

Town takes another shot at Complete Streets grant

BY GREG VINE
COURIER CORRESPONDENT

Winchendon Planning and Development Director Tracy Murphy is hoping the third time is the charm when it comes to state approval of the town's latest Complete Streets grant application. The town first two applications, seeking \$450,000, were shot down and Murphy is hoping a scaled-back proposal – asking for just under \$350,000 – might stand a better chance of getting a thumbs up from the Department of Transportation. The first two applications

sought funding to reconstruct the sidewalks on Central Street between Maple Street and Memorial Drive, a route frequented by students walking to Murdock Middle High School; and on Grove Street between Central and School streets, the route taken by children heading to and from Toy Town Elementary School, as well as residents walking to and from the Senior Center at Old Murdock. The new plan calls for work on the Grove Street sidewalks only.

"We decided to just put in for

Grove Street," said Murphy. "There's a section (on the north side of the street between Mechanic Street and Lincoln Avenue) where there's no sidewalk. What the engineers did was to narrow the road there a little bit to make room for the sidewalks. The width of the street there would be 12 feet."

Narrowing the road in that location, said Murphy, should also slow traffic moving through that stretch.

"The section where the sidewalk construction will narrow the road a little is right across

from the Catholic church," she said. "That should slow traffic there a bit. That would be good because when you approach the church parking lot from the west you don't always see cars exiting the lot until you're almost on top of them."

Public Works Director Al Gallant also said the section of sidewalk that abuts the parking lot at Immaculate Heart of Mary church will be raised and will include two curb cuts.

"That means," said Gallant, "there will be only two specific places where cars can enter

and exit the lot. Right now, there's about a 30-foot stretch where cars enter and leave pretty much wherever they want."

The new sidewalks will be constructed of mainly of asphalt. Gallant explained that only those corners which will comply with the Americans with Disabilities Act will be made of concrete. There are three such intersections on Grove between Central and School. The sidewalks will be

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Cannabis applicants play waiting game

BY GREG VINE
COURIER CORRESPONDENT

On July 16, Winchendon's Board of Selectmen approved the applications of three groups of partners hoping to set up retail marijuana establishments in the Toy Town. Those applicants then moved on to the Cannabis Control Commission in hopes of securing the state's endorsement. After nearly five months, however, it does not appear the town of Winchendon is much closer to seeing the opening of its first cannabis retailer than it was in July.

The first two retail pot operations recently opened up in Leicester and Northampton and three more – in Salem, Easthampton, and Wareham – have been issued their final state licenses. Those three applicants now head back to their respective communities to obtain pertinent local permits needed to finally set up

shop.

As for the three would-be Winchendon cannabis retailers, they are among at least 55 others currently awaiting action by the CCC. Of that number, 20 have been granted provisional licenses and are awaiting final approval. Winchendon's trio of applicants, however, are among those whose status is currently listed on the commission's website as "submitted application."

In addition to applications to establish retail establishments, the Commission is also weighing the applications of dozens of business wishing to set up cultivation and manufacturing facilities, transport businesses, and what are called "marijuana microbusinesses."

A person who works for the Commission, speaking on background, told the Courier: "For those applications listed

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Greg Vine photos

The erection of these granite posts marks the first real visible sign that work has begun on a new park which will occupy a currently undeveloped parcel at the corner of Glenallan Street and Spring Street/Route 12. Funds to create the park were provided by the Grout Family Foundation.

Initial steps taken on new park

BY GREG VINE
COURIER CORRESPONDENT

Some initial work has gotten under way on a new park which will grace the intersection of Glenallan Street and Spring Street. The Grout Family Foundation has made \$100,000 available to establish the park, which will spring from the unsightly

parcel adjacent to the parking lot for the North Central Pathway bike trail.

"We've put in 14 granite poles, and I've got four more to go," said Winchendon Public Works Director Al Gallant. "We've ordered the chain. We're going to put a black chain in between the poles. It'll be rubber-coated,

so if kids grab the chain they won't pinch themselves. The fencing itself will keep cars heading from Spring Street onto Glenallan from cutting through the lot."

"We're going to try to rough-in the driveway before everything freezes," he continued. "We have to pull out

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New minister takes pulpit at Ashburnham Community Church

BY GREG VINE
COURIER CORRESPONDENT

"Everyone is welcome here." That is the message new Pastor Liz Magill wants anyone with a spiritual need to fulfill to understand when it comes to Ashburnham Community Church. Magill took over the pulpit at the church just about a month ago. The underlying theme, according to Magill, is that no matter who you are or what you are, God loves you.

Magill, a 2002 graduate of Episcopal Divinity School in Cambridge, owns a house in Berlin, and will be commuting to and from her job in Ashburnham.

"My ordination is with the Christian Church Disciples of Christ," she explained. The church in Ashburnham, she explained, is United Church of Christ and United Methodist, with the majority of members belonging to UCC.

"First, I was a high school chemistry teacher, which obviously leads directly to the ministry," she joked. "I taught for six years, then I was a sales person and then a marketing manager for a local newspaper. I worked for chain of newspapers outside of Washington, DC for almost 15 years."

Magill said there's no straightforward answer to the question of how she decided to turn to the ministry.



Greg Vine photo

Pastor Liz Magill at the pulpit

"I thought that I wanted to be a minister when I was in high school," she said. "My pastor of my Methodist church brought in a woman minister for us all to meet because and

Turn To **MAGILL** page **A9**

Medical marijuana available in Gardner

BY JERRY CARTON
COURIER CORRESPONDENT

Recreational marijuana may be all the rage with the opening of the first two shops, one in Leicester, the other in Northampton, but medical marijuana is still around too and Gardner now has a facility open for distribution.

Located at 16 Pearson Blvd. between Friendly's and Anthony's Liquors and operated by Sanctuary Medicinals, the dispensary opened last

Friday

You can't just walk in and buy some pot. As with other similar facilities, a medical marijuana card is required, but if you've got one of those, there's a wide array of available products assured CEO Jason Sidman.

"The list goes on and on as far as the benefits of cannabis and some of the delivery methods," he told regional media outlets.

"The store will sell every-

thing you can think of," added Sidman.

Gardner gave approval earlier this year, the Planning Board green-lighting the business in March and the Zoning Board coming on board in May. That was the culmination of several years of trying by Sanctuary, which first pitched the idea to city officials in 2016. The company signed a Community Host Agreement and that gave Gardner revenue in addition to

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LOCAL

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SPORTS

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WEEKLY QUOTE

The thermometer of success is merely the jealousy of the malcontents.

CLYDE'S CORNER

Saturday & Sunday
November 24 & 25

Saturday December 1

BREAKFAST WITH SANTA: the ever popular Breakfast with Santa at the Carriage House restaurant, sponsored by Kiwanis of Winchendon and Key Clubs of Mahar and Murdock high schools. Buffet breakfast, adults \$8; children \$1. A chance to see Santa. Parents bring a camera or phone, great photo opportunity.

HOLIDAY CRAFT FAIR: Broadview Assisted Living, 547 Central St., hosts a Holiday Craft Fair Saturday, Dec. 1 10 a.m.-2 p.m. with all local vendors. Santa will visit 11:30-2 p.m. and kids are invited to make their own crafts. For more information, contact (978) 297-2333.

Sunday
December 9

WINTER TEA: drop in at

the Murdock Whitney House Museum for a buffet tea 1-4 p.m. Take a break from frenzied shopping for a bit of tea and bite of dessert with friends. \$5 per person. First floor of the historic house is decorated for the holidays.

Sunday
December 16

WINTER TEA: drop in at the Murdock Whitney House Museum for a buffet tea 1-4 p.m. Take a break from frenzied shopping for a bit of tea and bite of dessert with friends. \$5 per person. First floor of the historic house is decorated for the holidays.

Friday January 18

DARREN BESSETTE BAND: at the Snowbound Club, 130 Baldwinville Road beginning at 7 p.m. Come enjoy this great band with local ties!

ONGOING PROGRAMS

ONGOING AT OLD

MURDOCK

MONDAY/WEDNESDAY: Chair exercise 9:30 - Exercise to your skill level.

TUESDAY/WEDNESDAY/THURSDAY: Wii bowling 9:30; Pool/Card Games/Shuffleboard. Come join us on these days for Wii bowling, play a game of pool or shuffleboard upstairs.

WEDNESDAY: ZUMBA w/Alisha, Wednesdays 9:30 a.m. Join Alisha on Wednesday mornings and Zumba! Participate at your comfort level. Yoga w/Susan, Wednesdays 10:30. Susan leads this gentle stretching on Wednesday mornings at 10:30. Even if you're a beginner, you'll be gently stretching in no time. Please bring your own mat.

THURSDAYS

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

MONDAY

LEGOCLUB: Beals Memorial

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

TUESDAY

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

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

WEDNESDAY

BINGO! Hyde Park residents hold bingo in the community hall every Wednesday night beginning at 6 p.m. It's inexpensive, just two cards for 5¢, and the community is invited! Anyone over the age of 50 is welcome to join in. We'd love to have more players.

BINGO 2! Old Murdock

Senior Center hosts Bingo on Wednesday afternoons at 12:15 p.m.

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

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

THURSDAY

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

Latest edition of Quabbin calendar available

BY KEVIN FLANDERS
NEWS STAFF WRITER

As we get ready to turn the calendar to a new year, residents with a passion for local history are excited for the opportunity to remember years long past.

Thanks to the hard work of historian and author J.R. Greene each year, residents are able to celebrate the start of a new year with a fascinating glimpse into the past. Greene recently released the 34th annual edition of his Quabbin History Calendar, which provides pictorial memories of towns that no longer exist.

Each calendar features 12 images from the lost Quabbin towns, one for each month. Though the communities of Dana, Enfield, Greenwich and Prescott were destroyed in 1938 to create Quabbin Reservoir, their memories live on in Greene's calendars.

The 2019 calendar features such venues as the Enfield post office, the Greenwich railroad station, a general store in Greenwich Village, West

Hardwick School, and a Prescott farm that once belonged to 18th century rebellion leader Daniel Shays. The calendar cover shows an image of Enfield Town Hall, the site of a farewell ball held in April of 1938.

By viewing the calendar images over three decades, residents and historians have been able to get a clearer picture of what life was like for inhabitants of the lost villages. Greene has compiled the images from several sources, including photo collections amassed by longtime photographer Burt V. Brooks. Among Greene's many written works, he penned a book chronicling the photos and postcards created by Brooks in the pre-Quabbin towns.

In total, Greene has authored 13 books and presented over 400 images in his calendars. Almost all of the photos feature local sites prior to the Ware River diversion and subsequent formation of the Quabbin. No residents of the four towns were allowed to stay in their homes, as the villages were disincorporated in preparation of flooding for the

project.

"The theme of this calendar is to honor the villages of the former Swift and Ware River valleys, and their way of life," Greene wrote in the introduction for his 2019 calendar. "This calendar is dedicated to the memory of the people who once lived in these places."

Greene, who lives in Athol, has spent countless hours researching the lost Quabbin towns and compiling images. His book From Valley to Quabbin, published in 2010, describes the final months of habitation in the four towns before they were lost forever beneath the waters of the reservoir. Moreover, Greene has written books on several local railroads that abandoned or rerouted their lines during the construction of Quabbin Reservoir.

Greene also purchases memorabilia related to the lost villages, including photographs, postcards, and scrapbooks. These items help him gain even deeper insights that enable the history of the villages to be preserved.

Greene will hold a book signing and presentation at Ware Public Library on Dec. 5 at 6:30 p.m. A portion of the proceeds will be donated to the library.

The calendar and books are also on sale at several local venues, including Brookfield Orchards, Oakwood Farm Christmas Barn, and Plantation Store. For more information about the author and his works, send an email to jrg01331@webtv.net.

Finalists selected for Beals Prize

The Beals Memorial Library in Winchendon has announced the 2018 Beals Prize for Poetry finalists. In only its first year, the competition drew the attention of 23 poets who submitted 62 poems for consideration by a panel of three distinguished judges.

On Friday, November 30 at 6:30 pm, there will be a reading of the top 10 poems by eight finalists, two of whom had two poems selected. Directly after the readings, the judges will announce the prize winners. Prize money of \$100 for first, \$50 for second, and \$25 for third will go to the contest's best three poems.

The finalists are:
Sara Williams of Gardner for October Sunlight.
Sharon Harmon of Orange for First Cigarettes.
Laura Rodley of Shelburne Falls for

Maybe.

Elaine Reardon of Warwick for Her Grandmother Wishes.
Veronica L.D. of Ashburnham for Plumbeous.

Stephen Seraichick of Keene for Parts I through IV.
Susan Middleton of Ashfield for The Caretaker and Crossing Tidewater Basin After Visiting Mom in the Hospital.

Barbara Lemoine of Northfield for Instructions for Sleep and Keepsake in the Silverware Drawer.

The Beals Memorial Library is located at 50 Pleasant St. in Winchendon. For more information, please call the library at 978-297-0300. Light refreshments will be served by the Friends of the Beals Library.

COURIER CAPSULES

HOLIDAY SERVICE PLANNED

On Monday, Dec. 3, GVNA's Hospice Program will host a Holiday Service of Remembrance at the Westminster Senior Center at 69 West Main St., Westminster. "The celebration is in remembrance of all GVNA Hospice patients who have passed away over the last 13 months," according to John Neilon, hospice bereavement coordinator. "This celebration is an

interfaith gathering and all community members are welcome to attend," said Neilon. he service will begin at 6:00 pm.

"We, as a hospice team, cherish the opportunity to help families, and are touched by how they welcome us into their homes and their lives at such a difficult time," he said. "We are proud to be able to offer this service to our families as a way of showing how enriched we, as healthcare professionals, are by our involvement with their loved ones," he added.

For more information about the Service of Remembrance or to register for the event, call the Hospice Program at (978) 632-1230, Ext. 321.

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² \$250 credit applied at closing, available while supplies last and offer may be withdrawn at any time.

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Media employees unionize in western Massachusetts

BY JERRY CARTON
COURIER CORRESPONDENT

Employees of two publications in western Massachusetts have asked the Newspapers of New England to recognize them as the Pioneer Valley NewsGuild.

The Daily Hampshire Gazette and the weekly alternative Valley Advocate share ownership and a building in Northampton and are moving to solidify their status as a union as other papers have done.

Efforts to unionize in Northampton began last year when Gazette executive editor Jeff Good said he was fired for supporting equal pay for female employees though corporate officials say that wasn't the case. Publisher Michael

Rifanburg has folded the Advocate into the features department of the Gazette and reduced staff, citing lower readership and tariffs on Canadian newsprint as factors for the moves.

"We're feeling the pinch," he said. However, state Rep. Jim O'Day isn't buying it.

"Hopefully they'll let the process unfold in a democratic way," he said, adding, "I think whenever workers can come together, whether it's for better working conditions, greater wages, better hours, you name it, I think it's beneficial to those workers and their families."

Organizing into a union isn't as easy as it used to be, not since the Supreme Court delivered a blow to such efforts during the summer. If Newspapers of

New England doesn't agree voluntarily to recognize the union, organizers will have to ask the National Labor Relations Board to distribute ballots to the 72 members. However, prior to that ruling employees at the Los Angeles Times, Chicago Tribune and the New Yorker magazine had voted to unionize.

Newspapers of New England owns numerous publications including the locally regional Athol Daily News as well as the Concord Monitor and Greenfield Recorder.

The Winchendon Courier is owned by Stonebridge Press in Southbridge, which operates more than 20 publications throughout New England.

A timetable for resolution of the Northampton effort is uncertain.

ACCURACY WATCH

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

MURDOCK ANNOUNCES HONOR ROLL

Murdock High School has announced the following students have earned a place on the honor roll for the first quarter.

GRADE 9

Highest honors: Arielle Benedict; Daniel Fuller; Evelyn Haley.

High Honors: Domenic Iannacone; Matthew Marshall; Makeighla Marston.

Honors: Nicholas Bond; Lilly Digman; Caden Keeney; Nobalegh Laraba; Rachel McCarthy; Moeketsi Molai;

Taylor Patterson; Kevin Pesce; Chloe St. Peter.

GRADE 10

Highest Honors: Nicole Becotte; Jonathan Polcari; Julio Rodriguez.

High Honors: Briahna Bouchard; Abigail Leahey; Cameron Monette; Christtaney Noble; Justin Thira.

Honors: Alexia Allard; Vivian Beauvais-Michaud; Tyler Goodwin; Meagan Knight; Paige Lafrennie; Cameron LaPlaca; Rachael Legault;

John Maloney; Philip Quinn; Jonathan Russell; Evan Sawyer; Laruen Serratore; Logan Wilson.

GRADE 11

Highest Honors: Hannah Demanche. High Honors: Samuel Hauver; Cassandra Wightman.

Honors: Owen Benedict; Rebekah-Lynn Bergeron; Gabriella Cote; Logan Huff; Erica Lashua; Morgan Pace; Grace Sutherland; Brook Tenney; Joseph Williams.

GRADE 12

Highest Honors: Nicole Lemire. High Honors: Dana Devarney; Britney Jackson; Lindsey Smith.

Honors: Izaria Alcantara; Matthew Casavant; Yang Yi Chen; Adam Digman; Lindsey Gemme; Ciera Guild; Chloe Lawrece; Maria Polcari; Timmy Quinn; Emily Smith; Jaelynn Stetson; Ryan Thira; Jacob Woodard; Jared Woodard.

Do we truly listen to each other?

Do we truly listen to each other? Or are we so afraid that our opinion could change that we decide to ignore what the other person is saying and focus on how we are right and how they are wrong. I say we, because I include myself in this. For those who don't know me I am a guy who loves to talk more than truly listen. I recognized that I needed to work on becoming an active listener myself before I could say something to others.

While on this journey of recognizing that I wasn't a truly active listener, especially to those who didn't agree with my opinion, I came to the realization, thanks to social media, that most people were only focusing on their own opinions instead of hearing from the opposition and I believe that this needs to stop. I again ask the question "Do we truly listen to each other?"

We like to do everything in our power to not truly listen to any opposition. We focus on things such as how redun-

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dant the person is in their words. We go so far to even start name calling when we run out of things to say to protect our opinion(s). We forget that the other person we are talking to is a human being that has feelings. Again I say, this needs to stop. For some strange reason we think that it is unacceptable for us to have a healthy conversation where we end it with us leaving with the opposing person's opinion in our thought process. Instead we focus on leaving the conversation with the satisfactory of not having anything changed in our own thoughts.

I know that some who are reading this are thinking "wow is he ignorant on what a debate is." No, I am not being ignorant about the fact that when we have healthy debates on certain topics, such as Brett Kavanaugh, or the debate on abortion, etc., that we are trying to change the other person's mind on a topic, all I am saying is that we focus on winning more than the fact that we

are talking to another human who has thoughts and feelings. We have become a nation of "narrow minded people" and it is tearing our society apart. Look around for yourself and you will see it. I believe that it is time for us to realize that we need to start being active listeners.

An example of this is the #MeToo movement. You as a person may disagree with what either the accuser of the accused person is saying, but shouldn't we give them a chance to be heard? What if you were the person who was the accuser or the accused? Wouldn't you like the chance to be heard before everyone made a decision against you before you had the chance to speak? The sexual assault victims need to be heard but the accused assaulter also needs to be heard as well before a decision can be made. I know I would want to be heard and I believe that most of you who are reading this would agree and would want to be heard as well.

How do we truly listen to each other? It's more than

just being quiet and repeating what the person you are listening to just said. Instead we should start off by putting away distractions, such as our phones, and we should actually make eye contact with the person that we are talking to. We should be asking questions when we don't understand something that was said. When we do oppose a thought instead of attacking the person verbally, we can state our opinion in a way that doesn't turn the conversation into a yelling match. So yes, that means that before we speak we need to actually think about what we are going to say. Here are a couple of questions that I ask myself that may help you. The first is "Does this edify or encourage the person to keep sharing

their opinion with me?" and the second thought is "Does this need to be said right now?" These questions help me, and I hope they help you discern what to say and when to say your thought or opinion.

We need to start listening to each other, not only to better ourselves, but also to better our towns, cities, states, and our country as a whole. So I end with this question, "Do you truly listen?"

St. Martin's Church, Otter River

Holiday Fair

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STREETS GRANTS

continued from page A1

5-foot wide, according to Gallant.

Murphy said there will be no additional crosswalks painted for pedestrian use but did say improvements will be made in signage.

"There will also be an installation of an RRFB (Rectangular Rapid Flash Beacon) right in front of Toy Town Elementary School and near the senior center," Murphy said. "It's one of those beacons where you push a button, and it flashes when you want to cross the street. So, crossing in that area should be a lot safer."

Murphy also said there will be a grass strip planted in some areas to create a buffer between the sidewalk and the street.

Plans also call for a center strip to be painted on Grove Street to better delineate travel lanes.

The application for the Complete Streets grant was submitted by Murphy in September. She said the state usually makes a decision in four to six weeks, so the town should be hearing soon on whether this attempt at funding is successful.

"If it falls through again," said Murphy, "we might consider seeking a Safe Routes to School grant. That application would have to come from the schools, but I'd work with the school department to go after those funds if we needed to. Hopefully, we won't need to."



Ice Rink Attendant and Zamboni Driver

The Winchendon School is looking for a part time ice rink attendant & Zamboni driver for evenings and weekends. Responsibilities include, maintaining all public spaces for safety and cleanliness.

Contact Colleen at canderson@winchendon.org



KIWANIS INSTALL OFFICERS

Ruth DeAmicis photo

Earlier this fall the Winchendon Kiwanis installed their newest slate of officers for the coming year. Pictured from left are Treasurer Dick Ladeau; Secretary Jess Plante (who also serves as District Lt. Governor); Assistant Treasurer George Bousquet; Vice President Joe Beaugard; and new President Cailte Kelley. Kiwanis meet the second and fourth Wednesdays at the Carriage House restaurant and recently added five new members to the group.



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WINCHENDON COURIER

PRESIDENT/PUBLISHER: FRANK CHILINSKI
EDITOR: RUTH DEAMICIS

VIEWS

Opinion and commentary from Winchendon and beyond

EDITORIAL

Helen Thomas must be rolling in her grave

This editor once had the privilege, even while the venerable Thomas was still alive, to sit for a moment in the place where she always sat in the room used for press briefings in the West Wing.

The room has a checkered history. It is built OVER the swimming pool where John F. Kennedy often took daily exercise to ease his back, and it still looks quite 'gym like' though attempts have been made to pretty it up.

The raised podium at the front, with its lectern and the presidential seal, against a stark blank wall are intentionally neutral.

The whole concept is meant to stay neutral.

It's a neutral playing field. Or so it used to be.

It isn't any longer of course.

Most recently, as the game changes, and changes, and changes again; the White House backed down a little on attempting to wrest press privileges from a correspondent they didn't like. But realized of course that not liking a reporter, or the organization they worked for or even the questions asked isn't cause enough for the dismissal no matter what the commander in chief might say.

There are rules, rules that go as high up as the Constitution itself. And those can't be changed on a whim.

The White House has now attempted to put in place some "ground rules" for its conferences. Demanding that reporters ask only a single question before giving up the right to speak (no follow up questions allowed except at the discretion of the WH); and yielding the right to speak includes giving up that microphone.

We can't imagine Thomas folding to such pressure.



Helen Thomas

She was a bulldog from the press gallery. She sat two rows back, just a little right of center. She wasn't very tall and she claimed she sat right there for two reasons, so she could see... and so she could be seen. Because she wasn't going to be ignored.

And she wasn't.

She was known for her good, intelligent ques-

tions...and her follow up questions. She really listened to answers and then asked pithy questions based on what was said.

We would love to see her against the present cast of characters...any of them.

We suspect there would be some temper tantrums and whining about those questions too.

But here's the thing.

They couldn't have found a thing about her honesty, her integrity or whom it was she worked for: United Press International. She was so intent about that integrity, when UPI was absorbed by a company controlled by Rev. Sun Myung Moon in 2000, she resigned.

So we can well imagine where she would be investigating and waving flags under the suspicious nature of business and collusions with this government and this president.

It would be interesting to watch.

We lost Helen Thomas in 2013. She had said "Thank You Mr. President" to end press conferences to a succession of them for years. She was there for JFK and for Watergate. She was there for Pres. Reagan and for the beginning of the Bush era.

Can we just mourn she isn't here for the trouncing of the press by the Trump era? She would be a force to be reckoned with...and fun to watch.

Listening to truth

By and large, a lot of people don't really want to hear the truth. It's much more comfortable to engage in banal social rituals, right? So when I was asked how my Thanksgiving holiday was, I suspect I made some folks uncomfortable when I replied honestly. To be sure, the Thanksgiving meal itself was awesome and I am again this year like last indebted to Seth and Amber for so thoughtfully including us in the River's Edge family, the sole brightness of the weekend. Class acts, both of them. 100-percent. And Dessa says thank you.

But overall it was a terrible holiday weekend. It's no one's fault. Thanksgiving you see was by a million miles Courtney's favorite holiday. We're Jewish so Christmas never had any significance for us. It's just another day. Chanukah was probably second for her but a very, very distant second. She loved the whole late November tradition which was wordlessly cemented through the years — making our way through the crowded Manchester airport on Wednesday and BWI on Saturday or Sunday, going out to dinner with her grandparents, aunt, and brothers on Wednesday night, many years to the same Suburban House I frequented as a teenager though at a different location, seeing her cousins on Thursday, Thanksgiving Day, hanging out with my parents on Friday while I caught up with old friends. She cherished and savored all of it and I loved seeing her joy and so inevitably these two most recent Thanksgivings have been pretty awful. There's no sugarcoating it. How could they be otherwise? I've dreaded them both and this year was a little worse than last. Maybe the finality of her death has taken hold?

In some ways, my life has settled back into a routine but just below the surface and occasionally very much above the surface lies this unrelenting grief, anger, resentment and bitterness. Not every day, not every week for that matter is unbearable of course but there are moments when if I am asked how my

JOURNEY
OF THE
HEART
.....
JERRY
CARTON

holiday was or how I'm doing, don't automatically assume I'll offer a reflexive pleasantries. If you get me in a moment when I'm doing really poorly emotionally, I'll say so. Grief never ends and I'm not trying to make anyone feel uneasy but the grief counselors have told me it's perfectly okay to just tell the truth. I understand there will be some people who avoid folks like me — other bereaved parents have told me the same has happened to them. People often don't know what to say, afraid of saying the wrong thing maybe and perhaps not really wanting to hear the truth? But here we are, and I, and others in this God-awful 'club' have been consistently encouraged to be upfront about how we feel. A friend recently sent me a story about how you deal with people who are grieving. The gist — don't worry about saying the "right thing"; steer clear of platitudes like "everything happens for a reason"; remember anniversaries; celebrate together — talk about the one who is gone. It's okay. It really is. And accept that those of us who are grieving, and I mentioned this before, are very much encouraged to tell the truth about how we're doing.

After all, we're all told, aren't we, that honesty is the best policy anyway? We learn that as kids and then we learn to apply the lesson judiciously and appropriately. It's appropriate to be honest about emotional turmoil after catastrophe.

There is also this. I have been blessed with a strong support system. It ranges literally coast to coast and I'm beyond grateful for it. Sure, sometimes I feel like I'm being an unnecessary burden even to them but I'm doing my best. I really am. It's just really hard and I know I don't have to wear the proverbial mask. So for those of you who have hung in there with me over the last almost 18 months (next Friday, December 7, will, almost unimaginably, be a year and a half), rest assured I'm more appreciative and grateful than I can ever say. Thanks forever.

LETTERS TO THE EDITOR

Gauthier: appreciates help

To the Editor:

We often hear about the unkind and mean spirited behavior in this country today. I would like to share a story about the opposite actions that I experienced a few days ago. It was a cold rainy Sunday morning and after coming out of Market Basket, I was approached by a couple who called my attention to my flat rear tire. The couple was joined by a second man who agreed that I should not drive on the tire, which was flattened to the rim.

Both men started to gather materials needed to change the tire. I have a truck, which means that the spare tire is mounted under the truck bed. One man had to lie down on the wet ground under the truck to free the tire.

Meanwhile, a third man came along with a power tool and a jack to help. He also was working on the ground, getting just as soaked as the tire freer. Those three men, unknown to each other worked to help me, while the wife stood with me in the rain, offering her support.

I was moved to tears, not because of my situation, but because these four strangers all worked together to help another stranger in need. I offer my most heartfelt thanks to these unknown people for their kindness, but most of all for restoring my hope and faith in people.

LORRAINE GAUTHIER
WINCHENDON

In case you missed it

"Progress is impossible without change, and those who cannot change their minds cannot change anything." — George Bernard Shaw



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

Also of concern for the northeast, rising temperatures and wetter winters will likely lead to increasing populations of ticks carrying Lyme disease and mosquitoes carrying Triple-E and West Nile Virus.

Last Friday, in the hope that no one would notice in the mayhem of Black Friday sales, the Trump administration dropped a 1,600-page report on climate change which was drafted by 13 federal agencies and more than 300 leading scientists. So, in my very small way, I'm hoping my little essay will thwart the hopes of the administration and draw your attention to the National Climate Assessment released by the National Oceanic and Atmospheric Administration after 2½ years of study.

Naturally, President Trump declared before jumping into Marine One on his way to address a gathering of his cult followers in Mississippi: "I don't believe it."

The following day, Sarah Huckabee Sanders, who does an impressive job portraying a presidential hand-puppet, declared the report is "not based on fact."

Nothing less, I guess, should be expected from an administration led by someone who has declared climate change to be a hoax perpetrated on a naive world by those inscrutable Chinese.

Well, since President Trump wouldn't recognize the truth if it weighed eight tons and plummeted out of the sky and onto the 18th green at Mir a Lago, here are some of the reports more disturbing findings:

First, for us New Englanders, warming ocean temperatures will continue to rise by at least one degree every 16 years, or so. So, as temperatures in the waters of our coast continue to warm, lobsters will continue to move north into the cooler waters where they thrive. While lobster boats active in the seas just south of Cape Cod and around Rhode Island brought in some 2,000 metric tons of the spiny crustacean in the 1990s, lobster populations in that area have since collapsed. After increasing catches in the Gulf of Maine (where most of those more southern-dwelling lobsters moved to) in the decades that followed, the catch suffered a precipitous decline last year. One of New England's most important economic sectors stands to be devastated.

As for the rest of the country, the report notes that the amount of acreage charred by California wildfires each year has doubled since 1985. If mankind fails to significantly stem the release of greenhouse gases, the amount of acreage burned in the Sierra Nevada mountains could triple during the last three decades of this century.

The beautiful and temperate Pacific Northwest, says the report compiled by experts who know the subject, will see wilder bouts of severe weather, including extended drought, large wildfires, heatwaves, massive algae blooms, and periods of torrential rains.

Increasing temperature extremes in the Midwest will lead to significant crop failures, leading to shortages that will result in increased prices here in the U.S. and an increased likelihood of famine — due to decreasing U.S. agricultural exports — in other parts of the world.

Unchecked climate change could, by the end of the century, result in a 10 percent depletion in the U.S. economy, according to the report.

The change in climate, the report stresses, is due in large part to the activities of humankind. We broke it; we need to do what we can to fix it. It's pretty simple — for most thinking people, that is. But President Trump, if he's known for anything, is certainly known for a lack of thoughtfulness.

Hopefully, whoever follows him into the White House will act quickly to reverse his disastrous environmental policies. If not, well...we're screwed. Or should I say our children and grandchildren are screwed. They are the reason we need to act now, but the president and his cult followers just don't give a damn. If it's not going to affect them personally it's not worth worrying about.

Aggressively addressing the problem may have its cost but, as President John F. Kennedy — a real president — said: "There are risks and costs to action. But they are far less than the long-range risks of comfortable inaction."

MARIJUANA

continued from page A1

the normal property taxes. Sanctuary's payments to the city will increase and starting three years from now, the company will give the city three percent of its annual gross revenue. Medical marijuana is not taxed.

Sanctuary has its sights on the recreational side too, and is plowing through the bureaucratic red tape in hopes of opening that end sometime next year.

People who have a medical card will be escorted around the facility because edibles, vapes and lotions will be available as well as cannabis buds. Sidman pointed out medical marijuana can be stronger than the recreational variety.

This isn't Sanctuary's first venture into the pot industry. The company has been cultivating and dispensing in New Hampshire and is looking to open facilities in Danvers and Woburn as well as a recreational business in Brookline.

Operating hours in Gardner are Monday-Saturday 10 a.m. to 7 p.m. and Sunday from 11 a.m. to 4 p.m.

Email Us!

Email us your thoughts to:
Ruth@stonebridgepress.news



Tilt-A-Whirl (Pt. 2)

In that great time, on a morning before the County Fair grounds opened to the public, I climbed the fence to avoid the entrance fee and headed to the 4-H section. Blue ribbons had been awarded for baking the day before. At the end of the pie judging, a whole cherry pie or a large slice could be had for a song, so a day of cherry pie and candied apples stretched before me.

I passed the Tattoo tent and a voice on the inside gruffly said, "Hey kid!"

The shadow inside smelled of alcohol; he promised to pay me if I would take any reservations while he shaved and had breakfast. Deal! I had plenty of time to study the tattoo samples on the tent wall. Large breasts and references to Mother seemed oddly prominent. Also anchors and car wheels burning rubber. Who knew?

The tattoo artist returned and announced that he could not pay me money. He saw my face fall. But he was smiling and generous as tickets spun off a hidden reel, tickets for rides and games of chance and entry into the tents with the two-headed dog and other anomalies that appeared to hint at strange sex. Hey, it was educational. I thanked him and looked forward to sharing this largess with my buddies.

We had learned quickly. Standing below the Salt & Pepper Shaker could net small change as the coins were pulled from pockets by centrifugal force and flew out of the caged seats. At the top of the Ferris wheel ride, paused for the view of the Chenango River and the fair below, you could smooch with a willing girl. We knew which workers made extra large puffs of cotton candy. And I splurged as often as possible at my new

health food: candied apples. Some free tickets had us returning to the daredevil motorcyclist in the huge domed cage. He straddled his roaring engine, spinning round and round inside the towering enclosure, defying gravity, especially when he loosed his hands from the clutch and throttle and rode arms outstretched..."Like Jesus," said Dolan.

Jesus as a carny motorcyclist sent us into hysterical laughter.

Years later when I was a senior in high school in Maryland, three of us signed up to work in a carnival on the last night. We were to dismantle and load the Tilt-A-Whirl, that same ride I knew from the county fair years before. The pie shaped pieces of the central platform weighed hundreds of pounds, and there were seven of them. It was a perfectly clear night with a full moon. As we strained to lift and load each oak and steel slice, staggering under the weight, I watched the moon set. Of course, the moon, like the sun, just seemed to move; it was the earth that spun. But the huge orb seemed to arc across the sky throughout the night, the bright glow swallowed hours later as the sun rose. And I told the story of true love gone awry at the Chenango County Fair.

On the day in question, I lined up with friends to ride the Tilt-A-Whirl for the third time. The queue for the ride snaked away into the distance, but the crowd of onlookers pushed close to the platform. We wanted the red



IN THAT GREAT TIME
PATRICK MOON

car because it seemed to spin more often. The cars moved on a circular platform on a circular track over three hills. If this were all that happened, the ride would have been boring. But the cars could hold up to four people and were subject to random motion...and that motion was the result of who sat where, how much they weighed, who was thrown around as the car spun, and the speed that the ride operator could control with his levers. It was spinning chaos as the platform raised and lowered. Each car spun in different directions depending on the centrifugal forces at play.

As we climbed into our seat and the restraining bar was lowered, I glanced over the crowd, and spotted Maria. She was watching from a distance. Maria: shy and beautiful. Yes, I had a crush on her. She read her poem in class softly. The butterfly sang of the world it knew, and Maria's voice was innocence as soft as its wings. Smack. I was stunned. Why had I never noticed her before? Now I wanted to yell hello but I could barely hear my buddies in the carnival din.

The ride started slowly and quickly gained speed. Dolan's violent lurching had us in hysterics. The car spun like a wheel with the added hiccups of sudden rises and drops. And then I began to feel...dizzy. I was conscious of the girls in the car behind us screaming and urging the operator to go "Faster! Faster!" and the damned show off increased our rotational speed. We were spinning like a top, and the crowd of onlookers became a blur. Finally, we slowed and

stopped.

The operator laughed as he helped us with the restraining bar: "Fast enough for ya?"

Joe and Dolan were ready to get in line for a fourth ride, but as I staggered to the exit ramp anyone could have seen my green pallor and the cold sweat. I knew I was in trouble. And as sudden as the rise of the red car, I hurled an afternoon of cherry pie and candy apples on a stunned crowd. The red stream splashed everywhere. I tried to direct the volume at the ground but it was too late. The screams were bad; the panic showing quite clear from the Ferris wheel. I saw a fleck of apple stuck on the forehead of a wide-eyed girl. But the one image that stayed with me is the horrified look on Maria's face. And as I told this story under the setting moon, the pie-shaped platforms of the Tilt-A-Whirl were not as heavy as my sense of time passing in graceful arcs.

REAL ESTATE TRANSACTIONS

WINCHENDON
 \$205,000, 53 Town Farm Rd, Robichaud, Richard L, and Robichaud, Katherine J, to Stiles, Sarah J.
 \$93,480, 9 Orient Pl, Breton, Ilene A, and Selene Finance LP, to Selene Finance L

In a nutshell: Nuts are Rx for good health

If a bowl full of nuts is on your holiday table this year, you should know nuts are much more than a tasty treat, they are full of vitamins, antioxidants and compounds that promote good health. Touted as a "brain boosting" food, fresh nuts are an affordable, healthy alternative to sugary snacks. Whether your favorite nut is a peanut or a pecan, breaking out the nut cracker can benefit much more than your palate. Read on for some reasons to go nuts over nuts!



TAKE THE HINT
KAREN TRAINOR

Searching for the fountain of youth? Early studies show it could be as close as your nut bowl! Animal research published in the British Journal of Nutrition found a diet containing as much as six percent walnuts (equivalent to one ounce or 1/4 cup in humans) was able to reverse age-related motor and cognitive deficits in aged rats.

Note: Nuts and peanuts can cause allergic reactions, which are sometimes severe and can be fatal. The following information and recipes are not for those who are allergic or suspect they may be allergic to nuts. Contact your physician for more information about nut allergies.

Walnuts: Walnuts have long been hailed as an amazing "health food." A handful of walnuts are not only a tasty snack, but numerous medical studies prove good old fashioned walnuts are beneficial to good health.

Medical research reveal walnuts can improve the health of some diabetics. A study published in the European Journal of Clinical Nutrition found that walnuts, known for their high content of polyunsaturated fat (13g), significantly improve metabolic factors in overweight individuals with type 2 diabetes. In addition, data published in the International Journal of Obesity², evaluated weight loss patterns of overweight men and women and found improved weight loss with consumption of foods such as walnuts.

Walnuts have even been hailed as a mood booster. Professor James Duke's book "Anti-Aging Prescriptions," claims walnuts may be able to relieve the disorders commonly treated with antidepressant drugs such as insomnia, depression, overeating and other compulsive behavior naturally, without the dangerous side effects.

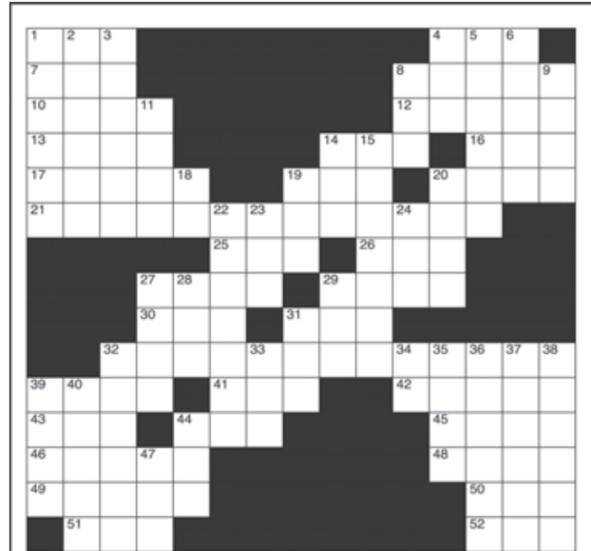
Walnuts, rich in omega-3 fatty acids which fight inflammation, contain manganese, which research indicates may reduce PMS symptoms. And walnuts can even help you sleep more soundly. The nuts boost melatonin levels, which induces sleep, to three times the norm!

Note: All walnuts are not created equal. For optimum health benefits choose raw, non-roasted black walnuts.

Peanuts At almost 30% protein, peanuts are a snack that packs a great nutritional punch. For those not allergic to peanuts, they are a healthy and tasty "health food."

While peanuts have received a bad rap for their

Turn To **TRAINOR** page **A9**

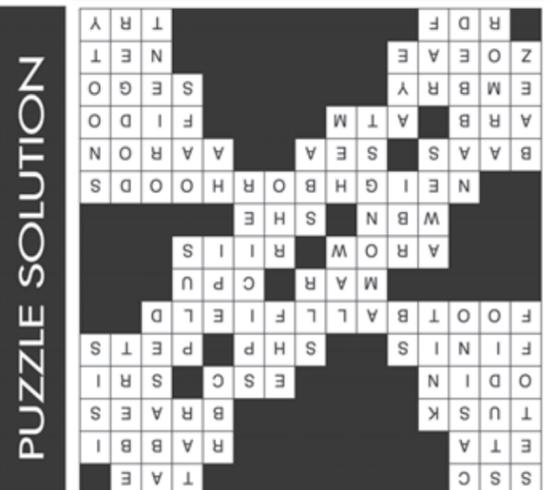


CLUES ACROSS

- Scottish lawyer (abbr.)
- __-bo: exercise system
- When you hope to get there
- Jewish spiritual leader
- Long, pointed tooth
- Hillsides
- Scandinavian god
- Keyboard key
- Indian title of respect
- The end
- Shaft horsepower (abbr.)
- Domesticated animals
- The gridiron
- Disfigure
- Central processing unit
- Get in __: fight
- Jacob __, US journalist
- One point north of due west
- He said, __ said
- Where people live
- Sheep noises
- The ocean
- Packers' QB Rodgers
- One who buys and sells at the same time
- Place to get cash
- Dog's name
- Aviation enthusiast
- LA ballplayer
- Larval crustaceans
- Brooklyn hoopster
- Military force ready to move quickly (abbr.)
- Make an effort

CLUES DOWN

- Set back
- Flat
- Place to gamble
- Dark liquid
- Mortified
- Famed movie critic
- Corpuscle count (abbr.)
- Egyptian goddess
- Type of garment
- Extremely high frequency
- More peppery
- The big game (abbr.)
- Single Lens Reflex
- In addition
- In the company of
- Order's partner
- Upon
- Dazzles
- Baseball stat
- The 17th letter of the Greek alphabet
- Helps little firms
- Arrested
- Haw's partner
- Expresses surprise
- Stumblebums
- Align relative to points on a compass
- LA ballplayer
- Showing disapproval toward
- "Diamonds & Rust" singer
- Protects the wearer's body
- Yes vote
- British Air Aces



SUDOKU

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

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!

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

ANSWER:

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POLICE LOG

Winchendon Police Department

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

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

TUESDAY, NOVEMBER 20

7:31 a.m.: accident (River Street), assisted; 7:21 a.m.: accident (Spring Street), report taken; 8:05 a.m.: accident (Spring Street), assisted; 8:24 a.m.: officer wanted (Lincoln Avenue), assisted; 9:11 a.m.: officer wanted (Front Street), assisted; 9:15 a.m.: transport (Elmwood Road); 10:09 a.m.: private property town (School Street), referred; 10:20 a.m.: warrant of apprehension (Linden Street), services rendered; 11:45 a.m.: summons service (Grove Street), advised officer; 11:47 a.m.: summons service (Mill Glen Road), advised officer; 11:48 a.m.: summons service (Ash Street), advised officer; 11:50 a.m.: summons service (Central Street), advised officer; 12:03 p.m.: officer wanted (Ipswich Drive), spoken to; 1:03 p.m.: assist other agency (Bemis Road), services rendered; 3:09 p.m.: erratic operation (Front Street), unable to locate; 4:00 p.m.: ambulance (Ipswich Drive), no service necessary; 4:33 p.m.: FD call (West Street), referred; 5:42 p.m.: tree down (Tolman Road), referred; 7:06 p.m.: burglar alarm (Royalston Road North), spoken to; 7:47 p.m.: ambulance (Baldwinville Road), transported; 8:24 p.m.: suspicious/other (School Street), assisted; 8:35 p.m.: disabled mv (School Street), assisted; 8:43 p.m.: animal complaint (Hale Street), referred to ACO; 11:30 p.m.: tree down (Ash Street), referred.

WEDNESDAY, NOVEMBER 21

1:06-3:07 a.m.: buildings checked, secure; 7:30 a.m.: tree down (Ash Street), referred; 7:31 a.m.: 911 hang up (Maple Street), services rendered; 8:49 a.m.: 911 hang up (Central Street), services rendered; 9:32 a.m.: investigation

(School Square), services rendered; 9:34 a.m.: harassment order service (Court Street), services rendered; 10:51 a.m.: panic alarm (Goodrich Street), secured bldg.; 11:08 a.m.: mv stop (Water Street), verbal warning; 11:22 a.m.: mv stop (Gardner Road), verbal warning; 11:56 a.m.: mv stop (Lincoln Avenue), verbal warning; 12:09 p.m.: welfare check/general (Grove Street), referred; 12:18 p.m.: threats (Pearl Drive), report taken; 1:10 p.m.: trespassing (Town Farm Road), spoken to; 1:37 p.m.: investigation (Chestnut Street), no service necessary; 2:28 p.m.: erratic operation (High Street), advised officer; 2:45 p.m.: accident (Spring Street), report taken; 4:17 p.m.: FD call (Central Street), services rendered; 5:01 p.m.: assist citizen (Central Street); 6:47 p.m.: ambulance (Fairbanks Street), transported; 7:13 p.m.: harassment (Central Street), report taken; 7:23 p.m.: runaway (Polly's Drive), returned to home; 8:52 p.m.: investigation (Spring Street), spoken to; 11:02 p.m.: property lost (Central Street), info taken.

THURSDAY, NOVEMBER 22

12:59-2:40 a.m.: buildings checked, secure; 5:09 a.m.: noise complaint (Banner Place), assisted; 6:07 a.m.: info/general (Baldwinville Road), info taken; 10:04 a.m.: property found (Memorial Drive), returned to owner; 10:34 a.m.: mv stop (Lakeshore Drive), verbal warning; 11:29 a.m.: fire/mutual aid (fire station, Athol), services rendered; 12:55 p.m.: accident (School Street), report taken; 1:18 p.m.: ambulance (Walnut Street), transported; 1:35 p.m.: mv stop (Central Street), Craig C. Evans, 36, 260 Spring Circle, #103, Winchendon, op w/suspended license/subsequent offense, leaving the scene of a property damage accident, citation issued; 3:36 p.m.: erratic operation (Gardner Road), unable to locate; 4:56 p.m.: accident (Elm Street), report taken; 5:33 p.m.: accident (Otter River Road), Jonathan E. Lema, 52, 906 Clark Street, Gardner, negligent operation, report taken; 9:40 p.m.: mv stop (Central Street), verbal warning; 11:00 p.m.: animal complaint (Cedar Terrace), no cause for complaint.

FRIDAY, NOVEMBER 23

1:22-2:59 a.m.: buildings checked, secure; 5:59 a.m.: DPW call (Summer Street), referred; 7:15 a.m.: abandoned 911 call (Gardner Road), accidental; 9:37 a.m.: burglar alarm (Spring

Street), false alarm; 10:33 a.m.: traffic hazard (Baldwinville State Road), spoken to; 1:08 p.m.: sex offender registration (Glenallan Street), assisted; 1:24 p.m.: ambulance (Benjamin Street), transported; 2:13 p.m.: mv stop (Central Street), verbal warning; 3:16 p.m.: license plate missing/stolen (Woodlawn Street), report taken; 6:50 p.m.: keep the peace (Maynard Street), assisted; 7:55 p.m.: info/general (School Street), spoken to; 8:57 p.m.: mv stop (Spring Street), written warning; 9:10 p.m.: abandoned mv (Spring Street), spoken to; 10:31 p.m.: burglary/b&e (Alger Street), report taken.

SATURDAY, NOVEMBER 24

12:28 a.m.: registration check (Spruce Street), info given; 12:40 a.m.: ambulance (Goodrich Drive), transported; 12:51-1:28 a.m.: buildings checked, secure; 1:40 a.m.: suspicious person (Linden Street), spoken to; 2:41-3:01 a.m.: buildings checked, secure; 3:33 a.m.: ambulance (Vaine Street), transported; 5:31 a.m.: assist other agency (Poland Avenue), services rendered; 8:38 a.m.: animal complaint (Webster Street), returned to home; 9:15 a.m.: ambulance (Ipswich Drive), transported; 10:30 a.m.: ambulance (Pearl Drive), transported; 10:49 a.m.: welfare check/elderly (Lakeshore Drive), report taken; 1:09 p.m.: welfare check/child (Pearl Drive), returned to home; 1:09 p.m.: FD call (Baldwinville Road), services rendered; 1:35 p.m.: ambulance (Pearl Drive), transported; 2:39 p.m.: fire/CO incident (Woodlawn Street), services rendered; 4:02 p.m.: accident (Baldwinville State Road), spoken to; 4:57 p.m.: road rage (North Street), report taken; 6:03 p.m.: animal complaint (Mill Glen Road), referred to ACO; 9:58 p.m.: mv stop (Lincoln Avenue), verbal warning; 10:04 p.m.: noise complaint (Pearl Drive), no cause for complaint; 10:38 p.m.: noise complaint (Pearl Drive), spoken to; 11:07 p.m.: erratic operation (Gardner Road), secure.

SUNDAY, NOVEMBER 25

12:02 a.m.: ambulance (Elmwood Road), transported; 12:40 a.m.: fire alarm (Front Street), referred; 12:58-2:25 a.m.: buildings checked, secure; 7:00 a.m.: animal complaint (Mill Glen Road), referred to ACO; 7:57 a.m.: fire/box alarm (School Street), secured bldg.; 10:09 a.m.: officer wanted (Vaine Street), report taken; 10:27 a.m.: custody

dispute (Northern Heights Drive), spoken to; 1:52 p.m.: officer wanted (Maple Street), report taken; 2:15 p.m.: suspicious person (Glenallan Street), spoken to; 4:08 p.m.: ATV complaint (Central Street), unable to locate; 4:25 p.m.: fraud (Duval Court), report taken; 4:45 p.m.: noise complaint (Spring Street), spoken to; 5:02 p.m.: noise complaint (Spring Street), spoken to; 6:20 p.m.: DPW call (Lake Road, Ashburnham), info given; 7:19 p.m.: mv stop (Spring Street), verbal warning; 7:37 p.m.: registration check (Glenallan Street), secure; 10:08 p.m.: mv stop (Baldwinville State Road), secure.

MONDAY, NOVEMBER 26

12:29 a.m.: accident (Route 140, Gardner), referred; 1:04-1:08 a.m.: buildings checked, secure; 1:08 a.m.: bolo (Baldwinville Road), unfounded; 1:13-2:19 a.m.: buildings checked, secure; 2:30 a.m.: accident (School Street), unfounded; 2:56 a.m.: burglar alarm (Spring Street), secure; 7:59 a.m.: mv stop (Spring Street), verbal warning; 8:14 a.m.: officer wanted (Northern Heights Drive), spoken to; 8:27 a.m.: structure fire (Ash Street), services rendered; 11:02 a.m.: mv stop (Central Street), verbal warning; 11:12 a.m.: mv stop (River Street), verbal warning; 11:31 a.m.: parking violation (Pearl Street), services rendered; 11:45 a.m.: welfare check/general (Central Street), transported to hospital; 12:00 p.m.: investigation (Memorial Drive), info taken; 12:17 p.m.: welfare check/general (Walnut Street), services rendered; 12:32 p.m.: accident (Teel Road), report taken; 1:03 p.m.: mv stop (Front Street), verbal warning; 2:11 p.m.: erratic operation (River Street), info taken; 2:28 p.m. summons service (Goodrich Drive), unable to serve; 2:30 p.m.: summons service (Ash Street), unable to locate; 2:31 p.m.: summons service (Goodrich Drive), unable to serve; 2:32 p.m.: summons service (Brooks Road), unable to serve; 2:34 p.m.: assist other PD (Spring Street), services rendered; 3:00 p.m.: harassment (Front Street), report taken; 4:00 p.m.: assist other PD (Maynard Street), unable to serve; 4:28 p.m.: Section 12 (Polly's Drive), transported to hospital; 5:24 p.m.: burglar alarm (Spring Street), advised officer; 10:30 p.m.: intoxicated person (Central Street), unable to locate.

###

Slight dip in opioid numbers reported

BY JERRY CARTON
COURIER CORRESPONDENT

The state Department of Mental Health is reporting over 1,500 deaths linked to fentanyl in the first nine months of 2018, and while that represents a slight drop from a year ago, it's unlikely 2018 will match the four-percent decline between 2010 and 2017.

Fentanyl was a factor in about 90-percent of toxicology reports on opioid deaths during the second quarter of this year and that's triple the percentage since 2014.

"The opioid epidemic, fueled by an all-time high level of fentanyl, remains a tragic public health crisis responsible for taking too many lives in Massachusetts," said Gov. Charlie Baker.

But Baker was able to point to a reduction in how many opioid pain killer prescriptions have been written this year.

"While there is much work left for all of us to do, we are encouraged that opioid prescriptions continue to decline as searches on the Commonwealth's Prescription Monitoring Program

increases," he said.

Baker had signed a bill limiting a first opioid prescription to just seven days. The legislation also allowed patients to ask pharmacists to fill less than the full amount prescribed.

Some 547,000 Schedule II opioid prescriptions were reported to have been written during the third quarter of 2018 and that's a 35-percent decrease from 2015, according to the DMH quarterly report released last week.

Baker is asking the legislature for another \$5 million "to help law enforcement agencies step up and coordinate fentanyl interdiction efforts".

Last year heroin was present in about 70-percent of opioid deaths statewide, but so far this year that figure fell all the way to 37-percent.

Here in Winchendon, police Chief Dave Walsh said the heroin crisis appeared to peak back in 2016 and there has been a decline during the last two years. The police have also had fewer instances where Narcan was needed, and Walsh acknowledged that signified progress in the ongoing opioid battle.

DMR publishes reports quarterly.

APPLICANTS

continued from page A1

with a status of 'application submitted,' the Commission is not making any representations regarding their accuracy or completeness. In other words, the applicant would have at least submitted the four required packets to the Commission, but that does not mean it will necessarily result in a license, and it has not been voted on yet."

State law says the Commission has 90 days to issue a provisional license or deny an application. Before that happens, however, the Commission must determine all four submitted packets are complete, and applicants must undergo a background check. In addition, the host municipality for a proposed marijuana establishment will be notified of the application and have 60 days to respond that it meets bylaws or ordinances.

"To be honest," said Winchendon Planning and Development Director Tracy Murphy, "I'm not sure why the Commission comes back to the town for that final step. Selectmen wouldn't have endorsed an application in the first place if it didn't meet local zoning requirements."

Applications that have been reviewed by the Commission, which include the required background check, are subject to a public vote for a provisional license

and then for a final license. Information on licensees coming up for a vote are included in public notices published 48 hours prior to a public Commission meeting.

Before any retail establishment opens its doors, its inventory must first be properly tagged and uploaded into the required seed-to-sale tracking system. In addition, commission staff will confirm certain conditions placed on the final license have been met. Marijuana establishment agents must be successfully registered and properly badged; and the Commission will then issue a notice to commence full operations.

The Courier was informed that the Commission does not provide individual status updates on pending license applications, beyond the application list posted on its website.

So, given the complexity of the approval process, don't expect to stop by any local cannabis retailer to pick up anything to help liven up your New Year's Eve party.

If all three Winchendon applications are eventually improved, they would be located on Baldwinville State Road/Route 202 on the site of the former Stuff N Things retail store, on School Street/Route 12 where the building that once house Steteline Auction is located, and at the intersection of Maple and Glenallan streets, in the space once occupied by Gabby's Pizza, next to the Harbor restaurant.



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OBITUARIES

John E. Carrescia, 69



LEOMINSTER — John E. Carrescia, age 69, of Leominster, died November 19, 2018, in St. Vincent Hospital, Worcester, after being stricken ill at home. He was born in Leominster, February 9, 1949, son of the late

John S. and Edith (Spring) Carrescia. John graduated from Leominster High School, Class of 1967. He served in the US Navy from May 1969 thru Feb. 1971 attaining rank of EN. He received the National Defense Service medal. John worked as a steel worker at Simond Saw & Steel for 34 years.

John was a member of St. Anna's Parish, Monoosnock Country Club, where he was an avid golfer, Global Fitness and F Troop. He also enjoyed hunting and fishing. He was a dedicated family man. His two grandchildren were everything to him.

John is survived by his wife of 49 years, Sandra A. (Gravelle) Carrescia, of Leominster, one son; John P. Carrescia and his wife Pamela, his two grandchildren; Amanda M. Carrescia and Christopher C. Carrescia all of

Winchendon, one brother; Philip J. Carrescia, of New York, two sisters; Rita B. Hill of Leominster, and her children; Dani-Ann Ciampo and Debbie Boucher, his sister, Mary E. Kimball and her husband Charles "Chip" Kimball of Leominster, one uncle; Eugene Carrescia Sr., of Leominster and his children; Eugene Carrescia Jr., Diane Cote, Lisa Carrescia and Linda St. Aubin.

John was predeceased by his son, Craig S. Carrescia in 2003 and by his nephew Michael Hill.

John's funeral was held Saturday, November 24, 2018, from Wright-Roy Funeral Home, Inc., 109 West St., Leominster with a Mass of Christian burial in St. Anna's Church, 199 Lancaster St., Leominster. Burial with Military Honors followed in St. Leo's Cemetery.

To light a candle, sign his guestbook or leave a message of condolence, visit www.wrightroyfuneralhome.com.



Estelle D. (St. Pierre) Guertin, 84



Estelle D. (St. Pierre) Guertin, 84, of Gardner, died peacefully Thursday, November 1, 2018 in UMASS Memorial Medical Center of Worcester.

Born in Winchendon on July 16, 1934, she was the daughter of the late Wilfred St. Pierre, Jr. and Regina (LaPlant) St. Pierre.

Estelle graduated from Murdock High School with the Class of 1952.

She was a member of Annunciation Parish/Our Lady of the Holy Rosary Church of Gardner.

Estelle enjoyed reading and knitting. She looked forward to her weekly breakfast outings with friends, and she loved spending time with her four grandchildren.

Estelle was predeceased by her husband of 50 years, Leo T. Guertin, who died in 2009.

She leaves her son Gary Guertin and

his partner Nicole Gaudet of Gardner; daughter, Linda L. LeBlanc and her husband Steven of Felton, Delaware; one sister, Rena Pelchat and her husband Herve of Holiday, FL; five grandchildren, Chelsea and Ciera Guertin, Luc and Gillian LeBlanc, and Megan Oliva; several nieces, nephews and cousins. She was predeceased by two brothers, Frederic J. St. Pierre and Leon St. Pierre.

Funeral Services were held Friday, November 23rd at 2:00 p.m. in the Massachusetts Veterans Memorial Cemetery, 111 Glenallen Street, Winchendon.

There were no calling hours. Memorial contributions may be made to Montachusett Home Care, 680 Mechanic Street, #120, Leominster, MA 01453. Please reference in memory of Estelle D. Guertin.

Boucher Funeral Home, Inc., 110 Nichols Street, Gardner is handling the arrangements. www.boucherfuneral.com

Elaine Anne (Blanchette) Hupfeld, 68



BRADENTON FL Elaine Anne (Blanchette) Hupfeld passed away peacefully in Bradenton Hospice House, Bradenton, FL on Sunday, November 11 at the age of 68.

Elaine was born on June 21, 1950 in Fitchburg to Ernest and Catherine (Calamare) Blanchette. Elaine was a graduate of Fitchburg High in 1968 and Fisher Junior College. She married the love of her life, William K. (Bill) Hupfeld on August 16, 1969 spending many wonderful years together as residents of Leominster before Bill died in 2009. She was a longtime parishioner of Our Lady of the Lake in Leominster where she was a Eucharistic minister for many years.

Elaine was a red wine connoisseur, a lover of painting, and enjoyed the theatre and swimming. Above all else she cherished spending time with her four beautiful grandchildren. She will

forever be remembered for her sense of humor and her contagious laugh.

She leaves behind her children, Christa (Hupfeld) Nash and her husband, Bill, of Bradenton FL, Rebecca Hupfeld and her partner Chris Proietti of Winchendon, her sister Katie (Blanchette) Contois-Civin and her husband Todd of Winchendon, her brother Wayne Blanchette of Shelton, CT and her brother Thomas Blanchette of Lunenburg. She leaves four grandchildren, Ava Nash, Will Nash, Sarah Proietti and Eltesa Proietti. She also leaves her longtime partner Sylvan Vincent of Bradenton FL as well as many nieces, nephews and cousins.

A funeral mass will be celebrated on Saturday, December 1, 2018 at 12:30 p.m. in Our Lady of the Lake Church, 1400 Main St., Leominster. All friends and relatives are welcome to attend. There are no calling hours.

The Lavery Chartrand Alario Funeral Home, 99 Summer St., Fitchburg is directing.

Donald A. Twing, 86



WESTMINSTER — Donald A. Twing, age 86, of 102 North Common Road, died peacefully Saturday morning, November 24, 2018 at his home, with his family at his side.

He was born in Winchendon on June 6, 1932, son of the late Herman S. and Evelyn (Divoll) Twing and was a graduate of Fitchburg High School.

Don was married in 1951 to Dorothy J. Hancock, who predeceased him after 62 years of marriage in 2014. He leaves their children, Kathleen Fredericks and her husband Steven of Westminister, the late Rev. Kerry Twing and his wife Virginia of Westminister, Janie Higgs and her husband John of Littleton, CO and Jacqueline Twing of Gardner.

He leaves 11 grandchildren, including the late Jacob and Charles Hardy and Kaylee Fredericks, 15 great grandchildren and many nieces, nephews and cousins. He is also survived by Dorothy's sister Virginia (Hancock) Arsenaault and her brother Richard

Hancock and his wife Beverly A brother, Herman S. Twing Jr., predeceased him.

Donald worked in the 1960s at Crocker Paper Mill, where his leg was crushed and he was laid up for several months. At that time, he took a trip to visit family in California and ended up moving there a year later, where he started his ranch, where he raised cattle and horses.

Don also worked at Vandenburg AFB in Lompoc, CA as a security officer and for the city of Santa Maria and was finally employed at The Santa Maria Times as its production manager. At the age of 57, he retired and travelled all over the country and eventually moved back to this area 25 years ago.

Funeral services will be private and at the convenience of the family. There are no calling hours.

Memorial donations may be made to National Rifle Association of America, 11250 Waples Mill Road, Fairfax, VA 22030.

Stone-Ladeau Funeral Home (stone-ladeau.com), 343 Central St., Winchendon is directing arrangements.



WINCHENDON — Silvi (Ots) Marinelli, age 80, of Winchendon died peacefully Thursday evening, November 22, 2018 in UMass Memorial Hospital, Memorial Campus, Worcester with her family at her

side.

She was born in Tallin, Estonia on Nov. 29, 1937, daughter of the late Rein and Linda (Volens)Ots. Silvi and her family were forced from their home in Estonia during World War II, lived in refugee camps witnessing horrific acts on human beings and eventually emigrated to the United States with sponsorship in 1951. Silvi was a 1956 graduate of Murdock High School.

As a young woman, Silvi worked as a telephone operator for New England Telephone Company in its former Winchendon location. Later in life she was the face of the Pro Shop working for over 30 years at the Winchendon Country Club. She enjoyed golfing and had been a member of the Women's Duffers League. She loved playing the lottery. Her greatest enjoyment was spending time with her family and going to Hampton Beach. Silvi had a great heart and would always try to help those in need. She was a remark-

able woman, a great friend, sister, aunt, grandmother, great grandmother and most of all a mom. She will be forever missed and never forgotten.

Her husband, Selvino A. "Sal" Marinelli died in 2006. She leaves four children, Jeffrey S. Marinelli and his partner Nancy Drouin of Hubbardston, Amy Bennett of Winchendon, Richard Marinelli and his wife Bridget of Winchendon, Bruce Marinelli and his wife Kathryn of Winchendon; two sisters Evi Fitzmaurice and her husband Edward of Winchendon, Eha Karvonen and her husband Richard of Winchendon; a sister in law Jackie Ots of Winchendon; two half sisters, Urve Jurgenson and Uille Meister of Estonia; several grandchildren, great grandchildren, nieces and nephews. A brother, Vello Ots predeceased her.

A celebration of life will be held at Hidden Hills Function Hall, 18 Lisa Drive, Rindge on Nov. 29, 2018 from 1 to 4 P.M. This day would have been her 81st birthday.

In lieu of flowers, memorial donations may be made to Winchendon Wreaths Across America, Massachusetts Veterans' Memorial Cemetery, 111 Glenallen St., Winchendon MA 01475.

Stone Ladeau Funeral Home (stone-ladeau.com), 343 Central St., Winchendon is directing arrangements.

Mark A. Vander Hamm, 49



CLINTON — Mark A. Vander Hamm, age 49, died Friday, November 16, 2018, in his home.

He leaves a son, Jon P. Vander Hamm and his wife, Meghan, and a daughter, Lori J. Vander Hamm, all of Winchendon; his father, Allan A. Vander Hamm, of Florida; two sisters: Kristin Pulnik and her husband, Kevin, of Hubbardston, and Keri Sarakun, of Florida; a step-son, Justin Boucher of Fitchburg; his former wife, Theresa (Lashua) Kennedy of Fitchburg; nieces and nephews. He was predeceased by his mother, Karen M. (Hennis) Vander Hamm, his infant brother, Daniel P. Vander Hamm, and his first wife and the mother of his children, Amy (McRell) Vander Hamm, who died in

2003.

Mark was born in Worcester and raised in Clinton. He was a graduate of Worcester Vocational High School, Class of 1986, and attended The Peterson School, West Boylston, where he learned his trade; for many years, he owned and operated MVH Mechanical, and installed and repaired countless HVAC systems.

He was an avid outdoorsman, who enjoyed hunting, gun collecting, and cars.

Funeral services are private. There are no calling hours.

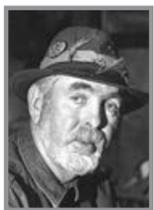
In lieu of flowers, the family suggests that memorial contributions be made to Sterling Animal Shelter, Inc., 17 Laurelwood Road, Sterling, MA 01564.

McNally & Watson Funeral Home, 304 Church St., Clinton, is directing arrangements

Hunting regs need addressing and soon

This past Monday was the start of the Massachusetts shotgun deer season. Overcast skies and somewhat warmer than usual weather, greeted the hunters on opening day. Sitting in a tree stand for a few hours was fairly comfortable for hunters that enjoy hunting from a tree stand. It sure gives them a bird's eye view of their surroundings, and spotting any movement within 40 or 50 yards depending on the ground cover, can dramatically improve the chances of harvesting a deer. All deer harvested for the first week of shotgun season must be brought to a certified checking station. Some impressive bucks have already been harvested during the archery deer season but many still roam local woodlots and fields.

It has been a crazy rutting season locally with very little ground scrapes and tree rubs being spotted during the archery season, but the deer are there as numerous signs of deer tracks were



THE GREAT OUTDOORS
.....
RALPH TRUE

unless permission from the landowner is granted.

Have a safe and successful season and send along a picture of your big bucks. Send them to oldsalt_65@msn.com!!!! This week's first picture shows an enormous buck sporting a huge set of antlers that was sent to this writer last week. He did not say where it was harvested but the picture sure can get the attention of local deer hunters. The second picture shows Janet Harper Uxbridge, with her 1,500 pound buffalo she harvested in the state of Utah a couple of years ago. She shot the huge animal with a 300 mg. rifle from 200 yards.

Yellowstone National Park was

easily spotted after the snow storm of a couple of weeks ago. Deer are hanging close to many homes and hunters need to be reminded of the hunting within 500 feet of an occupied dwelling and 150 feet of a highway is illegal. Hunting of posted land is illegal

recently featured on one of the history channels showing how the buffalo was making a huge comeback at Yellowstone, and showed how the huge herds were being separated by rounding up a few hundred animals and driving them to another section of the park. The elk are also making a big comeback after the biologist figured out how to manage their numbers by controlling the wolves and bear populations.

Massachusetts needs to take a hard look at our moose population and start to get some revenue by selling special permits, or running a raffle to harvest a few animals. Car moose collisions are becoming more common in the western part of the state, and allowing a few permits will bring in revenue, and give a few sportsmen the opportu-

nity of a life time.

Beaver are totally out of control in many parts of the state thanks to "Question 1" passing a number of years ago. It is time to reinstate trapping in Massachusetts, and if legislators will step up to the plate and put it on the ballot, and give the voters a chance to pass a trapping bill, I am sure it will pass. The flooding of property and destruction of thousands of trees annually throughout the state needs to be stopped!!!!!!

Turn To **RALPH** page **A8**



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SPORTS

A golfing fiasco



TALKING SPORTS
.....
JERRY CARTON

You might've missed it amidst all the other sports offerings over the holiday weekend but \$9 million was at stake in theory at least, when Tiger Woods and Phil Mickelson went one-on-one Friday (about 10-15 years too late) for the benefit of a pay-per-view audience (\$20 and the telecast was such a fiasco those who signed up got to watch for free anyway).
Hearns-Hagler it wasn't.

Tommy-the-Hitman and Marvelous Marvin were worthwhile PPV. Tiger and Phil? I watch a lot of golf, a lot and I wouldn't have used your 20 bucks to watch. For the record, the thing went four extra holes before Mickelson won and promised to donate a "portion" to charity. How generous. Phil used to be my favorite player but I cringed a few years ago when he whined about having to pay taxes in California. The whole thing was absurd.

What was the point? To show the old antagonists had mellowed and were cool with hanging out and playing a round together? Decades ago, NBC (I think it was NBC) ran 'Shell's Wonderful World of Golf', a weekly match between two

players akin to the Home Run Derby show and somehow that seemed less contrived than this thing last week. Maybe it felt that way because I was younger and less cynical, but I hope the Tiger/Phil 'match' is never repeated.

Nine million is relatively paltry compared to the \$23 million for one year the Braves lavished on Josh Donaldson earlier this week. 23 mil would have made sense a few years back when Donaldson was coming off his MVP season, but he's missed most of the last two seasons and while the deal is obviously great for him, it seems like a lot of money for Atlanta to throw around.

The Braves also gave \$2 mil to Brian McCann, but that is

really a little thankyou to a guy who spent most of his career with the team and made seven All-Star appearances.

Donaldson will be 33 before Christmas. If he is worth \$23m, what happens when the real money starts being doled out soon? Can Bryce get \$300m? Stay tuned.

I'm not 33. I'm 65 so yeah, I tend to get nostalgic, but I still like 14-10 games better than that 55-51 shootout the Rams and Chiefs put up a couple Monday nights ago. I agree the rules needed to be changed in the name of safety but while I'm okay with college games being high scoring affairs, I hark back to the days when titanic defensive struggles determined championships. We used to

sit in upper section 31, row 22 at old Memorial Stadium and implore Mr. Smith to "kill, Bubba, kill."

It was all such fun.

Back then of course, no one knew the term "CTE" and so yes, it's mandatory that everything possible that can be done to improve safety be done, but are you telling me all those supposedly genius defensive coordinators can't figure a way to even slow down offenses? Or is that the focus groups are dictating the trend irrespective of coaching schemes and rules are always going to favor the offenses because that drives up viewership? You tell me. See you next week.

Cross country awards...and the Turkey Bowl!!



Sue Polcari photos

Special awards recipients: Left to right in back: Briahna Bouchard (Coaches Award), Lilly Digman (MVP), Lillian Skawinski (Most Improved), Avery Murphy (Best New Runner) Front row: Gavin Zabik (Best New Runner), Justin Manuel (MVP), Logan Huff (Coaches Award), Nick Laplaca (Most Improved)

The Varsity Football Team played their final game of the 2018 season in the annual Turkey Bowl against Narragansett Regional High School. Braving the five degree temperature and a very icy/snowy field, the Blue Devils held a 12-0 lead through the 3rd quarter. Unfortunately, a couple of Warrior pass plays in the 4th quarter successfully put 'Gansett on the board, resulting in a victory over Murdock 13-12. So, the Mizhir trophy remains at 'Gansett for another year.

Awards were presented to each team after the game for best offensive player, best defensive player and the sportsmanship award. Recipients for the Murdock Blue Devils were Jack Polcari, Joey Marobella, and Brandon Newborough, respectively.

The Cross Country boys and girls teams celebrated their 2018 season with an awards ceremony and dinner on Tuesday, Nov. 27th. Musical entertain-

ment was provided prior to the awards ceremony, by the band "Broken Sound" with Cam LaPlaca and Jay Bosselait on guitar and Sheldon Smith on drums. Coach Anthony Findley began the awards presentation by thanking the Murdock Sports Boosters for providing beverages for the evening and for approving new track uniforms. Other words of gratitude were extended to Jenna Whitaker (athletic director), Thad King (principal), parents, participants and the Conservation Committee (for allowing the use of the Ingleside area for the new cross country route).

Certificates of participation, Murdock letters and pins were then awarded to each member of the team by Coach Findley and Coach Dick Karvanen. Additional awards were presented to Lilly Digman (MVP), Justin Manuel (MVP), Lillian Skawinski (Most Improved), Nick Laplaca (Most Improved), Avery Murphy (Best New



The combined girls and boys Cross Country team.

Runner), Gavin Zabik (Best New Runner), Briahna Bouchard (Coach's Award) and Logan Huff (Coach's Award). Dylan Lupien and Justin Manuel were also recognized as League All Stars. Congratulations to all!

The 2018 Cross Country team consisted of Briahna Bouchard, Hannah Demanche, Paige Demanche, Lilly Digman, Logan Huff, Cameron Laplaca, Nickalaz Laplaca, Nobaleigh Laraba, Rachel Legault, Moeketsi Molai, Philip Quinn, Timmy Quinn, Mark Quinn, Andrew Race, Justin Thira, Frank Cosentino, Angelina Dellasanta, Matthew Delmuth, Jason Ingman, Dominic LeBlanc, Avery Murphy, Jackson Skawinski, Lillian Skawinski, Tucker Smith, Kaitlyn Tamulen, Gavin Zabik, Brooke Zabik, Dylan Lupien and Alexia Allard

Practices for the winter sports season began Monday for boys' and girls' basketball and indoor track. Cheerleading will begin practicing next week. Registration for all sports, including co-op swimming and co-op hockey, is available by logging onto FamilyId.com.

VIEW FROM THE TOWERS

SUE POLCARI

Upcoming Events:
Dec. 6th (Thursday): JV/Varsity Girls Basketball at 5:30/7:00
Dec. 7th & 8th (Friday & Saturday): Tournament of Plays at 7:00 both nights
Dec. 8th (Saturday):

Indoor Track @ Fitchburg at 9:00
Dec. 10th (Monday): JV/Varsity Girls Basketball at 5:00/6:30; Swimming (co-op) at Holy Cross College at 4:00; and High School Financial Aid Night at 6:30 at the Murdock Auditorium

Dec. 11th (Tuesday): Middle School Boys/Girls Basketball at 3:30/4:45

Dec. 12 (Wednesday): National Honor Society Induction at 6:00; JV/Varsity Girls Basketball at 5:30/7:00; JV/Varsity Boys Basketball at Lunenburg at 5:30/7:00; Indoor Track at Shrewsbury at 4:00; and Swimming (co-op) at Tantasqua at 4:00

Dec. 13th (Thursday): MS Boys/Girls Basketball at 3:30/4:45

Dec. 14th (Friday): JV/Varsity Girls Basketball at 5:30/7:00 and Hockey (co-op) at Buffone at 8:00

Dec. 19th (Wednesday): Band/Choral Concert at 6:30

GO BLUE DEVILS!!



Courtesy photos

An enormous buck but the site where it was taken is undisclosed.

RALPH
continued from page A7

Coyotes are out of control and numerous residents are losing their pets due to high populations of these predators. It is just another reason

why wild animals need to be kept under of control, and the best way is by hunting and trapping. Locally, residents are calling hunters to go to their property to eliminate high populations of deer in



Janet Harper and her 1,500 pound buffalo from Yellowstone

their backyards. They had enough. There concerns about ticks, are also a reason to keep deer populations in check.

Wild turkey are also causing problems for local towns and farmers. Higher bag limits also need to be given to sportsmen during the fall and spring

hunts. Passing new hunting regulations are like pulling teeth in Massachusetts! Change does not come easy, as the crossbow bill and Sunday hunting for archers only, failed to pass again this year.

Ice fishing cannot be far off. Checking all of your ice fishing gear early will have you

ready for first ice. Have a talk today to warn your children about unsafe ice. Every year some family loses a child after falling through thin ice. "Talk to Them Today!!!!"

Take A Kid Fishing & Keep Them Rods Bending!!

MAGILL

continued from page A1

she wanted us all to know that women could go into the ministry. Well, it hadn't occurred to me that women couldn't. Those were hard times for women in seminary in those days and she developed into a fairly bitter and angry person. I saw that and said, 'If that's what it takes to go into the ministry I don't want to do it.'

Asked if she considered Ashburnham Community a fundamentalist or evangelical church, Magill said, "This is a mainline church, so it does worship in a very traditional way; but it's definitely progressive in its theology. It's

open and affirming, welcoming of gay, lesbian, bisexual and transgender people. It's a church that wants to do more; to do outreach to the community. I love doing that, but only in places where I can say to everyone, 'Whoever you are, you're welcome in this place.' I don't want to have to work in a church where I have to say 'almost everyone' is welcome."

"I consider myself a left-wing evangelical," she declared. "The term evangelical has sort of been taken over by the more conservative churches, and it's been used to say, 'you must believe the way we believe do.' But in Greek the word 'evangelism' means 'good news,' and I think we have some good news

to share, and the good news is you're welcome. You don't have to fit any narrow definition of what it means to be a Christian."

Magill would like to see more people in the pews each Sunday, but that — she says — is not her main goal.

"Some churches get anxious when they get small," she explained, "and this church is small. They definitely want to do outreach into the community. I'm not as concerned with numbers, but we do want to be sustainable. So, I think we're going to do that by becoming a deeply faith-based community. We want to build on that and be faithful people and be what the community needs. The trick is

the community needs to tell us, we don't need to invent ideas and hope people like them."

Magill said she grew up in a family that was active in the Methodist Church, but the relationship her family became strained in the early 1980s when she came out in college as a bisexual. Her family, she explained, was not accepting of the woman she considered her wife at the time.

"I was driving down the street one day, crying," she related, "when Jesus appeared in my car and said simply, 'You're okay.'"

Asked whether Christ appeared to her in physical or aural form, or whether she simply felt a presence, Magill says

with a smile, "I tell people I was confident that he had his seat belt on."

"I really don't know the answer to that," she continued. "I always tried to come up with Jesus saying more than just 'you're okay,' but why would that be? Nothing changed in my life, but I felt better in my life after that happened. So, I decided that 'you're okay' is the best message in the whole world."

Magill is currently married and her husband, who once worked in the ministry, works in IT at Boston University.

Worship services at Ashburnham Community Church are held each Sunday at 10 a.m.

However, don't expect any staid, droning sermons. Magill describes herself as "a very energetic speaker."

PARK

continued from page A1

the granite curbing between the bike path driveway and then mimic the bike path parking lot. I have to excavate what will be that whole parking area down by close to a foot. Then I have to bring in good gravel and grade it to the proper grade. The we have to put all the curbing around that lot and have it tarred."

"But the tarring won't be done yet," he said. "We won't be able to do that until sometime in the spring. Right now, the most we can do is the excavating. We're trying to do all the rough work before winter."

Gallant estimates there will parking for 30 to 40 vehicles once the parking lot is completed.

"I want to put in the rest of the poles, dig out the driveway, put the curbing in, and put the flat rock there that will have a plaque that memorializes the citizens who gave the money," said Gallant.

The large rock, which the Groat family instructed must come from Winchendon, will be set in the northwest corner of the park.

"In the spring," Gallant said, "we'll get the parking lot tarred, plant all the grass. A landscaper will come in and plant all the trees."

In addition to plantings in

the new park, Winchendon Planning and Development Director Tracy Murphy said blueberry bushes will be planted and additional picnic benches installed near the parking lot for the bike path.

"We want to put a picnic area up on the old railroad bed," said Murphy. "It's beautiful spot. You can kind of look down on the park and the pond. We're also going to plant a big weeping willow in that area."

Several benches and a picnic area will also be set up in the new park.

"Where those benches are will give you just a beautiful view of Whitney Pond," said Murphy. "It will be really nice."

Other improvements will include a flag pole and a Christmas tree.

Gallant said he has received a permit from the state Department of Transportation allowing the town plant grass to fill in the 15-foot boundary that extends onto the park property from the shoulder of Route 12.

"It took us six months to get that permit," said Gallant. "Anytime you work with the state on their right of way you have to have a permit."

Murphy also said the state shot down the possibility of any additional curb cuts being installed off Route 12. That means that the entrance



Once work on the new park at the corner of Glenallan Street and Spring Street/Route 12 has been completed, benches will give visitors a nice view of Whitney Pond. It's expected the park should be finished by late summer of 2019.

from Spring Street into the bike path parking lot will also serve as the entrance to the parking lot for the new park.

While the grant from the Groat Family Foundation totaled \$100,000, Gallant said it may not take that entire amount to affect the improvements.

Gallant said current estimated costs for the work include about \$40,000 for the parking lot, \$20,000 for trees and landscaping, about

\$4,800 for granite poles, \$1,200 for the fence chain, \$5,000 for loam, and about \$500 for seed. He had no estimate for the cost of the benches and picnic tables.

"We're having to do this work in between all the other work we have to do," said Gallant. "I'd like to have it done in time for next summer, but realistically it will probably be late summer before we get everything done."

TRAINOR

continued from page A5

high fat content, 85% of the fats in the nuts are heart friendly unsaturated fats. In addition, half of peanuts' unsaturated fat is monounsaturated fat, which aids in sweeping bad LDL from the blood. According to a FDA report, evidence suggests eating 1.5 ounces of peanuts a day, as part of a daily diet low in saturated fat and cholesterol, may actually reduce the risk of heart disease!

And, medical research shows peanuts may play an important role in controlling your weight if you eat them in moderation. Data shows that same 1.5 ounce serving of peanuts can help prevent weight gain. The vitamins in peanuts are also beneficial to hair and skin, and the potassium also improves muscle tone when your work out.

Not sure which variety of peanuts to reach for? According to the U.S. Department of Agriculture figures, one oz. of oil roasted, salted peanuts contains about 0.5 grams more saturated fat and 89 milligrams more salt than the same amount of dry-roasted, unsalted peanuts. Raw peanuts contain slightly less saturated fat and calories than dry-roasted peanuts, but each nut packs more protein, fiber, iron, calcium and vitamin E.

Almonds; Almonds are one of the most nutritious nuts. So versatile are almonds, that they can be easily incorporated into a daily diet, enjoyed in both sweet and savory dishes.

While almonds are touted for their taste, they are a powerhouse of health promoting properties.

With all the talk today about blood sugar concerns, it's important to know almonds may offer a great health benefit. According to a medical study, those who ate 20 percent of their calories from almonds for four months saw their bad LDL cholesterol drop and their insulin resistance decrease compared to a control group who didn't eat the almonds.

Almonds consistently boast impressive heart healthy results. A study by the Health Research and Studies Center, Inc. showed that almonds improved blood cholesterol levels in study groups. As a bonus, the addition of nuts didn't create any weight gain. Furthermore, A Loma Linda School of Public Health study showed those who consumed nuts five times a week had a 50% reduction in risk of heart attack.

Containing three grams of fiber per ounce, which is higher than most other nuts, almonds are also the richest in vitamin E. According to a study published in the International Journal of Obesity dieters who included almonds in their meal plans lost more weight than those who ate more complex carbohydrates.

Mixed Nuts: Read on for a mixed bag of health benefits of nuts!

*Brazil nuts are not only one of the most challenging to crack open, they are also rich in magnesium and selenium, both powerful antioxidants. Selenium can help "bad" cholesterol and reduce the risk of blood clots and heart disease. In addition, the nuts are touted as especially beneficial for men. Studies show they support prostate health for men,

who can get their daily dose of selenium in just one Brazil nut.

*While all varieties of nuts are hailed as "brain food" due to their antioxidant content, hazelnuts are particularly effective at reducing "brain fog" and enhancing good moods.

*Cashews contain nearly 25% of the daily requirement of magnesium, which promotes more oxygen in the blood, translating into improved memory.

*Iron rich cashews can also help prevent anemia, while the zinc in the nut boosts immune health.

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 E-mail KDRR@aol.com. Hints are entered into a drawing for dinner for two at the historic Publick House Inn.

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LEGALS

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Division
Docket No. WO18P3676EA
Estate of:
Richard L. Morton
Date of Death: 9/12/2018
INFORMAL PROBATE
PUBLICATION NOTICE

To all persons interested in the above captioned estate, by Petition of Petitioner **Linda C. Robinson of Winchendon MA**

Linda C. Robinson of Winchendon MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.
November 30, 2018

(SEAL)
COMMONWEALTH OF MASSACHUSETTS
LAND COURT
DEPARTMENT OF THE TRIAL COURT
18 SM 006532
ORDER OF NOTICE

TO:
Russell P. Brooks
Janet M. Brooks a/k/a
Janet Maxine Brooks

and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. App. § 3901 *et seq.*:
The Bank of New York Mellon f/k/a The Bank of New York, as Trustee for the Certificateholders of CWALT, Inc., Alternative Loan Trust 2007-21CB Mortgage Pass-Through Certificates, Series 2007-21CB

claiming to have an interest in a Mortgage covering real property in Winchendon, numbered 392 Maple Street, a/k/a 392A Maple Street, given by **Russell P. Brooks and Janet M. Brooks to "MERS", Mortgage Electronic Registration Systems Inc., a separate corporation that is acting solely as nominee for "Lender", Countrywide Home Loans Inc., and its successors and assigns**, dated June 19, 2007, and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 41371, Page 376, and now held by Plaintiff by assignment, has/have filed with this court a complaint for determination of Defendant's/Defendants' Servicemembers status.

If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at **Three Pemberton Square, Boston, MA 02108** on or before DEC 24 2018 or you may be forever barred from claiming that you are entitled to the benefits of said Act. Witness, Gordon H. Piper, Chief Justice of this Court on NOV 9 2018.

Attest:
Deborah J. Patterson
Recorder
November 30, 2018

www.StonebridgePress.com

Heywood Healthcare honors providers during annual event



Courtesy photo

During its annual medical staff recognition dinner Heywood Healthcare providers were honored for their commitment to their patients and the Greater Athol and

Gardner communities. At the event, physicians and advanced practice providers were recognized for their life-long dedication to Heywood and Athol hospitals, their

community and the medical profession. Long-time area physicians lauded include: pediatrician Chettupuzha J. Mathew MD; emergency medicine physician John M. Skrzypczak MD; gastroenterologist Edmund J. Taylor MD and psychiatrist Andrew D. Gill MD all celebrated 40 years.

During the event, Daniel Ervin DO was presented with the prestigious James A. Faust Pillar Award for Physician Excellence, the highest honor Heywood Healthcare bestows on its physicians. Dr. Ervin has been part of the Heywood medical staff for 23 years and is a well-known fixture in the community, serving as one of the only otolaryngologists in the area.

"We are privileged to present Dr. Ervin with this award recognizing his exceptional talent, leadership, compassion and especially his commitment to the residents of our region. As the primary otolaryngologist in our region the value of the care he provides to our patients and the health of our communities is immeasur-

able," said Win Brown, Heywood Healthcare president & CEO. "Dr. Ervin's expertise allows patients to receive this specialized care close to home."

Recipients of the award for physician excellence are highly respected members of the medical field and proven community leaders who best reflect the six Pillars: people, quality, service, stewardship, growth and community – the core values of Heywood Hospital.

Previous physicians honored with this award include Ellen Ray MD, George Krasowski MD, Michael Mutchler MD, Elizabeth Nottleson MD, David Gill MD, M. Sheila Donnelly MD, David Havelin MD, John Harrington MD, John Skrzypczak MD, Michele Parker MD, John Mulqueen MD and James Faust MD, the original recipient for whom the award was named.

In total, 15 members of the medical staff were acknowledged for 5-15 years of service and 13 more were recognized for 20-40 years of service to the hospitals and the communities they serve.

In addition, Heywood Healthcare welcomed 49 new providers to the medical community: Paula Angelini DPM: wound care; Mansoor Anwer MD: emergency medicine; Ryan Balthaser PA-C: family medicine; Aimee B. Beck NP: family medicine; Shawn A. Berkowitz MD: family medicine; Daniel Berman MD: radiology; Taylor K. Boudreau NP: endocrinology/diabetes; Charles R. Brewer PA-C: urgent care; Frederic M. Celestin MD: hospitalist; Amy E. DeLuca NP: family medicine; Athanasios Desalermos MD: gastroenterology; Thomas H. Egan III MD: emergency medicine; Benjamin Fakharzadeh MD: radiology; Brenda J. Ferguson NP: hospitalist; Steven A. Franks MD: dermatology; Kristina Gallant NP: family medicine/wound care; Jenna Garozzo PA-C: family medicine; Lauren Gibbons PA-C: family medicine; Alexander Goldfarb-Rumyantsev MD: hospitalist; Jonathan E. Grogins MD: obstetrics/gynecology; Zachary Henderson NP: urgent care; Bruce Hutchinson

PA-C: orthopedics; Teresa Kanev PA-C: pediatrics; Erin Koshinsky NP: urgent care; Maria Lonshteyn MD: gastroenterology; Louise Lu MD: anesthesia; Edna MarkAddy MD: hospitalist; Stephen Martin MD: wound care; Jennifer Mann NP: urgent care; Jacquelyn McKean MD: family medicine; Vinay Kumar Menon MD: hospitalist; Afia Mirza MD: hospitalist; Alan Moss MD: surgery/ophthalmology; Cory Nohl MD: psychiatry; Gary Noroian MD: nephrology; Jessica Polana NP: family medicine; Stephanie Richardson FNP: family medicine; Demetrius Rizos DO: hospitalist; Eric Rosenthal DO: hospitalist; Nadia Saforo NP: family medicine; Rajeswer Sarasam MD: hospitalist; Daniel K. Salter MD: anesthesia; Alexandra Schultes MD: family medicine; Alla V. Tibbetts MD: hospitalist; Julius Tabe MD: hospitalist; Gary M. Vinokur PA-C: emergency medicine; Alicynn Wilson NP: hospitalist; Shameen S. Wijesundara MD: hospitalist; and Lydia J. Zhang MD: hospitalist.

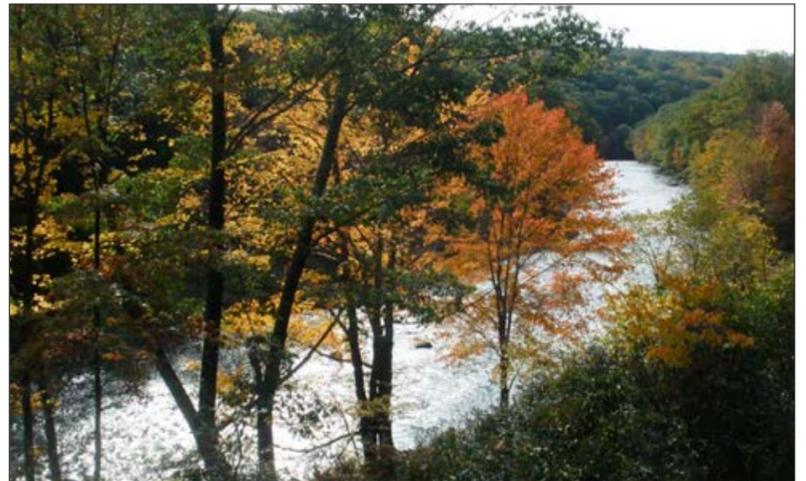
Annual Millers River Watershed meeting Monday

Members and the public are invited to join the Millers River Watershed Council for its annual meeting, Monday, Dec. 3 at 7 pm at the Millers River Environmental Center, 100 Main St. in Athol.

Guest speaker Dr. Harry Sharbaugh will present on the geological history of the Millers River region: "From continental collisions to river pirates."

Dr. Sharbaugh, a retired pathologist and Erving resident, is a long-time student of our regional geology. He has presented on fossils for the Jurassic Road Show, and on Pelham Dome and Connecticut Valley geology.

A short business meeting will precede the presentation, and light refreshments will be served. For more information contact MRWC at council@millersriver.net or call (978) 248-9491.



Courtesy photo

A section of the Bearsden Conservation area along the Millers River.

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SUCCESS ONCE MORE

Ruth DeAmicis photo

At the end of October the Winchendon Lions Club once more held its annual coat drive in partnership with the Murdock National Honor Society and the Winchendon Courier. This year more than 130 coats and outerwear made its way to the Winchendon CAC to help community members make their way warmly through the cold winter months. And just in time, as it seems the cold has officially arrived. Pictured are Lions President Deidre Holt, and Lions members Curt Fitzmaurice and Linda Tenney.

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