

Victims in murder-suicide identified

BY JASON BLEAU
CORRESPONDENT

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

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



Courtesy

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

assistance.

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

On Tuesday, Jan. 5, District Attorney Joseph D. Early, Jr. revealed the names of the victims, 49-year-old Keith Cuthbertson and 37-year-old Kristen Carey, who was the mother of two

children. Town records show Cuthbertson was the owner of the condominium where the incident took place.

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

Shepherd Hill awarded second Skills Capital Grant

DUDLEY — In December, Gov. Charlie Baker announced \$11.7 million in vocational grants for education institutions statewide. Shepherd Hill Regional High School received \$100,000 to enhance their Biomedical Science Pathway with the purchase of a virtual dissection table (www.anatomage.com/table).

The Skills Capital Grants are competitive grants which are awarded to educational institutions across the

Commonwealth to be used to update equipment and expand student enrollment in programs and pathways that provide hands-on, real world experience and amplify the learning in the classroom. Shepherd Hill Regional High School was designated an Innovations Pathway School by the Commonwealth in 2018 with the creation of their Biomedical Science Pathway and its Manufacturing Engineering Pathway.

It’s important to note that this is Shepherd Hill’s second Skills Capital Grant award. In 2019, they were awarded a \$323,000 Skills Capital Grant to renovate and update their Manufacturing Engineering Lab within the school.

Said the Governor, “At a critical time in our Commonwealth, these skills capital grants will increase flexibility and support for schools and educational institutions to launch new programs and help more students

develop important technical skills and prepare them for high-demand industries.”

Shepherd Hill Principal William Chaplin stated, “This is a wonderful opportunity in the advancement in how we reach our students within our Biomedical Science classes. To be able to utilize the same virtual dissection table that is used at UMass Medical School within our classes at Shepherd

Turn To **GRANT** page **A11**

Frost condemns Washington riots on social media

BY JASON BLEAU
CORRESPONDENT

CHARLTON – On Jan. 6, a day when Congress was slated to perform what would normally be a procedural event of certifying the electoral votes for the next President of the United States, Democrat Joe Biden, hundreds of protesters supporting outgoing President Donald Trump took to the streets of the Capital and marched on the Capital building disrupting the counting of the votes. It was an event seen around the world that has sparked responses and condemnation from lawmakers both in the Capital and on the state level.

One of the most outspoken State Representatives in the wake of the riots was Rep. Paul Frost of the 7th Worcester District. While Frost’s job is helping lead the state in Boston, the events that unfolded in the United States Capitol caught his attention leading the lawmaker to voice his opinions on social media as many other elected leaders have in the days following the event.

“I’m truly saddened by the violence, vandalism and destruction taking place in our nation’s Capital Building. Raiding the House and Senate Chambers and offices is outrageous, appalling, and disgraceful. I support peaceful protests. For those in D.C. protesting peacefully, you have that right. Please continue to keep it peaceful. But those who are not, you do not bring sympathy to your cause and you are certainly not patriots,” Rep. Frost wrote on Facebook the afternoon of Jan. 6. “Just like I opposed the violence, riots and vandalism that resulted due to racial tensions as well as the post 2016 Election, I oppose the rioting, violence and vandalism happening in D.C. right now too.”

Frost, who is in his thirteenth term serving the commonwealth, followed up his post several hours later after acknowledging a Tweet from President Trump that called the protesters “patriots” and asked for them to “go home with love & in peace” to “remember this day forever”. Rep. Frost called the protests “unacceptable” and called for the prosecution of those who invaded the capital building.

“The President must call for all offenders who vandalized, looted, broke into the Capitol, committed violence and disrupted the legislative sessions of Congress to be caught and prosecuted. There is no excuse or rational reason for their actions,” Rep. Frost said on Facebook also responding to comments on his earlier post accusing other extremist groups like Antifa and Black Lives Matter of coordinating the incident. “For those who want to say it was outside groups that caused the incidents that happened than why hasn’t the President condemned what happened and called for their prosecution? He has only said he loves them and wants them to go home peacefully. Where is the call for justice? It also appears it was Vice-President Pence who authorized the National Guard to protect the Capitol. If we find out that the President chose not to act and the Vice-President was forced to instead, I then pray Vice-President Mike Pence takes further actions as required to preserve and protect our Republic.”

Rep. Frost acknowledged in his Facebook comments that President Trump had been vocal against violence in the past, especially in 2020, and found it disturbing that he had not outright condemned the violence that broke out in the capital. “Any other time he was very strong and forceful with his words. But not this time,” Frost wrote.

He further defended his stance responding to comments on both posts. He solidified his opinion on the matter in one comment calling the riots an “assault on our country.”

AKUTY Technologies acquired by ICS



Courtesy

Brian Hanify, President, ICS New England (left) and Kevin Blake, President and CEO, ICS (right).

AUBURN — ICS, a leading provider of IT Managed Services and Cybersecurity Solutions in the Northeast, announced today it has acquired

AKUTY Technologies (“AKUTY”), a provider of IT managed services in the greater New England area.

ICS and AKUTY join forces to expand their Northeast footprint strategically. With the acquisition, all 50 AKUTY Technologies employees have transitioned to ICS. Additionally, the COO (Chief Operations Officer) of AKUTY Technologies, Brian

Hanify, has been appointed as the New England territory’s regional president for ICS.

“After getting to know the team at ICS, it became clear that they were the perfect partner to bring expanded products and services to AKUTY clients. This will allow us to continue driving technology efficiency and security while lowering costs,” said Brian Hanify.

For more than 30 years, ICS has worked along

side clients to develop solutions to meet all of their technology and telecommunications needs. During that time, the company has grown steadily with nearly 100 employees and three offices in Syracuse, Endicott, and Ithaca, N.Y.

As a Managed Support Services and IT project implementation provider, the AKUTY Technologies suite of ser-

Turn To **ICS** page **A11**

bankHometown raises \$32,200 for local food pantries

OXFORD — Robert J. Morton, president and CEO of bankHometown, announced that this year's Neighbors Helping Neighbors fundraising drive raised \$32,200 for local food pantries. This brings the total amount raised over the 17 years the program has been in place to \$225,700.

Each year, the bank invites customers, employees, and members of the community to donate funds at bankHometown branches throughout the month of November. All the donations received are matched by bankHometown and the total divided among food pantries in Massachusetts and Connecticut communities the bank serves.

For 2020, each of these participating food pantries received \$2,300:

Massachusetts:
Athol Salvation Army Food Pantry
Auburn Youth and Family Services, Inc. Food Pantry
CARE Food Pantry - Clinton
Food Share - Southbridge, Charlton & Sturbridge
Friendly House Pantry, Worcester
Friends of the Millbury Seniors
Ginny's Helping Hand, Inc. - Leominster
Oxford Ecumenical Food Shelf
Sutton Senior Center's Michael A. Chizy Food Pantry
St. Vincent de Paul Food Pantry - Webster
Connecticut:
Community Kitchens of Northeastern CT - Killingly
Daily Bread - Putnam
Friends of Assisi - Killingly
Thompson Ecumenical Empowerment Group (TEEG)

"bankHometown would like to thank everyone who selflessly donated to our Neighbors Helping Neighbors campaign," said Morton. "We're pleased that these food pantries have received much-needed funds in time for the holiday season."

Area businesses contributing to this year's campaign include:
Abetter Asphalt



Courtesy

bankHometown's Sturbridge office assistant vice president and branch officer Anthony Marini presents a check to Catalino Alicea and William Bouvier of Food Share, one of 14 food pantries receiving a donation from the bank's Neighbors Helping Neighbors fundraising campaign.

Curry College announces Fall 2020 Dean's List students

MILTON — Curry College congratulates roughly 1,000 students who were named to the Fall 2020 Dean's List. To earn a place on the list, full-time undergraduate students - those who carry 12 or more graded credits per semester - must earn a 3.3 grade-point-average (GPA) or higher.

Kelsey Malboeuf of Auburn
Michaela Sampson of Auburn
Julia Zona of Auburn
About Curry College

Founded in 1879, Curry College is a private, four-year, liberal arts-based institution located on 131 acres in Milton, Mass. Curry extends its educational programs to a continuing education branch campus in Plymouth, Mass. Curry offers 28 undergraduate majors, as well as graduate degrees in business, accounting, education, criminal justice, and nursing, with a combined enrollment of over 3,700 students. The student body consists of approximately 2,000 traditional undergraduate students, and 1,700 continuing education and graduate students. Approximately 1,575 of its students reside on the Curry campus. The largest majors are business management, communication, nursing, criminal justice, and education, and the college is also internationally known for its Program for the Advancement of Learning (PAL). The College offers a wide array of extra-curricular activities ranging from 15 NCAA Division III athletic teams to an outstanding theatre program. Visit us on the Web at www.curry.edu.

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The Magnificent 7 Group, Inc.
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Walnut Hill Carpentry
Woodstock Grill & Pizza
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About bankHometown
Founded in 1889, bankHometown is headquartered in Oxford, Massachusetts, and has \$1.2 billion in assets and 16 branches located throughout central Massachusetts and northeastern Connecticut. Through its sponsorship and charitable giving program, bankHometown and the Hometown Bank Community Foundation support non-profit organizations and causes throughout Worcester and Windham Counties. In 2019, the bank and foundation donated more than \$328,000 to nearly 270 organizations. Over the last four years, the program has donated more than \$1.1 million. For more information, visit bankhometown.com.

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\$380,000, 51 Bryn Mawr Ave, Russell Edna M Est, and Russell, Lisa, to Webster, Nicholas, and Popovich, Emma.
\$134,900, Prospect St #1, Martineau, Eric J, and Martineau, Brittany, to EB RT, and Elkinson, David.

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Congressman Neal condemns new regulations as anti-LGBTQ

BY JASON BLEAU
CORRESPONDENT

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

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

"These child services processes are already emotionally trying, and should focus on finding loving, safe placements, rather than discriminating based on sexual

orientation or religion," Neal said in a press release.

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

"Now that the balance of power in both Congress and the Executive Branch is changing, we must reverse this new discriminatory rule before it causes any undue harm and extend full federal

civil rights protections to the LGBTQ community," Neal said.

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

"We ask that HHS provide to the Committee on Ways & Means an analysis of the scope to which the changes proposed in the Notice of Proposed Rulemaking would affect racial and ethnic

minorities, gender minorities, children, parents, people with disabilities, the aging population, LGBTQ people, children in the child welfare system, parents in the child welfare system, and all groups of people considered a 'protected class' under the law," the Ways and Means Democrats wrote.

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



ACCURACY WATCH

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

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

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

Area residents named to Dean's List at University of New England

BIDDEFORD/PORTLAND, Maine — Victoria Robichaud of Auburn has been named to the Dean's List for the 2020 fall semester at the University of New England. Dean's List students have attained a grade point average of 3.3 or better out of a possible 4.0 at the end of the semester.

The University of New England is Maine's largest private university, featuring two distinctive campuses in Maine, a vibrant campus in Tangier, Morocco, and an array of innovative offerings online. Our hands-on, experiential approach empowers students to join the next generation of leaders in their chosen fields. We are home to Maine's only medical and dental colleges, a variety of other interprofessionally aligned health care programs, and nationally recognized degree paths in the marine sciences, the natural and social sciences, business, the humanities, and the arts.

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Photo by Photo by Erin Chruscial



**William
Age 11**

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

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

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

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

Who Can Adopt?

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

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

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

LEGALS

MORTGAGEE'S NOTICE OF SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain Mortgage given by Thomas Michniewicz and Carly J. Gustafson to Mortgage Electronic Registration Systems, Inc., as nominee for Drew Mortgage Associates, Inc., its successors and assigns, dated October 26, 2005 and recorded with the Worcester County (Worcester District) Registry of Deeds at Book 37651, Page 16 as affected by a Loan Modification recorded on January 14, 2015 in Said Registry of Deeds at Book 53262, Page 352, subsequently assigned to New York Community Bank by Mortgage Electronic Registration Systems, Inc., as nominee for Drew Mortgage Associates, Inc., its successors and assigns by assignment recorded in said Worcester County (Worcester District) Registry of Deeds at Book 51751, Page 37, subsequently assigned to U.S. Bank Trust National Association, as Trustee for Towd Point Master Funding Trust 2017-PM13 by New York Community Bank by assignment recorded in said Worcester County (Worcester District) Registry of Deeds at Book 59067, Page 335, subsequently assigned to FirstKey Mortgage, LLC by U.S. Bank Trust National Association, as Trustee for Towd Point Master Funding Trust 2017-PM13 by assignment recorded

in said Worcester County (Worcester District) Registry of Deeds at Book 61620, Page 25, subsequently assigned to Towd Point Mortgage Trust 2019-3, U.S. Bank National Association, as Indenture Trustee by FirstKey Mortgage, LLC by assignment recorded in said Worcester County (Worcester District) Registry of Deeds at Book 61620, Page 28 for breach of the conditions of said Mortgage and for the purpose of foreclosing same will be sold at Public Auction at 11:00 AM on January 29, 2021 at 56 Barnes Street, Auburn, MA, all and singular the premises described in said Mortgage, to wit: The land with the buildings thereon situated in Auburn, Worcester County, Massachusetts, on the southerly side of Barnes Street, bounded and described as follows: BEGINNING at the northwesterly corner of the premises herein conveyed on the southerly side of Barnes Street at a drill hole in a stone wall; THENCE N. 80° 08' 30" E. by the southerly side of said Barnes Street, one hundred sixty (160) feet to a point; THENCE S. 9° 51' 30" E. by Lot No. 2, as shown on the plan hereinafter mentioned, two hundred sixty (260) feet to a point; THENCE S. 80° 08' 30" W. by land now or formerly of George E. Kowszik et al, one hundred fifty-three and fifty hundredths (153.50) feet to a point; THENCE N. 11 deg. 17' 30" W. following a stone wall and land of owner

unknown, two hundred sixty and eight hundredths (260.08) feet to the point of beginning.

Containing according to said plan 40,761 square feet, more or less. Being shown as Lot 1 on a "Plan to show division of property in Auburn and Millbury, Massachusetts, owned by George and Anthony Kowszik, dated 12 April 1967, by Kenneth Shaw" recorded with the Worcester District Registry of Deeds in Book 318, Page 53.

Being the same premises conveyed to the Mortgagors by deed dated 16 September, 2005 and recorded at the Worcester District Registry of Deeds in Book 37651, Page 14. The premises are to be sold subject to and with the benefit of all easements, restrictions, encroachments, building and zoning laws, liens, unpaid taxes, tax titles, water bills, municipal liens and assessments, rights of tenants and parties in possession, and attorney's fees and costs.

TERMS OF SALE:

A deposit of FIVE THOUSAND DOLLARS AND 00 CENTS (\$5,000.00) in the form of a certified check, bank treasurer's check or money order will be required to be delivered at or before the time the bid is offered. The successful bidder will be required to execute a Foreclosure Sale Agreement immediately after the close of the bidding. The balance of the purchase

price shall be paid within thirty (30) days from the sale date in the form of a certified check, bank treasurer's check or other check satisfactory to Mortgagee's attorney. The Mortgagee reserves the right to bid at the sale, to reject any and all bids, to continue the sale and to amend the terms of the sale by written or oral announcement made before or during the foreclosure sale. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney. The description of the premises contained in said mortgage shall control in the event of an error in this publication. TIME WILL BE OF THE ESSENCE.

Other terms, if any, to be announced at the sale.
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Risky behaviors that can lead to chronic disease



Chronic diseases pose a significant threat to the general public. It can be easy for adults in the prime of their lives to overlook the danger of chronic diseases, especially if they feel good and aren't exhibiting any symptoms to suggest their health is in jeopardy. But overlooking the potential dangers

of chronic disease can prove deadly. The Centers for Disease Control and Prevention notes that chronic diseases like heart disease, cancer and diabetes are the leading causes of death and disability in the United States. Chronic diseases are costly as well, as recent reports from the Rand

Corp. and the Center for Medicare and Medicaid Services indicate that 90 percent of annual health care expenditures in the United States are for people with chronic and mental health conditions. While there's no way to guarantee a person won't develop a chronic disease, avoiding certain risky behaviors can help

adults greatly reduce their risk for various chronic diseases.

Tobacco use
The CDC notes that tobacco is the leading cause of preventable disease, and not just among smokers. While 34 million adults in the United States smoke cigarettes, 58 million nonsmokers, including children, are exposed to secondhand smoke, which can cause chronic diseases like stroke, lung cancer and coronary heart disease. Children exposed to secondhand smoke are at increased risk of impaired lung function, acute respiratory infections, middle ear disease, and more frequent and severe asthma attacks.

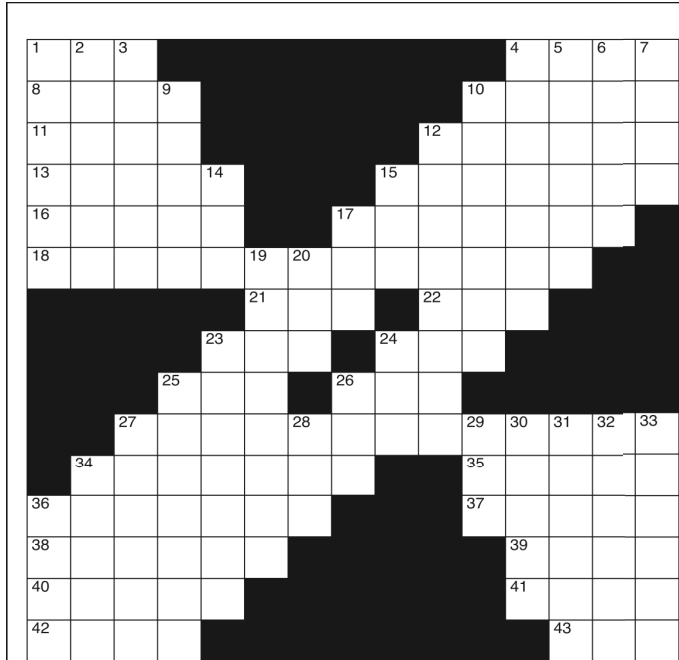
Poor nutrition
The value of fruits and

vegetables is well-documented. In spite of that, the CDC reports that fewer than 10 percent of adults and adolescents eat enough fruits and vegetables. In addition, the CDC reports that 60 percent of young people between the ages of two and 19 and half of all adults consume a sugary drink on any given day. Such beverages, as well as processed foods, add unnecessary sodium, saturated fats and sugar to people's diets, increasing their risk for chronic disease as a result.

Lack of physical activity
The Department of Health and Human Services has issued physical activity guidelines designed to help people improve their overall health and reduce their risk for various diseases. But the CDC reports that

just 25 percent of adults and 20 percent of adolescents meet the recommended physical activity guidelines. Low levels of physical activity can contribute to heart disease, type 2 diabetes, certain types of cancer, and obesity.

Excessive alcohol consumption
The CDC notes that excessive alcohol consumption can cause heart disease, irregular heartbeat, high blood pressure, and stroke. In addition, the CDC reports that the less alcohol a person drinks, the lower his or her risk of cancer becomes. Chronic diseases are a formidable opponent. But people of all ages can reduce their chances of developing such diseases by avoiding a handful of risky behaviors.



CLUES ACROSS

1. Adequate yearly progress (abbr.)

4. Silicon Valley's specialty

8. Gather a harvest

10. Famed mathematician

11. No (slang)

12. Students use one

13. Type of molecule

15. Play make-believe

16. Large barrel-like containers

17. Touching

18. Treats allergies

21. Calendar month

22. Single

23. Cease to live
24. Brew

25. What ghosts say

26. Geological time

27. Focus

34. Discomfort

35. A citizen of Iran

36. Trip

37. Imitate

38. Makes happy

39. Double-reed instrument

40. Body parts

41. Transgressions

42. One-time emperor of Russia

43. Time zone

CLUES DOWN

1. Used in treating bruises

2. One who cultivates a small estate

3. One who supports the Pope

4. Annuity

5. Geological period

6. Grab onto tightly

7. Kept

9. Chinese city

10. The most direct route

12. Type of tooth

14. ___ kosh, near Lake Winnebago

15. Popular veggie

17. Supervises interstate commerce

19. Foolish behaviors
20. Witness

23. Gives

24. Expression of creative skill

25. A way to prop up

26. Midway between northeast and east

27. Winter melon

28. Supernatural power

29. Target

30. Threes

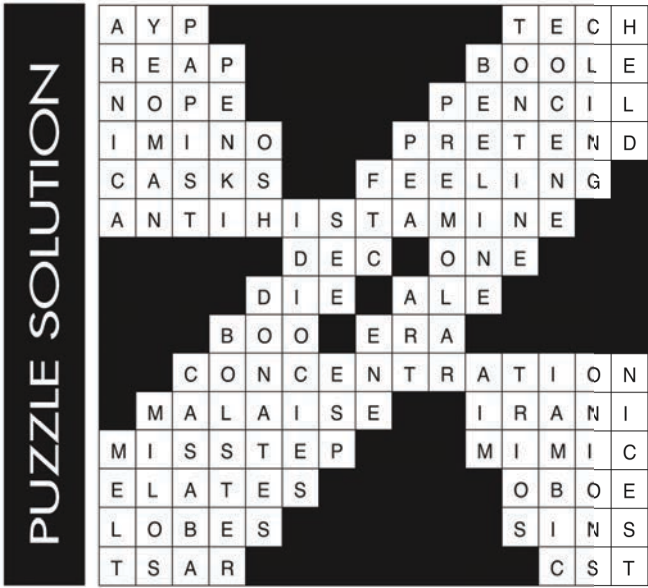
31. A type of poetic verse

32. They make some people cry

33. Kindest

34. Forman and Ventimiglia are two

36. A way to liquefy



SCIENCE FACT:

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

ANSWER: RAM (RANDOM-ACCESS MEMORY)

How they SAY that in...

ENGLISH: Keyboard

SPANISH: Teclado

ITALIAN: Tastiera

FRENCH: Clavier

GERMAN: Tastatur

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to gifting. Each number corresponds to a letter. (Hint: 16 = E)

A. 23 9 16 13 16 8 25
Clue: A gift

B. 6 9 11 23 23 16 10
Clue: Covered in paper

C. 16 2 16 8 25
Clue: An occurrence

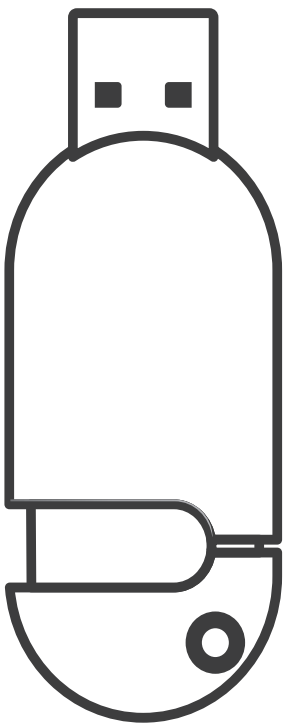
D. 25 22 24 14 5 22 25 20 14 4
Clue: Showing consideration

Answers: A. present B. wrapped C. event D. thoughtful

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THIS DAY IN... HISTORY

JAN 10

- **1776:** THOMAS PAINE'S "COMMON SENSE," A PAMPHLET, WHICH PUSHED FOR AMERICAN INDEPENDENCE, IS PUBLISHED.
- **1901:** THE FIRST GREAT TEXAS OIL GUSHER IS DISCOVERED IN BEAUMONT, TEXAS.
- **1982:** DWIGHT CLARK MAKES A FINGERTIP TOUCHDOWN CATCH ON 3RD AND 3 TO SEND THE SAN FRANCISCO 49ERS TO THE SUPER BOWL.

New Word

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ANSWER: HEADPHONES

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OPINION/COMMENTARY



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BRENDAN BERUBE
EDITOR

A firsthand COVID experience

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

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

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

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

The revelation wasn't as scary as I thought. I couldn't change what I had contracted, I could only wait it out. I isolated myself in my apartment and began the slow process of waiting...just waiting. By day three, my fever broke, and in the week that followed, my body experienced different symptoms almost daily. One day, it would be headaches and body aches. The next day, my energy was so sapped I could barely get out of bed. One day, it felt like just a bad cold. Some days, it was all of the above. For more than a week, I underwent a sickness I can only describe as an amalgamation of every cold and flu symptom you could think of, changing out the results on a daily basis.

But it wasn't the isolation or the sickness that weighed on me. It was the how, and who, I might have impacted without even knowing it. Symptoms of COVID show up days after infection, and in the days prior to New Year's Eve I had been around numerous people, family, friends, shopping plazas. Who did I infect? Whose lives did I complicate? Who infected me? These questions worried me more than the illness itself. The scariest part of COVID for me wasn't getting it, but who may have gotten it from me, and how easy it was to contract it without ever even knowing it was there.

I was lucky enough to survive COVID with minimal repercussions. Nobody I had been around tested positive, and to this moment I still don't know exactly how I was exposed. I did all the right things, and still I found myself dealing with the virus. While my experience may not have been deadly, I went through enough to understand that this virus is relentless, and the wrong immune system can be severely compromised by the variety of symptoms the virus employs, almost as if it is looking for the weakest point of your body's defenses to take permanent hold. If you're not fit enough to face even one kind of disease, this virus will exploit that.

Even having gone through the experience of COVID-19, I will continue to wear my mask and continue to take precautions although it might appear as though these efforts didn't keep me from being exposed. I will do this because to me, the worst part of being infected wasn't my own wellbeing — it was the wellbeing of those who may have innocently been exposed before I even knew what I had inside me. I was always confident my body could beat it, but my decisions could have inadvertently compromised someone else who would not be so fortunate. I would have had a hard time knowing I was responsible for someone losing their livelihood, precious moments with loved ones, or, God forbid, their life. This virus might seem like a small, inconvenient thing to a lot of people, but I can say from experience it's very real and it's nothing I would want anyone to have to experience firsthand.

DIY Tips to Better Health and Well Being

Self Care ranked high on New Year Resolution lists this year, and for many, that means taking matters into their own hands. The answer to common maladies isn't always in a medicine cabinet. In fact, treating everyday ailments or symptoms of aging is often a matter of common sense. From mental maneuvers to manual massage, the following self help tips are geared toward effectively promoting good health and well being!

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

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

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

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

Memory Training: No matter what your age, experts say exercising your brain really may make the difference between using it and losing it. Memory training can include verbal repetition exercises, number quizzes, word definition challenges and more. Activities such as doing crossword puzzles, playing word games or cards, strengthens the receptors between brain cells in memory transmission areas. If you sense memory loss occurring, use mental helps such as calendars, calculators, list making, and group discussions to exercise your memory receptors. And relax. According to the experts, worrying about what you're going to forget can actually cause a mental block! **

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

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

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



TAKE THE HINT
KAREN TRAINOR

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

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

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

Stress Busters: It's 2 p.m., you've got a pile of unfinished work, you've yet to each lunch and the phone keeps ringing! If the high tech and high stress world has got you chewing your acrylic nails off, try these easy office stress busters: At the first sign of stress, massage therapists suggest simply massaging the palm of one hand by making a circular motion with the thumb of the other. Or, when you're stressed out, reach for a steaming mug of decaf or other hot beverage and cup your hands around the mug. Bring your warm hands to your closed eyes for a few seconds and take a deep breath to induce calm. And here's a good excuse to snack on the job: Carbohydrates stimulate serotonin in the brain, so reach for a bagel, crackers or pretzels to help calm down fast. *

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

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

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

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

Sweet Slumber: Are you always tired? Is your nightly slumber less than satisfying? If so, it might be time to reset your sleep clock to ensure your daily dose of rest! If your body clock is set to a different time than your schedule, you'll feel tired. Experts say when you're in your 20s and 30s, your body is typically set to stay up late and sleep late. On the other hand, it's common for people in their 60s and 70s to fall asleep at before 8 p.m. and wake up before the birds. Here's how to get back to a normal sleep rhythm by resetting your sleep clock: Bright electric light can shift your body clock, according to a study published in the Journal of Investigative Medicine. If you want to stay up later, sit under a bright light bulb for one to two hours before your current bedtime. This will slowly shift your body clock to a later bedtime. In the morning, block out bright light until you've been up for an hour or two. If you want to go to bed and get up earlier, dim the lights in the bedroom after 9 p.m. and pull up shades to allow the morning sun to stream in. **

Win Dinner for Two at the Publick House

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

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

How to respond when risk tolerance is tested



FINANCIAL FOCUS
DENNIS ANTONOPOULOS

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

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

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

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

Look past the immediate event. While the market's pandemic-driven fall was sudden, its recovery was also fairly quick. Eight months after its March meltdown, the market had regained all the lost ground and reached a new record high. During the midst of what appears to be a real threat to your investment portfolio, it can be difficult to anticipate a more favorable environment. Yet, while past performance can't guarantee future results, every historical market decline has been followed by a recovery.

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

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

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

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Please contact Dennis Antonopoulos, your local Edward Jones Advisor at 5 Albert St., Auburn, MA 01501 Tel: 508-832-5385 or dennis.antonopoulos@edwardjones.com. Edward Jones.

A history of hare hunting

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

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



THE GREAT
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to 70 years old. Many anglers this writer spoke with were not happy!

Back in the day, this writer and many other Rod & Gun Club members were busy stocking snowshoe hare in swamps in the Central District. The hare were trapped by a licensed trapper in Canada and transported to the Singletary Rod & Gun Club for pick up by numerous clubs to be stocked by their members in open covers.

The Blackstone Valley Beagle Club was purchasing the largest number of hare, which totaled 250 annually, at a cost of around \$5 each. Sportsmen with beagles enjoyed running their dogs on the snowshoe hare in the Douglas State forest and other local swamps during the summer months, but most sportsmen rarely hunted them in the fall and winter months, hoping to keep population high for future generations. During the final years of program (called Operation Snowshoe),

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

The program lasted more than 50 years, but was stopped by activist groups claiming that it was cruel to relocate the hare, and it could spread any diseases they may be carrying to other states, which was a bunch of baloney! In all of the years the program was held, there were no claims of disease concerns. The hare did so well after relocation that they started to breed and have young, adding to the excitement of the program! Hare do not have large numbers of young like cottontail do; in fact, they only have two or three young, although they can have two or three litters a year.

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



Courtesy

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

predators that consist of coyote, numerous birds of prey, bobcat, etc.!

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

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

A reminder that Wallum Lake in Douglas will close the last day of February. The body of water is an interstate body of water lying in both Massachusetts and Rhode Island, and is governed by Rhode Island

regulations. Anglers are still fishing Wallum Lake with Rod & Reel and are catching numerous trout, that more than likely were stocked this past fall.

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

Take A Kid Fishing & Keep Them Rods Bending!

Latest antique, collectibles, and auction news



For my first column of 2021, I thought it would be fitting to recap and wrap up the antique news from 2020 and share exciting news that has already happened this year.

Some advertising pieces and slot machines brought strong results at an October auction, according to an Antiques and Arts Weekly report. A triangular shaped 1935 Coca Cola sign was one of the items in the auction. The double-sided hanging enamel sign brought \$21,600. An 1870s Proctor and Gamble

advertising sign for Amber Soap was said to be historically significant, because it predated the company's production of Ivory soap. It sold for \$28,800. A Pepsi Cola syrup dispenser went for \$39,975. A five cent "Little Rip" baseball themed trade stimulator (similar to a slot machine) sold for \$132,000. A "Triple Centaur Jackpot" slot machine that accepted nickels and quarters in three separate sections reached \$240,000.

An upcoming auction expects even better results. Coin News reports that several coins in a January 20th-24th auction are estimated to bring seven-figure sums. A 1796 No pole cent is one of the valuable coins. 1796 was the first year that the United States produced every denomination of coin from the half cent to gold Eagle \$10 coin. Other coins that may hit the million-dollar mark are an 1838 Liberty Gold Eagle, 1796 Quarter Eagle \$2 ½ coin, 1885 silver Trade Dollar and a 1792 Silver Center Cent. A little silver was added to the center of the copper 1792 cent to make the intrinsic value of the

coin worth one cent when the copper alone would have been worth less than that. An 1804 Proof Eagle and "1787 New York-Style Brasher Doubloon" are two of the other ultra-valuable coins. The Doubloon will be coming to auction for only the third time since 1848. The previous two times it set a world record for any coin ever auctioned. As of Jan. 9, online bidding was already at \$3.6 million.

There was news that offers hope for those of you hunting for that big estate sale or thrift shop find. The Lewiston, Maine Sun Journal reported that a Norway, Maine man made a thrift shop find that netted him a nice sum. Like most of us,

2020 was a difficult year for the antique dealer who discovered the painting at a thrift shop. His antique shop was shuttered from March through May because of the pandemic. In October, he purchased the painting by Austrian-born artist Josef Floch. According to the Sun Journal, "after the upheaval of World War I, Floch left Austria for Paris where he joined the popular avant-gar-



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

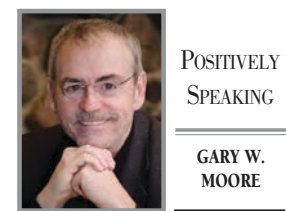
Last week we spoke of the choice to make 2021 a better year and not remain stuck in our past. To act as if you have no power to change the course of your life only becomes a self-fulfilling prophecy. If we want 2021 to be a better year, we must do something to make it so.

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

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

I was CEO of a business with a distribution center in New Orleans when Hurricane Katrina hit. It was a devastating event to the entire region and

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



POSITIVELY
SPEAKING

GARY W.
MOORE

you hope.

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

Victim or Victor?

For you "nattering naybobs of negativity," I

can see you rolling your eyes and hear you shaking your heads, saying, "Just making a choice solves nothing," and you are right. The keyword is "just." If you choose to move forward in optimism, you also must move your mind and body in the positive direction. Making the choice is only the first step, but a big one. Taking positive action is also required.

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

Make the choice to move forward in optimism. Do not look to our government to solve your problems. Regardless of who sits in the Oval Office, they are incapable of doing for you what needs to be done. Become more self-reliant. Your heart, mind and soul feel more optimistic when you realize you have the power to build your own

reality. Create the future you wish in your mind, engage the passions of your heart, and physically act to make your vision of a positive future come true. And ...

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

Focus this year on what you care about and feel is profoundly important. Be optimistic and stay focused. Believe this new year will be better. Not by magic but by an optimistic look forward and positive actions to make your new vision of the future, real. And remem-

ber ... success is often just a matter of hanging on after others have let go.

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

I'm extremely optimistic about our future. You can, and should be too.

Will you join me?

Gary W. Moore is a freelance columnist, speaker, and author of three books including the award-winning, critically acclaimed, "Playing with the Enemy." Follow Gary on Twitter @ GaryW MooreT21 and at www.garywmoore.com.



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SOLD

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WEBSTER – 6 Nicholas Circle! 8+ Rm Center Hall Colonial! 1.22 Acres! Sought After Neighborhood! Great Commuter Location Accessible to Many Major Routes! Spacious Stainless Steel Applianced Cabinet Packed Eat-in Kitchen & Formal Dining Rm! 23 x 24 Frplace Family Rm w/Cathedral Ceiling & Slider to the Huge Deck! Front to Back Living Rm! 1/2 Bath w/Laundry Closet! The 2nd Floor You'll Find the Comfortable 12X17 Master w/Walk-in Closet & Full Bath w/Linen Closet! 2 Additional Bedrooms plus an Office/Nursery/Bedroom all w/Ample Closets! 2nd Full Bath off the Hall w/Linen Closet! 2.5 Total Baths! Lower Level Ideal for Storage or Future Expansion! 2 Car Garage w/Electric Openers w/Dble Door Entry to the Basement for Moving Larger Items aka Boys Toys! 2 Z Oil Heat, 2 A/C, Separate Oil Water Heater! Irrigation! Don't Delay! **\$418,900.00**

DOUGLAS – 102 SE Main St! Start Packing! Spacious 9 Rm Colonial! 2.23 Acres! Center Island Granite Kit w/Soft Close Cabs, SS Appliances! Slider to 24' Deck! Open Floor Plan! Hickory Wood Floors throughout the Kit, Din & Liv Rms, all w/Recessed Lighting! 1st Flr Office or Possible 4th Bdrm w/Oak Hrdwd Flr! Full Bath in the Hall! 2nd Flr w/Full Dble Vanity Bthrm & 3 Comfortable Bdrms, all w/Beautiful Wood Laminate Flrs! Master w/Cathedral Ceiling, Skylight, Ceiling Fan, Bay Window overlooking the Back Yard and a Master Bath! Lower Level w/2 Finished Rms, Utility Rm w/Laundry and Half Bath! 3.5 Baths Total! Recent C/Air, Heat & Roof! 2x26 2 Car Detached Garage! Huge Shed! Nearby Nature Trails & Walum Lake Beach! **\$379,900.00**

SOLD

ON DEPOSIT

ON DEPOSIT

SOLD

WEBSTER LAKE – 112 Gore Rd! NORTH POND! Sucker Brook Cove! 8 Rm, 3 Bdrm, 1.5 Bath Ranch is Ready for You! Southwestern Exposure! Gorgeous Sunsets! Unique Waterfront! An Open Floor Plan! Lake Views from Nearly All Rooms! 2x6 Construction! Energy Efficient Blinds in Every Room! 4 Oil Tanks - Fill Up Once a Year! C/Air! Gas Fireplace! Whole House Fan! Meticulously Cared For! Large workshop! 3 Car Garage! Carport! 2 Sheds w/Electric! Back Yard is Perfect for Family Gatherings! Plenty of Off Street Parking! Summer is Here! **\$539,900.00**

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

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

CHARLTON –74 Daniels Road! Completely Renovated 9 Rm, 4 Bdrm, 2.5 Bath Gambrel w/Attached In-Law Apt! Picturesque 3.39 Acres! Deeded Water Rights to South Charlton Reservoir! Extensive Updates! House w/New Roof, Siding, Kit, Bthrms, Windows, Int Doors, Electrical, Flooring, R60 Insulation in Attic, Water Heater, Well Pump & More! In-Law w/Open Flr Plan, Kit, Bdrm w/Walk-in Closet, Full Bath w/Laundry! Both Fully Applianced! 2 New Driveways, Irrigation, AG Pool! Shed! Security! Generator Hookup! **\$489,900.00**

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DUDLEY - 22 ROBERTS ROAD

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

OXFORD - 12 WINTER STREET

Home "Sweet" Home! TOTALLY Renovated! New Roof - Updated Electrical - New Heating System! 1 Bedroom, 1.5 Bath - 2 Story Conventional Home, Dead-End St. Rare find, Large Lot .77 Acre - Inside -Neutral Palette of Complimentary Paint Colors throughout the Entire House! Loads of Character! **\$281,000.**

June Cazeault * Laurie Sullivan * Matthew Ross * Lori Johnson-Chausse * William Gilmore II * Brian Bohenko

THOMPSON - 5+ ACRE WATERFRONT LAND - BECOLA ROAD

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

ON DEPOSIT

N. ATTLEBORO - 523 KELLY BLVD.

SORRY, SOLD!

Farmhouse style home! Sun-drenched interior! Spacious floor plan! living room, eat-in kitchen, 6 rooms total, 4 bedrooms, 2 baths! Heated by gas / hot water baseboard! Outdoor kitchen, pool! Jacuzzi tub/shower. Located just minutes from Rt 95 & 495! assisted sale **\$408,500.**

WEBSTER - 103 UPPER GORE RD

SORRY, SOLD!

Home "Sweet" Home! TOTALLY Renovated! New Roof - Updated Electrical - New Heating System! 1 Bedroom, 1.5 Bath - 2 Story Conventional Home. Dead-End St. Rare find, Large Lot .77 Acre - Inside -Neutral Palette of Complimentary Paint Colors throughout the Entire House! Loads of Character **\$281,000.**

LAND

WEBSTER/OXFORD/DUDLEY/DOUGLAS

Oxford - 4 Leicester St - Approx. 8.47 ACRES! River Front-age Possible to be Subdivided! **\$89,900**

Webster - Upper Gore w/View of the Lake! 1+ Acre! Artesian Well, Septic Design & Conservation - DONE. **\$115,000.**

Webster - Cooper Road 2 Buildable Lots! Water & Sewer Access. Zoned Lake Res! **Each \$24,500.**

Douglas-Mount Daniels 2.5 Acres abuts Douglas State Forest! **ON DEPOSIT! \$132,900**

OXFORD - 4 SPICEBUSH LANE

SORRY, SOLD!

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

SOUTHBRIDGE - 14 SERVANT WAY

SORRY, SOLD!

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

OXFORD - 115 CHARLTON ROAD

SORRY, SOLD!

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

WEBSTER - 20 KINGSBURY

SORRY, SOLD!

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

WEBSTER - 52 CUDWORTH ROAD

SORRY, SOLD!

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

On the shores of Lake Chargoggagoggmanchauggagoggchaubunagungamaugg

Webster Lake - 100 Lakeside Ave



SORRY, SOLD!

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

Lake Shirley - 647 Reservoir Rd



SORRY, SOLD!

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

Save time and increase success by creating a garden calendar

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

So, gather anyone that shares in your gardening efforts and landscape projects. Grab a calendar and make some gardening plans for the year ahead. Consider including a monthly project that you all can share and one that moves you closer to your long-term gardening and landscaping goals.

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

Take some time to inventory your current seed collection. Decide what seeds you want to keep and grow this season and those you want to pass along to garden-



GARDEN
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MELINDA
MYERS

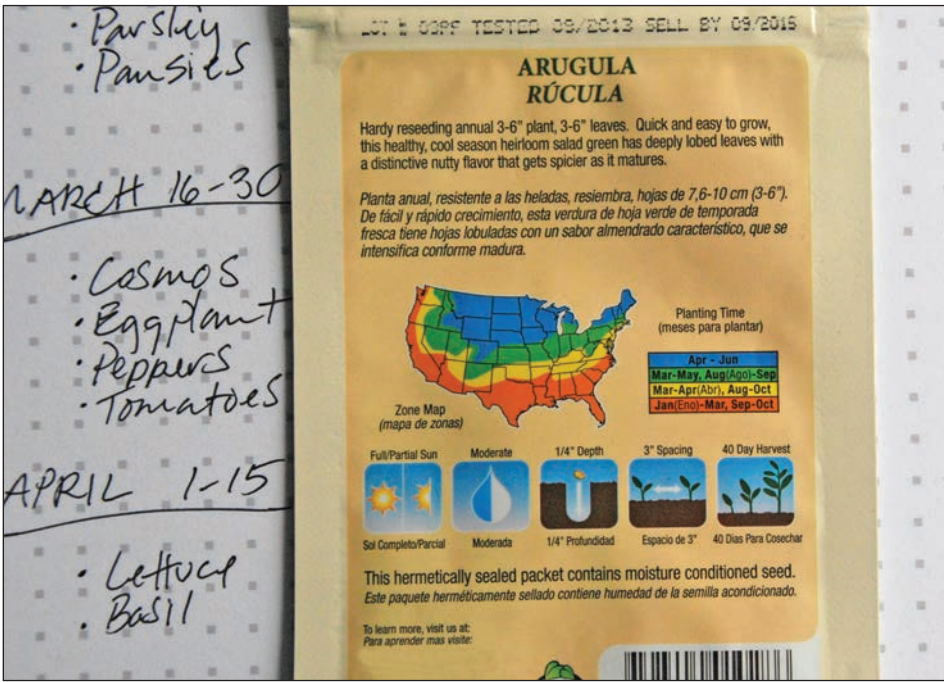
ing friends. You may choose to make seed art with older or improperly stored seeds and invest in fresh seeds that are sure to germinate.

Once you complete your inventory, review new catalogs, and make a list of seeds and plants you want to include this year. Order early for the greatest selection and availability. A recent increase in gardeners means more people shopping for the seeds and plants you want to buy.

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

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

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



Melinda Myers

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

and friends for a harvest and preservation party.

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

away from the garden.

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

Melinda Myers is the author of more than 20 gardening books, including Small Space Gardening. She hosts The

Great Courses "How to Grow Anything" DVD series and the nationally-syndicated Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and her Web site is www.MelindaMyers.com.



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	December 2019	December 2020	Trend
Median Price	\$273,500	\$311,000	▲
Market Volume	\$3,597,000	\$5,252,154	▲
# of Homes Sold	12	16	▲
Avg Days on Market	44	26	▼

WEBSTER

Median Price	\$281,000	\$318,500	▲
Market Volume	\$4,100,900	\$6,199,800	▲
# of Homes Sold	11	20	▲
Avg Days on Market	63	30	▼


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Dudley: 8 Acres, Possible 55+ development opportunity in hand. Water & sewer available or build 2 mini estates.



Hartford ..major routes include 146, 20, 290,395 and Ma. Pike. Wake up each day and experience a clear view of an incredible lake. Boat slip available. 103 Beacon Park - \$324,900

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GRANT

continued from page A1

Hill is incredible. As we look to the future of work in the Commonwealth in 2021 and beyond, most opportunities are presented within STEM fields, with an increasing number of

jobs being created in robotics, artificial intelligence and automation. Grant funding like this can help deliver educational opportunities for our students that will be a critical element in their future success in post-secondary life."

Shepherd Hill Regional High School is a 9-12 high school located in Dudley, with more than 1,000 students residing within its district.

ICS

continued from page A1

vices will complement ICS' capabilities. ICS President/CEO Kevin Blake says the two companies integrating their services made perfect sense, commenting "We are thrilled to have the AKUTY Technologies staff join the ICS Family. ICS' mission is to make a difference in our employees' lives, our customers' businesses, and the communities we serve. It was clear that the AKUTY Technologies culture and core values fit right in with ours. We are looking forward to growing our New England footprint thru future acquisitions."

About ICS

ICS, a portfolio company of Clearlight Partners, is a provider of IT managed services, cybersecurity, cloud migration and other project-based services, and hardware and software reselling for small to medium-sized businesses (SMBs). The company offers on-site and remote support to customers in the Northeastern US (United States), with an emphasis on serving SMBs within healthcare, financial services, professional services, manufacturing, retail, and other industries. ICS was founded in 1986 and is currently led by 20-plus-year industry veteran Kevin Blake.

For more information, please visit www.icscomplete.com.

About AKUTY Technologies
Founded in 1988, AKUTY Technologies, Inc. provides information technology products and services to organizations in New England. The company serves businesses, municipalities, healthcare, educational institutions, and non-profit organizations. AKUTY is based in Auburn, and operates in five New England states.

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

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

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