? The good news is, research suggests that health benefits can just as great from several mini workouts. In fact, exercising as little as ten minutes three times a day has proven to improve cardiovascular health when performed as few as three days per week.

Tea tip: The virtues of a cup of tea go way beyond taste! A study conducted by Harvard University found that those who drank one or more cups of black tea per day had more than a 40 percent lower risk of having a heart attack compared non-tea drinkers. to

Wonders of Walking: Walking to "digest your meal" is more than an after dinner pastime. Studies show when you walk within 30 minutes after eating you can increase the amount of calories you burn by as much as 30 per cent! But be sure to avoid caffeinated beverages before vou walk. They cause thirst and a loss of bodily fluids. Ice is nice: Did you know drinking ice water

can give your diet a jump start. It boosts metabolism, cushions joints, and keeps skin hydrated.

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

BION: Here are a couple of "believe it or not" headache remedies that are gaining attention! The next time you get a headache, don't reach for an aspirin. Instead try drinking a couple of glasses of Gatorade to ease the pain - headache suffers claim it really works!

Or take a tip from folks who swear dabbing a bit of Ben Gay on your forehead, temples and the back of your neck relieves a headache fast!

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 renown 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 Southbridge News, PO Box 90; Southbridge, MA 01550. Or email KDRR@aol. com. Hints are entered into a drawing for dinner for two at the hiswww.StonebridgePress.com

Protect your family from long-term care costs

Like everyone, you want to remain physically and financially independent throughout your life. But if you lose some of this freedom, the last thing you'd want is to become a burden on your family. How can you keep this from happening?



First of all, you need to be aware of the risk. Someone turning 65 has today almost а percent 70 chance

of eventually needing some type of long-term care, according to the U.S. Department of Health and Human Services. Of course, this doesn't necessarily mean that you face that 70 percent likelihood. In reality, you have either a zero percent chance of requiring long-term care (you'll never need it) or a 100 percent chance (you'll definitely need it).

Nonetheless, if you think you've got that zero percent chance, you're taking a gamble – and it could be a big one, because long-term care is expensive. The median annual cost for a private room in a nursing home is over \$102,000, according to Genworth, an insurance company. Other long-term care services, such as those provided by a home health care aide, also don't come cheaply.

Furthermore, you can't count on Medicare paying all these costs - in fact, it would probably only cover a small portion of a nursing home stay and provide limited assistance for home health care. So, if you were financially unprepared for the expense of long-term care, the burden might fall on your loved ones. This could be a big financial challenge, in two ways.

First, if a family member had to become your caregiver, this individual might have to abandon a career, or at least substantially reduce their working hours. Not only would this result in a loss of income, but it could also lower the amounts that could be contributed to a 401(k) or similar employer-sponsored retirement plan.

toric Publick House Inn. Protect your family from long-term care costs

## The death of iceberg lettuce

I think we've heard enough about politics for a lifetime. I know I have, so I think it's important to talk about something totally different but almost as important ...

It was here, then gone. It was everywhere, then vanished off our plates.

I was always a big salad eater. Give me a pile of iceberg lettuce drenched in thousand island dressing and I was satisfied. Add red onion, bacon bits and boiled egg and I was delighted. I could easily make a meal of a salad. The all-important base to this delicious dish was lettuce ... real lettuce ... the only lettuce ... iceberg lettuce.

I miss it. Who took it and where did they put it? Why is it gone?

Finding a salad of iceberg lettuce these days is like searching for the Holy Grail. I know it exists but for some reason, it's now hidden away. Instead, we are left with what looks like inedible debris, discarded when weeding a garden. As if someone decided to keep the weeds and discard the produce, iceberg has disappeared. Thistle, twigs, and a little bark thrown in for texture has replace the traditional lettuce. But weeds? That's not a salad. And what is Kale anyway? Arugula schmugula! I wasn't asked if I wanted it. One day I had a plate full of beautiful iceberg lettuce, and the next day, unattractive greens that taste worse than they look took its place. How do we reverse this trend? Who hatched

POSITIVELY SPEAKING GARY W. MOORE

this dastardly plot?

While lamenting the disappearance of my beloved iceberg lettuce, someone said, "It's gone because it was nothing. Do vou know iceberg lettuce has negative calories? It takes more calories to digest and burn them in our bodies than they provide!'

That's a negative? Really? You mean by eating iceberg lettuce you can lose unwanted pounds without dieting? I thought most people ate salad because they wanted to lose weight. And if iceberg has negative calories, how does that make it bad? Doesn't that make it a desired miracle food?

For me, iceberg is a tasteless delivery system that moved dressing from my plate into my mouth. It was there to add bulk and make me full, while transferring dressing, bacon, and other delightful treats onto my tongue. But now, I'm stuck with a bitter and fibrous mixture of unidentifiable leaves that add calories and interfere with the tastes that I love. You can't pour enough dressing on this stuff to kill the bitter taste.

I can still buy iceberg in my produce department and do, but when dining out, I want iceberg.

So, tonight, I'm in Iowa City, Iowa for my

cancer immunotherapy tomorrow at the Holden Cancer Center. Arlene and I stepped out to a restaurant that was highly recommended. There wasn't much on the menu that caught my eye. I ordered a gyro sandwich. Normally it's a lamb and beef combination with onion and tomato, covered in Tzatziki sauce on pita bread. It's a simple sandwich that I think is hard to mess up ... but it happened. It came as a wrap that was stuffed full of various greens looking more like the above noted garden weeds. I had two bites and pushed it aside. It was awful. Like most unwanted vegetation, these weeds apparently are pervasive. They are spreading out of salads bowls and are becoming infested in sandwiches. What next? In our ice cream?

Someone must stop the madness before it's too late.

I've learned in life that fads and styles come and go and are usually cyclical. If so, I'm eagerly awaiting the return of real lettuce. I'm hoping for the best. My fingers are crossed. Is it coming back? Will it ever?

I can only hope ...

#SaveIcebergLettuce!

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.

Second, if your family members couldn't leave their jobs or cut back on their hours, or they were simply unable to provide the type of long-term care you need, they might be forced to pay for a nursing home stay or home health care worker out of pocket.

To avoid these outcomes, you have a couple of options:

Self-insure - You could conceivably "self-insure" against the costs of longterm care by devoting a portion of your investment portfolio specifically to this purpose. However, if at some point you require admission to a nursing home, it may require a significant commitment of your resources.

Purchase protection – Over the past decade or so, there's been an increase in the types of long-term care protection vehicles available. These instruments vary widely in cost and in what they cover, but by choosing a protection option, you may greatly lower the financial risk you might face. By consulting with a financial professional, you should be able to find an arrangement that's appropriate for your situation.

Preserving your financial independence and helping protect that of your family should be a key financial goal. And you can make progress toward accomplishing this by recognizing the potential cost of long-term care and taking steps to deal with it.

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.

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# Archers bring down some big bucks

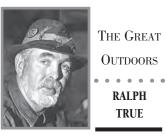


Art Syms with his son Mikee and dog Sky after a pheasant hunt at the Whitinsville Fish & Game Club last weekend.

Archery deer hunters are starting to harvest some impressive bucks, as shown in this week's column with Cheryl Weed and her 11-point buck, taken in Rhode Island, as the rut kicks into high gear. Numerous big bucks have also been spotted by hunters that failed to get a good shot, and passed the deer up in hopes of seeing him again. Making a bad shot will often result in a lost deer, which is the last thing any ethical deer hunter wants. Unfortunately, not all archers are a Robin Hood, and do make bad shots even though they thought they had a good shot, that would result in a harvested deer. Unfortunately, the legislature and Massachusetts Fish & Wildlife failed the sportsmen again this year, without the passage of a crossbow bill.

It is a no brainer! Almost every state now has a crossbow bill, allowing any licensed hunter to use the extremely accurate device for harvesting deer and wild turkey. Sportsmen try to prevent wanton waste, but often make a bad shot through no fault of their own. Allowing sportsmen to use a crossbow to harvest deer and wild turkey in an ethical way, should be the number one priority of Massachusetts Fish & Wildlife, but they fail to make the proper decisions when it comes to passing a Cross Bow bill in Massachusetts.

Every the year, Massachusetts Sportsman's Council and the Massachusetts Worcester County League of Sportsmen hold an annual banquet to recognize top legislators and Fish & Wildlife officials for their untiring efforts to pass legislative bills that are in the sportsmen's interest. Hopefully, one or two of them will be recognized for their effort in pas-



sage of a crossbow bill in Massachusetts at this spring's annual banquet. It is long overdue and is the right thing to do!

Local sporting goods stores that are barely holding on to the small Bait & Tackle shops that deal in the sale of bow hunting equipment would also benefit from the passage of a bow hunting bill in Massachusetts. The increased revenue could save them from going out of business. Sportsmen with disabilities are allowed to use a crossbow in Massachusetts, and it is time to allow any licensed hunter to use one. Come on, guys, let's get it done!

Pheasant hunting was great until this past snow-



Cheryl Weed with her 11-point buck.

storm made hunting conditions crazy. This past Saturday made spotting a flushed pheasant almost impossible for both man & dog. Fortunately, things improved as the bright sunshine melted the snow from the trees, making visibility and hunting a lot better. The state will be stocking birds right up to Thanks giving and reports of some impressive birds being stocked this year, was good news for local bird hunters. This week's picture shows Art Simms of Uxbridge with his son Mike, pheasant hunt-ing at the Whitinsville Fish and Game Club last week. Art owns a Pointing Griffon breed dog named "Sky" for hunting birds. The dog is four years old, and is doing some amazing things in the field. Solid points are always a great thing to watch in the field.

Tautog fishing remained very good in both Massachusetts & Rhode Island with some bait shops running out of crabs, which is the top bait for catching tautog this time of year. There were still many seabass being caught in Rhode Island waters as of this past week.

Trout fishing at locally stocked waters have numerous anglers catching some nice trout, with reports of some impressive brown trout in the 18-inch class being caught at Wallum Lake in Douglas this past week. A few smallmouth bass were also reported at Wallum Lake. With the weather warming up this week, it will be a great time to get some last-minute fishing in before it really gets cold.

Ice fishing cannot be too far away, at least that is what many anglers are hoping for. The last few years of ice fishing were extremely poor, but things may get better this year. At least that is what many anglers are planning on. A day on the ice with family and friends doing some ice fishing and gathering around a fire eating some venison, is a good way to enjoy the outdoors. Chasing some flags as they pop on ice fishing gear signaling a bite, will keep you warm, and landing that big one is a good way to get some exercise.

With the cold weather on our doorstep, it would be wise to have a talk with your young family members about staying away from ice covered rivers and ponds. Every year, some family loses a family member after falling through thin ice. It is never too early to have the discussion about the dangers of thin ice.

Practice social distancing and wear a mask whenever possible. It is going to get worse before it gets better, but we Americans have gone through hard times before, and we will survive this threat to our health and our future.

Take A Kid Fishing & Keep Them Rods Bending!





## Hearthstone Market Thanksgiving Dinners To Go COMPLETE DINNERS \$109.95+ TAX

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### **CHOOSE ONE ENTREE:**

Thick Sliced Roast Turkey with Seasoned Stuffing & Gravy Or Sliced Baked Ham with Pineapple Sauce

### **CHOICE OF ONE STARCH:**

Fresh Mashed Potatoes	
Rice Pilaf	
Roasted Potatoes	

### CHOICE OF ONE VEGETABLE:

Fresh Butternut Squash, Buttered Corn, Candied Carrots, Green Bean Almondine, Mixed Carrots, or Waxed & Green Beans

### **CHOOSE ONE DESSERT:**

Pumpkin Pie, Pecan Pie, Blueberry Pie, Chocolate Cream Pie, Apple Pie, or Pumpkin Cream Pie

### **EXTRAS**

Thick Sliced Roast Turkey w/Stuffing & Gravy	. \$39.95
Sliced Baked Ham with pineapple sauce	. <b>\$39.95</b>
Mashed Potatoes, Oven Roasted Potatoes, Sweet Potatoes, Rice Pilaf, Bread Stuffing	<b>\$21.95</b>
Green Bean Almondine, Fresh Butternut Squash, Baby Carrots, Beans & Green Beans, Buttered Corn or Candied Carrots	
Pumpkin, Pecan, Chocolate Cream, Apple, Pumpkin Cream or Pie	



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Real Estate



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# LEGALS

Wales Zoning Board of Appeals Notice of Public Hearing In accordance with the provisions of M.G.L. Ch 40A §10 & §11, the Wales Zoning Board of Appeals will hold a Public Hearing on November 16th, 2020 at the Wales Town Offices at 6:00 PM, on the application of William Matchett of 45 Union Rd. for a special permit in terms of the Town of Wales Zoning By-law Sec. 4.2. The Town of Wales Zoning By-Law Sec. 4.2.4.1 states "The proposed extension, alteration, or change must not increase the non-conformity (if any) with open space, yard, height, and off-street parking requirements." Specifically, the applicant wishes to build a 20 X 40 garage. Any person interested and wishing to be heard on this application should refer to the town website (www. townofwales.net) under zoning board agenda for the above date to participate virtually. If you have any questions or concerns please email planning@townofwales.net October 30, 2020 November 16, 2020

Town-to-Town

Professional Directory

To advertise on this page, call June at 508-909-4062 or email jsima@stonebridgepress.news

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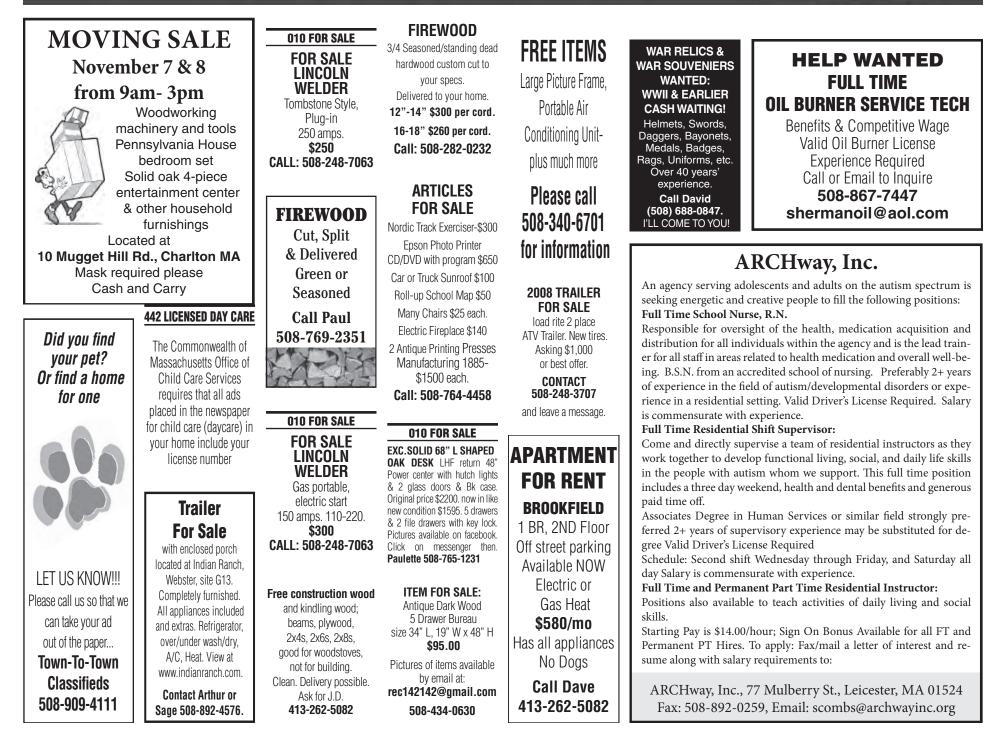
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For J.D. Power 2020 award information, visit jdpower.com/awards. 'DETAILS OF OFFER: Offer expires 12/12/2020. You must set your appointment by 11/27/2020 and purchase by 12/12/2020. Not valid with other offers or prior purchases. Buy one (1) window or entry/patio door, get one (1) window or entry/patio door 40% off, and 24 months \$0 down, 0 monthly payments, 0% interest when you purchase four (4) or more windows or entry/patio doors between 11/1/2020 and 12/12/2020. 40% off windows and entry/patio doors are less than or equal to lowest cost window or entry/patio door in the order. Additional \$75 off each window or entry/patio door, no minimum purchase required, taken after initial discount(s), when you set your appointment by 11/27/2020 and purchase by 12/12/2020. Military discount applies to all active duty, veterans and retired military personnel. Military discount equals \$300 off your entire purchase and applies after all other discounts, no minimum purchase required. Subject to credit approval. Interest is billed during the promotional period, but all interest is waived if the purchase amount is paid before the expiration of the promotional period. Financial institutions without regard to age, race, color, religion, national origin, gender or familial status. Savings comparison based on purchase of a single unit at list price. Available at participating locations and offer applies throughout the service area. See your local Renewal by Andersen location for details. License number available upon request. Some Renewal by Andersen locations are independently owned and operated. "Renewal by Andersen" and all other marks where denoted are trademarks of Andersen Corporation. @2020 Andersen Corporation. All rights reserved. "See limited warranty for details.





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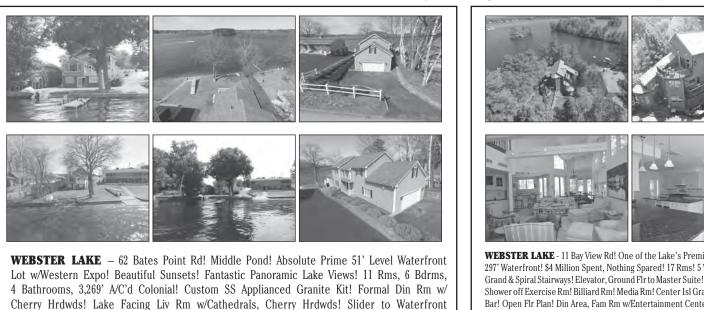
HOLDEN – 315 Holden St! 6 Rm Ranch! Meticulously Maintained! 2 Spacious Bdrms, Full Tiled Bath & 1 Car Garage! Move In Ready! Granite Oak Cabinet Kit wTiled Back Splash & JennAir Stove! Frpte Liv Rm! Fam Rm! Gleaming Hrdwds! Perfect Yard w/Maior Landscaping this Year! w/Major Landscaping this Year! New Roof 2019! **\$344,900.00** 



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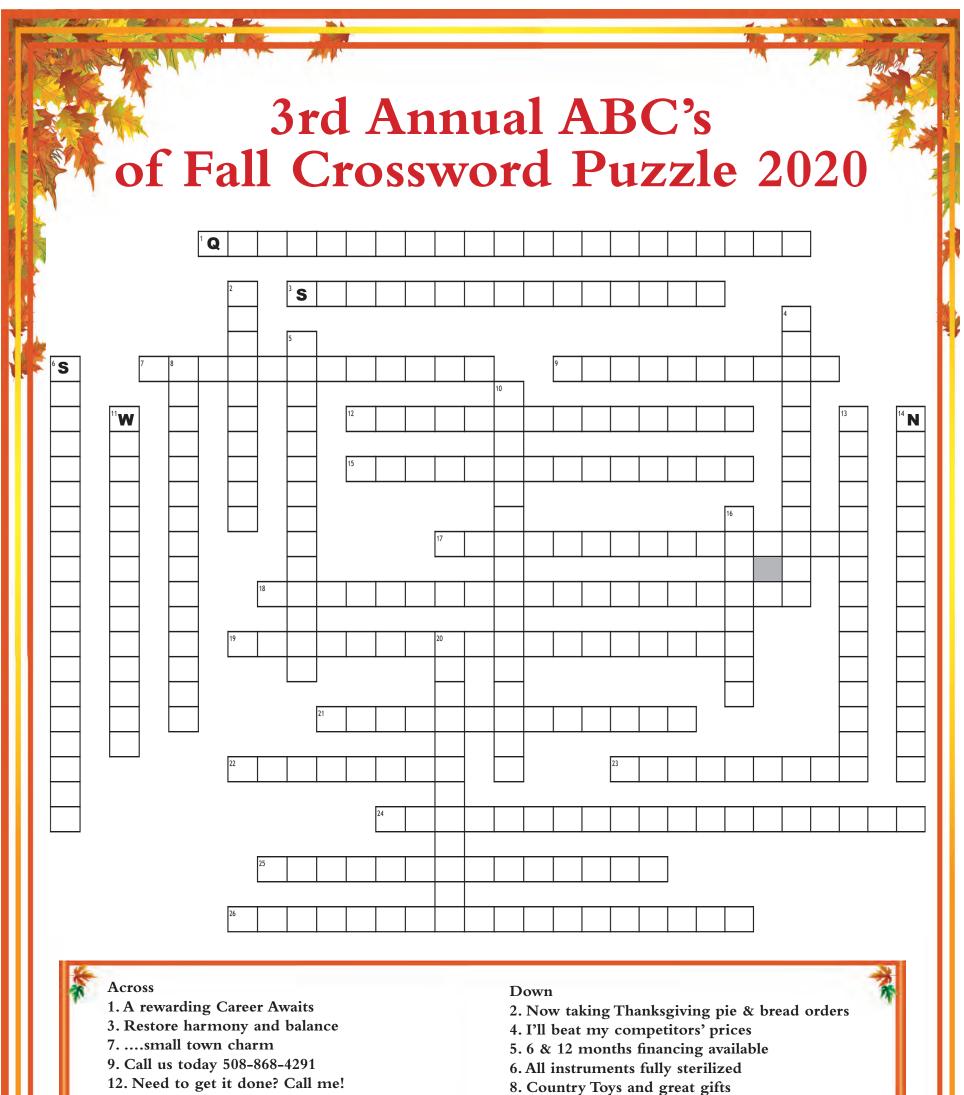
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Please find the answers to this crossword puzzle on page 2. Enter for a chance to win a \$25 gift card to one of these ABC businesses by mailing in your completed crossword to ABC Crossword Puzzle, Stonebridge Press, P. O. Box 90, 25 Elm Street, Southbridge, MA 01550 OR scan & email or take a picture and email it to jsima@stonebridgepress.news by Wednesday, November 18. Random-drawing for winner of all correct entries to be announced in the November 27th issue. One entry per person. Please support these ABC's businesses and tell them you saw their ad in your local paper! Good luck!

# 3 ways to eat healthy on game day

The sports landscape changed dramatically in 2020. Professional sports leagues were forced to interrupt and/or delay their seasons, while many amateur athletes, including college and scholastic players, were told their seasons would not take place in 2020.

Despite those delays and cancellations, many athletes are

competing this fall and winter. And that means fans will likely gather to cheer on their favorite teams.

Game day gatherings are a great way to make sports more fun. But they also can compromise people's efforts to eat right, as traditional tailgate fare is not always so healthy. Thankfully, there are ways to eat healthy on gameday without forgoing fun.

1. Learn your calorie counts.

Education might be your greatest ally if you want to stay the dietary course on game day. According to the United States Department of Agriculture, popular game day fare like beer and chicken wings are high in calories. Beers vary depending on which type you're drinking, but 12-ounce light beers typically contain around 100 calories apiece. The USDA also notes that a half dozen chicken wings typically come in at just under 700 calories, though that number will increase when dipping the wings into blue cheese or ranch dressing or slathering them in barbecue sauce. Understanding how high in calories these staples can be may com-



pel you to opt for healthier, lighter fare, such as vegetables and water. 2. Pay attention to how much you're eating.

A 2014 study published in the Journal of the American Medical Association: Internal Medicine found that the amount of food people eat while watching something is influenced by what they're watching. Conducted by research-

ers at Cornell University, the study found that people ate considerably more while watching action-packed entertainment than they did while watching more sedate programs like talk shows. Researchers concluded that the action-packed programs distracted people from how much they were eating. If you want to limit how much you eat while watching the big game, make a conscious effort to track your consumption, even making a small snack bag before the game begins and eating only that once it starts.

3. Make your own foods.

When you make your own food for game day, you control what you're putting into your body. Homemade snacks that are low in calories and don't contain much sugar can help you stay the dietary course more effectively than brownies, chips and nachos.

Game day can quickly derail diets if fans aren't mindful of what they eat. But staying the dietary course on game day is easier than sports fans may think.



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