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The bandy man can

My father never fails to amaze me. There is nothing in this world (at least not that I know of) that the man cannot fix. He is the most creative, innovative and inventive handyman I know.

Which would lead you to believe that I naturally inherited this trait, being the heir to his bloodline.

Well...not so much.

I'm glad I have a job that doesn't require me to repair, fix or tend to things, because I wouldn't last long. As a homeowner, don't get me wrong, I've picked up some



things over the past few years, but I have a long DETAILS way to go. I t 's amazing how many

things just

decide to randomly fall apart around the house. A screen door currently sits in two pieces in my mudroom, awaiting replacement. That same mudroom, mind you, remains incomplete itself, still needing drywall and a variety of other things. The floors show their age, with the various dents and stains that three decades of wear and tear would show. Some may say it adds character — at least, that's what I like to say. The deck needs repairing...and don't get me started on that back yard.

When we moved in to our house more than two years ago now, the very same house I grew up in, my wife and I were forced to be handier that we were used to. Appliance purchases were made, the entire house was repainted, a kitchen was completely redone — it was a crash course in all things home ownership. Unlike my father, who can figure out any project just by looking at it (he has an engine in his garage that he built from scratch I think it might be his super power), I am more of a "read the instruction manual" kind of guy. My father was more than happy to show me things growing up, and he did...many times, but I never took to it like my brother did. My brother was the handy one, too. I was the artsy one. I preferred drawing pictures over building Legos. I enjoyed sports, while my brother loved cars. This past summer, I took the initiative in completing a small landscaping project in my front yard, repurposing an old tree stump that was quite the eyesore, and instead, making it the centerpiece, surrounding it with mulch and various flowers, bordering it with bricks that have been laying around for years, giving it a nice vintage feel. It's not the classiest presentation you'll ever see, but I was happy with it, a small notch in my handy man's belt. It looked better than it did before. It was no construction project, but I'll take it. As the calendar nears February, and the days of spring grow closer and closer, my brain is beginning to think of the projects that will be at the top of the agenda once the weather warms. Maybe that deck will finally get done after years of talking about it. Maybe that bathroom floor will finally get replaced. Maybe the basement will finally be finished. Maybe the garage will finally get re-organized. Thank goodness my father lives next door. Adam Minor may be reached at (508) 909-4130, or by e-mail at aminor@stonebridgepress.news.



Courtesy photo

David Prouty High School teacher Mary McLaughlin recently earned a Mass Insight Education Partners in Excellence Teacher Award.

DPHS teacher earns prestigious award

'A POSITIVE FOR PROUTY AND THE SCHOOL DISTRICT'

McLaughlin was

with the Mass Insight

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wide, the award rep-

resents the top tier of

teachers in the Bay

State who go above

and beyond to inspire

honored

tion

recently

BY KEVIN FLANDERS NEWS STAFF WRITER

SPENCER Teachers never ask for praise and are seldom acknowledged individually, which makes it especially meaningful when educators like David Prouty High School's Mary McLaughlin receive commendatheir students.

"I was very surprised about the award. Even though the award is, in essence, for doing my job. it is nice to know that all of the hard work and effort does not go unnoticed," said McLaughlin,

> Please Read MCLAUGHLIN, page A16

Friday, January 27, 2017

Local leaders unite at QHCC meeting

DISCUSS ISSUES AFFECTING AREA TOWNS





Donald Berthiaume

BY KEVIN FLANDERS NEWS STAFF WRITE

Anne Gobi

In an event that spotlights challenges and goals shared by several local communities, leaders from throughout the area joined forces at the Quaboag Community Hills Coalition's annual update program.

The Jan. 23 event at Ware's Baystate Mary Lane Hospital was highlighted by appearances from Sen. Anne Gobi, State Rep. Donald Berthiaume and State Rep. Todd Smola. The legislators teamed up to answer questions

regarding the impacts of the recent legalization of marijuana, as well as several other items dominating a

busy year on Beacon

Hill. Because the QHCC represents 15 towns — including Spencer and the Brookfields legislators regularly check in with the organization's leaders to help identify solutions to common issues faced by multiple communities.

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QQLA voices concern over groundwater

TOWN AWAITS PERMIT RENEWAL FOR FACILITY

BY KEVIN FLANDERS NEWS STAFF WRITER

SPENCER — After a local organization threatened to sue the town this past summer over an unsecured permit for the wastewater treatment plant, officials are awaiting the results of a MassDEP and EPA permit renewal process.

In August, the Brookfield-East based Quaboag Quacumquasit Lake Association (QQLA) submitted an "intent to sue" letter to the town of Spencer. Entered by James Vander Salm, an attorney for QQLA,

that Spencer's wastewater treatment plant is violating the Clean Water Act by releasing effluent into the groundwater without a required discharge permit.

The treatment facility's permit renewal is past due since 2012, QQLA members said, and letters of concern were submitted from residents of several surrounding towns. The EPA is the lead agency that oversees wastewater treatment operations and approves renewal permits, and Spencer officials said their actions are limited

the letter contends Please Read QQLA, page A16

A passion for service

QUABOAG ANNOUNCES **PROJECT 351 STUDENTS**



Courtesy photo

Eighth graders Lauren Murray, of Warren, and West Brookfield's Dan Sickenberger, were selected by their teachers as Quaboag Regional Middle-High School's Project 351 student ambassadors.

BY KEVIN FLANDERS NEWS STAFF WRITER

Schools across the state selected students with a passion for community service to participate in the annual Project 351 celebration.

Held each year in Boston, the event includes one eighth grader from every town and city in the state. Bonded by a common drive to improve the community, the students joined forces on Jan. 14 to take part in service projects throughout the city that honored the life and legacy of Martin Luther King Jr.

"Our ambassadors come from every corner of the

> Please Read PROJECT 351, page **A16**

Archaeology specialists coming to Tobin Campground

BY KEVIN FLANDERS NEWS STAFF WRITER

BROOKFIELD — Residents have eagerly anticipated the search for ancient artifacts at the site of the former Tobin Campground at Pine Lane. Next month, they will learn more about the quest for archaeological treasures when a team of specialists comes to town.

On Feb. 15, the director of the University of Massachusetts Archaeological Services Department, Eric Johnson, and members of his staff

will host a kickoff meeting to introduce the project to residents. The meeting is scheduled for 6-8 p.m. at Town Hall (6 Central Street).

Brookfield officials have contracted with the UMass team to conduct archaeological research at the former Tobin Campground. The property is located in an area surrounding Quaboag Pond and Quacumquasit Pond that is rich with history, officials said.

"The unique element of the Tobin Campground property is an ancient burial ground that contained artifacts associated with the Adena culture of the Ohio Valley," Johnson said. "The Adena culture thrived for more than 1,000

Please Read TOBIN, page A16



Venture Community Services to bost open house

STURBRIDGE — Venture Community Services, one of the Commonwealth's leading providers of innovative human services has announced they are hosting a Shared Living Open House & Info Night.

The event will be held on Monday, Feb. 27, at their main office located at 1 Picker Road in Sturbridge. The event is open to anyone in the community who wants to learn more about becoming a shared living provider for people with developmental disabilities.

Shared Living serves adults with Developmental Disabilities who are in need of a welcoming home that can provide ongoing support. The person is matched by Venture with an individual or family who has been recruited and screened as a Shared Living Provider. Providers are expected to provide the individual with a safe, clean and comfortable home, ensure their overall wellbeing and welcome them into their family unit. Approved providers will receive extensive training and a tax-free annual stipend.

"Shared Living is a highly successful program model that allows individuals to live in the community through long-term relationships with people and families who open their homes." Said Mike Hyland, Venture President & CEO. "The program allows participants to live in a safe family environment and is an extension of Venture's mission to foster community inclusion and opportunities for the people we support."

For more information on the event, please visit the Venture website at venturecs. org or contact Lydia Grossi at 508-347-8181, ext. 1224 / lgrossi@venturecs.org.

Moore announces upcoming district office hours

BOSTON — Sen. Michael O. Moore (D-Millbury) released the dates, times and locations of upcoming district office hours. Residents of the 2nd Worcester District are welcome to meet with Senator Moore or a representative of the Senator's Office to discuss concerns or other matters of interest.

• Auburn: Feb. 13 and March 20, 9-10 a.m., Senior Center, 4 Goddard Drive, Auburn

• Millbury: Feb. 13 and March 20, 10:30-11:30 a.m., Senior Center, One River St., Millbury

• Leicester: Feb. 6 and March 13, 10:30-11:30 a.m., Senior Center, 40 Winslow Ave., Leicester

• Upton: Jan. 30 and March 6, 9-10 a.m., Senior Center, 2 Farm St., Upton

• Grafton: Jan. 30 and March 6, 10:30-11:30 a.m., Senior Center, 30 Providence St., Grafton

Shrewsbury: Feb. 27, 10-11 a.m., Senior Center, 98 Maple Ave., Shrewsbury
Northbridge: Feb. 27, 12-1 p.m., Senior Center, 20 Highland St., Whitinsville

Moore represents the Second Worcester District consisting of the Towns of Auburn, Grafton, Leicester, Millbury, Shrewsbury, Precincts 2 and 4 in Northbridge, Upton, and Wards 5-7 and Precincts 1 and 5 in Ward 8 of the City of Worcester. An online calendar of district office hours is also available on the Senator's website, www.senatormikemoore.com.





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The Spencer New Leader (USPS#024-927) is published weekly by Stonebridge Press, Inc., 25 Elm St., Southbridge, MA 01550. Periodical Postage paid at Southbridge, MA 01550.

POSTMASTER: Send address changes to Spencer New Leader, P.O. Box 90, Southbridge, MA 01550

REAL ESTATE TRANSACTIONS

SPENCER

\$240,000, 161 Main Street, Spencer United Methodist Church to Vietnamese Christian Church of Worcester

\$116,000, 49 Ash Street, Lynn Hennessy to Shayne Beardsley and Camiele Goddard

\$281,000, 68 Borkum Road, Wayne and Paula Proctor to Hayley Sutherland

LEICESTER

\$210,000, 6 Maple Lane, Christopher and Ashley Gibbons to Justin Pike

\$229,500, 1 Marshall Street, Mina and Janitza Thabet to Matthew Donaghy and Laurissa Nelson

BROOKFIELD

\$355,000, 32 West Main Street, Robert Pawlowski to Smokestack Lightning, Inc.

EAST BROOKFIELD

\$272,000, 539 Podunk Road, John and June Kennedy to Craig and Denise Lammi

Center of Hope receives \$25K donation

GIFT COURTESY OF FAMILY OF COH FOUNDERS

BY OLIVIA RICHMAN NEWS STAFF WRITER

SOUTHBRIDGE — On Dec. 21, the Center of Hope received a check for \$25,000 from Lawrence Spinelli, the son of the Center of Hope's founders. The emotional donation will help fund the Center's various programs that continue to make a huge impact on the community.

[•]It's nice that the founders of the organization are still giving to us, even 60 years later," said Director Cindy Howard. "My first reaction to any kind of significant money is immediately emotional. That's a lot of money to give to us. We are so grateful. It helps us to provide services, especially unfunded services, for the community."

According to Howard, Lawrence restricted some of the funds to be used towards the Southbridge Day Rehabilitation Program, the program that his brother John participated in. The rest of the money could be used however the COH saw fit, where they feel it's most needed.

When asked where they would be using the money, Howard said they are contemplating a few different choices. One of their ideas is to work on the big commercial kitchen they are putting together. It will not only offer more opportunities for employment by providing kitchen positions, but help give program members various skills they'd need to get jobs within the community.

The COH also hopes to use some of the funds to support their large Special Olympics program and their Christmas gift-giving program for needy families.

The Spinellis understand the need for the Center of Hope very well, since they did have a family mem-ber with a disability," said Howard. "They had John during a time when doctors told parents to leave their children with disabilities in institutions. They wanted people to understand that it wasn't the right thing to do. Back then they wanted folks to understand that they were 'no less precious,' that it's



Photos courtesy Center of Hope

nity differently."

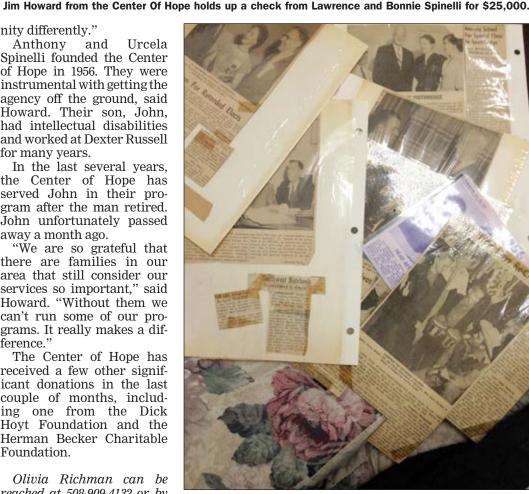
Anthony and Urcela Spinelli founded the Center of Hope in 1956. They were instrumental with getting the agency off the ground, said Howard. Their son, John, had intellectual disabilities and worked at Dexter Russell for many years.

In the last several years, the Center of Hope has served John in their program after the man retired. John unfortunately passed away a month ago.

"We are so grateful that there are families in our area that still consider our services so important," said Howard. "Without them we can't run some of our programs. It really makes a difference."

The Center of Hope has received a few other significant donations in the last couple of months, including one from the Dick Hoyt Foundation and the Herman Becker Charitable Foundation.

Olivia Richman can be reached at 508-909-4132 or by e-mail at olivia@stonebridgepress.com.



The Center Of Hope has saved and reserved many news clippings of the Spinelli family's work with the COH throughout the years. It documents the many programs the Spinelli's started to help people with mental handicaps and disabilities in the communities they serve.



ACCURACY WATCH

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

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

If you find a mistake, call (508) 909-4130 during normal business hours. During non-business hours, leave a message in the editor's voice mailbox. The editor will return your phone call.



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important to start looking at the whole disability commu-





and others who performed work for your business is January 31, 2017. Thats also the due date for payers who report non-employee compensation in Box 7 of Form 1099-MISC to file these forms with the IRS. The January 31 due date applies to both paper and electronic filing. Call us for details and filing assistance.

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'Science Trailblazers' event to put STEM careers on display

BY KEVIN FLANDERS NEWS STAFF WRITER

SPENCER — Recognizing that today's students will be tomorrow's leaders in science and technology fields, several area professionals will visit Knox Trail Middle School to share their passions.

The inaugural Spencer-East Brookfield STEM Fest Science Trailblazers event is scheduled for March 11 at KTMS. Set for 8:15-11:30 a.m., the program will include presentations from guests who have forged successful careers in STEM fields (science, technology, engineering and mathematics).

Intended for students in grades 5-8, the workshop-style event will enable each student to sign up for three presentations. The kids are already looking forward to meeting professionals who translated their love of science and technology into careers. For teachers in the district, it's important to continue building students' interest in STEM subjects as early as possible.

"A lot of these kids are going to be doing jobs that don't even exist right now," said Patricia Murphy, a third grade teacher at Wire Village School who teamed up with several other district educators to plan for the STEM Fest. "This will be a great event to show students a lot of opportunities that exist in STEM."

The program will feature hands-on activities, presentations, and demonstrations of real-life science and technology applications. Spencer State Representatives Donald Berthiaume and Peter Durant will also be on hand for the first ever STEM Fest (Berthiaume may even hold a presentation of his own, showing students how science and math have played big roles in his career in home construction and design).

Organizers are still finalizing the details on the lineup of presenters for the event. From medical technology to structural engineering, from robotics to autonomous vehicles, countless industries will be impacted over the next decade by a new wave of students possessing strong STEM backgrounds.

And it all starts at the elementary school level, officials said. If students don't have a foundation constructed for STEM by the fifth grade, they are playing catch-up with their counterparts across the state and country by the time they reach middle school. Many school districts are in the process of implementing K-12 engineering and robotics programs, with specific courses available to students in every grade level.

Spencer and In East Brookfield, school officials continue to introduce several programs and technologies to give their kids a head start in STEM, including recently added robotic units that have gotten students expanding their horizons. Most impressive of all, some students have already taken leadership roles by sharing their STEM skills with classmates during afterschool programs and clubs.

Now, with the STEM Fest in March, students will get to see many of the applications they have learned about in action. "It is so important for kids to see how they can use STEM to solve real-life problems. We are hoping this will be a great event for everyone involved," Murphy said.

Student permission forms and workshop registration forms will be made available during the first week of February. For more information about the event, contact Rachel Buckley at buckleyr@ sebrsd.org.

School leaders thank everyone who has had a role in preparing for the event, especially the organizing committee of staff members throughout the district.

Kevin Flanders can be reached at 508-909-4140, or by e-mail at kflanders@stonebridgepress.com.

NBSB announces new hire

NORTH BROOKFIELD — North Brookfield Savings Bank (NBSB) is pleased to announce the recent hire of John Downs as the NBSB Business Center's Vice President/Commercial Loan Officer.

In his new position, Downs will be responsible for business customer outreach and the development of commercial loan relationships with NBSB.

He has worked in the banking industry for over 32 years, with the most recent position of Vice President/ Commercial Lender at Berkshire Bank for the last three years. Downs also held the position of Vice President/ Commercial Lender at Chicopee Savings Bank, and has held various positions in the lending and management departments at PeoplesBank.

"We're happy to have John on board, and know his expertise and experience in lending will be invaluable to the commercial lending team and our business customers," said North Brookfield Savings Bank President & CEO Donna Boulanger.

Downs looks forward to growing business relationships with NBSB. His main goal is continuing to develop the commercial loan portfolio with quality customers, using the responsive and competitive products and services the Bank offers.

"I am thrilled to be a part of a banking team that works so hard to care for and be involved in its communities," said North Brookfield Savings Bank Vice President/Commercial Loan Officer John Downs. "I look forward to taking care of the commercial loan customers of NBSB, and assisting them to help their businesses grow."

Downs, of Belchertown, holds several degrees, including an Associate's in Business from Holyoke Community College, a Bachelor's in Finance and Economics from American International College of Springfield, MA and an MBA in Finance from Western New England College of Springfield.

"It's a pleasure to welcome John to the NBSB Business Center team," adds North Brookfield Savings Bank Senior Vice President/Senior Commercial Loan Officer Tony Piermarini. "He strengthens our team even more with his knowledge and experience and I am confident he will be instrumental in helping our existing and future business customers succeed."

To speak with John Downs about commercial loan opportunities, call 508-637-7501 or email jdowns@BankNBSB. com. For commercial loan and deposit information, contact the NBSB Business Center at 508-637-7500 or BusinessCenter@BankNBSB.com.



John Downs



Upcoming writing workshops intended for wide audience

BY KEVIN FLANDERS NEWS STAFF WRITER

WEST BROOKFIELD Writing workshops are often thought of as being intended exclusively for aspiring authors, but local instructor Ed Londergan has made it his mission to help all writers improve.

As Londergan prepares for his next workshop on March 12, he took a few moments to discuss with the New Leader how he has been able to help countless writers share their stories over the years. A historian and author, the West Brookfield resident understands the challenges of creating works that are both informative and entertaining.

"Past workshops have been attended by a variety of people of all ages and occupations, from 12-year-old students to 75-year-old retirees, all who have a story to tell," Londergan said. "The workshop is geared toward anyone who wants to write and does not know where to start - or those who have some writing experience but either haven't written anything for a while or are not sure what to do next.'

One of the most enjoyable aspects of the workshops for attendees is the engaging exercises Londergan provides. From writing about their favorite holiday memory, or focusing on writing in a certain style, Londergan's prompts help writers get the creative juices flowing.

The workshops are also a great way for people who are dealing with a case of the dreaded writer's block. Often times writers leave promising pieces unfinished, or scrap them entirely, because they can't figure out which direction to pursue. Londergan has experienced the hurdle himself, and he knows several tricks to get writers through it.

"I have a simple solution that I use - just start typing,' Londergan explained. "It doesn't matter what, just get your fingers moving and eventually something will click and you'll be back on track. It may take a couple of pages of writing nonsense, but it does work.

For those guests seeking to expose their works to a broad audience, Londergan also uses his workshops to discuss the entire publishing process. It can be a long and winding road, beginning with searching for an agent or publisher and then navigating through the many editing stages, but Londergan provides a roadmap to help guide each writer.

For guests unwilling or unable to acquire an agent,



Local author Ed Londergan will offer a writing workshop on March 12 at the Salem Cross Inn in West Brookfield.

Londergan also discusses an array of self-publishing options. The costs and work incurred by the author are increased in self-publishing models, but many writers prefer the autonomy afforded by going solo.

"People do not realize how difficult it can be to get an agent. It is possible to send a query letter to 100 or more agents and have few, if any, respond," Londergan said. "Folks also don't realize that an agent will not consider representing an author unless they have a story that will make money for the publisher. It is a highly competitive marketplace that revolves around making money."

What separates Londergan's workshops from other area

events is his ability to provide helpful tips and exercises for each guest. By tailoring his guidance to the individual, he can assist writers representing a wide range of ages and experience levels. Memoir writing, for example, has become very popular for seniors with the emergence of programs at local senior centers. Londergan always enjoys helping seniors build the foundation for memoirs that will eventually be shared with their friends and families.

Students seeking to improve their writing skills are also welcome to attend the workshop. No matter which major a college student pursues, proficiency in some format of writing will be required. Writing exercises are also a great way to prepare for those daunting SAT essays.

The March 12 workshop will take place at the Salem Cross Inn in West Brookfield. Set for 10 a.m. to 2:30 p.m., the event costs \$65 per person (lunch is included). Registration is required; to learn more about the program and register, send an email to ed.londergan@ gmail.com.

Kevin Flanders can be reached at 508-909-4140, or by email at kflanders@stonebridgepress. com.

Music education series coming to local library



Courtesy photo

Julie Stepanek will provide monthly children's music lessons at Merriam-Gilbert Public Library in West Brookfield, beginning next month.

BY KEVIN FLANDERS

second floor meeting room. Intended for kids as young as 5 years old, the first session will fea ture a group ukulele lesson. Stepanek will arrive with 22 ukuleles and a fun PowerPoint presentation, after which she will play easy songs with the kids. For Stepanek, it means a lot to share her passion with youngsters and get them excited about music at an early age. Similar to academics and sports, the best time to build a

foundation for music is during the early childhood years. Recent studies, including one at the University of California, suggest that starting music lessons at age three can increase brainpower.

"I want to play music but also to be of service

- this allows me to do both," said Stepanol who has been active with music throughout her life. "I started teaching at libraries in western Massachusetts two years ago. Now I travel all over the state, as well as to Connecticut and New York."

Stepanek has enjoyed an impressive musical career, beginning in her twenties when she

performed with bands in New York City and recorded two CDs with her own band, Calamine. After moving to Massachusetts, she took a job running story time sessions at libraries throughout central and western sections of the state. During those programs she learned how to play the ukulele, and she has since discovered that there is no greater thrill for an artist than sharing an inspiration with the next generation.

people asked me to teach them and I started teaching. Now I visit libraries, preschools, and senior centers all over Massachusetts, teaching and performing," added Stepanek, who lives in Shutesbury.

Additional dates for Stepanek's musical series for children are March 15, April 12, and May 10, all beginning at 10 a.m. at the library. Registration is required for the program, and children must be accompanied by an adult. The series is made

possible thanks to funding from the Friends of the Library.

introductory The music program augments an already strong February schedule of children's events at the library. If you are searching for a fun activity for your child, check out the following offerings:

Toddler playgroup: Feb. 6 from 10-11 a.m. (ages birth to 5)

• Drop-in crafts for kids: Feb. 6 from 1-2:30

p.m. (ages 3-6) • Lego Club: Feb. 8 from

3:45-4:30 p.m. (ages 5 and up)

• Craft Club: Feb. 15 from 3:30-4:30 p.m. (ages 5 and up)

Card-making with Angela Carter: Feb. 28 from 3:45-4:45 p.m. (ages 5 and up)

For more information about upcoming events at the library, call 508-867-1410 or visit www.westbrookfieldlibrary.org.

Kevin Flanders can be reached at 508-909-4140, or by e-mail at kflanders@ stonebridgepress.com.



is an twelve-year-old boy of Caucasian descent. Anyone who knows AJ knows he is an avid coin collector. He also likes Pokemon cards, electronic games, sports and reading. He is a smart, straight forward child who appreciates knowing what is going on and what to expect. He refers to himself as an organizer because he always likes to have a plan! AJ enjoys going to school and reports his favorite subject to be math. Not only does he excel academically, he is able to have very insightful questions and he is willing to search for information when

WEST BROOKFIELD - It's never too early to experience the joys of making music. Beginning next month, kids will get a unique introduction to music as part of a new series at Merriam-Gilbert Public Library.

Local musician Julie Stepanek will begin her monthly series on Wednesday, Feb. 15, at 10 a.m. in the library's

"Once I taught myself,



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he lacks the knowledge on a specific topic. AJ receives support from an Individualized Educational Plan in order to help him with emotional support in school.

When asked what type of family AJ wants, he reports he wants a mom and a dad who are nice and have animals. He does very well with males and hopes to have a strong male role model in his life soon. It is recommended that AJ is the youngest or only child in the home.

Who Can Adopt?

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

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

To learn more about adoption from foster care, call the Massachusetts Adoption Resource Exchange (MARE) at 617-54-ADOPT (617-542-3678) or visit www.mareinc.org. The sooner you call, the sooner a waiting child will have "a permanent place to call HOME."

This space is provided by:

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CLASSROOM CORNER Getting to know your Project 351 ambassadors

FIVE CHOSEN TO REPRESENT TANTASQUA IN ANNUAL SERVICE PROJECT



Olivia Richman photos

Project 351 ambassadors for 2017 — Avalynne Leneau, Isabella Miles, Alexis Carson, **Rebecca Mahon and Cadence Boyce**

BY OLIVIA RICHMAN NEWS STAFF WRITER

STURBRIDGE — The five Project 351 ambassadors from Tantasqua Regional Junior High School are already planning different ways in which they can help out their communities.

"As a group, every single one of them are really strong academically and very compassionate and reflective," said Principal Chris Starzcewski. "They are exceedingly humble. They're quiet leaders and vocal by example.

Since Tantasqua is a regional school with five towns, Starzcewski said the school had the luxury of selecting five students - one from each town. Teachers

and students submitted nominations of students who meet the general criteria for Project 351 — "passionate, kind, humble, want to do what is right" - and Starzcewski ended up with 43 eighth graders. All of the finalists submitted an essay on themselves. The responses which don't include any students' names — are ranked by a panel of teachers and then sent to Starzcewski.

The mission of Project 351 is to unite diverse 8th grade service ambassadors from every city and town in the Commonwealth for an inspirational year of community service, leadership development and enrichment.

Olivia Richman sat down with the



Principal Chris Starzcewski with the five Project 351 ambassadors from Tantasqua Regional Junior High School. He said: "As a group, every single one of them are really strong academically and very compassionate and reflective."

five girls who were picked to represent the towns that make up Tantasqua Regional Junior High School for 2017. The students spoke about why community service is important to them and what they hope to do to help their communities.

How did you feel when you were nominated for Project 351?

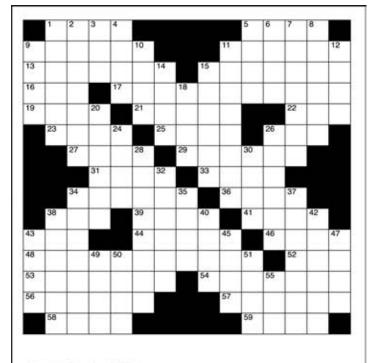
Isabella Miles, of Brookfield: "I was excited and happy I was chosen. I worked hard on my essay. I like helping others and giving back to people. This was something that meant a lot to me."

SCHOOL MENUS

Rebecca Mahon, of Sturbridge: "I'm from the biggest town in the district. I thought there was less of a chance. Hearing my name being called as the Sturbridge ambassador was a rush. I had heard about it last year and I had been working to get community service up to have more of a chance. It was exciting to know my hard work paid off."

Alexis Carson, Holland: "It was kind of an unbelievable feeling. It's not most days you get to do something good for your community."

Turn To AMBASSADORS page A18



SPENCER-EAST BROOKFIELD SCHOOL DISTRICT

Grades K-8

Monday, Jan. 30: BBQ rib sandwich or tuna roll, French fries, peas and carrots Tuesday, Jan. 31: Nachos with cheese (sour

cream, salsa), or tuna roll with pretzels, corn, refried beans

Wednesday, Feb. 1: Chicken patty sandwich topped with lettuce and tomato, cheesy broccoli

Thursday, Feb. 2: Breakfast for Lunch! French toast sticks, sausage links, warm cinnamon apples, hash brown patty

Friday, Feb. 3: Choice of mozzarella sticks or buffalo pizza crunchers, sweet potato fries

SPENCER-EAST BROOKFIELD SCHOOL DISTRICT

Grades 9-12

Monday, Jan. 30: Mozzarella sticks with marinara, chicken noodle soup, fries, veggie sticks

LEICESTER PRIMARY SCHOOL

Monday, Jan. 30: Hamburger or cheeseburger on whole grain roll, condiments, oven French fries, baked beans, raisins

Tuesday, Jan. 31: Chicken nuggets, brown rice

pilaf, steamed broccoli, peach cup, fresh apple Wednesday, Feb. 1: Curly noodle mac and cheese, whole grain roll with butter, roasted sweet potatoes, green beans, fresh apple Thursday, Feb. 2: Turkey or ham sandwich on

whole grain bread, lettuce and tomato, potato puffs, pear cup

Friday, Feb. 3: Whole grain stuffed crust pizza, romaine salad with cherry tomatoes, assorted dressings, cucumber wheels, mixed fruit cups

BROOKFIELD ELEMENTARY SCHOOL

Monday, Jan. 30: French toast sticks with warm maple syrup, sausage, hash brown, yogurt parfait or chef's salad

Tuesday, Jan. 31: Hard or soft shell taco (lettuce, tomato and cheese cup), fiesta corn, seasoned rice, yogurt parfait or chef's salad Wednesday, Feb. 1: Chicken fajita wrap, seasoned rice, fiesta corn, yogurt parfait or chef's salad Thursday, Feb. 2: Toasted cheese sandwich, creamy tomato soup, yogurt parfait or chef's salad Friday, Feb. 3: Cheese pizza, tossed salad, soup of the day, yogurt parfait or chef's salad

Newts 5. Taxis 9. Ski down these 11. Solace 13. Thieves of the sea 15. Diacritical mark 16. Frost 17. Enmities 19. Furnace for baking 21. Founder of female institute 22. Eight 23. Earl Grey and chamomile are two 25. Messenger ribonucleic acid 26. Dull, unproductive pattern of behavior

CLUES ACROSS

34. Drains 36. Hawaiian wreath 38. Where fish live 39. Get rid of 41. Beyond, transcending 43. Uncastrated male sheep 44. Asserts 46. Snoopy and Rin Tin Tin are two 48. Windy City footballer 52. Green veggie 53. Director 54. Conditioning 56. Spoke foolishly 57. Legislative body 58. Square measures

31. A way to choose

33. Grocery store

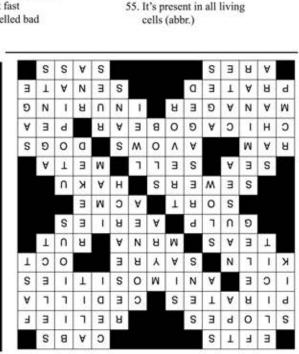
CLUES DOWN

29. Large nests

SOLUTION

JZZLE

1. Call forth 2. Front legs 3. Third-party access 4. Hairlike structure 5. Ghanaian money 6. Settled down 7. Ill-natured 8. Choose 9. Mountain in the Slovenian Alps42. Clerks 10. Samsung laptops 11. Inquire into 12. Not slow 14. Thailand 15. Front of the eye 18. Kentucky town 41549 50. Grows older 20. Extreme disgust 51. Bitterly regrets 24. Not fast 26. Smelled bad



Tuesday, Jan. 31: Chicken patty on a bun, mac and cheese, peas and carrots, spinach, apple crisp

Wednesday, Feb. 1: Taco & Scoops (seasoned beef with Tostito scoops and your choice of toppings shredded lettuce, cheese, salsa, sour cream), gallo pinto (rice n' beans) fiesta corn and black bean salad

Thursday, Feb. 2: Breakfast for Lunch! Breakfast sandwich variety warm cinnamon apples harvest home fries (potatoes, butternut squash, peppers/ onions, seasonings)

Friday, Feb. 3: Homemade Pizza! Choice of cheese, pepperoni or buffalo chicken pizza, or fish n' chips, sweet potato fries

LEICESTER HIGH SCHOOL

Monday, Jan. 30: Meatball grinder, potato wedges, broccoli salad, assorted fruit cups

Tuesday, Jan. 31: Chicken drumsticks, mashed potatoes, Caesar salad with whole grain croutons, whole grain cookie, mandarin oranges

Wednesday, Feb. 1: Chicken bacon ranch whole grain sandwich, lettuce and tomato, baked beans, buttery corn, fresh apples, pineapple cup

Thursday, Feb. 2: Breakfast for Lunch: Whole grain pancakes with syrup, scrambled eggs, carrot sticks, cucumber slices, ranch dressing, strawberry cup, pear cup

Friday, Feb. 3: School made whole grain pizza. cheese and pepperoni, potato wedges, tossed salad, assorted dressing, mixed fruit cups

LEICESTER MIDDLE SCHOOL

Monday, Jan. 30: Meatball grinder, potato wedges, broccoli salad, assorted fruit cups

Tuesday, Jan. 31: Chicken drumsticks, mashed potatoes, Caesar salad with whole grain croutons, mandarin oranges

Wednesday, Feb. 1: Chicken bacon ranch whole grain sandwich, lettuce and tomato, baked beans, pineapple cup

Thursday, Feb. 2: Breakfast for Lunch: Whole grain pancakes with syrup, scrambled eggs, carrot sticks, cucumber slices, ranch dressing, strawberry cup

Friday, Feb. 3: School made whole grain pizza, cheese and pepperoni, potato wedges, tossed salad, assorted dressing, mixed fruit cups

LEICESTER MEMORIAL SCHOOL

Monday, Jan. 30: Hamburger or cheeseburger on whole grain roll, condiments, oven French fries, baked beans, raisins

Tuesday, Jan. 31: Asian orange chickens, brown fried rice, steamed broccoli, peach cup

Wednesday, Feb. 1: Macaroni and cheese, whole grain roll with butter, roasted sweet potatoes, steamed carrots, fresh apple

Thursday, Feb. 2: Chicken patty sandwich on a whole grain roll, lettuce and tomato, buttery corn, pear cup

Friday, Feb. 3: Whole grain stuffed crust pizza, romaine salad with cherry tomatoes, assorted dressings, cucumber wheels, mixed fruit cups

QUABOAG REGIONAL MIDDLE/HIGH SCHOOL

Monday, Jan. 30: Hot dog on a roll, baked beans, sweet potato fries, apple

Tuesday, Jan. 31: Shepherd's pie, biscuit, pears

NORTH BROOKFIELD MIDDLE/HIGH SCHOOL

Monday, Jan. 30: Hot dog on a roll, baked beans, sweet potato fries, apple, or tuna sandwich

Tuesday, Jan. 31: Top Hat (shepherd's pie), pears, or Sunbutter and jelly

NORTH BROOKFIELD **ELEMENTARY SCHOOL**

Monday, Jan. 30: Hot dog on a roll, baked beans, sweet potato fries, apple, or tuna sandwich Tuesday, Jan. 31: Shepherd's pie (ground beef,

corn and mashed potatoes), pears, or Sunbutter and jelly

TANTASQUA REGIONAL SCHOOLS

Monday, Jan. 30: Popcorn chicken bowl with mashed potato, corn, gravy, with dinner roll, spinach garden salad, chilled peaches, variety milk

Tuesday, Jan. 31: Pulled pork sandwich, ranchero beans, cole slaw, chilled pears, variety milk

Wednesday, Feb. 1: Oven fried chicken with cinnamon roll, beets and sweets, mixed veggies, fresh fruit, variety milk

Thursday, Feb. 2: Warrior beef sandwich, Italian bean and pasta salad, roasted carrots, chilled applesauce, variety milk

Friday, Feb. 3: American chop suey served with garlic bread, Italian green beans, Caesar salad, fruit crisp, variety milk

BAY PATH

BREAKFAST

Monday, Jan. 30: Pancakes with syrup, 4 oz. yogurt, 4 oz. fruit juice, fruit variety

Tuesday, Jan. 31: Assorted bagel, assorted cream cheese, 4 oz. yogurt, 4 oz. fruit juice, fruit variety

LUNCH

Monday, Jan. 30: Pork carnitas (seasoned shredded pork in a whole-wheat tortilla with lettuce, tomatoes, salsa and sour cream), buttered corn, avocado salad, fruit variety

Tuesday, Jan. 31: Cheeseburger (beef burger topped with cheese on a whole wheat bun), tossed salad, fruit variety

27. A large and hurried swallow 59. Cheek 28. Portended 30. Leader 32. Comedian Noah 34. Course 35. Sloven 37. Perfect places 38. A vast desert in N. Africa 40. Monetary unit of Angola 43. Canadian law enforcers 45. Without (French) 47. Having wisdom that comes with age 49. Delicacy (archaic)

CLASSROOM CORNER

EDUCATION NOTEBOOK

Eastern Connecticut State University

WILLIMANTIC, Conn. — Eastern Connecticut State University recently released its fall 2016 semester Dean's List for full-time students.

Dillon Antonopoulos (Class of 2020) of West Brookfield, was named to the Dean's List. Antonopoulos's major is Physical Education.

Mount Ida College

NEWTON — Jordan Nugent, a Game Art major from East Brookfield, MA has been named to the Fall 2016 Dean's List at Mount Ida College in Newton, Mass. for achieving a GPA of 3.33 or higher.

Springfield College

SPRINGFIELD — Springfield College has named Laura Quink, of Leicester, to the dean's list for academic excellence for the fall 2016 term. Quink is studying Health Science/Pre-Physician Assistant.

College of William & Mary

WILLIAMSBURG, Va. — The following local residents were recently named to the Dean's List at the College of William & Mary for the fall 2016 semester:

Brookfield: Joshua Julian Galuska

Leicester Women's Club

LEICESTER — The Leicester Women's Club will award \$500 scholarships to three Leicester residents who will graduate from high school in 2017.

Also, this year three \$500 scholarships will be awarded to a student majoring in nursing in memory of Betty Swan, given by the Swan family.

Applications are available at your local guidance office. Any Leicester resident graduating from high school in spring 2017 is eligible.

Applications must be submitted by April 1, 2017.

The Leicester Women's Club would appreciate any publicity that you can provide regarding this matter.

Country Bank Scholarships

Merrick Public Library

• The Bill of Rights and You — The Merrick Public Library will host a new pop-up exhibition from the National Archives, The Bill of Rights and You, commemorating the 225th anniversary of the ratification of this landmark document. The Bill of Rights and You spotlights one of the most remarkable periods in American history, explores the origins of the first ten amendments to the U.S. Constitution (collectively known as the Bill of Rights), illustrates how each amendment protects U.S. citizens, and looks at how Americans exercise the rights outlined in the amendments. The Bill of Rights and You invites visitors to connect directly with the people, places, and events that mark this historic document's evolution. This exhibit runs through Feb. 28.

· Banister Book Group: Tuesday, Jan. 31, 7-8 p.m. "The Boston Girl," by Anita Diamant. A story "about family ties and values, friendship and feminism told through the eyes of a young Jewish woman growing up in Boston in the early twentieth century. Addie Baum is The Boston Girl, born in 1900 to immigrant parents who were unprepared for and suspicious of America and its effect on their three daughters. Growing up in the North End, then a teeming multicultural neighborhood, Addie's intelligence and curiosity take her to a world her parents can't imagine — a world of short skirts, movies, celebrity culture, and new opportunities for women. Addie wants to finish high school and dreams of going to college. She wants a career and to find true love. Eighty-fiveyear-old Addie tells the story of her life to her 22-year-old granddaughter, who has asked her "How did you get to be the woman you are today?" Provided by publisher. Massachusetts Book Awards Must-Read Book, 2015

-Tuesday, Feb. 28, 7 to 8 p.m. "The Soul of an Octopus: S Surprising Journey into the Wonder of Consciousness by Sy Montgomery." "An investigation of the emotional and physical world of the octopus."

- Tuesday, March 28, 7 to 8 p.m. "All the Light We Cannot See," by Anthony Doerr.

- Tuesday, April 25, 7 to 8 p.m. "Written on the Heart," by Morgan Callan Rogers.

• Le Cercle Francais: The next meeting will be Thursday, March 2, 6:30 to 7:30 p.m. No meetings for months of January and February.

 American Red Cross Babysitter Class: The Friends of the Library sponsor half of the \$50 fee for Brookfield students ages 11 and up. As of press time the class dates have not been confirmed. Please sign-up for two-day class (you must attend both sessions), Wednesday, Feb. 8 and Thursday, Feb. 9 from 4 to 7 p.m. The Friends of the Library provide a pizza dinner for the students. • For Children: Wednesdays at 11:15 a.m. to noon. Play group! with Music! Ms. Renee's music will play, we'll have shakers, drums and scarfs, with room for toys and fun in the main area. Free snacks and juice too. Ms. Renee will be back at the end of February with her new baby boy, Noah! Sponsored by the Friends of the Library.

• Tuesday, Jan. 31, at 7 p.m. Adult Book Club — The title for this month is "The Oregon Trail: A New American Journey," by Rinker Buck. Copies are available at the library. The Book Club meets on the last Tuesday of each month and all are welcome.

• Babysitting Course Offered — Young Adults are encouraged to sign up as soon as possible for the Worcester County Extension 4-H Babysitter's Course to take place on Saturday, Feb. 4 and Feb. 11 from 9 a.m. to 12:30 p.m. Participants must be at least 11 years old and seriously interested in babysitting. Attendance at all sessions is required. A \$35 fee will cover the course and a 4-H Babysitter's manual. Participation certificates are issued upon successful completion of the course.

• Makerspace Workshop – 3D Objects Please register as soon as possible for this exciting program! Join Arthur and Peter Evans of Makerspace Workshops to learn how to use 3D software to design and print 3D objects. What there is not time to print at the Library; Makerspace Workshops will print off the site and send back for pick up! The workshop will also include robotics and a surprise workshop at the end of the event! The program will take place at the library on Saturday, Feb. 11 from 10 a.m. to 12 noon and is open to kids ages 7-14. This program is funded through a grant of the North Brookfield Cultural Council, a local agency funded by the Massachusetts Cultural Council, a state agency.

ONGOING ACTIVITIES

• Knitting – Every Monday at 1 p.m. and Saturday at 9 a.m. – drop in for knitters of all levels.

• Adult and Teen Coloring – Every Monday & Wednesday from 5:30 to 7 p.m. The library supplies coloring pages and colored pencils. Simply drop-in and enjoy the fun.

• Pre-School Story Time - Every Tuesday morning from 10:15 to 11:00 am. Story Time is open to children aged 2-5 years old. Pre-registration is required for each session, and space is limited. Story Time is led by Children's Librarian, Rosemary Mackenzie, and includes music and movement, learning games, arts and crafts and, of course, stories.

• Ukulele Jam Time – Monday, Jan. 30, at 5:30 p.m. Stop in with your Ukulele or borrow a ukulele from the library and jam with others. All levels of players are welcome. The last Monday of every month. For further information and registration for any program call the library at 508-867-0208.

East Brookfield Public Library

FOR ADULTS

CPR Certification Class: Thursday, Feb. 2, at 6:30 p.m. with American Heart Association certified instructor Jim Sadin. Must be 16 years or older. Fee: \$20/person due at time of registration.

First Aid Certification Class – Thursday, Feb. 9, at 6:30 p.m. With American Heart Association certified instructor Jim Sadin. Must be 16 years or older. Fee: \$20/person due at time of registration.

No time to read a lengthy novel? Try "Bookshots" and "Bookshots: Flame" books. Each complete story is just over 100 pages.

Adult Coloring – every Monday 6-7:30 p.m., Feb. 6 – March 27. Supplies provided. Call to register.

FOR CHILDREN

Toddler Rhythm & Rhyme – Every Thursday at 9:45 am. Songs, dance, craft, story and games for ages 18 months – 3 years. There are openings for this group. Call the library to sign up.

Drop-in Craft – For all ages during February school vacation week.

For more information, call 508-867-7928 or visit our website at www.eastbrookfieldlibrary.org.

Richard Sugden Library

• Jan. 30: Teens compete with board games at Teen Mania

from 3:30-4:30 p.m.

• Jan. 31: Looking for a fun and educational activity to do with your toddler or preschooler ? Come to toddler story hour at 10 a.m. and meet other parents, enjoy songs, stories, and activities with your 18 months to 3 year old. Caregivers must remain in the room with their toddler. Preschoolers (ages 3-5) come at 11 a.m. Caregivers must remain on the same floor. These are free programs but do require registration, which you can do when you arrive. Today's theme is winter.

• Feb. 1: Come to the Bouncing Babies program from 10:30-11 a.m. for a rollicking, good time! Meet other caregivers, share stories, songs and rhymes. Appropriate for ages birth to 24 months and their caregivers. Program followed by open playtime.

The free Afterschool Fun program is today from 4-4:45 p.m. for children from k-grade 5. This month's theme is Paints & Prints.

• Feb. 2: Tune in Together is a music and movement program for toddlers, preschoolers and their caregivers, sponsored and presented by CFCE. Meets from 11 a.m. to 12 p.m.

Country Bank is pleased to announce that once again this year a total of \$30,000 in scholarship money will be available to areas seniors. Fifteen high school seniors who exemplify a commitment to community spirit and volunteerism will be honored with scholarships of \$2,000 each, for their enrollment in either a two year or four year college in the fall of 2017.

Applications and complete rules are available at Guidance Offices of public high schools in the Country Bank market area as well as at www.countrybank.com/about-us/community-scholarship-program, or visit any of their 14 branches and the staff will print one for you.

Our selection committee will review each entry and winners will be notified by May 1, 2017. Any questions should be referred to Deb Gagnon, Corporate Relations Officer at 413-277-2236 or at dgagnon@countrybank.com.

Old Sturbridge Academy Charter Public School

STURBRIDGE — Old Sturbridge Academy Charter Public School is now accepting applications for the 2017-18 academic year for students eligible for kindergarten through Grade 3. Give your child a unique educational experience and be a part of this pioneering opportunity. The Academy offers education in partnership with EL Education, which provides high-achieving and engaging learning environments. Free public information sessions are planned on the following dates and locations, all are welcome:

• Monday, Jan. 30, Jacob Edwards Library, 236 Main St., Southbridge, at 6:30 p.m.

• Monday, Feb. 6, Jacob Edwards Library, 236 Main St., Southbridge, at 6:30 p.m.

For more information, visit www. osacps.org

FOR ADULTS

Fridays free home delivery and pickup of library materials for anyone housebound. This free service may be long or short term—call for more information.

Notary Public. Brenda Metterville, free service available during regular business hours.

Upcoming Events at the Haston Library in North Brookfield

• Saturday, Jan. 28 from 10 to 11 a.m. Young Adult Book Club will meet to discuss the novel "Salt to the Sea," by Ruta Sepetys. Books are available at the library. New members are always welcome.



THE WRITE STUFF Celebrating 15 Years

Spencer New Leader!

Essays, Poems and Short Stories written by student and adult authors from Spencer, Leicester, and The Brookfields open to all ages & home schooled students

SUGGESTED TOPICS FOR FEBRUARY: Deadline Feb. 17, 5pm - Pub date Feb. 24

1. Write an old fashioned love letter or poem to your Valentine (initials ok if you don't want to use full names).

2. February 26 is "National Tell a Fairy Tale Day" ... write your own Fairy Tale, "Once upon a time..."

3. February is American History Month. Whom do you admire most in American history and why.

4. Topic of your choice.

HOW TO SUBMIT?

- May be mailed or dropped off to: June Simakauskas, Spencer New Leader, 25 Elm Street, P. O. Box 90, Southbridge, MA 01550
- EMAILED TO jsima@stonebridgepress.news (preferred)
- FAXED TO: 508-765-0233

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TAKE THE HINT KAREN TRAINOR

Extreme exhaustion is a common side effect of the high-energy hustle and bustle of the holiday season. With sleep deprivation and post holiday stress tak-ing its toll, often all it takes to cure "festive fatigue" is a good, long snooze - and now sleepers have society's blessing, as "Festival of Sleep Month" is celebrated each January.

The unofficial holiday offers a guilt free pass to relax, chill out, and catch up on some well-deserved Z's. Moreover, the day, which promotes sleeping, also encourages adequate slumber throughout the year, which can boost both physical and mental health.

In honor of "Festival of Sleep Day," this week's column shares sleep facts, suggestions and stats – all in the name of 40 winks!

Benefits of Proper Sleep: Getting the proper amount of sleep is of optimum important for good health, so it's necessary to get your nightly sleep quota. According to published reports, toddlers need 11 hours of sleep every night, plus a two-hour nap during the day; preschoolers require 11 to 12 hours of sleep a night; school-age children need 10 hours of sleep each night: Teens require nine and a quarter hours of sleep every night — most get less than eight and a half. And adults need about eight hours of sleep every night.



Latest antique and

Turn of the century majolica pottery frogs brought over \$1,200 at our last live auction.

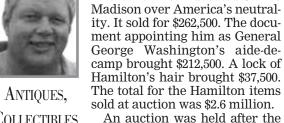
There have been plenty of newsworthy antique and auction happenings since the New Year.

A British piano tuner saw more than strings when they began work on a piano in Shropshire, England according to the UK Independent News. A "potential treasure" of gold described as "stunning" was hidden inside the piano. The current owners had been given the piano and consulted with "Peter Reavill of the British Museum's WAYNE TUISKULA Portable Antiquities Scheme."

The objects were mainly made of gold and "appear to have been

deliberately hidden within the last 110 years." Experts are trying to trace the gold back to the original owners. If they aren't found, the government will claim the treasure.

The Dallas Observer reports that James Kenner brought a sculpture that had been in his family for many years to an "Antiques Roadshow" taping in Fort Worth. It belonged to his father's great aunt. Kenner's great grandmother then willed it to his grandmother. It was handed down to his father who told him that he would eventually pass it down to Kenner. There has been a change of plans though. The appraiser believed that it was an original work of Auguste Rodin who created his works in the late 19th and early 20th century. The Committee of Auguste Rodin has determined that it is an authentic Rodin sculpture. The appraiser estimated the value at \$400,000 to \$500,000. Instead of being passed down to Kenner, the piece is on its way to auction. With the play "Hamilton" getting rave reviews it seemed like the perfect time for a descendant of Alexander Hamilton to sell some of his belongings. CNN



COLLECTIBLES & ESTATES

sold at auction was \$2.6 million. An auction was held after the "Hall of Presidents and First Ladies Museum in Gettysburg' closed in November. USA Today reported that more than 300 people attended the auction, which was held on Jan. 14. Wax figures of the first 44 presidents and "their miniature first lady counterparts" drew bidders from as far as Canada. The Jackie Kennedy Onassis figure at \$550 and Hilary Clinton at \$675 brought the highest prices for First Ladies. Theodore

OPINION AND COMMENTARY FROM SPENCER, LEICESTER AND THE BROOKFIELDS

Roosevelt at \$8,000 and Abraham Lincoln at \$8,500 were the highest selling presidential figures. As our country was preparing for the peaceful transition of power figures of past presidents were transitioning their way to collections throughout North America.

Thank you to those who attended the Jan. 14 appraisal event in Athol and our live auction in Worcester on Jan. 26. Registration begins on February 6th for my "Evaluating Your Antiques" class at Bay Path Evening School in Charlton. The class takes place on March 6. Other events are being scheduled. See www. centralmassauctions.com for more information on our uncoming eve nts

What should you know about taking RMDs?



As we get older, the end FINANCIAL another of year takes on greater meaning, in many ways, than it did when we were young.

And if you're a certain age, Dec. 31 has a very specific meaning in terms of your finances, because it's the deadline for withdrawing money from some of your retirement plans. What should you know about these withdrawals? And how much control over them do you have?

Focus

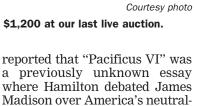
JEFF

BURDICK

Here's the picture, in a nutshell: Once you turn 70 1/2, you generally need to start taking withdrawals - the technical term is "required minimum distribu-tions," or RMDs – from your traditional IRA and your 401(k) or similar plan, such as a 403(b) plan (for employees of pubic schools, religious institutions and other tax-exempt organizations) or 457(b) plan (for employees of state and local governments and governmental agencies). After the first year in which you take these RMDs, you must take them by the end of each year thereafter.

If you don't withdraw at least the minimum amount (calculated based on your age, account balance and other factors) you face a penalty of 50 percent of what you should have taken out - a potential loss of thousands of dollars. So, here's priority number one: Take your RMDs before the end of the year. The financial services provider who administers your IRA or 401(k) can help you determine the amount you must withdraw.

However, after that point, it's your decision as to whether you want to exceed the minimum. Of course, vou may need to take more out to meet your living expenses. But if you have enough additional income from other sources such as Social Security and interest and dividend payments from investments held outside your retirement accounts - vou may be able to stick with the minimum withdrawals. And this could prove to be beneficial, because you obviously want your retirement accounts to last as long as possible, considering you might spend two or even three decades as a retiree. Another reason not to take more than you need from your retirement accounts is that these withdrawals are typically taxable - so the less you take out, the lower your tax bill. You can also potentially lower your tax burden arising from RMDs by being generous. If you take money from your IRA and donate it to a qualified charity (one that has received tax-exempt status from the IRS), you can exclude the withdrawal from your adjusted gross income and count the donation against your taxable RMDs. Suppose, for example, your RMD for 2016 is \$5,500. If you take \$5,000 from your IRA and donate it to a qualified charity, your taxable RMD obligation will be reduced to just \$500. If you were to take another \$500 from your IRA, you would satisfy your entire RMD for the year. (Consult with your tax advisor to make sure you're following the rules governing these charitable donations from your IRA.) You worked many years to build your retirement accounts. So when it's time to tap into them, make the right moves – and do whatever it takes to maximize the benefits you get from your required minimum distributions.



Getting your share of quality sleep not only makes you refreshed, but experts reveal it boosts your immune system, which can halt a pending cold and flu virus.

Good, deep slumber also helps turn back the clock because it sharpens your mind and defuses stress. It also rejuvenates your body. During sleep, your body secretes melatonin, cortisol, and other hormones that help you repair cells and burn fat according to experts.

Sleeping well can also help ward off diabetes, according to a study by the Kettering Sleep Disorders Center of young, healthy adult males. When the participants decreased their sleep time to about four hours per night for six nights, every one of the healthy young men showed impaired glucose tolerance, a precursor to developing diabetes, according to the data. The study revealed after a few nights of regular sleep, the men in the diabetes study returned to a normal state of glucose tolerance.

Medical research also points out a link between lack of sleep and obesity in both young and old. In one study, people who slept five hours per night were 73 percent more likely to become obese than those getting seven to nine nightly hours of sleep. In fact, one study found that lack of sleep was a bigger contributor to childhood obesity than any other factor.

Insomnia Cures: If you're always tired, you're not alone. The National Sleep Foundation in Washington D.C., conducted a study that revealed just 26 percent of adults said they get a good night's sleep a few nights a month or less. Another 24 percent say they get a good night's sleep only a few nights a week. In fact, to current medical and psychological research, over half of Americans are sleep deprived, and California studies show who have less than six hours sleep a night have a 70 percent higher mortality rate. People getting only six to seven hours of sleep every night have a longer life expectancy than those who sleep eight hours.

Turn To **TRAINOR** page A9

Contact us at: Wayne Tuiskula

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

What are the steps I need to take to sell my home?

The process of selling a home can be stressful but much of the stress can be relieved by following these steps in order. Once you decide you want to sell your home these are the steps:

1) I suggest you set an appointment with

a realtor to come look at your home and give you a comparative market analysis. This will give you an idea of what you can expect from the sale of your home. They can also provide you with a net sheet that will outline an estimate of the costs of selling a home so you know what you can expect to receive after commissions and other closing costs.

2) If you are buying a home also and need to obtain a mortgage then you will want to get preapproved to ensure you can get the amount needed and not have a blemish on your credit that will not allow you to buy a home.

3) This is the time when you will employ your realtor by signing contracts and they can give you some suggested items to repair and staging ideas and/ or provide a staging consultation from a professional stager.

4) Once any and all repairs are completed and staging is complete it is time to book the professional photographer to take pictures of the home and then the home gets listed on the multiple listing service as well as the other websites that the realtor will be advertising on.

5) You receive an offer on your home, negotiate the offer and sign it.

6) The buyers do a home inspection on the home, typically within 10 days of the signed offer.

7) If buyers move forward with the sale after the home inspection then you will sign another contract, which supersedes the first contract which is the purchase and sale agreement.



8) If you are buying another home and using the proceeds from the sale you would now start looking to find a home to offer on since you will typically need an accepted offer on your home to get an offer accepted on the home you are buying and you will coordinate

dates for the two closings to coincide.

9) Then the appraisal will be done on your home, which is ordered by the bank to ensure the condition and value line up with the loan the buyers are going for.

10) At this point the bank underwriting department will make a final decision and decide if they give a commitment to do the loan and will typically provide a formal loan commitment letter. There are usually still items that need to get cleared up that are not crucial to the decision making at the bank.

11) Then they give a clear to close and schedule the closing. Typically the seller will be moved out prior to closing and the buyers will do a walk-through right before closing to verify the home is empty and in broom swept condition and all items agreed on in offer are left in the home.

As I wrote this I noticed I had to write typically several times because this is a decent guideline but your realtor based on your situation may advise differently or some of these steps may happen in a different order. This is why I always advise hiring a real estate professional to guide you through the process so they can see if your scenario may require a different strategy.

James Black is a licensed realtor for A&M Real Estate Consultants at Keller Williams Realty. He may be reached at (508) 365-3532 or by e-mail at jblack2@ kw.com.

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Sleep away post holiday stress

TRAINOR

continued from page A10

Think your body will never miss a few winks of sleep? Think again. If you get one hour less sleep than you need each night for eight nights in a row, your brain will need sleep as desperately as if you had stayed up all night.

Insomnia can also affect the body as much as drinking alcohol. Studies show 17 hours of sustained wakefulness can result in a decrease in performance equivalent to a blood alcohol-level of 0.05 percent. And after five nights of partial sleep deprivation, three drinks will have the same effect on your body as six would when you've slept enough. Reports reveal sleepiness is second only to drunkenness as the leading cause of automobile accidents.

**

Want to ensure a good night's sleep? Experts advise against watching TV in bed, because the noise increases alertness, which makes sleep difficult. If

you wake up in the middle of the night, don't look at the clock; reading the time will jerk your brain awake. To avoid temptation, turn the clock face away from you before you go to sleep. In the morning, get up once you wake up. Lounging in bed cuts into your waking hours and will postpone your bedtime that evening, a problem if you have to wake up early the next day.

In a study published in the British Medical Journal Lancet, elderly patients slept "like babies" when a lavender aroma was wafted into their bedrooms at night. These patients had complained of difficulty falling asleep and had to take sleeping pills to get sleep prior to the aromatherapy.

Lemon Balm also promotes sleep as it acts as a very mild sedative and Chamomile is a muscle relaxer that has mild sedating properties. Chamomile tea has long been used to relieve stress and promote sleep. It is also used to treat anxiety in sufferers young and old.

Insomnia can also be successfully combated by bathing in hot (up to 103 degrees) water approximately two

hours prior to bedtime. And walnuts can even help you sleep more soundly. The nuts boost melatonin levels, which induces sleep, to three times the norm.

Good Night World: Sleep habits can vary greatly according to geographical area, according to Dr. Michael Breus. The doctor, who is author of "Good Night: The Sleep Doctor's 4-Week Program to Better Sleep and Better Health," reports the following sleeping stats:

• 75 percent of people in Portugal stay up past midnight, the highest percentage of any country.

• 2.7 of the top 10 nocturnal areas are in Asia, led by Taiwan, where 69 percent turn in after midnight.

• The Japanese sleep less than anyone else on the planet, with 41 percent snoozing just six hours or less each night.

• Australians go to bed the earliest and sleep the longest. In a poll, nearly one-quarter of Australians say they go to bed by 10 p.m., and 31 percent said they average more than nine hours of sleep every night.

• One of the loudest snores recorded in Guinness World Records was 93 decibels (120db is a jet engine), by Kare Walkert of Kumla, Sweden, in 1993.

Win Dinner for Two at the Publick House — Your tips can win you a fabulous dinner for two at the historic Publick House Historic Inn in Sturbridge! Simply send in a hint to be entered into a random drawing. Hints are entered into a drawing for a three-course dinner for two at the historic Publick House Inn! One winner per month will win a 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 thee to share your best helpful hints!

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

Top Tips For Financial Security

(NAPS)

If you're like many Americans, you'd like to spend less and save more. According to a Nielsen survey, that was the third most popular New Year's resolution. Fortunately, it may be simpler than you realize.

Purchasing life insurance is a way to help you and your loved ones feel more secure. According to a study by LIMRA, a financial services research firm, 80 percent of Americans say life insurance is something most people need for their family's financial safety—yet only 44 percent own an individually purchased policy.

While the idea can seem daunting, getting life insurance can be as simple as asking yourself a few questions to become familiar with your options, and reaching out to an insurance agent to learn more.

What You Can Do

Here are five steps to take when thinking about purchasing life insurance:

 Determine your need: Does someone depend on you financially? Are you lacking the funds to cover your final expenses? If yes, consider life insurance. A beneficiary can use the money to replace income or pay off debts.
 Familiarize yourself with the benefits: Many people don't realize that for the beneficiary, life insurance is not subject to federal income taxes in most instances. This is one of the many benefits that comes along with this product. 3. Decide how much life insurance you need: How much coverage would your family need if something happened to you today? What debts would need to be paid off? There are many questions you can ask yourself to help you determine the right type of life insurance you need. You can start planning by using Bankrate's life insurance calculator at www.bankrate.com/ calculators/retire ment/retirement-calculator.aspx.

4. Understand the different types of life insurance: There are three major types of life insurance coverage: term, whole and universal. All types pay a death benefit but each type can vary in terms of coverage length, premium flexibility and other factors.

5. Consider seeking professional guidance: Options are available for nearly any income and asset level, age and risk tolerance. An insurance professional can help you evaluate your life insurance options and costs based on your unique circumstances.

Learn More

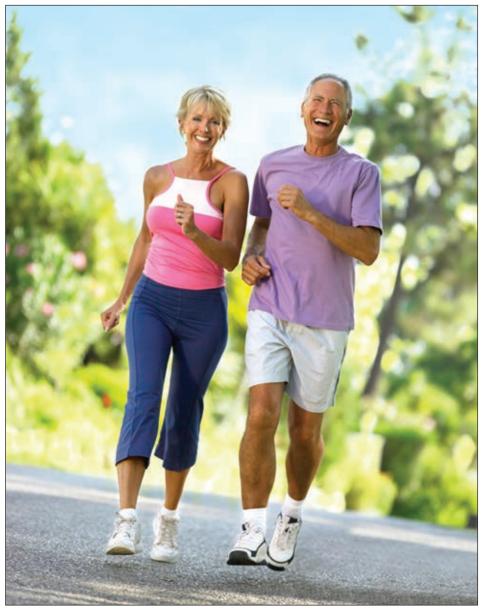
For further information about your life insurance options and to find a near-



by insurance agent, visit www.Bankers Life.com.

For many, getting their finances in order starts with purchasing a life insurance policy.

Exercise and arthritis



CAPTION: Aerobic exercise, including walking, can help alleviate the pain associated with arthritis.

Across the country, more than 50 million people are living with doctor-diagnosed arthritis. So says the Arthritis Foundation, which projects that figure will rise to 67 million by the year 2030.

Simply put, arthritis is a significant problem, one that can not only affect a person's quality of life, but also his or her pocketbook, as the Arthritis Foundation notes that woking-age men and women (those between the ages of 18 and 64) who contend with arthritis are less likely to be employed than people of the same age who do not have arthritis. Arthritis is not only bad for employees, but also for employers, as it accounts for \$156 billion annually in lost wages and medical expenses.

Exercise may be the last thing on many arthritis sufferers' minds, but exercise can play a vital role in reducing the often painful symptoms associated with arthritis. Among its other benefits, exercise can strengthen the muscles around arthritic joints and help men and women maintain bone strength. In addition, the Mayo Clinic notes that lack of exercise can make joints feel more painful and stiff, as a sedentary lifestyle will

ultimately contribute to putting more stress on joints.

Upon being diagnosed with arthritis, patients should speak with their physicians about the best way to use exercise to combat and relieve their symptoms. Some patients may require physical therapy, while others might be able to work with their physicians to develop an exercise regimen that can help reduce the severity of their symptoms and any pain that accompanies those symptoms. The following are some types of exercises that figure to play a strong role in managing arthritis and improving quality of life.

• Aerobic exercises: Low-impact aerobic exercises, such as walking and swimming, can help arthritis sufferers alleviate their symptoms and improve their overall health. Arthritis sufferers who have not exercised in awhile because of their pain may have gained weight as a result, and aerobic exercise is a great way to shed extra pounds. Losing excess weight is a great way to make physical activity less taxing on your joints as well.

• Range-of-motion: Range-of-motion exercises are typically simple and don't take much time, but when done correctly, such exercises can be very effective at relieving the stiffness associated with arthritis. A physician or physical therapist might advise you to do range-of-motion exercises each day, and you may even need to do them a few times each day. Adhere to this advice, continuing to perform the exercises as long as your doctor or physical therapists deems them necessary.

• Strength training: As previously noted, arthritis sufferers may feel as though lifting weights will only exacerbate their existing symptoms. But strength training will strengthen the muscles around the joints, providing more support for those joints and ultimately reducing symptoms of pain. Speak with your physician or physical therapist about appropriate strength-training activities and the importance of rest. If you experience any pain during strength-training sessions, stop immediately and report the pain to your physician.

More information about managing arthritis can be found at www. arthritis.org. HM161818

L I V I N G 5 0 P L U S MICROSITE

Defense clamps down for Cougars to get past David Prouty



Nick Ethier photos

Quaboag's Brady Antonopoulos releases a one-handed pass to the right-side corner of the court.



David Prouty's Ryan Casault looks up toward the basket before finishing a layup in front of defender Ben Wisniewski of Quaboag.

BY NICK ETHIER SPORTS STAFF WRITER

SPENCER — When the David Prouty Regional boys' varsity basketball team took on Quaboag Regional on Thursday, Jan. 19, the Panthers held a 15-2 lead midway through the first quarter. Prouty connected on a trio of 3-pointers and appeared to be primed for an important victory in the Southern Worcester County League.

But the Cougars finished the frame on a 7-2 run to trim the deficit down to 17-9. Quaboag then outscored the Panthers by a 38-11 count the rest of the way to win a wild 47-28 decision.

When asked what changed, Chris Reilly, head coach of the Cougars, gave credit to a player who didn't start, didn't score and pulled down a single rebound yet his energy inflicted more damage on Prouty than any statistic could.

"One of our subs came in, Harley Richards, and he brought a tenacity onto the court with him," said Reilly. "We've been trying to get him to do that consistently he does it at practice and when he came in I turned to [assistant coach Dave] Shepherd and said, 'Harley's bringing it right now.'''

Reilly added that the Cougars "figured out how we were going to get through their screening process," which put the Panthers' offense into a standstill.

"They just were tougher than us, more physical than us and better than us tonight. We just didn't respond to any adversity tonight," said Scott Dion, head coach of the Panthers. "Once they went on a run we had nobody that could answer that run."

Only three players scored for Prouty: Ryan Casault (13 points), Darrell Beer (9) and Kyle Driscoll (6). Driscoll is the team's primary scorer, but Quaboag defender Ben Wisniewski was able to shut him down.

"He takes pride in that, he usually covers their best player," Reilly said of Wisniewski.

"We've played each other since sophomore

year and he's a great player and I knew his moves," added Wisniewski.

Team defense was the key to the Cougars' rally, according to Wisniewski. "We just started to 'D'

up," he said. "If you think you can guard them, you can guard them."

Quaboag clawed back into the game by winning the second quarter. 11-4. Wisniewski scored 7 points in the frame, including a 3-pointer to cut the deficit down to 21-16. Then, nearing the end of the half, teammate Robert Greenlaw (13 points) secured an offensive rebound and put home the coinciding layup before Wisniewski ended the half with a pair of free throws as Prouty held onto a one-point lead at halftime, 21-20.

Wisniewski then opened the third quarter with a pair of free throws to give the Cougars their first lead — and the lead for good — at 22-21.

Wisniewski had a nearly flawless quarter, and his shot from a few feet shy of the entire length of the court as the buzzer sounded nearly went in, as Quaboag opened up a 12-point advantage, 36-24.

"I thought it was going to fall," Wisniewski said of the lengthy attempt, with a grin. "I had the hand tonight, I was feeling it." "There were a couple

"There were a couple of possessions where I called specifically to wait until he got the ball, and he took care of business tonight," Reilly added of Wisniewski's performance, which included a game-high 20 points.

The Cougars then won the final frame, 11-4, to win by 19 points.

"This is a huge win for us. This is when we're going to pick it up, I think," said Wisniewski, as Quaboag improved to 6-5.

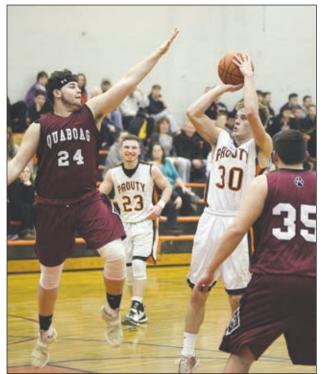
David Prouty, meanwhile, dropped to a still impressive 8-2.

"Certainly we don't overreact when we beat Grafton and Leicester, and we're not going to overreact here," Dion said of defeating some tough teams before losing this game. "It was a bad performance from us [and] hopefully we learn from it."





Quaboag's Zachary McCann focuses on the ball as David Prouty's Joseph Thebeau prepares to pass it away.



With Quaboag defender Dante Ortiz close by, Joseph Thebeau of David Prouty rises up to attempt a jump shot.

With help from Zachary McCann, Alexander Cote of Quaboag turns the corner and heads toward the basket while dribbling the ball.



Zander St. Jean of David Prouty keeps the ball away from potential pressure from a Quaboag defender.

Quaboag's Paquette nets 1,000th career point early as Pirates' late rally falls short



Nick Ethier photos

Quaboag's Lexi Paquette lets go of what turned out to be a milestone shot, as she scored her 999th and 1,000th career points on this basket versus Oxford last Wednesday, Jan. 18.

BY NICK ETHIER SPORTS STAFF WRITER

WARREN — In the first half of their game versus Oxford High on Wednesday, Jan. 18, the Quaboag Regional girls' varsity basketball team came out strong, which led to a 36-11 halftime

Paquette was quick to add that the team victory was more important than her individual accomplishment, though.

"The win comes first and I knew it was going to come to me, I wasn't going to rush it," she said. With the Cougars

baskets from close range as Quaboag took their 25-point lead into the locker room at halftime.

"She's just a great kid that has really worked," Cougar head coach Cliff Lanier said of Paquette, whose game total included a double-double of 15 points and 12 rebounds.

Lanier then told a story of how hard Paquette has worked on becoming efficient with her left hand that he sometimes needs to remind her to still use her dominant right hand around the rim.

"What a tremendous player she is and she's got a great attitude," added Oxford head coach Joe Pietrzak. "She's just dominant underneath."

her team's entire first half output. The team totaled 15 points in the third to Quaboag's four to turn it into a 40-26 game entering the final frame.

"Jordan's working so hard every day," Pietrzak said of Tremblay, who finished with 17 points and 8 rebounds. "It's so good to see her come out and do what she did tonight. We have every confidence in her that she's another scorer on our team and we had her guarding Paquette.'

The Pirates then opened the fourth quarter on a 9-4 run at the midpoint to trim the deficit down to 44-35. But the Cougars ended the game on a 10-3 run to finish off their 16-point victory. "I thought in the second half we won the final 16 minutes so I'm encouraged moving forward," said Pietrzak, as Oxford dropped to 7-2. In addition to Tremblay's strong performance, sophomore Gina Parmenter (11 points) and senior Kayla Soto (9 rebounds) helped the Pirates SPORTS get back into the game. Quaboag, mean-

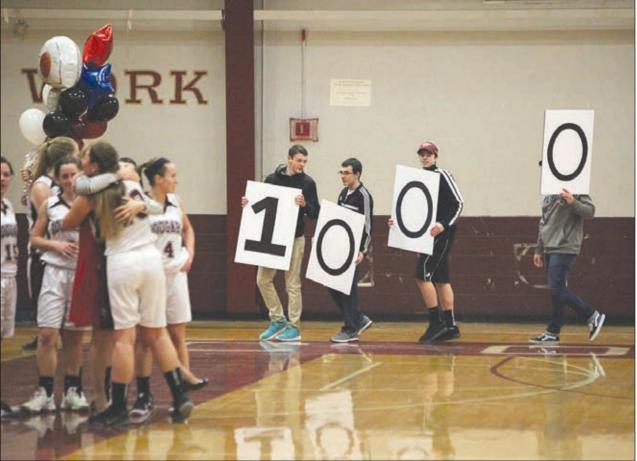
while, improved to an even 5-5 as they appear to have shaken off a slow start to the season.

"We just have to play hard. We did come out a little soft," Paquette said of her team's early woes. "I don't think we'll have any problem, we just

have to work hard." "We've been playing

better," added Lanier. Other top performers for the Cougars included Dorman (12 points, 13 rebounds) and freshman Jillian Routhier (8 points, 7 rebounds).





Lexi Paquette of Quaboag receives hugs on the sideline while fans bring over the 1,000 sign commemorating her achievement of scoring 1,000 career high school points.

advantage. In addition, Cougar senior Lexi Paquette scored her 1,000th career point early in the second quarter to keep the positive party going.

Quaboag then withstood a furious second half rally by the Pirates to win a 54-38 decision.

"I've been waiting for it for a while, it's great to get it done so I can breathe," Paquette said of the pressures leading up to her 1,000th point. "It's kind of the only thing I've been thinking about.'

ahead, 20-9, and with 5:25 to play until halftime, Paquette and fellow senior Shaylah Dorman worked a pick-and-roll to perfection, which led to Paquette's easy inside look at the basket for career points 999 and 1,000.

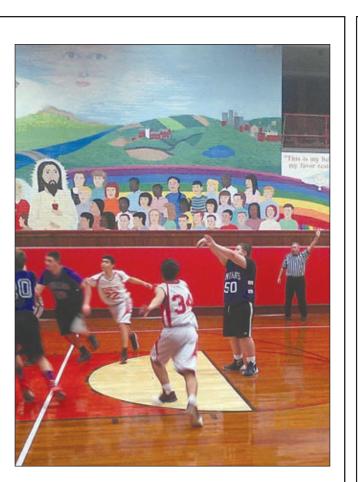
something me "It's and her kind of do a lot," Paquette said of the play. "Whenever we see someone overloading one side we look at each other and we know what to do.'

Paquette finished the first half with two more

That down low dominance was certainly a problem for the Pirates, especially in the first half of play, according to Pietrzak.

"Shots didn't fall, but my problem was defensively. We just gave up too much in the paint, missed assignments, things like that," he said.

The second half was a different story for Oxford. Senior Jordan Tremblay scored 11 third quarter points, which equaled Quaboag's Shaylah Dorman catches a pass and dribbles straight to the basket.



SHOOTING FOR THE HOOP

Courtesy photo

Joe Duszak of the North Brookfield boys' junior varsity basketball team lets a free throw attempt fly at St. Mary's back on Jan. 13.



Lexi Paquette

The Quaboag Regional senior scored the 1,000th point of her high school career on a basket with 5:25 to play in the first half of the Cougars' game with Oxford High last Wednesday, Jan. 18. Paquette finished with a double-double (15 points, 12 rebounds), and Quaboag won the game, 54-38.

Athlete of the Week is sponsored by:



CORRESPONDENT

The Stonebridge Press Sports Department is seeking an individual to cover and photograph high school sports on a freelance basis. Candidate will be reliable and flexible with hours, and will be needed on nights and weekends as assigned. Correspondent must have a digital camera and the ability to e-mail photos and stories on deadline. Local applicants are preferred, but is not a requirement.

Please apply to **Sports Editor Nick Ethier** at sports@stonebridgepress.com or call (508) 909-4133.

SPORTS BRIEFS

New England Fishing and Outdoor Expo in Boxborough

If you're passionate about the outdoors, then the New England Fishing and Outdoor Expo is for you. The 2017 Expo features an incredible lineup of products, personalities and fun.

Major retailers and brands showing off new tackle, apparel, gear, lures and bows.

Don't miss the show specials from Quantum, StormR, Strike King, Sebile, Daddy Mac, Radfish, Whip-It, Duce Rods, Euro Tackle, Lew's Fishing, Enigma Fishing, Tsunami, Filthy Anglers, Tackle Supply Depot, Red Top Sporting Goods and more.

Elite anglers from Bass University, including Mike Iaconelli, Ish Monroe, Chris Lane, Cajun Baby. Learn from the best.

Top fishing and hunting guides like

Al Gag, Mel True, Vintage Fishing, Wheaton's Lodge, Why Knot Fishing, Lakeside Lodging, Twin Maple Outdoors, Black Ghost Outfitters and more.

Seminars from industry experts around the clock.

Family fun at the Trout Pond, Bass Tank, Archery Range, Laser Shot.

Check out the complete vendor list and the stellar lineup of tank demos and seminars at nefishingexpo.com.

Don't miss the 2017 Expo, Jan. 27-29 at the Boxborough Regency Hotel and Conference Center, Exit 28 off of Route 495 in Boxborough.

Worcester State University set to host plenty of baseball clinics

Various baseball clinics will be held at Worcester State University this year. Please visit http://www. wsulancers.com/camps-clinic/index for additional information on any of the clinics.

10th annual Friday Night Baseball School: Jan. 27, Feb. 3, Feb. 10, Feb. 17, Feb. 24, March 3, hitting from 6-7 p.m., pitching from 7 to 8 p.m. in multipurpose gym/cages.

22nd annual Hitting Clinic: Feb. 20-22, 9 a.m. to noon in multipurpose gym/cages.

10th annual Pitchers and Catchers Clinic: April 18 and 20, 9 a.m. to noon outdoors on Lyons Diamond.

Third annual U.S. Baseball Academy: June 26 and 29 outdoors on Lyons Diamond.

10th annual Instructional Prospect Clinic: Aug. 15, 9 a.m. to 3 p.m. on Lyons Diamond.

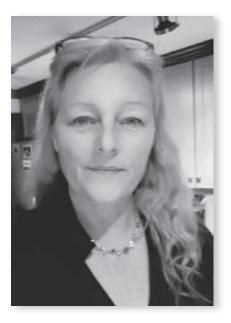
Softball pitching lessons coming to Southbridge's Armory Softball Pitching Lessons run until Sunday, March 19 at the Southbridge Armory, located on 152 Chestnut Street. The times are 8:30-11 a.m. for each 50-minute session. Special consideration will be given for teams and leagues. For more information, please contact Coach Bill Rahall at (860) 576-3440 or email wlrah@yahoo. com.

Lacrosse referee classes held at St. John's High

The Eastern Mass. Lacrosse Officials Association is offering training for new boys' lacrosse officials in Central Mass. Classes are held at St. John's High School (Shrewsbury), which started on Jan. 23. Please contact Matt Croteau at emloatraining@ yahoo.com for more information and registration.



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Attorney Michelle Murray graduated suma cum laude from Bay Path College in 2006 and was named Salutatorian of her class. She went on to receive her Juris Doctorate from Western New England University School of Law in 2010, where she earned awards for her work in Trial Methods and Juvenile Justice. She was admitted to the Massachusetts Bar in November of 2010 and practiced law in Worcester for three years and in Fitchburg for three years before opening the Law Office of Michelle M. Murray. Attorney Murray handles all aspects of family law including divorces, child custody and parenting disputes, modifications, and all other family related matters. Attorney Murray also handles real estate, estate planning, contract enforcement and various other aspects of civil litigation. Attorney Murray is also admitted to the federal bar for the U.S. District of Massachusetts.



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Warriors' duo of Zak, Boland dominate to beat Southbridge



Tantasqua's Lily Lucas flings a pass down the court.



BY NICK ETHIER

STURBRIDGE — With the Tantasqua Regional girls' varsity basketball team holding a slim 12-8 lead over Southbridge High after the conclusion of the first quarter in their game played last Friday evening, Jan. 20, the Warriors needed someone to step up to help put their team over the top.

Not one, but two underclassmen did just that, as sophomore Lindsey Zak and freshman Lydia Boland combined to score 18 of Tantasqua's 21 second quarter points as the Warriors took a 33-15 halftime lead before defeating the Pioneers, 61-35.

"Lindsey is just an athletic kid, has some intangibles, and she's a tough kid to guard out there and she can score in multiple ways," Tantasqua head coach Tom Goyette said of Zak, who finished with a double-double (19 points, 10 rebounds). "She has an inside-outside game — she can hit the 3, but she can also score inside — so she's a tough matchup for a lot of teams."

In regard to Boland (13 points), Goyette also had complimentary words for her.

"Lydia Boland is just a great ball-handler for us — head up and good decisions and a quick player — and she's doing a lot of good things for us," he said of his point guard. "She's a very heady player and playing in control is what we need her to do."

With 3:10 to play in the second quarter, Boland buried a 3-pointer to build the Warriors' lead up to nine points, 21-12. Then, a couple of possessions later, Zak hit a 3 of her own to extend the lead into double-digit territory, 24-13.

Rebounding also aided Tantasqua to victory, as they won the battle of the boards over the course of the game, 45-25. In addition to Zak's 10 rebounds, senior teammate Kelsey Emrich pulled down a game-high 12.

"We feel if we outrebound a team we're going to win the game 95 percent of the time," said Goyette. "We actually put in some rebounding drills lately of a team that rebounds 55 a game, so I think those things help an awful lot. The kids are getting more physical inside, and we have to play physical."

Southbridge head coach Elvin Rodriguez knew that the big rebounding differential would be difficult to overcome.

"I have probably one of the shortest teams ever in SWCL," he said. "I just tell them, 'put a body on somebody,'...but it's something to work on."

The Pioneers' best player was probably senior Tatyana Rosario, as she finished with team-high totals of 14 points and 8 rebounds.

"Offensively she's definitely been a work in progress, but the last couple of games she's definitely given us more points," Rodriguez noted.

Southbridge dropped to 2-9 as they have the unenviable task of dressing just seven players after beginning the season with 13. Six of the original members are no longer on the squad for various reasons.

"It's going to be a tough season, but we finished last season with seven players," said Rodriguez, proving that it is



Joanie Howland of Tantasqua tries to get inside position before attempting a layup.

possible.

He also believes the Pioneers can generate a few more victories if they continue to play hard despite the limited numbers.

"If we finish the way I think we can, we should be able to get at least six or seven victories," Rodriguez said. "That's what I'm shooting for."

Tantasqua, meanwhile, evened their record to 4-4 but have won four of five as they continue to find their stride.

"We're really gelling the last two weeks. The team is really coming together and we're at a good spot right now. We've got to keep it going, though," Goyette concluded.



Lydia Boland of Tantasqua dribbles the ball past a Southbridge defender and into the lane.



Southbridge's Kailey Ortiz tries to dribble around Tantasqua defender Lily Lucas.

Tantasqua's Lindsey Zak heads down the court and tries to outrace a pair of Southbridge defenders.

HIGH SCHOOL NOTEBOOK

Jan. 18

Algonquin 91, Tantasqua 75; Algonquin 106, Tantasqua 66 — The Tomahawks won every event in the swim meet except for the boys' 50 free, which was taken by Tantasqua's Bryce Iller. The Warriors are swimming well, though, and accomplished many personal bests as they set their sights on potential postseason meets.

The boys' team dropped to 3-5, while the girls' squad is now 1-7.

Jan. 21

Tantasqua 111, Gardner 56; Tantasqua 88, Gardner 27 — It was a successful road trip for the Warriors' swim team, as both the girls and boys won.

For the girls, the medley relay team of Alyson Locke, Ellie Dupre, Joslyn Bronner

and Caitlin Bilodeau started out with a win. Parker Riley then took first in the 100 and 200 free, while Locke won the 50 free and Dupre the 500 free. Then, the 200 free relay team of Bronner, Locke, Butler and Dupre took first, as did Zofia Antczak in the 100 back.

In the boys' match, Gardner didn't have many athletes competing so Tantasqua swept all three relays. The swimmers included Andrew Wade, Ethan Hunter-Mason, Robert Wilson, Bryce Iller, Kaspar Mazieka, Nathan Lowell, Henry Valcour, Eli Currier, Michael Turley and Gavin Morris. Turley also won the 200 free, as did Mazieka in the 200 IM, Wilson in the 100 fly, Iller in the 100 free and 100 breaststroke and Morris in the 500 free.

The girls' team improved to 2-7, while the boys' record jumped up to 4-5.

'A win is a win' for Bay Path over Broncos



Nick Ethier photos

Bay Path's Andrew Cotton dribbles from his right hand to the left to avoid a potential steal from Keefe Tech defender Miguel Perez.



Bay Path's Drew Paulhus keeps the ball away from Keefe Tech defender Brandon Andujas during an attempted layup.

BY NICK ETHIER SPORTS STAFF WRITER CHARLTON - At the endof the day when any basketball team snaps a four-game losing streak, they'll take the win under any circumstance. Such was the case for Bay Path Regional's boys' varsity team on Tuesday, Jan. 17 when they

we've hit a tough stretch," said Minutemen head coach Al Greenough. "Our shooting is down a little bit right now and we're trying to work our way out of that. Our free throw shooting has also been very sub-par.'

Bay Path held a large lead of 23 points at halftime (33-10) but the Broncos began the second half on a 10-0 run to trim the deficit down to 33-20, which led Greenough to call a couple of timeouts to try and solve his team's woes.

"What looked like an easy win all of a sudden turned into a closer game than we would have liked," he said.

The Minutemen then righted the ship and finished the third on a 15-9 run to take a 48-29 lead into the final frame. They then won the fourth quarter by an 18-14 count to finish the job and improve to 5-4.

"At the end of the day a win is a win and we're happy with it and we'll move forward to the next game," Greenough said.

Greenough added that the start to the game was promising, with Bay Path finding its offensive rhythm to surge ahead, 19-2, after the initial eight minutes.

"It was nice to get that lead so we had a little bit of a cushion to be able to miss shots later on," Greenough said in a tongue-in-cheek manner.

The Minutemen actually scored the first eight points of the second quarter to build its lead up to 27-2 before settling for the aforementioned 33-10 halftime advantage.

Bay Path's scoring was balanced, with nine players registering at least two points. Drew Paulhus led the charge with 14 points, while Caiden Ellis (13 points) and Andrew Cotton (11 points) were close behind. Teammate Rob Starr pulled down a game-high 11 rebounds.

Greenough hopes that following this victory his team plays like they did during their 4-0 start to the season instead of their recent 0-4 stretch. A record of 10-10 or better at the end of the regular season would push the Minutemen into the Central Mass. Division 4 district tournament for the first time since the 2012-13 season.



Drew Paulhus of Bay Path works the baseline to inch closer to the basket versus Keefe Tech's defense.



Joren Ellis of Bay Path catches the ball in transition and in front of Keefe Tech's Brandon Anduias.

we're going to work hard," he said. Greenough And

they play our kind of basketball — which is good defense truly and transition basketball — if

struggled at times but still did enough to defeat Keefe Tech, 66 - 43

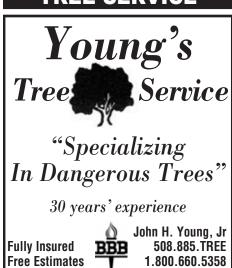
"We started off the season real strong with four wins and the last couple of games

"That's our goal is to get those 10 wins and get to the districts. We know we have some tough work ahead of us but believes that his squad can get to 10 wins and beyond... if they play Bay Path basketball.

'If our team plays the way they're capable of playing and they do that and play our game, then we can compete with anybody on any night," he concluded.



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DPHS teacher honored with Mass Insight award

MCLAUGHLIN

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who has been teaching at DPHS since 2000. "I am also happy that this is a positive for Prouty and the school district. The public should be aware of all the wonderful things that happen in this district."

McLaughlin teaches AP environmental science, biology I, biology II, and forensic science. In the past, she has also instructed courses in microbiology and earth science, helping to usher in the STEM wave that is now flourishing at Prouty. In addition to her leadership in the classroom, McLaughlin also serves as the DPHS Student Council advisor, the Envirothon Team coach, and an advisor for the class of 2018. Moreover, she even runs the shot clock at boys' home basketball games. Throughout her career she has remained committed to showing her support to students in all aspects of their high school experience.

"My favorite part about education is seeing students acquire or hone interests, especially in the sciences, as they expand their knowledge, mature and develop into productive members of the community," McLaughlin told the New Leader.

McLaughlin is particularly impressed each year by the dedication of her AP students. In her AP environmental science course, students learn about the world through handson laboratory investigations, explorations and observations. Thanks to McLaughlin's engaging teaching style, students are also able to identify both human-made and natural environmental problems occurring in their local ecosystem.

McLaughlin also supports students advancing their education by getting involved in events like Envirothon.

"The students are motivated and dedicated. In addition to the regular schedule at Prouty, the students attend four Saturday sessions, one of which is a mock exam preparing them for the AP exam in May," McLaughlin said. "All of the students in the last class opted to become members of the David Prouty Envirothon Team and compete at the Massachusetts Envirothon Competition. This meant more time interviewing residents, researching the current issue topic, and attending the Envirothon. I could not be more proud of these students."

DPHS students have thrived under McLaughlin's leadership, with 75 percent of AP exam takers scoring a 3 or better last year. The national average is only about 35 percent, and DPHS leaders are thrilled with the work McLaughlin and her colleagues have done.

"I am very proud of her – she is an excellent teacher and a key player in making this school great," said DPHS Principal Elizabeth York. "There aren't enough words to describe her commitment to this school."

Kevin Flanders can be reached at 508-909-4140, or by e-mail at kflanders@stonebridgepress.com.

Legislators gather together for QHCC meeting in Ware

QHCC

continued from page A1

community, so their contacts help me figure out what is working, what isn't working, and ways to improve the delivery of services," Gobi said. "The QHCC also keeps me informed on all of their meetings and sends me information that helps me to do a better job."

Representing towns spread across three counties, the QHCC features several subgroups and task forces created with specific emphases. The organization's Substance Use Task Force emerged in 2014 to address the opioid crisis, and members have made significant strides in a short period to help local families beset by addiction. To that end, the QHCC was awarded a competitive grant in October for \$125,000 annually over a five-year period.

QHCC members are also focusing on the potential impacts of marijuana legalization and how best to prepare for them. At the Jan. 23 meeting, the three local leaders updated QHCC members on everything from future legislation to budget timelines, as well as the recent passage of a bill that will mandate a six-month delay for the opening of recreational marijuana retail locations.

With a solid understanding of what is happening on Beacon Hill, QHCC members can be prepared for upcoming projects and challenges.

"I have worked closely with the

QHCC for a number of years," added Gobi, who always looks forward to hearing suggestions from members and addressing concerns.

By ascertaining issues at the local level – particularly shared challenges between multiple communities – legislators are better equipped to advocate for their towns at the state level. Gobi and Berthiaume, both from Spencer, can now take what they learned at the meeting to their discussions in Boston.

"They are great people," Berthiaume said of QHCC members. "When you have people from many towns working together, it becomes a community think tank that can get things done."

The QHCC is comprised of several agencies and organizations which advo-

cate for the people of central and western Massachusetts, as well as individuals committed to making their respective towns better places to live and work. The QHCC identifies strategies to assist residents with such issues as food insecurity, shelter, childcare, substance abuse and recovery, and senior services, among others.

To learn more about the organization and how its members are collaborating to improve local communities, visit www.qhcc.weebly.com.

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Project 351 students lauded for commitment to service

PROJECT 351

continued from page A1

Commonwealth – joined by the governor and our sponsors – to engage hundreds of communities in service and encourage kindness and generosity in their hometowns," said Carolyn Casey, the executive director and founder of Project 351.

Representing Warren and West Brookfield, Quaboag Regional Middle-High School sent two student leaders to Boston for Project 351. Eighth graders Lauren Murray, of Warren, and West Brookfield's Dan Sickenberger were selected by their teachers as student ambassadors. Though it is often a difficult decision for educators to determine who will go to Boston, QRMHS officials knew they sent a pair of excellent leaders.

"Lauren and Dan were selected because they exhibit a willingness to help others and volunteer," said QRMHS Assistant Principal Joe Salvadore. "Project 351 brings together students for a day of service learning that they can bring back to their own schools and communities." North Brookfield Jr.-Sr. High School, meanwhile, selected Summer Simpson as its Project 351 ambassador. School officials are proud of the way she represented NBJSHS in Boston, and they are excited to see her continued commitment to improving her community.

"She had a wonderful experience, made some new friends, really enjoyed the service work, and hopes to do a local service project as a follow-up," said NBJSHS Principal William Evans. This year's Project 351 day of service, hosted by John Hancock and the John F. Kennedy Library and Museum, included a morning kickoff with Governor Charlie Baker at Faneuil Hall in celebration of Dr. King. Later, the students fanned out in groups to take part in service projects throughout Boston.

Organizations assisted by this year's team of Project 351 ambassadors included Cradles to Crayons, the Greater Boston Food Bank, and Pine Street Inn. Students also assisted the Service Village project at the State House, an initiative benefiting local children, families and veterans. Project 351 isn't simply limited to a single day of service, though, as the ambassadors learn about various strategies to assist their service efforts once they return home. Project 351 leaders engage in three statewide service campaigns throughout the year, including a spring project supporting Cradles to Crayons, a September 11, 2001 tribute, and a fall project that reunites ambassadors.

Students also enjoy the opportunity to mentor younger kids and help prepare the next wave of Project 351 leaders.

Since its inception in 2011, Project 351 has brought together more than 2,200 students to take part in projects impacting about 250,000 people. Originally launched by then governor Deval Patrick, the initiative has always received strong support from municipal and business sponsors.

To learn more about Project 351, visit www. project351.com.

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Archeology project to be introduced at special meeting

TOBIN continued from page A1

years, from about 1000 B.C. to

100 A.D. They built thousands of earthen mounds in which they buried their dead – many of these still exist in Ohio and surrounding states."

The Tobin Campground site is one of the easternmost points where distinctive Adena artifacts have been found. The Adena burial sites were first uncovered in 1963 during excavations for a sewer line. They were recognized and partially excavated by Barker Keith, an amateur archaeologist and longtime local resident. Keith identified several burials and recovered a variety of artifacts, including an Adena-style spearhead, copper beads, and carved stone tubular pipes.

The latter items are a signature artifact of Adena culture, officials said.

Keith published his findings with the Massachusetts Archaeological Society in 1965. Two decades later, the site was determined to be eligible for inclusion in the National Register of Historic Places.

Looking ahead, Johnson and his team will perform an intensive archaeological survey of the entire property. The town has received a grant from the Massachusetts Historical Commission to help fund the study.

"This project will also include creating a National Register nomination form for the property," Johnson added. "A listing in the National Register of Historical Places will bring formal recognition of the historical significance of this place. The information obtained from the survey will also be useful in protecting and managing the ancient Native American sites on this property, including but not limited to the Adena-related burial ground.'

The first step of the survey process is preliminary research. Before even a single dig is made, archaeologists will carefully collect information from maps, documents, state and national agencies, and local sources. During the background research phase of the project, the UMass staff will hold meetings with interested community members to collect and record first-hand information regarding potential archaeological sites in town.

Individuals with information on the land use and activities at the Tobin Campground, artifact finds, and Native American history in the area can contact Johnson's team by calling 413-545-0916. You can also send an email to ericjohnson@anthro.umass.edu.

After the interview and research phase is complete, the team will then create a base map of the Tobin Campground property that details the locations of existing utilities, known and expected disturbances, and prior archaeological testing sites. Using environmental and cultural criteria, archaeologists will build a predictive model to identify areas of low, moderate, and high site potential, which will all be plotted on the base map.

"With the base map in hand, archaeologists will complete an initial walkover of the property to look for evidence of Native American or historic sites, as well as areas of prior disturbance not yet plotted on the map," Johnson said. "Archaeologists rely on the walkover to locate features that are visible above ground but are not described in the background literature."

Archaeologists will then move on to the field testing phase of the project. The primary goal of the excavation at the Tobin Campground property is to locate and record areas where archaeological deposits and features (including graves) are intact. The team will use shovels and other hand tools to remove the uppermost layer of topsoil and expose the undisturbed subsoil below. The crew will document features in place, but will not excavate or disturb any features and/or burials.

"This limited excavation is for recording purposes only, to help the town protect the site from future disturbance. All cultural features will be added to the archaeological base map," Johnson said.

After field testing and laboratory analyses are complete, the team will prepare a report that describes the results of the survey. The report will include a comprehensive site map illustrating the locations of all items revealed in the project area. A complementary version of the report will also be provided for dissemination to the public.

"It is our goal that the archaeological study offers value to the town of Brookfield and the Native American community," Johnson said. "A primary goal of our study is to obtain accurate information on the locations of significant archaeological features and deposits. This information will help the town in making decisions about how best to protect archaeologically and culturally sensitive areas."

Education is also an important component of the process. The information acquired during the survey will be made available to local schools and community groups for educational purposes. The team anticipates that the information gathered can be incorporated into lessons about Native American history and culture, archaeology, and resource protection.

"This project offers the chance to educate today's generation on the contribution those early people made in establishing a way of life in the northeast," said Selectman Clarence Snyder, a local coordinator for the project. "I am looking forward to the meeting on February 15 to begin this educational process."

The project is being co-funded by the town and the Massachusetts Historical Commission.

Kevin Flanders can be reached at 508-909-4140, or by e-mail at kflanders@stonebridgepress.com.

QQLA makes concern known over groundwater quality

QQLA

continued from page A1

until the renewal process is complete.

Yet even if the town receives the permit, QQLA members have major concerns.

"We want all of the sewage [at the plant] to be processed and discharged through an effluent pipe, not into the groundwater," said Don Taft, of Brookfield, a member and former president of the QQLA.

Visual inspection of the eastern banks of the Sevenmile River showed signs of groundwater seepage from many locations, according to a report prepared by ESS Group at the QQLA's request. In addition to these smaller discharges, there was also one large discharge channel flowing to the Sevenmile River, the environmental consulting company's report read. Inspectors said this large channel emanated from within the fenced area of the wastewater treatment

facility.

Several other tests and inspections were performed by ESS Group on the water quality in the vicinity of the plant. In May 2016, Vander Salm sent an initial letter to Spencer Town Administrator Adam Gaudette indicating the QQLA concerns over the wastewater treatment operations.

"My clients are alarmed by the facility's failure to obtain a groundwater discharge permit," Vander Salm wrote in a follow-up August 24 letter to Gaudette. "A large percentage of the facility's influent is evidently being discharged to groundwater, rather than through the facility's NPDES-permitted outfall at Cranberry Brook."

The QQLA also alleges that the facility failed to conduct groundwater monitoring tests that a permit would require, thereby obscuring the full extent of pollution of Cranberry Brook, Sevenmile River, East Brookfield River, and Quaboag and Quacumquasit Ponds. According to discharge monitoring reports, the wastewater treatment plant has frequently released less than half of its influent through the Cranberry Brook outfall, Vander Salm said. A substantial percentage of the remaining influent is allegedly being allowed to percolate into the groundwater.

QQLA members described a range of concerns to the New Leader, including pollution of groundwater and surface waters, as well as the eutrophication of Quaboag and Quacumquasit Ponds. If the facility's permit is not obtained, the QQLA is prepared to proceed with its lawsuit.

Gaudette said there are no updates to report on the permit renewal process by the DEP and EPA. While the town awaits approval of its next permit, the previous permit keeps the facility in compliance with regulations, town officials said.

Kevin Flanders can be reached at 508-909-4140, or by e-mail at kflanders@stonebridgepress.com.



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The arrests and offenses below were listed in each town's police department logs. People charged are innocent until proven guilty in a court of law. This newspaper will publish dispensations of cases at the request of the accused, with proper documentation.

SPENCER POLICE DEPARTMENT

Wednesday, Jan. 11

Christopher J. Marengo, 49, of 26 High St., Spencer, was arrested on a warrant and charged with operation of a motor vehicle after having license revoked

POLICE LOGS

Friday, Jan. 13

Roberto Carlos Roman, 31, of 20 Maple St., Spencer, was charged with operation of a motor vehicle after having license suspended, defective equipment

Saturday, Jan. 14

John M. Defilippo, 28, of 4 Roberta Bay By., Spencer, was charged with operation of a motor vehicle after having license suspended, operation of a motor vehicle owner without inspection

Benjamin Greenlees, 37, of 266 Main St., Oxford, was charged with operation of a motor vehicle under the influence of liquor, operation of motor vehicle negligent to endanger, motor vehicle failure of inspection, possession of Class E substance

SENIOR SCENE

Sunday, Jan. 15

Bryan E. King, 29, of 32 Prospect St., Spencer, was arrested on a warrant

LEICESTER POLICE DEPARTMENT

Tuesday, Jan. 17

Nicole E. Anderson, 29, of 10 Saint John St., North Brookfield, was charged with shoplifting by asportation, larceny over \$250

TRI-VALLEY INC.

Monday, Jan. 30: Beef stew, rice, corn niblets, pineapple

Tuesday, Jan. 31: Vegetable cheese bake, Roman vegetables, peas, strawberries

Wednesday, Feb. 1: Chicken Murphy, potatoes au gratin, beets, tapioca pudding and diet

Thursday, Feb. 2: Salisbury steak, reed bliss potatoes, honey glazed carrots, fresh fruit, tomato rice soup

Friday, Feb. 3: Salmon boat with dill sauce, mashed potatoes, peas and pearl onions, gingerbread, diet=small piece

LEICESTER SENIOR CENTER

The Leicester Senior Center, 40 Winslow Ave., Leicester, is open Monday through Friday from 9 a.m. to 2 p.m. Lunch is served at noontime, Monday through Friday for a nominal meal donation of \$2.50. Reservations must be made 48 hours in advance by calling Elder Services of Worcester Area at 508-852-3205.

In addition to many "Special Events," the senior center also offers many activities that are repeated each week and are open to all.

• Mondays — 9 a.m., Art with Genevieve; 10 a.m., Zumba Gold; 11 a.m., Yoga; 1:15 p.m., Line Dancing

• Tuesdays — 11:30 a.m., Golden Needles; 1 p.m., Exercise Club; 6:30 p.m., Fiber Group

Wednesdays — 1 p.m., Balance
Thursdays — 10 a.m., Cribbage; 11

• Thursdays — 10 a.m., Cribbage; 11 a.m., Yoga; 12:45 p.m., Bingo

• Fridays — 10:30 a.m., Tai Chi; 1 p.m., Chair Yoga by Jessica

• Saturdays — 7 p.m., Pitch Party

UPCOMING TRIPS

Call Joan Wall at 508-892-3967 for more information and reservation.

• Atlantic City's Tropicana: Monday-Wednesday, April 17-19, \$219 for double room, \$30 casino bonus, two buffets, and a revue show

NORTH BROOKFIELD SENIOR CENTER

ONGOING ACTIVITIES

Daily: Open 9 a.m. to 2 p.m. Coffee available all day. Pitch and Cribbage all day until closing. Jigsaw table open. Puzzles available to take home.

• Monday: Line Dancing with J.P. (9:30 a.m.), Bingo (12:45-2:15 p.m.), free refreshments following last call.

• Tuesday: Hannaford Bread Distribution (9:10 a.m.), Blood Pressure Clinic (10:30-11:30 a.m.) Center Café open for home cooked lunch. See menu for details. Community Tai Chi, 2:15 p.m., \$5.

• Wednesday: Corner Café: (9:15 a.m.), Free specialty coffee & baked goodies; Queen's Knitting Group (9:45 a.m.), Center Café open for home cooked lunch. See menu for details.

• Thursday: Community Yoga, 2:15 p.m., \$5.

• Friday: Funday Fridays

MONTHLY SPECIALS

• Foot Clinic: First Wednesday, every month (9:30 a.m.-2:30 p.m.)

• Friends Meeting: Second Monday every month (10:30 a.m.)

• COA Meeting, second Monday every month (4 p.m.)

• Nails by Candy: Third Tuesday every month (9 a.m. -12 p.m.)

WEST BROOKFIELD SENIOR CENTER

• Tuesday: 9:30 a.m., Wii; 11:30 a.m., Lunch; 12:30 p.m., Busy Bees knit and crochet.

• Wednesday: 9 a.m., Walking Group; 10 a.m., Veteran Agent Office Hours; 10 a.m., Blood Pressure (second Wednesday of month); 11:30 a.m., Lunch; 12:30 p.m., Pitch.

• Thursday: 8:30 a.m., Tai Chi; 11:30 a.m., Lunch; 1 p.m., Genealogy (second Thursday).

• Friday: 9 a.m., Walking Group; 10 a.m., Coffee Hour (third Friday of month); 11:30 a.m., Lunch; 12:45 p.m., Duplicate Bridge.

SPENCER SENIOR CENTER

The Spencer Council on Aging activities at the Spencer Senior Center. The senior center is open 9 a.m. to 3 p.m. Monday through Thursday. Free Blood Pressure Clinic on the last Thursday of the month at 11:30 a.m.

Free wellness clinic on the second Tuesday of the month from 11:30 a.m. to 1 p.m. and on the last Thursday 11:30 a.m. to 12:30 p.m., for Spencer residents only.

• Monday: 9:30 a.m., Cribbage, cost is \$1

• Tuesday: 9:30 a.m., Yoga (13-week session), \$15 for resident \$20 non-residents; 10:30 a.m. Exercise (13-week session), \$15 for residents \$20 for non-residents; 11:30 a.m. Lunch (48 hours notice required); 1 p.m., Bingo.

• Wednesday: 9:30 a.m., Computer instruction by appointment, free; 11 a.m., Tai Chi (13-week session) \$10 for residents, \$15 for non residents; 12:30 p.m., Line Dancing (13-week session), \$10 for residents, \$15 for non residents; 1:30 p.m., Beginners Line Dancing (13week session), \$10 for residents, \$15 for non-residents.

• Thursday: 9:30 a.m., Yoga, no fee if enrolled in Tuesday class; 10:30 a.m., Exercise, no fee if enrolled in Tuesday class; 11:30 a.m., Lunch (48 hour notice);

BROOKFIELD COUNCIL ON AGING

Tai Chi classes meet each Tuesday at 8:30 a.m. Join us in the Brookfield Town Hall. Keep stretching your muscles and joints to help keep your body flexible. Try it! You are also invited to the West Brookfield Senior Center every Thursday morning at 8:30 a.m. for more Tai Chi. Do it!

Medi Car: the Medi Car is available for doctor appointments (there and back). Please call 508-867-1407 at the West Brookfield Senior Center.

Brookfield Food Pantry: Open Wednesdays and Saturdays from 9:30 to 11 a.m., in the basement of St. Mary's Church, located at the rear of the building off Howard St. The library is also a drop off point for donations to the Brookfield Food Pantry.

Laptops at Library: Laptops from the C.O.A. are provided for use by seniors at the Merrick Public Library during open hours.

EAST BROOKFIELD SENIOR CENTER

Would you like a day of fun? Come on down to the East Brookfield Senior Center! It is opened at 9:30 a.m. for a free coffee and muffin, lots of friendly conversation and laughs.

We need your participation and ideas. Enjoy a card game, cribbage, coloring in an adult coloring book or do a puzzle. Do you prefer knitting, crocheting or embroidery? Bring it down and share patterns. Would you like to do some creative writing or memoirs? You could also learn a new game. Try it – you might like it.

Opened first, third and fourth Thursday of each month from 9:30 a.m. to 2:30 p.m. A Tri-Valley lunch is avail-

• Foxwoods Casino: Friday, Feb. 10, \$25 free buffet lunch and \$10 casino slot play.

• Foxwoods Casino: Friday, March 10, \$25 free buffet lunch and \$10 casino slot play.

The following is a schedule of events at the West Brookfield Senior Center:

• Mondays: 9 a.m., Walking Group; 11:30 a.m., Lunch; 1:30 p.m., Yoga (drop in, \$5).

1 p.m., Bingo.

able for \$3 (call Ginny Allen at 508-867-2741 for reservations). A terrific home cooked luncheon is available for \$4 the fourth Thursday of each month (call Judy Shute at 508-867-9224).

AMBASSADORS

continued from page $\,A6$

Cadence Boyce, Wales: "I felt really good about it because I didn't think I was going to be nominated. Being with those 42 other students, I felt I was in a place with a lot of amazing people who are really dedicated. Sometimes I didn't feel like I fit."

Avalynne Leneau, Brimfield: "I was kind of surprised. I didn't know about it until I got nominated. I did research on it afterwards and I was so excited that I got picked to do this. I'm new at this school so I don't know a lot of people. It was really amazing to know that I got picked."

Why is Project 351 something that you're passionate about being a part of? Miles: "I feel it's always good to help people as much as you can and try to do good for people that can't have everything that you have."

Mahon: "I like being part of big projects. It's just part of my personality. When I heard about this project, I felt this was the next thing I wanted for myself and for my community. It helps me know more about the state and the world that I live in currently. I wanted more information on everything around me, instead of just this little area."

Carson: "I like to step into different people's shoes and take a look at how their life is. I know a lot of people feel scared or alone and don't have what they need to survive. It was a feeling that I needed to help others." Boyce: "It's such a big thing. It's a big opportunity. It can help me learn a lot about what's going on outside of school."

Leneau: "I've always been interested in helping people. I did a group called Leadership Club in sixth grade, which really sparked my interest in it. We helped out at the senior center and we picked up trash. Knowing that you made a difference in someone else's life is an amazing feeling."

What are your plans for helping out the community as part of Project 351?

Mahon: "We are individually thinking of ways to give back to our school and community. In the future we are probably going to organize projects together to push our ideas forward or work in separate groups. Mainly all we really care about is making a difference in someone else's

. life."

Carson: "I went to the Greater Boston Food Bank and it influenced me. I want to start a food drive at my school. From the food we collect I want to bring it to homeless shelters around the area."

Mahon: "I've been thinking of getting the nutritional health teacher involved in a project where students bake small meals or treats and bring them to the senior center in town. It's a nice way to brighten their day."

Boyce: "I don't want people to feel they can't do community service because they didn't get accepted into competitive service groups. I want to start a club that's not competitive and anybody who wants to can get involved with community service around here." What are some of your hobbies and passions?

Miles: "I play basketball. I've been doing it a long time. My dad played. I play every day. I'm on the school basketball team, too."

Mahon: "My main focus has been cheerleading and volleyball. I also took up martial arts."

Carson: "I like to write a lot."

Boyce: "I'm in school plays, the show choir, singing groups. When I'm not doing extracurricular activities I'm usually playing video games."

Leneau: "I play soccer and basketball. I like art a lot as well."

OliviaRichmancanbereached at 508-909-4132 or by e-mail at olivia@stonebridgepress.com.

"Every Town Deserves a Good Local Newspaper" www.StonebridgePress.com

Friday, January 27, 2017• SPENCER NEW LEADER 19





Sunday Br Served 10 \$15.95 \$7.99 \$12.95 seni WEEKD Monday Tuesday	-2 7 pm skids Cash prizes!	3084 LAKESIDE Saturday, January 28th 9pm BAD TICKERS The full 6 piece band playing		BACON	400 East Main St Route 9 East Brookfield Massachusetts 01515 508.885.5019 Special/ CHICKEN PARM	Rise N' Shine DINER Serving Breakfast & Lunch – DAILY SPECIALS – 100% Angus beef burgers & steak, homemade muffins, soups, & desserts MONDAYS Homemade Meat Loaf WEDNESDAY IS \$5 BURGER DAY Celebrating WCLUDES VEGGIE BURGERS!
Wednesday S12.95	Soup or House Salad <i>Choice of</i> Chicken Parmesan Pasta & Meatballs or Italian Sausage Eggplant Parmesan Baked Cheese Lasagna	your favorites! Saturday, February 4th 9pm HIGHWAY KIND 4 piece band blending accomplished musicianship with influences of blues, roots & smart pop creating a melodic, rousing sound		2 Lg. Cheese	SUB \$4.99 Any Size 9pm • Thurs-Sat. 11am-10pm Pizzas \$15.99 eliver To:	 Years W/Handcut French Fries You Fish n' Chips Fridays 11-2 Award Winning Chowder-Fridays only ~ Homemade Corned Beef Hash ~ Ask about our \$4.95 breakfast special • Mon-Open 7-1 • Tues- Fri 6-2 • Sat & Sun 7-1
Free Valet Parking Friday & Saturday	Casual Woleybont Dining on Lake La 308 East Main Street, East Brooky 774-449-8333 – 308lakeside.co	lietd Open 7 Days	*	Spencer, E. Brookfield, Brookfield, & N. Brookfield Call or Order online: www.unclesamspizzas.com/brookfield.jsp		237 W. Main St (Rte. 9) E. Brookfield, Gift Certificates 508.867.0034





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2011 Hyundai

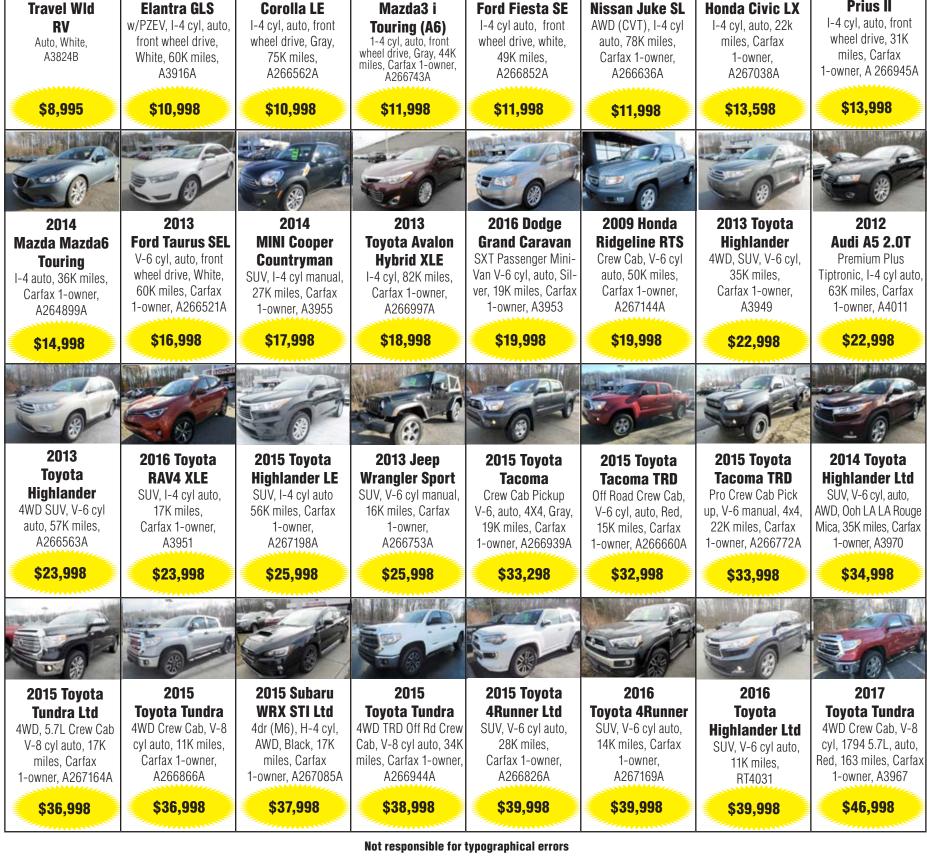
2013 Toyota 2012 Mazda

2015

2012

2012

2011 Toyota





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ALTH & HOM



A special supplement dedicated to the Health and Wellness of people, pets, and Spring Home Improvement

June Simakauskas 508-909-4062 jsima@stonebridgepress.news

Advertise in this special supplement coming to the Spencer New Leader, Auburn News, Charlton Villager, Sturbridge Villager, Southbridge News, Webster Times, and Blackstone Valley Tribune,

and tell readers how your business can help promote health & wellness for all, or spruce up your home for Spring.

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parochial elementary education for boys and girls from pre-school through Grade 8, and are fully accredited by the New England Association of Schools and Colleges. The curriculum is selective in offering academic opportunities to encourage students to develop to their full potential. For more info, call 508-752-5609 or visit ourladyoftheangelsschool. us.

Super Bowl is not the only event on February 5. The WEST BROOKFIELD BOY SCOUT TROOP 118 is having their 41st Annual Memorial Ice Fishing Derby on Lake Wickaboag from 7:30 am-3:00 pm (no ice date is Sun. Feb. 19). Trophies for 15 years and under; four \$50 prizes for adults; over 50 door prizes, and you don't have to fish to win a door prize! Tickets are \$1.00 by the Scouts and available the day of the derby. The derby is in remembrance of Mark Cook, Peter Coulthard, J. Irving England, Michael Higgins, and Dick Shepardson. A great way to spend time with the kids before 6:30 pm kick off!

Don't forget to check out THE WRITE STUFF this week. THANK YOU, THANK YOU, THANK YOU to the writers, and to LAMOUREUX FORD for sponsoring. If you are a business and would like to help sponsor, please let me know. It's getting more interesting each month! Join us for February!

Have a great week!



June Simakauskas 508-909-4062 jsima@stonebridgepress.news

OBITUARIES

Else Laventure

LEICESTER — Else "Susie" (Schirrmacher) Laventure of Whittemore St., died Wednesday, Jan. 18, at St. Vincent's Hospital in Worcester.

She was the wife of World War II Army veteran Master Sgt. Robert G. Laventure who died in 2013.

She leaves her son George R. Laventure and his wife Judy of Thompson, Conn., two grandchildren; Alison Gagnon and her husband Nathan of Woodstock, Conn., and Ryan Laventure and his wife Jessica of Glover, Vt., four great grandchildren Aubrey, Emily, Brayden and Alainah.

She is predeceased by her daughter Elke Laventure in 2005.

Else was born in Germany and later married her husband there in 1947, moving to the States in 1949. She has resided in Leicester since 1967. Else found pleasure in the simple things in life. She enjoyed homemaking, gardening and especially cooking for family and friends. She has been an avid reader her whole life. The family would like to extend a special thank you to the numerous friends that have supported her in so many ways over the years.

Graveside services were held on Saturday, Jan. 21, in Worcester County Memorial Park, Paxton. There were no calling hours.

In lieu of flowers, contributions may be made to The Leicester Public Library Renovation Fund, 1136 Main St., Leicester, MA 01524.

Morin Funeral Home, 1131 Main St., Leicester, is assisting the family with funeral arrangements.

Visit www.morinfuneralhomes.com.



Aline Murphy, 85

AUBURN — Aline "Marie" Murphy, 85, passed away peace-fully on Monday, Jan. 16, in the Lutheran Rehabilitation and Skilled Care Center in Worcester.

She leaves her children Kathleen, Mark

and his wife Lara, Karen and Brian; grandchildren: her companion of 23 years Tom Burns; a niece and nephews.

She was predeceased by a son Michael and a son in law Richard McEvoy.

Marie was born in New Braintree and was raised in North Brookfield. She and Tom loved traveling together

Melissa A. Soja, 50

20 years ago.

Sox fan.

and visited 17 countries. Marie also loved dancing, going out to dinner, bowling and playing cards with friends here and in Florida. Marie will be sadly missed by Tom and her many friends. The funeral for Marie was held

on Saturday, Jan. 21, from Pillsbury Funeral Home, 44 Gilbert St., North Brookfield, with a Mass in St. Joseph's Church, 296 Main St., North Brookfield, A calling hour was held in the funeral home.

Donations may be made in her name to the Lutheran Rehab. & Skilled Care Center 26 Harvard St. Worcester, MA 01609, or to the Summit Elder Care Program 1369 Grafton St., Worcester, MA 01604.

Letourneau. Melissa was born and

grew up in Ware, and lived in Ludlow

prior to moving to East Longmeadow

Manager for Mass Mutual for over 25

years. She loved music, and was an

avid New England Patriots and Red

A Liturgy of Christian Burial for

Melissa will be held on Friday, Jan. 27,

at 11 a.m. in All Saints Church in Ware.

A calling hour will be held prior to the

Mass from 10 to 11 a.m. in the church.

tions may be made to the Luke Hanson Fund, c/o Country Bank

for Savings, 754 Main St., Ware, MA

01082. Charbonneau Funeral Home, 30

Pleasant St., Ware is assisting her fam-

ily with arrangements.

Visit charbonneaufh.com.

In lieu of flowers, memorial dona-

Melissa worked as a Senior Case



SPENCER — June M. "Gidget" Sanchez, 50, of Roberta Bay, passed away on Sunday, Jan. 15, at her home.

She leaves her husband of 20 years, Edward Sanchez

Sr., her daughter Tiffini S. Mercier and her husband Michael of Leicester, her step son Ed Sanchez, Jr. of Charlotte, N.C., her father Greg Saunders of Barnstable, her sisters Dawn Reeks of Worcester, Sherry Stumpo and her husband Paul of Spencer and Pamela Snow of Worcester, two grandchildren; Dylan & Leah Mercier, three step grandchildren; Christian, Evan and Aaliyah Sanchez, nieces Tiana Stumpo and Chelsea Friel and nephew Justin Friel, and her step father Maurice Slaney of Spencer.

Born in Worcester, she was the daughter of the late Hazel (Reeks) Slaney.

Gidget was an insurance verification manager at UMass Memorial Healthcare in Worcester for 28 years.

A Memorial Mass was held on Saturday, Jan. 21, in St. Pius X Church, 1153 Main St., Leicester. There were no calling hours. J. Henri Morin & Son Funeral Home. 23 Maple Terr., Spencer is assisting the family with arrangements.

Visit www.morinfuneralhomes.com.

David P. Robert, 52

June M. Sanchez, 50

WARE — David P. Robert, 52, of King Street, died unexpectedly on Saturday, Jan. 14, at his home.

He leaves two sons, Shane Robert of Ware, and Jesse Robert of Eureka, Calif.; his mother, Lea (Fortin) Robert of Ware; two brothers, Douglas Robert and his wife Theresa and Daniel Robert and his wife Diane of Ware; two sisters, Debra Rutigliano and her husband John of West Lebanon, N.Y., and Denise Robert of Ware, as well as many nieces and nephews.

David was born in Ware, son of the late Bernard Robert, and as a life-long resident. He was a graduate of the Wilbraham & Monson Academy and attended Roger Williams University in Rhode Island.

Mr. Robert was a lifelong auto mechanic, and owned and operated Robert's Garage in Ware. He was a member of the Aspen Street Rod & Gun Club, the Hardwick Rod & Gun Club, and enjoyed hunting and fishing. Most of all, he will be remembered as a wonderful father who loved his boys.

Calling hours for David was held on Wednesday, Jan. 25, in the Charbonneau Funeral Home, 30 Pleasant St., in Ware. Funeral services will be held privately.

Visit charbonneaufh.com

Kenneth Conrad LaForce, 67



CHARLTON Kenneth Conrad (K.C.) LaForce, 67, passed away on Jan. ment of three days of Love, Peace, and Music. K.C. was religious, but prayed at the alter of Eric Clapton, Dickey Betts, Johnny Winter and many others. In the late sixties he was an original "Elm Park Hippy".

CALENDAR

The calendar page is a free service offered for listings for government, educational and non-profit organizations. Send all calendar listings and happenings by mail to Editor Adam Minor at Stonebridge Press, P.O. Box 90, Southbridge, MA 01550; by fax at (508) 764-8015 or by e-mail to aminor@stonebridgepress.news. Please write "calendar" in the subject line. All calendar listings must be submitted by 5 p.m. on Friday to be published in the following Friday's edition. We will print such list-ings as space allows.

Saturday, Jan. 28

SPENCER

A meat raffle will be held to fundraise for the 6th Graders at East Brookfield Elementary School who are going to Washington, D.C., in April. It's being

school calendar and closes for vacation and inclement weather according to North Brookfield School calendar. This free program is sponsored by the Spencer, Wachusett, North and East Brookfield Coordinated Family Grant in partnership with the North Brookfield Elementary School. Funded by the Massachusetts Department of Early Education and Care. For more information, please call CFCE at 508-885-2934 or e-mail Wachusettcpc@ hotmail.com.

WARREN

A free, community meal is held on the first Tuesday of the month at The Cross Roads Café Coffeehouse, from 4:30-6:30 p.m., at the Emmanuel Church, 25 Winthrop Terrace, Warren. All ages are welcome. There is no cover charge; however, a love offering is accepted as a gift Band or Musician God for their sharing of their talent and gift for the glory of God (www.emmanuelorthodox.org).



Ε А S Т LONGMEADOW Melissa A. Soja, 50, of Maple St., formerly of Ware died unexpectedly at her home in East Longmeadow.

She leaves her beloved son, Luke Hanson and his

father, David Hanson; her mother, Judith A. Letourneau, and her step-father, Bill Towlson; one brother, Michael Soja of Ware and his partner Nikki; and four nieces, Lailyn, Everleigh, Lilli and Kelsie; two step sisters, Lynne Soja of San Diego, Calif., and Maria Soja of Dudley.

She was predeceased by her father William J. Soja, her beloved paternal grandparents, Rip and Mamie Soja and her maternal grandmother, Lauretta

K.C. was born in Worcester on Dec. 1949, the son of Francis and Sonia (Kisk) LaForce. He

leaves his close friend and longtime companion Dee Gleason of Leicester, and five siblings: Denis LaForce and his wife Jane of Manchaug, Mark LaForce of Ware, Janis (LaForce/ Maker) Nelson and her husband Bob of Charlton, Ruth (Southwick) Berman of Leicester, Thomas Southwick Jr. and his partner Karen Britton of Leicester, nephews Jason and Josh Maker and Codv and Sam Berman, and niece Sylvia Trevor. K.C. lost his father, a Worcester firefighter, in the line of duty while responding to a fire on July 4, 1955. In 1963 his mother married Thomas Southwick of Leicester and the family moved to Maple Hill Farm.

K.C. graduated from Leicester High School, class of 1968. He was on the Leicester HS Hockey Team and continued to play into his fifties. While in his teens and twenties, he played guitar in a number of local rock bands, sometimes accompanied by his two brothers. He was often seen at blues/ rock jams at local nightclubs, playing his beloved Fender Stratocaster. He was a member of Woodstock Nation and would reminisce about his enjoy-

He was a motorcycle enthusiast with two Harleys in his stable. His bikes won many prizes at local Friday Night Cruise events. Speed was always in his veins starting with go-carts as a teenager, and drag racing motorcycles later. A contradiction to going fast and loud was his love of fishing, spending many idyllic hours on the water with Dee, his brother Tom, and a few chosen friends.

He drove an oil truck for Warren Oil, followed by a few years working for his brother as a machinery mechanic before settling into 19 years as a mechanic at Route 146 Supply in Millbury. He took early retirement in 2013 when arthritis limited his ability to use his hands.

Family was priority with him and he especially loved his mother. He would visit Sunday mornings to be able to make her breakfast. After her passing, he became an expert at making Swedish Meatballs for our traditional Christmas Eve dinner using his Mom's original recipe.

A private memorial service at the convenience of the family will be held at a later date.

Morin Funeral Home, 1131 Main St., Leicester is assisting the family with arrangements.

Visit www.morinfuneralhomes.com.

held at the American Legion on Saturday, Jan. 28, at 6 p.m.

Sunday, Jan. 29

EAST BROOKFIELD

East Brookfield Cub Scout Pack 148 will be hosting a pancake dinner on Sunday, Jan. 29, at EB Flatts located at 245 W. Main St. East Brookfield, MA 01515, from 4:30-7 p.m. Tickets are \$8 for adults and \$5 for kids 10 and under. For info and tickets please contact e.b.cubpack148@ gmail.com.

Friday, Feb. 10

SPENCER

Valentine's Celebration Dinner Dance, Friday, Feb. 10, 5-8 p.m., at the Spencer Senior Center, 68 Maple Street, Spencer. Dance the night away ("Sounds by Rich"!) and enjoy a free catered dinner from E.B. Flatts! Tickets are free, but please reserve them by calling the Senior Center, (508) 885-7546. Sponsored by RSSI Home Care.

ONGOING EVENTS

LEICESTER

St. Joseph-St. Pius X Parish, 759 Main St., Leicester, 508-859-8083. The "New To You" Thrift Shop. Hours: Tuesday, 5 to 7 p.m., Wednesday, 9 a.m. to 1 p.m., Saturday, 9 a.m. to 12 p.m.

NORTH BROOKFIELD

There will be free weekly Parent/Child Programs from 9 to 11 a.m. Fridays and Wednesdays at the North Brookfield Elementary School, New School Road, North Brookfield. The program runs on

RUTLAND

Senior Exercises Classes are held every Wednesday from 10 to 11 a.m. at the Rutland Community Center, Glenwood Road, Rutland. Enjoy an hour of fun and exercise to music to help stay strong, fit, healthy and independent. Classes are co-ed and all are welcome. The fee is \$4 per class. For more information, call Joyce Gamache at (508) 754-2821.

SPENCER

First Congregational Church, 207 Main St., Spencer, MA 01562, 508-885-2149. Economy Shop hours, open every Wednesday, 8 a.m. to noon; Thursday, 8 a.m. to 2 p.m. and 6 to 8 p.m.; Friday, 8 a.m. to noon.

Bingo at the Knights of Columbus, 10 Meadow Road, Spencer every Thursday. Doors open at 4:30 p.m. The first game starts at 6:30 p.m. Along with our regular games we feature two winner take all games, two 50/50 games and two progressive jackpot games with payout's of \$600 and \$500 respectively. Good food and soft beverages are available at Judy's Kitchen. Come and enjoy some good food, good people and hopefully win a little.

The VNA Care Network and Hospice is holding a free Keep Well Clinic to residents 60 and older from 11 a.m. to 1 p.m., at the Spencer Fish and Game Club on Mechanic Street. Local residents may have their blood pressure checked and learn about health concerns. Blood sugar, weight monitoring and other health assessments may also be available. VNA Care Network and Hospice clinics are funded in part by the United Way, local boards of health, private foundations. For up-to-date clinic information please visit www.vnacarenetwork.org or call 888-663-3688, ext. 5603.





In Loving **Memory**

David P. Durgin 1/29/16 ~ 1/29/17

Beloved Husband and Father, We miss you everyday with every breath and thought. Your absence has left us missing your amazing pure love of us all. You are forever in our hearts and souls.

> All our love, Joelyn, Devon, Dawson & Dalton



Maureen Hogan, 70

OBITUARIES

Donald M. Gillette, 82



N O R T BROOKFIELD Η Donald M. Gillette, 82, of West Brookfield Rd., died Saturday, Jan. 14.

He leaves two sons, Donald J. Gillette and his life companion, Tracy Davenport

and Herbert M. Gillette and his wife Barbara; his daughter, Catherine Patchen, all of North Brookfield; two sisters, Maureen Cody and Janice Bassett; eight grandchildren, nine great-grandchildren and several nieces and nephews.

His wife of 60 years, Barbara E. (Green) Gillette died in 2015. He was born in Springfield, son of the late Donald M. Gillette, Sr. and Josephine M. (Trudell) Gillette. He and Barbara lived in East Brookfield before moving to North Brookfield in 1974.

STURBRIDGE

Ronald G. Duquette

Sr., 67, passed away

at home on Saturday,

Jan. 21, with his lov-

ing family by his side,

beloved wife of 48

years, Barbara A.

leaves his

after a long illness.

He

(Joubert) Duquette; a son, Ronald G. Duquette, Jr. and his wife Debra

of Ludlow; two daughters, Tami A.

Bostock of Southbridge and her ex hus-

band Peter of Leicester and Christina

L. Kegans and her husband Sean of

Barre; two brothers, Roger J. Duquette

of California, and Rory P. Duquette, of

Spencer; a sister, Valerie A. Albrecht

of Barre; eight grandchildren, several

nieces and nephews and his faithful

He was predeceased by a brother,

Randell A. Duquette. Ron was born in

Worcester, Mass., the son of Valmore

and Florence (Bouffard) Duquette,

Jr.. Ronald grew up in Worcester and

attended Worcester Middle School and

Boys Trade. He met his sweet heart

Barbara in high school and the two

married on Jan. 25, 1969. Ron worked

as a mechanic for 23 years in Worcester

for Benson and Wood and Mcfee and

Donald was the owner of Gillette Construction Company in North Brookfield, retiring in 2009. He was an avid gardener, and enjoyed growing beautiful flowers around his home.

He was a devoted member of St. Joseph's Church in North Brookfield, where he often volunteered his time on various projects.

A Funeral Mass for Donald was held Thursday, Jan. 19, in St. Joseph's Church in North Brookfield. Calling hours were held Wednesday, Jan. 18, in the Varnum Funeral Home, Inc., 43 East Main St., West Brookfield. Burial will be in the spring in Walnut Grove Cemetery in North Brookfield.

In lieu of flowers, memorial donations may be made to the Baystate Health Foundation, Inc., 280 Chestnut St., Springfield 01199 to support Cancer Care at Baystate Mary Lane Hospital in Ware.

Visit varnumfuneralhome.com.

Newton. He later worked for several

years at various auto parts stores. Most

recently he enjoyed working as an

independent travel agent. Ronald and

his family lived in North Brookfield for

23 years before moving to Sturbridge in

2012. When Ron wasn't out selling his

auto parts you usually could find him

catching a quick round of golf at Bay

Path Golf course in East Brookfield.

He was a member of the board of direc-

member of Hemlock Ridge golf course.

Funeral Home, 130 Hamilton St.,

made to American Lung Association, 1301 Pennsylvania Ave., NW Suite 800,

Washington, DC 20004 or Salmon VNA

and Hospice, 37 Birch St., Milford, MA

Visit www.morrillfuneralhome.com.

held on Tuesday, Jan. 24.

01757.

Jeremy K. Hayes, 33

His funeral was held on Wednesday,

Ronald G. Duquette Sr., 67



WARE — Maureen "Mickey" Hogan, 70, passed away peacefully at home surround-ed by her family on Wednesday, Jan. 18, after a courageous battle with cancer.

She was born in Springfield on December 29, 1946 to the late William

and Katherine (O'Connor) McCrystal. Her childhood summers were spent working at her family's summer busi-ness, Crystal Park, in Bondsville. Mickey graduated from Ware High School in 1964 and then as an LPN from Shepard-Gill Nursing School in Boston before receiving her associates degree as a Registered Nurse from S.T.C.C. Prior to nursing she worked at Oxford Mills. Mickey was a nurse for nearly 40 years at Wing Memorial Hospital in Palmer, working in many roles including direct patient care and supervisor on the night shift.

Over the years she enjoyed bowling, softball, bingo, and traveling. She was a fan of the New England Patriots. However, her greatest love was supporting and cheering on her daughter and then grandsons in the various sports they participated in. Whether the games were in Ware, New Hampshire or Florida, she was there! Over the past few years she also improved her golf cart driving skills as she maneuvered her way around Dunroamin Country Club serving as "caddy" to her grandsons.

Mickey will be deeply missed by her daughter Kathleen, and favorite sonin-law Gary Soltys; her beloved grandsons, John and Andrew Soltys, whom she just adored; her brother William "Bill" McCrystal and his wife Polli of Ware and her sister Kathleen "Pat" Peritz and her husband Bob of Palmer; her sister-in-laws Delores "Dee" Shea of Ware and Cathy Welsh of Three Rivers; her companion Leonard Jarry of Chicopee and many nieces, nephews, cousins and friends. In addition to her parents, she was predeceased by her husband Michael Hogan in 1972, David Johnson, her brother John "Jack" McCrystal, her mother-in-law Agnes Hogan, and her nephews William, Timothy, and James McCrystal.

A Liturgy of Christian Burial was held in All Saints Church in Ware on Monday, Jan. 23. Calling hours were held on Sunday, Jan. 22, at Charbonneau Funeral Home, 30 Pleasant St. in Ware. Burial will be in New St. Williams Cemetery.

In lieu of flowers, memorial donations may be made to the Ware High School Athletic Booster Club, P.O. Box 1441, Ware, MA 01082, with the goal of purchasing an AED for the sports programs.

Visit charbonneaufh.com.

Wendell Davis Jackman, 87



Wendell Davis Memorial

He leaves his wife

B. (Ballou) Jackman, his son Brian D. Jackman of Stratton, Maine, two granddaughters Jennifer L. Lemoine of Uxbridge and Taylor I. Jackman of E.Brookfield.

Wendy was an inside sales manager at Kadant Web Systems in Auburn. formerly Thermo Electron Web before retiring in 1996.

Born in Worcester, he was the son of William G. and Adelaide L. (Moffatt) Jackman and later graduated from Worcester Boys Trade School and went on to attend Boston University and Worcester Junior College. He was an active orchid grower and a member of

the Amherst Orchid Society. Wendy believed in health and fitness and was a member of Sims Health Club and Everybody's Fitness Center. He was a skier and an avid runner entering many relay races and marathons with the Čentral Mass Striders among other groups. He was a member of Christ the Rock Fellowship Church, formerly First Alliance Church, for 82 years where he was involved in the choir and

A memorial service was held on Sunday, Jan. 22 in Christ the Rock Fellowship Church, 1411 Main St., Worcester, MA 01603. Calling hours at the Morin Funeral Home, 1131 Main St., Leicester were Friday, Jan. 20 in the funeral home. Burial will be private in Worcester County Memorial Park, Paxton.

In lieu of flowers, the family asks that Memorial contributions may be made to Christ the Rock Fellowship Church.

Visit www.morinfuneralhomes.com.



dog, Copper.

SPENCER Jeremy K. Hayes, 33, of Woodside Rd., died Saturday, Jan. 14 at home.

He leaves his parents Kevin A. and Donna M. (Burnor) ayes with whom he

Jeremy most recently was a maintenance worker at Liberty Property Management. He produced many popular songs under a private record label, Crookland Records. He was a popular performer throughout clubs in Central Mass as well as performing at public events promoting drug awareness. Jeremy was a prolific writer of poetry

LEICESTER

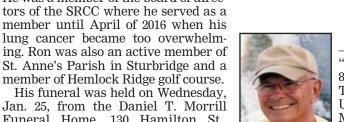


"Wendy" Jackman, 87, of Main St., died Tuesday, Jan. 17, in Medical Center in

served as a long time elder.

Paulette A. Kokoski, 67 years. Mrs. Kokoski worked over 30 years for the State of Massachusetts, first at Monson Developmental Center in Palmer, then later on at the Belchertown State School, and then once again returning to Monson. During her career, she returned to college and obtained her R.N. degree and worked as a registered nurse before retiring in 2012. She was a member of the Ware Senior Center. Paulette loved going to the ocean and over the years amassed quite the collection of fairy figurines, garden statues and the like. Funeral Services for Paulette will be held privately and there are no calling hours. In lieu of flowers, memorial donations may be made in her memory to the Baystate Health Foundation, Inc., 280 Chestnut St., Springfield 01199 to support Cancer Care at Baystate Mary Lane Hospital in Ware. Charbonneau Funeral Home, 30 Pleasant St., Ware is assisting her family with arrangements.

WARE — Paulette



UMass Worcester.

Southbridge, with a Mass in St. Anne's Church, 16 Church St., Sturbridge. of 66 years, Marion Burial followed in Worcester County Memorial Park Cemetery, Paxton. Calling hours in the funeral home were In lieu of flowers donations may be

lived, four brothers; Joshua R., Jordan A., Justin F. Hayes, Jacob K.A. Hayes and a sister Jaymee L. Hayes all of Spencer, his paternal grandmother, Marguerite P. (Derosier) Hayes of Spencer, maternal grandmother Joyce (Gordon) Hames and her husband Richard (Pepe) of Spencer, a nephew Bryson Haves and his mother Kristi Ouimet of Spencer, godfather, Kevin Huard of Leicester, godmother, Karen (Burnor) Voelings of Spencer, and many aunts, uncles and cousins.

He is predeceased by his sister Jessika A. Hayes in 2006.

He was born in Worcester and graduated from David Prouty High School, and later attended Worcester State College.

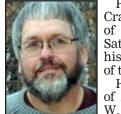
and music. He was well known within the Narcotics Anonymous family and helped many with their battle for sobriety.

A Funeral Mass was held Saturday, Jan. 21, in Our Lady of the Rosary Church, 7 Church St., Spencer. Burial followed in Mary, Queen of the Rosary Cemetery, Spencer. There were no calling hours. Please omit flowers. Contributions may be made to either Jeremiah's Inn. 1059 Main St., Worcester, MA 01603 or the Channing House, 21 Catherine St., Worcester, MA, 01605.

The J. Henri Morin & Son Funeral Home, 23 Maple Terr. Spencer is assisting the family with arrangements.

Visit www.morinfuneralhomes.com.





HARDWICK Craig W. Hosley, 58, of Clapp Rd., died Saturday, Jan. 14, at his home in the care of those he loved. He leaves his wife

of 29 years, Kathryn (Weinheimer)

Hosley; one daugh-ter, Courtney L. Hosley; two brothers, Leigh Hosley and his wife Sharon and Ronald Hosley and his wife Debra; one sister, June Modzeleski, many nieces and nephews, and his constant companion and faithful dog, Stormy.

Craig was born in Holden, son of the late Arza and Pauline (Nichols) Hosley. He grew up in Barre, was a graduate of Quabbin Regional High School, and lived in Gilbertville and Wheelright before building their dream home in Hardwick.

Mr. Hosley worked for David G. Roach & Sons, Inc. in Hardwick as a heavy equipment operator as part of his 10 years with the Local 98. He also worked for Brown Trucking & Excavation, Inc. in Barre for several vears.

Craig was a member of the Ware River Snowmobile Club, helping to clear trails and prepare them for winter, and was an avid NASCAR fan, following drivers both Dale Earnhardt Jr. and Sr. He also enjoyed doing outdoor work around his home, taking great pride in his lawn, stone wall, and flower gardens, with lilies being his favorite.

A funeral service for Craig was held on Saturday, Jan. 21, in the Varnum Funeral Home, Inc., 43 East Main St., West Brookfield. Calling hours were held on Friday, Jan. 20, in the funeral home.

In lieu of flowers, donations may be made to the Compassionate Care ALS, P.O. Box 1052, West Falmouth, MA 02574 or ccals.org.

Visit varnumfuneralhome.com.

Card Of Thanks

The families of Judith (Mayo) Orne and Albert Orne, Sr. would like to extend our gratitude to all who attended their services, sent cards, flowers, gave us comfort, and made donations to the Sweetpea Animal Shelter in memory of Judy.

Also, thank you to the physicians and nurses who cared for them at Reliant Medical in Spencer, St. Vincent's Hospital, Harrington Medical Group in Spencer, Harrington Memorial Hospital and the Spencer Rescue Squad. We appreciate all you've done and are eternally grateful for helping us through this difficult time.



Kokoski, 67, of Coffey Hill Rd., passed away peacefully Saturday, Jan. 14, at her home. She leaves her husband of 17 years, Mark E. Kokoski; one son, Richard

Mundel and his wife Aimee; three daughters, Sherry Carpenter and her husband Paul, Dee Hervieux and Karen Brodeur; four brothers, Paul, Ray, Bruce and David Dufresne; one sister, Rose Dufresne; five grandchildren, Christopher Charbonneau and his wife Erica, Jennifer Muche and her husband Jimmy, Richard J. Mundel, Christopher Brodeur and Steven Groux; one great-granddaughter, Paisley Muche and several nieces and nephews. Paulette was overjoyed to be able to finally meet her great-granddaughter Paisley. She also leaves her best friend, Judy Giard, whom she has known since her childhood, and Judy's children, who were as close as family. She was born in Holyoke, daughter of

the late Paul and Rhea (Antunes)

Dufresne and grew up in Warren and has lived in Ware for more than 20 Visit charbonneaufh.com.

To place an In-Memoriam, Card of Thanks,



Birthday or Anniversary Greeting, in the Spencer New Leader,

> the deadline is Friday noon for the following week.

Ad prices are \$15 for a 2x3 (actual size 2.4" x 3") or \$25 for a 3x4 (3.7" X 4") or 4x3 (5" x 3"). You can add a photo at no additional cost.

To send by mail, please mail to June Simakauskas, P. O. Box 90, 25 Elm St., Southbridge, MA 01550. Personal checks, Visa, Master Card, Discover and AMEX are accepted.

For more information, please call June at 508-909-4062 or email jsima@stonebridgepress.news

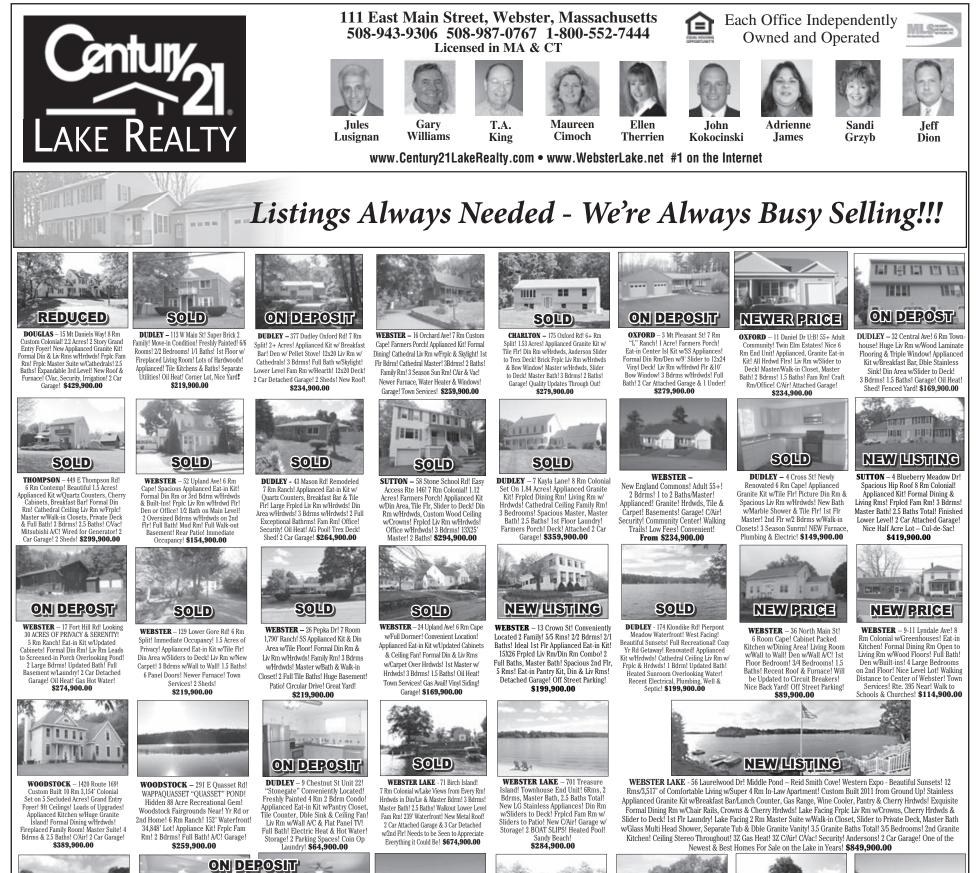
and she'll be happy to help!





4 SPENCER NEW LEADER • Friday, January 27, 2017









WEBSTER LAKE - 82 Lakeside Ave! South Pond! Prime 157' Waterfront w/Western Expo! Beautiful Sunsets! Panoramic Lake Views! 10+ Rm, 4 Bdrm, 4.5 Bath, A/C'd, 3,832' Custom Colonial! Technical/Electrical Marvel! 2 Story Grand Entry! Fully Appliance Lake Facing Quartz Kit w/2 Dishwashers, Heated Flr & Pantry! Spacious Din Area w/Custom Wall Unit & Slider to the Waterfront Deck w/Elect Awning! Frplc Liv Rm w/Entertainment Center! Din Rm w/Tray Ceiling! 1st Flr Lake Facing Master wTray Ceiling, Walk-in Closet, Full Bath wDble Vanity, Whirlpool & Corner Shower! Upstairs 3 Comfortable Bdrms, 2 Lake Facing, Both connect to a Full Bath, the 3rd has its Own Full Bath & Walk-in Closet! Walkout Lower Level Lake Facing Fam Rm w/2nd Kit, Cedar Sauna & Full Bath! Separate Utility Rm & Workshop! 3 Car Attached Garage! Detached 1 Car Garage! Security System! LP Gas Whole House Generator! Boat House that Auto Draws Boat Out of the Water, Launches It on a Rail System! Weather Station! Well Irrig System! See/Ask For All Attachments! \$1,195,900.00

WEBSTER LAKE - Reid Smith Cove WATERFRONT LOT! South Shore Rd

Build Your Dream Home or Summer Retreat! Set on Quiet Road, Surrounded Valk-in Closet & Bath! 2

WEBSTER LAKE – 113 Birch Island Rd! Overlooking Middle Pond! Eastern WEBSTER LAKE - 103 Treasure Island! 1,874' Townhouse! Oak Cabinet Kit w/ Breakfast Counter! Formal Din Rm! Frplc Expo - Beautiful Sunrises! 5 Rm Year Liv Rm! Screened Porch! 1st Flr Master w/ Round Waterfront Home! 2 Bdrms! s! 2nd Le

WEBSTER LAKE - 15 South Point Rd! Middle Pond - Panoramic Views! Build You Waterfront Dream! 100+' of Shoreline 53.94' Road Frontage! Land Area 8,147'! Town Water & Sewer Available! 2 Docks



WEBSTER LAKE COMPOUND! 2 Checkerberry Is!! Private 2.09 Acre Waterfront Peninsula Estate! Park Like Grounds! 2,800' 8 Rm Colonial Main House wLake Views from Most Windows! SS Applianced Granite Kit! Din Area w/Tile Flr! Lake Facing 38' Din/Liv Rm w/Frplc, Recessed Lighting & Slider to Wrap Around Deck! French Dr Fam Rm Surrounded by Water! 3 Bdrms! 21' Master w/Cathedral Ceiling, Slider to Private Deck w/Lake Views, Master Bath! 2nd Bath w/Dble Vanity Sinks, 3.5 Baths! Skywalk Attached 750' 4 Rm Guest/In-Law Apartment w/Granite Kit, SS Applianced, Open Din & Liv Rm wSlider to Lake View Deck, Bdrm, Nice Bathrm! Detached 3 Rm Yr Rd Guest Cottage or Rental Unit w/Kit, Frplcd Liv Rm, Bdrm & Bathroom! Enclosed 3 Season Pavilion Great for Entertaining! Tree Lined Private Drivel Rolling Lawn! Decks! Patios! Ideal Dock Setup! Boat Ramp! For the Discerning Buyer! \$1,449,900.00



Waterfront! 7 Rm Yr Rd or Ideal 2nd Home! Enjoy Music from Indian Ranch Free! Fantastic 12,298' Flat Lot w/Plenty of Space for Outside Enjoyment! 2 Docks! 3 Bdrms! 1.5 Baths! **\$489,900.00**

Waterfront! 7,200' Lot! 57' on the Water & Road! Town Water & Sewer Available! \$249,900.00

SOLD

WEBSTER LAKE - 36 Laurelwood Dr! Magnificent Lake Property! .75 Acres! Western Expo – Beautiful Sunsets! Frplc Liv Rm! Kit w/SS Appliances! Din Rm! 4 Bdrms! 2 Baths! 3 Car Garage! Mahogany Deck! Cabana! Sandy Beach! New Dock! Boat Ramp! \$799,900.00

w/2nd Master Bdrm & Bath! C/Air! Attached Garage! 2 Boat Slips! Heated Pool! Sandy Beach! **\$269,900.00**

si ki

NEW PRICE

Renovated Kit & Bathl Din Rml Liv Rm wFrplc! Listed by Another, SOLD by Centure 21 Loke Bealtri Renovated Kit & Bath! Din Rm! Liv by Century21 Lake Realty! \$285,000.00

SOLD

Your Consideration! \$189,900.00



HOLLAND - Hamilton Reservoir Waterfront! 430 Mashapaug Rd! 8 Rm 2,864' Custom Cape! 200' Waterfront, 3.2 Acres, Estate Like HOLLAND - HAMILTON KESEPTOT WATERTION: 430 Mashapaig (Nd 8 Km 2,064 Custom Cape) 200 WaterTont, 32 Acres, State Like Grounds Situated in a Cove Sheltered from Storms, liel Cott to Main Lakel Grand Entry Foyer (Dope Floor Plan Custom Cherry Kit wQuartz Isl, SS Appliances, Wall Ovens, Pantry Closet & Recessed Lighting! Din Area & Cathedral Ceiling Liv Rm wWood Stove Frplc & Pella Sliders to 12x8 Deck wElectric Awning & 12x18 Screened Porch! 1st FF Water Facing Master wWalk-in Closet & Bath wWGnaite Dible Vanity & Custom Glass Shoere wWaterhaven Tower! 1st FF Office wFrench Pocket Doors & Custom Desk Wall Side Entry Mud Rm wWGnaite Dible Vanity & Custom & Counter wSink, Guest Closet, Laundry Closet & Hall Bath wPedestal Sink! Upstairs 3 Water Facing Bdrms, 2 wCathedrals 2 nd Full Tile Bath wCustom Vanity & Linen Closet! Add Storage! Full Walkout Basement - Need More Rms! Zoned Hydro Air! 3 Long Driveway or Direct Access from Shore Dr! Full Recreation Lake! **\$799,900.00** o Air! 3 Car Garage! Sheds! Dock!



Friday, January 27, 2017 • SPENCER NEW LEADER 5



LET US Do Your Home Work!

Looking to sell your home, let us do the work for you. Your ad will be seen in over 50,000 households throughout Southern Worcester County.

RIPS **O**FFERED

The "Trips Offered" section is for non-profit organizations and will run as space allows. Anyone who wishes to take advantage of this space must submit a copy of a not-for-profit certificate to Editor Adam Minor. Mail your certificate and information to Trips Offered, c/o Adam Minor, P.O. Box 90, Southbridge, MA 01550; fax to 508-764-8015 or e-mail to aminor@stonebridgepress.news.

SOUTHBRIDGE SENIOR CITIZENS ASSOCIATION

2017 Trip Schedule Open to Public — Payment due at sign up:

• Thursday, March 23: Foxwoods, \$25, 8 a.m. bus.

• April 30-May 2: Atlantic City Resorts Casino, \$239 double, you get \$25 slot play and \$60 food credit, and two casino review shows.

• Wednesday, May 24: A tribute to the Bee Gees. \$92 gets you a deluxe motor coach ride to Lake Pearl in Wrentham to the show and a choice of chicken or fish.

Sunday, June 18: Boston Tall Ships Spectacular. \$82 per person. Visit Quincy Market and The North End and take a narrated Harbor Cruise.

• Thursday, July 20: Voices of Legends show. \$88 gets you transportation to the Venezia Restaurant in Boston, and choice of chicken or fish. The show is a tribute to singers like Frank Sinatra, Perry Como, Dean Martin, Neil Diamond and more.

• Sunday, Aug. 13: Newport Playhouse Show & Lobster feast, \$102 gets you transportation, a lobster feast and a terrific show and cabaret, "Baggage."

Sunday, Sept. 17: Vine to Wine, \$821 gets you a visit to Chandler's. Yankee Candle, and do wine tasting at two of Vermont's Vineyards.

• Oct. 10-17: All-inclusive Aruba. It is almost full. I am also taking names for 2018 trip.

• Thursday, Nov. 9: Foxwoods, \$25, 8 a.m. bus.

Trips are open to the public! Make checks payable to the Southbridge Senior Citizens Association.

Contact Jim Julian at the Casaubon senior center Monday, Wednesday, or Friday mornings from 9-10 a.m. or call 774-922-4049 or e-mail me jimtrips@ vahoo.com.

MARY QUEEN OF THE ROSARY PARISH

Mary Queen of the Rosary Parish, 60 Maple St., Spencer, is offering the following trips. For more information, call Bernard Dube at (508) 885-3098.

• Australia & New Zealand: Jan. 28 to Feb. 18, 2017

America, Our Land: from Albuquerque to Tucson: May 22 to June 4,2017

• Alaska (land and cruise): June 27 to July 10, 2017

• Greece and the Islands: Sept. 14-26, 2017

• Grand Tour of India: Jan. 5-19, 2018 • Grand Tour of France: May 30 to June 15, 2018

• England & Scotland: Sept. 5-16, 2018

UXBRIDGE SENIOR CENTER/ SUNSHINE CLUB

The Uxbridge Senior Center, in conjunction with the Sunshine Club will be offering the following bus trips for 2017:

• March 16, 2017: Lion King — sorry, full (waiting list), leaves from both Westboro (9:15 a.m.) and Whitinsville, 10 a.m., \$99.

• March 30, 2017: There will be a trip to the Newport Playhouse to see "The Foursome" on Thursday, March 30, 2017. The trip includes the bus (including driver gratuity), an all you can eat buffet, the play, a cabaret after the play, and a driving tour of Newport for \$76. From April 27 to May 1, 2017 there will be a five-day trip to Virginia Beach staying at an oceanfront hotel. The highlights will be the azalea festival and tickets to the International Tattoo. Please call Sue for more information at 508-476-5820.

• April 1-9, 2017: Branson – full (waiting list), both Westboro and Whitinsville, \$759.

• April 27-May 1, 2017: Virginia; International Tattoo and oceanfront Virginia Beach, leaves from Whitinsville only, \$799.

• May 17-20, 2017: 1,000 Islands w/ Tulip Fest, leaves from Westborough only, \$769.

• June 5, 2017 — Day trip to Gloucester Lobster Bake and Cruise, both Westboro and Whitinsville, \$76.

• June 25 and 26, 2017: Hudson River/ West Point, from Whitinsville only. \$319.

• Aug. 21- 24, 2017: St. Andrews By-the-Sea and Campobello Island; staying at the Algonquin Hotel and Resort, leaves from Westborough only, \$819.

Sept. 24-26, 2017: Lake Placid &

Adirondacks, from Whitinsville only, \$479.

• Oct. 11, 2017: Day Trip to the Turkey Train, both Westboro and Whitinsville, \$72.

• Nov. 30-Dec. 1, 2017: Saratoga Victorian Christmas, from Whitinsville only, \$319.

• Dec. 8-9, 2017: Christmas in Vermont, leaves from Westborough only, \$299.

New York City is an especially fun place at Christmas Time. The huge tree in Rockefeller Center will be lit, there will be skating on the rink, the stores are all decked out, and the hustle and bustle makes you get into the spirit of the season. It includes two nights' hotel, two breakfasts, two dinners and sightseeing with a local guide for two days, and entrance to the 9/11 Museum. A local guide will take you all around the city visiting places like Central Park, Times Square, Wall Street, and of course Rockefeller Center. All trips originate from the Whitinsville WalMart. Everyone is welcome to join the group on any of these trips. Call Sue L'Heureux at 508-476-5820 for more information on any of these trips.

144 SE Main Street, Douglas, MA 01516, suesbustours@hotmail.com

DUDLEY SENIOR CENTER

Dudlev Seniors presents Savannah. Jekyll Island & Beaufort, \$620, seven days and six nights per person (Sunday through Saturday), June 4-10, 2017. Incredible price includes motor coach transportation, six nights lodging including four consecutive nights in the Savannah area, 10 meals; six breakfasts and four dinners, tour of charming Savannah, visit to a historic and famous home, tour of gorgeous Beaufort, S.C. "Queen of the Carolina Sea Islands", Visit to Parris Island, Tour of amazing Jekyll and St Simon's Island- see how America's early millionaires lives and played, Enjoy dinner and entertainment, for more pictures and information visit: www.grouptrips. com/dudleyseniors.

Departure: Town Hall, 71 W. Main St, Dudley, 8 a.m.

Day 1: Depart in a spacious, video and restroom equipped motor coach and set off for beautiful Savannah, Ga. This evening you will stay at an en route hotel.

Day 2: Enjoy a continental breakfast. Foday you will continue your journey, then enjoy a leisurely dinner and check in to Savannah area hotel for a fournight stay.

Day 3: After a continental breakfast you will start your journey with a guided tour of genteel, beautiful, and historic Savannah, the "Belle of Georgia.' You'll see architectural marvels, beautiful oak-lined streets, and lovely "Town Squares." Enjoy free time on historic River Street, featuring unique 18th cen-tury "ballast stone" streets and 19th century cotton warehouses that are now fine eateries, unusual shops and antique galleries. Later, enjoy a tour of one of Savannah's historic and famous homes. Tonight, you'll enjoy dinner and entertainment before returning to your hotel for the evening.

Day 4: Enjoy a continental breakfast before departing for fascinating and history rich Jekyll Island. See how the nation's wealthiest citizens like JP Morgan and William Rockefeller lived and played — including a stop at what was once the "Millionaires Club." Later you'll take a guided tour of St. Simons Island where you can take a stroll among moss-draped oaks or shop at the interesting boutiques and specialty shops in the historic area. After dinner you'll return to your hotel to rest for the next fun filled day.

Day 5: Today, after continental breakfast, enjoy a guided tour of magnificent Beaufort, S.C. "Queen of the Carolina Sea Islands." Beaufort's history dates as far back as the 1500's. Its striking mansions and scenery served as a backdrop for many major motion pictures including, "The Big Chill" and "Forrest Gump". You'll also tour the Parris Island Marine base, where 22,000 men and women complete their training each year. Highlights of your tour include the Iwo Jima Monument, Parade Field, and the Parris Island Museums. Tonight, enjoy a nice dinner before returning to your hotel for the evening.

Day 6: Enjoy a continental breakfast at your hotel before leaving for the Airborne and Special Operations Museum in Fayetteville NC. This evening relax at your en route hotel.

Day 7: Today, after enjoying a continental breakfast, you will depart for home. A perfect time to chat with your friends about all the fun things you've done, the great sights you've seen, and where your next group trip will take you!

For more information contact Evelyn Grovesteen (508) 764-8254

Local Events, Arts, and **Entertainment Listings**



SATURDAY, JANUARY 28 9:00 p.m.

BAD TICKERS The full 6-piece band playing your favorites **308 LAKESIDE** 308 East Main St. East Brookfield, MA 774-449-8333



SATURDAY, FEBRUARY 4 9:00 p.m. HIGHWAY KIND 4-piece band blending accomplished musicianship with influences of blues, roots and smart pop creating a melodic, rousing sound 308 LAKESIDE 308 East Main St., East Brookfield, MA 774-449-8333

SUNDAY, FEBRUARY 5

West Brookfield Boy Scout Troop 118 41st ANNUAL MEMORIAL ICE FISHING DERBY Lake Wickaboag, West Brookfield, MA No ice date: Sunday, February 19 Trophies 15 yrs and under Four \$50 prizes Adults Over 50 door prizes (don't have to fish to win) Tickets \$1 by Scouts or at derby

ONGOING

MEAT RAFFLE Saturdays at 12:30 p.m. 6 tables; prime rib, lobster and much more Public invited In the Veterans Lounge AMERICAN LEGION

TUTTLE POST #279 88 Bancroft St., Auburn, MA 508-832-2701

ROADHOUSE BLUES JAM Every Sunday, 3:00 – 7:00 p.m. CADY'S TAVERN 2168 Putnam Pike, Chepachet, RI 401-568-4102

TRIVIA SATURDAY NIGHTS 7:00 p.m. register 7:30 p.m. start up HILLCREST COUNTRY CLUB 325 Pleasant St., Leicester, MA 508-892-9822

WISE GUYS TEAM TRIVIA Every Tuesday, 8:00 – 10:00 p.m. CADY'S TAVERN 2168 Putnam Pike (Rt. 44) Chepachet, RI 401-568-4102

LIVE ENTERTAINMENT FRIDAY NIGHT HEXMARK TAVERN AT SALEM CROSS INN 260 West Main St ., West Brookfield, MA 508-867-2345

www.salemcrossinn.com

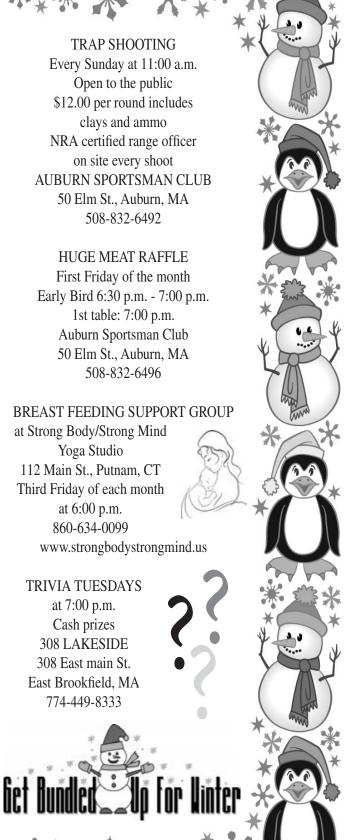
TRAP SHOOTING Every Sunday at 11:00 a.m. Open to the public \$12.00 per round includes clays and ammo NRA certified range officer on site every shoot AUBURN SPORTSMAN CLUB 50 Elm St., Auburn, MA 508-832-6492

HUGE MEAT RAFFLE First Friday of the month Early Bird 6:30 p.m. - 7:00 p.m. 1st table: 7:00 p.m. Auburn Sportsman Club 50 Elm St., Auburn, MA 508-832-6496

BREAST FEEDING SUPPORT GROUP

at Strong Body/Strong Mind Yoga Studio 112 Main St., Putnam, CT Third Friday of each month at 6:00 p.m. 860-634-0099 www.strongbodystrongmind.us

TRIVIA TUESDAYS at 7:00 p.m. Cash prizes 308 LAKESIDE 308 East main St. East Brookfield, MA 774-449-8333





Open to ALL ages

(Suggested topics for February)

- 1. Write an old fashioned love letter or poem to your Valentine (initials ok if you don't want to use full names).
- 2. February 26 is "National Tell a Fairy Tale Day" ... write your own Fairy Tale, "Once upon a time..."
- 3. February is American History Month. Whom do you admire most in American history and why.
- 4. Topic of your choice.

(Please try to limit to 300 words)

For more information or to submit for next month, email jsima@stonebridgepress.news or call 508.909.4062

The Next Write Stuff Will Publish On February 24.

Deadline For Submissions Is Friday, Feb. 17.

Thank you to Lamoureux Ford of East Brookfield for continuing to be a sponsor of The Write Stuff... it's "Where Friends Send Their Friends!' Also thank you to this month's authors for participating in our 15th Season!

We hope that you will join us again in January, and encourage others to write as well. This is a great class project, senior center project, or for anyone who enjoys writing and sharing your thoughts.



Christmas Gift BY DEBORAH JM GREGOIRE-LEFEBVRE, SOUTHBRIDGE

Mealtime is over, children are in bed and now it is some special, quality time for me.

The radio is playing some tranquil music which makes the long, hard, exhausting day at work seem so long ago.

The initial thought of what to make has been created onto graph paper, which involved imagination and concentration. Now comes the process of bringing the picture to life.

The graph paper resembles the

artist easel, the yarn colors are the palette and the plastic canvas is the artist's canvas.

Following the graph reminds me of following a map when going into unfamiliar territory. It leads and guides me along knowing that if directions are followed correctly, the result will be successful.

The sharp steel needle is shining and reflecting off the early evening sun peeking through the window. Yarn ply separating and fraving as the varn is woven in

and out of the plastic canvas.

Hues of blues and whites capture the ocean scene with a lighthouse in the background and a sea gull flying overhead as the picture now begins to transform onto the canvas.

The project is finished and ready to be given at the appropriate time. The end result is the satisfaction of making something from the heart that will always be treasured by that special recipient.

Ob Baby Please Go Back to Sleep BY CARRIE GRIMSHAW, LEICESTER, MA

Oh baby please go back to sleep Mommy says its time to sleep I promise you will like it Please, I beg you, sleep

Mommy is so tired Daddy is too Baby is sleepy Don't you want to sleep?

It's 2 a.m. Oh baby Please Sleep

Stay put in your crib Snuggle with your stuff animal Eye lids closed Oh baby please go back to sleep

Tea Party Goodbye BY CARRIE GRIMSHAW, LEICESTER, MA

Tea cups and matching china now empty What a depressing sight indeed?

We all linger at the door saying our goodbyes, How sad it is to leave?

Does it have to end? When will we have another?

One tea cup or two or maybe three, How lucky we all are to have such friends to drink tea with?



Soaring Dreams BY: TYLER A. PERRON

The flutter, the flutter, Of small simple wings. Move without stutter, And make the wind sing.

Go beyond land, To the beyond blue wonder. While we watch from the sand, Where we dream and ponder.

What would we do, up in the sky? Fly fast with strong feathers, or soar with downy soft?

I never will know how it feels to fly, Because no matter what I try, I shall never be aloft.

Except in my dreams where I can fly without care, Laughing at people below me who stare.

The Woodpecker Song BY CHARLES THANAS, LEICESTER, MA

Skylar Johnson didn't seem to care much and black wool hat. "Got that box of Blasting about the mouse under his sink eating up all the cat food during the night. He stood in the kitchen of his dilapidated farm house fixing himself a pork and applesauce sandwich. Leftovers. Every now and then a little gray blur would catch his eye but he wasn't bothered by it. Since his wife died, he lived alone and didn't much care about what he ate anymore. Mostly pork and then left over pork. He liked that best. Occasionally, he'd kill a chicken and roast it over the coals, in his fifty gallon drum, split down the seam and held up by an odd-cut of cinder blocks. It wasn't pretty but then that didn't seem to matter much so long as he was able to barbecue a hen every now and then. But pork was his favorite. He didn't eat much of it when Missy was around. "Pork ain't good for you at your age, Luvins, it'll mess up your arteries and choke up your colon track and if that ain't enough there's always Trichinosis." She called him `Luvins'. She used to stretch it out Kentucky style; well past sixty and pushing two hundred pounds, she still managed to say it with a little mischief. Now, the only time Skylar heard the word Luvins was when it came out of his own mouth. He called everything around the farm Luvins. His little mouse. "Best watch out Luvins . . . cats is gonna getcha . . . sure enough." He packed his favorite sandwich into his tired leather sack next to the thermos of hot Maxwell House and put in a chunk of semisweet bakers chocolate wrapped in tin foil. Fully packed, he hop-stepped his way to his favorite spot in Brady's woods which lay hidden in a thick of trees on the other side of Skunktuttle meadow. First, he stopped at the Tuttle General Store.

He drilled a shallow hole into the tree, just enough to hold the blasting cap. He almost lost his balance reaching down to the pouch on his belt. In it there were dozens of dried and stale house flies. He darkened the top of the cap by crushing and then smearing the black dust with his fingers. It was easier to climb up the ladder than it was to get down. He had to slowly worm his way with his body pressed against the tree bark and then feel for the next step with one foot while while holding his full weight on the other one. He considered this to be the tricky part but he'd done this so often he'd developed a sturdy enough leg muscle to hold his weight. He figured it took him about three hours to cover most of the trees. Some were still left from before. Now, he had three left over caps and just let them stay in his pocket. He was tired and a sweat glistened off his forehead as he lugged the ladder back into its place under the elderberry bushes. His back gave out a crack as he stretched out both his arms to the sky. The woolen cap on his head had a ring of sweat around the band. It was midday and the air was still warm in early fall. He liked it out in the woods and having finished his afternoon preparation, Skylar Johnson sat himself down at the stump of an ole fur tree on a pile of soft pine needles. He put the warm thermos to his lips, and washed down a cheek full of pork and applesauce with the thick slug of black coffee. In between, he took a bite of his chocolate, not able to wait until the sandwich was gone. Then, he took a last bite of his left over lunch, put the thermos to his lips, tilted his head back one last time to wash away the sweet taste of pork and applesauce, and then sat, quiet as the mouse under his sink, waiting for the woodpeckers to come. The End

"Mornin' Mavis" He smiled tipping his red

Caps on back order?

"Well, Skylar Johnson aren't you the pure sight of fitness on this bright fall morning."

"I feel fit for a man in the last quarter century of his life, I suppose."

Mavis Tuttle put two boxes of blasting caps on the glass case which contained boxes of penny candy. They teased the children on their way home from school.

Skylar fit the caps into his leather sack and pushed his lanky frame out into the sun tipping his hat good bye.

He cut through the dirt parking lot behind the general store, ducked beneath the log fence surrounding the Tuttle property and soon was lost into the thick shade of the Kentucky woods.

He picked a spot about a half mile off the main road, just by a clearing and dropped his pack. Sometimes the woods have a way of looking different from time to time. After a short search of the area he found the old paint stained step ladder tucked underneath a group of Elderberry bushes. He had put it there at least a week ago. The same day he ordered the blasting caps. It may have even been the same day he slaughtered the pig he was about to eat for lunch. "Things have a way getting along, Luvins," he said, dragging the ladder to a huge pine and then leaning it up straight.

He took a handful of those caps from his sack and put them into his pocket without much concern or ceremony. He also grabbed a hand crank drill with a drill bit that left a bore the size of a half a dollar.

His legs were tired but sturdy for a man his age, pork eater and all. Missy was right about some things but he never figured her right about pork. Just figured she didn't much like to cook it that's all.

SPONSORED BY:





Essays, Short Stories, Memories, Poems and more!

Open to ALL ages

(Suggested topics for February)

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- 2. February 26 is "National Tell a Fairy Tale Day" ... write your own Fairy Tale, "Once upon a time..."
- 3. February is American History Month. Whom do you admire most in American history and why.
- 4. Topic of your choice.

(Please try to limit to 300 words)

For more information or to submit for next month, email jsima@stonebridgepress.news or call 508.909.4062

The Next Write Stuff Will Publish On February 24.

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We hope that you will join us again in January, and encourage others to write as well. This is a great class project, senior center project, or for anyone who enjoys writing and sharing your thoughts.

2017 Resolution by jorge f. delgado, spencer, ma

What I am going to do, is to just do it right.

Not about why it's been wrong, but because of how it is going to become right.

Simply reflecting on hindsight; significantly keeping my eyes on what is in sight.

I've realized what's within my grasp, I must grip to tight.

To float above the influence of prejudice and depression.

I will get to know the true knight shining under my armor.

Exposed to conduct valuing honor and integrity regardless of the obstacle.

I am an American dreamer, and have never been, nor will ever be the only one... So I bother.

Perfect is as good as it gets, hence, the best.

Remember the best isn't just it yet, it betters.

Even achieving remaining with humility on a high horse like tale's of a preacher's daughter.

It's what one perceives that dictates what and how will be seen of me,

so this resolution is moving towards my best universal self which is we.

Because much is done for us to stay on our own two feet,

able to breathe free: so I say R.I.P.

those whom tears shed, sweat, and have bled

gardening in order to be equally fed life's bread.

I wholeheartedly, almost repeat: I encourage and support all visions, missions, and dreams towards diversity universally;

all with a 2017 New Year's Resolution to achieve, especially me."

YOU ARE by sue angela healy, north brookfield, ma

You are – Someone that I've never met, yet in my heart and mind – can't seem to forget You are – An individual so young and pure,

have class and style – in ways so mature You are – The person that every girl wanted

to be, popular, outgoing, and a sparkling personality

You are – A teenager that everyone wanted as a friend, to listen, to confide – on you to

In the still of silence I'm staring at your picture on the wall

THE LEAVES OF TIME

BY SUE ANGELA HEALY, NORTH BROOKFIELD, MA

The phone is constantly ringing but right now cannot answer the call

These few minutes together are just for you and me

As if the future I would foresee

Everyday I miss you but especially on your anniversary when we are in Maine

FOR UNDERSTANDING by sue angela healy, north brookfield, ma

Although this poem may be long overdue Doesn't mean that I don't think about you I may not see you during an entire year But it doesn't mean that I don't care Still remembering when I was very young Spending weekends at your home – having so much fun

Playing with the cast iron miniature stove On the bikes with Anne and Marie we rode The hardest part climbing back up the hill Huffing and puffing – I think of you still Eating squirrel nuts that fell from the tree Those were the good old days – everything so care free Your corner room where you loved to sew Hide and seek we would play and often go Uncle Carm working in the yard Keeping up a garden seemed very hard On Easter we enjoyed your delicious coconut cake And all the other goodies you would bake

Technology Blues (Part 1) Social Media Sadness BY RANDY GALLAGHER, NEED TOWN

There once was a time, not too long ago, though some may believe it's not true. When you labeled a person a "friend" in your life, it was someone you actually knew.

It must have taken too much time or effort, something we just couldn't stand. Surely, six hundred fake friends were better, we'd never meet, let alone ever shake hands.

We're all very busy doing so much, living incredibly faster each day,

Why put in the effort to speak face to face, when it's easier to type than to say. "Click", We are friends. Happy to have met you! -from a friend of a friend...I have lots

"Click" We're not friends, you just made me angry, don't ask, I already forgot.

Technology Blues (Part 2.) Keep Print Alive BY RANDY GALLAGHER, NEED TOWN

Soon there'll be children walking around, who don't know the smell of a book. You'll reminisce of the sensation of flipping the pages, they'll give you a curious look.

Sitting or standing six feet from each other, they'll text back and forth poking fun, "I don't know what this old guy's talking bout, lol, hopefully soon he is done."

Swiping and sliding and tapping and touching can be efficient when you need them to be,

But holding and smelling and flipping the pages of books will always set you free.



depend

You are – A spectacular basketball player, always on the go, others looked up to you, so happy-YOU to know

You are – Warm, kind, considerate for others, did care, like the glow of a diamond, priceless and rare

You are – A child who made her parents so very proud, a rainbow in heaven behind the darkened clouds

You are – Looked up to by the young and the old – on your 18th birthday – reaching 1000 points, a basketball goal

You are – A beautiful person on the outside and in, capturing the hearts of others and would instantly win

You are – Always willing to go out of your way, how your peers would listen when you had something to say

You are – A special teacher in your catechism class, a devoted catholic, praying, going to Mass

You are – There to help others for hours or awhile, how you would light up a room with your infectious smile

You are – The all American – family and friends come first – for your knowledge was a plus you would always thirst

You are – The bottomless treasure from God, you are a gift – being in touch with others, their spirits, you would lift

You – Julianne, are the sunshine on a warm summers day

A breath of fresh air in early May

An angel made in winters, first snow

A blossoming flower in April, when they would begin to grow

A spectacular fireworks of display on the Fourth of July

A refreshing August piece of fruit, to bake an apple pie

A tearful sunset over the ocean shore – giving your all – but then always giving more

The brilliant colors on the trees in Autumn – on the basketball team – in life – in our hearts forever #1

A vision of uncertainty – as each day, brand new,

Each hour, minute, second – we are missing YOU!

Everything magnificent, outstanding, special, unique, genuine and beautiful

Captured for always whether near or far You were loved by all and still YOU ARE!

HAPPY BIRTHDAY JULIANNE

Without you my dear Kerry my life not the same

Michael is still working hard every single day

Rachelle picking up more Zumba hours but doing okay

Mikey playing Lacrosse and football in his junior year

Injuries and society, now our greatest fear The basketball player Anthony is now taller than us all

A whiz on the court the way he handles that ball

Only if you were here we'll have so much fun

Going to the beach – playing football or basketball, or just going for a run

Your hearty laugh at nite I still hear in my dreams

Then reality sets in and it's not what it seems

When someone in the military appears or slowly walks by

I can feel teardrops falling from my eyes

Franny a victim of cancer – is now doing well

Please keep him in your prayers for only time will tell

Me-I always try to stay busy – forever on the go

You know it's not like me to let my feelings-emotions show

My favorite place to share my memories with you is of course at the beach

As I put my arms out to touch you for you I am trying to reach

Your voice I can recall rising above the roaring waves

Now the only private time I can talk with you is kneeling by your grave

Often I think of you as a lovely tree

Because even with the changing weather conditions you are still standing free

In April you bloom like the flowers of Spring Summer you are fully grown – the happiness you bring

Autumn your array of beautiful colors – orange – yellow – red

Then of course in Winter the trees have all shed

But each year after year the seasons for this tree will repeat

It's a circle of life that only God can complete Memories of you frozen in my heart, I know I will be fine

For you shall forever be missed – loved – remembered as, "The Leaves of Time"

IN LOVING MEMORY OF KERRY VENO

You are my mother's relatives but also best friends

On you she knows she can always depend Every day at 8:30 you make that meaningful call

Giving her spirits a lift when she begins to fall

You she would trust – pour out her soul

On your love and compassion I know she was sold

I am happy for her that you are always there Because of you it eases her fears

Every occasion to all you would send a card - a note

Many times to you a letter I wish I had wrote But time seemed to go by so quickly during the day

So instead of writing for you I would pray Sometimes like others I feel you I did neglect Even though from me nothing you did expect But it doesn't matter if we are near or far

I'll always think the world of you wherever we are

People express themselves in different ways And a home in my heart – you shall forever stay

Two wonderful people like you there are no more

On a scale of one thru ten – a ten you will score

Today Uncle Carm and Aunty Lil – I'm sending you this wish

That your life on earth be filled with peace and happiness

May God bless you forever in everything you do

Thank you for understanding – With all my Love, Sue

IN LOVING MEMORY OF LILLIAN LACONTE 2-7-13 CARM LACONTE 12-9-16

January 27 The Mare OUR 15th SEASON! Stuff Essays, Short Stories, Memories, Poems and more!

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TROLLEY RIDE by eva e. perron, east brookfield, ma

It was on a Saturday afternoon in the fall of 1942, when I, as a 5th grade student, was invited to take a ride on the trolley from Cherry Valley to Worcester.

Our family was invited for dinner at a relative's home, and after a delicious meal, their oldest daughter, Dorothy, who was planning a shopping trip, invited me to go along.

Sitting in the trolley overwhelmed me with the ride, and humming noise with lots of squealing on the curves, bells clanging, made for a great experience. The conductor was friendly and especially happy that Dorothy had the correct change. I believe it was 45 cents. Our first stop was at a five and ten cents store; I believe it was Kresge's; sitting at the counter, enjoying a sundae was special. The counter was full with some servicemen home on furlough, and young families with well-behaved children. A visit at Filene's Bargain Basement was profitable for Dorothy; she bought a satin blouse for the bargain price of \$1.50.

The streets were full of shoppers and I remember a young, handicapped man yelling, "extra, extra, get your latest news – 3 cents a copy."

A stop at the Denholm's store found it crowded, a sale in progress; after a short visit, we gazed in the window of a fancy hat shoppe with a sign, "New Fashion from Paris."

Even the Worcester Public Market, a popular store was busy...lots of ladies in pretty hats, stylish high heeled shoes carrying brown paper bags of groceries.

An organ grinder around the corner with his small monkey got lots of attention.

In spite of World War II, shoppers seemed happy, courte-



Remember what television was like in the 1960's? Black and white pictures, no remote (you actually had to get up and change the channel), and there were just a handful of stations...2, 4, 5, 7, 12 and 38 and 56 VHF if you were lucky enough to catch the signal. The antennae was on the roof that you moved by turning a dial on a thing-a-ma-jig on the TV and waited for the "clicking" to bring you a better picture. Best of all, as we now know, it was actually free to catch the signal...no cable bills!

I thought it would be interesting to do a little research into a few childhood television programs that I remember from the 1960's. This was a much simpler time when programs taught us respect for God, our parents and peers, and our Country. As my children are now grown, I'm not watching children's TV any longer, but I'm hoping that these past TV trailblazers are somewhat influencing current children's programming and providing a good moral compass for today's youth.

One of my favorites as a kid was Boomtown, which was a live three-hour broadcast on WBZ-TV and ran from 1956 through 1974. I remember waking up early on a Saturday morning just to watch Rex Trailer and friends. We used to run neighborhood "carnivals" in the summer for charity, and I believe this show is where the idea came from? I always wanted to join the trips to Disneyland with Rex and Pablo, but that was not in my parent's budget. The show began with a catchy theme song "Boom-Boom-Boomtown," with a bunkhouse setting where Rex Trailer and sidekicks (Pablo, Cactus Pete, and Sgt Billy) would engage in slapstick comedy. Trailer would then mount his horse, Goldrush (I remember this horse as being a beautiful Palomino, which became my favorite horse as a child), and ride across a prairie-wide western-themed studio, which I've just learned actually took place on Soldiers Field Road in Brighton, MA. Cartoons including Popeye, Davey and Goliath and maybe Felix the Cat (?), were also part of the program. Unfortunately, little footage exists for reruns as the shows were broadcast live, but any child who grew up in the 50's, 60's, and early 70's will have fond memories of this show. Rex Trailer passed away in 2013. Growing up in the 60's also included the infamous BOZO the Clown show. The character first appeared in television in 1949 and by 1956, became a common franchise across the United States, with local TV stations producing their own Bozo the Clown show. The one I remember was Bozo's Circus, later named Bozo the Clown and Bozo's Big Top, which aired from 1959 to 1970 (I doubt I was still watching it in 1970!) on WHDH with Frank Avruch as Bozo. Caroll Spinney appeared as "Mr. Lion," and "Kookie the Boxing Kangaroo" also appeared, played by Ed Spinney, who later went on to portray "Big Bird" and "Oscar the Grouch"

CHILDHOOD TV MEMORIES BY JUNE SIMAKAUSKAS, SPENCER, MA

on Sesame Street. NOZO the Clown, the brother of Bozo, filled in when Frank Avruch was unable to appear on the show. I remember a live studio audience and shenanigans in the circus ring. The show always ended with Bozo saying, "Always keep laughing," and many of us did just that after watching the show.

Remember Romper Room? This ran from 1953 to 1994 and was franchised across the country, but the one I remember was with with Miss Jean (real name Jean Harrington, 1958-1972). The show would open with the Pledge of Allegiance and include 30 or 60 minutes of games, exercises, songs, and moral lessons. She would serve milk and cookies to the children (who were invited to be on the show) with a prayer offered before eating ... "God is great, God is good, Let us thank Him for our food. Amen." Some of the regulars were Mr. Do-Bee, an oversized bumblebee puppet I believe, who was also the mascot for the show. He always started his sentences with "Do Bee." There was also a "Mr. Don't Bee" who showed children what not to do. The then popular, Mattel Jack-in-the-box" was used for it's opening and closing titles with the "Pop Goes the Weasel" theme song. I mostly remember the "magic mirror" when Miss Jean would recite, "Romper stomper bomper boo, tell me, tell me, tell me do. Magic mirror, tell me today, did all my friends have fun at play." She would then name the children she saw in "TV land" and as a kid I always listened for my name.



ous, and less stressed than in today's world.

As the afternoon came to an end, we took the trolley back to Cherry Valley, and a couple of young boys jumped on the back in view of an officer; they jumped off and got a good scolding.

Trolleys emitted no smoke or pollutants, caused few accidents, and had a stately elegance that buses cannot match. I learned that the trolleys in Worcester rolled to a stop in 1945; the tracks weren't pulled up, but covered with black top.

When malls became popular, many of Worcester's classy stores closed, and the city as we knew it changed. I surely had an exciting story to share with my classmates on Monday.



favorite Captain Another was Kangaroo. This ran on CBS for nearly 30 years, from 1955 to 1984 making it the longest running nationally broadcast children's TV program at that time. Captain Kangaroo's character, played by Bob Keeshan, was based on a warm relationship between grandparents and children. Keeshan had previously portraved "Clarabell the Clown" on The Howdy Doody Show (this was a bit before my time and one I didn't watch). Captain Kangaroo had big pockets in his coat, hence the name, and he would tell stories, meet guests, and engage in silly stunts with the regular characters...Mr. Green Jeans, Mr. Bunny Rabbit, Mr. Moose, Dancing Bear, Grandfather Clock, etc. The show would open with the Captain unlocking the Treasure House and hanging the keys on a nail. The cartoon, Tom Terrific, was part of the show in the 50's and 60's, which is one I remember, with a sidekick named Mighty Manfred the Wonder Dog, and nemesis Crabby Appleton. Bob Keeshan was a veteran of WWII in the 1940's, and passed away on January 23, 2004 at the age of 76.

Some of the information above was taken from memory (please be kind if some of the memories are skewed a bit), and the rest was taken from Wikipedia, Google search, and Google images. It's great to have these tools to bring us back to our youth. I invite our readers to share some of your favorite memories growing up, even if you have to do a little research. It can be fun to read other's memories, and enjoyable and cathartic to take a walk down memory lane.



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 Caroline J. Rellstab to Mortgage Electronic Registration Systems, Inc., as nominee for Union Capital Mortgage Business Trust, its successors and assigns, dated November 23, 2005 and recorded with the Worcester County (Worcester District) Registry of Deeds at Book 37871, Page 329 subsequently assigned to U.S. Bank National Association, as Trustee for Structured Asset Securities Corporation Trust 2006-WF3 by Mortgage Electronic Registration Systems, Inc. by assignment recorded in said Worcester County (Worcester District) Registry of Deeds at Book 43730, Page 37 and subsequently assigned to U.S. Bank National Association, as Trustee for SASCO Mortgage Loan Trust 2006-WF3 by Mortgage Electronic Registration Systems, Inc., as nominee for Union Capital Mortgage Business Trust, its successors and assigns by assignment recorded in said Worcester County (Worcester District) Registry of Deeds at Book 53317, Page 148; of which Mortgage the undersigned is the present holder for breach of the conditions of said Mortgage and for the purpose of foreclosing same will be sold at Public Auction at 3:00 PM on February 3, 2017 at 27 Maple Street, Spencer, MA, all and singular the premises described in said Mortgage, to wit:

A certain parcel of land with the buildings thereon and all the privileges and appurtenances thereto belonging situated in Spencer on the east side of Maple Street and being shown on Plan of House Lot in Spencer dated April 23, 1946 by E.A. Chamberlin, said plan to be recorded herewith and being more particularly bounded and described as follows: Beginning at the most westerly corner of the parcel herein described on the easterly line of said Maple Street: Thence N. 40 degrees East by said easterly line of Maple Street eighty-one (81) feet to the point at a stone wall; Thence S. 82 degrees East by a stone wall and land of William Forest one hundred five (105) feet to a point at another stone wall; Thence Southwesterly by said wall one hundred (100) feet to a point; Thence N. 83 degress West continuing by said wall and part of the way eighty (80) feet to the place of beginning. Being the same premises conveyed to the Mortgagor by Deed dated May 19, 2004 and recorded with the Worcester District Registry of Deeds in Book 33657, Page 253.

The premises are to be sold subject to and with the benefit of all easements, restrictions, building and zoning laws, liens, attorney's fees and costs pursuant to M.G.L.Ch.183A, unpaid taxes, tax titles, water bills, municipal liens and assessments, rights of tenants and parties in possession. <u>TERMS OF SALE:</u>

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.

U.S. Bank National Association, as Trustee for SASCO Mortgage Loan Trust 2006-WF3 Present Holder of said Mortgage, By Its Attorneys, ORLANS MORAN PLLC PO Box 540540 Waltham, MA 02454 Phone: (781) 790-7800 14-019089 January 13, 2017 January 20, 2017 January 27, 2017

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 Chris Bardier and Kelly Bardier to Mortgage Electronic Registration Systems, Inc. as nominee for, Fremont Investment & Loan, its successors and assigns, dated July 27, 2006 and recorded with the Worcester County (Worcester District) Registry of Deeds at Book 39452, Page 328 subsequently assigned to HSBC Bank USA, National Association, as Trustee for Fremont Home Loan Trust 2006-C, Mortgage-Backed Certificates, Series 2006-C by Mortgage Electronic Registration Systems, Inc. by assignment recorded in said Worcester County (Worcester District) Registry of Deeds at Book 49283, Page 352; of which Mortgage the undersigned is the present holder for breach of the conditions of said Mortgage and for the purpose of foreclosing same will be sold at Public Auction at 9:00 AM on February 10, 2017 at 127 Paula Circle, East Brookfield, MA, all and singular the premises described in said Mortgage, to wit:

a curve leading Northeasterly by Paula Circle, the radius of which is 225.0 feet: THENCE N. 64' 12' 30" W." by lot #15 on plan to be referred to, 132.38 feet to a point; THENCE N. 27' 15' E., by land of Charles R. Varney, 56.0 feet to a point; THENCE S. 82' 30' E." by land of said Varney, 110.0 feet to a point in the Northwesterly line of Paula THENCE Southwesterly by Circle; the Northwesterly line of Paula Circle and by a curve to the right, the radius of which is 225.0 feet, 95.0 feet to the point of beginning, Said lot contains 9,204 square feet of land and is shown as Lot #16 on "Plan of Lots in East Brookfield, Massachusetts, owned by Riedl Associates, Inc," drawn by Francis B. Thompson, C.E., and dated April 18, 1954, said plan being recorded in Worcester District Registry of Deeds. Deed Reference: 39452 Page 326

The premises are to be sold subject to and with the benefit of all easements, restrictions, building and zoning laws, liens, attorney's fees and costs pursuant to M.G.L.Ch.183A, unpaid taxes, tax titles, water bills, municipal liens and assessments, rights of tenants and parties in possession.

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.

HSBC Bank USA, National Association, as Trustee for Fremont Home Loan Trust 2006-C, Mortgage-Backed Certificate, Series 2006-C Present Holder of said Mortgage, By Its Attorneys, ORLANS MORAN PLLC PO Box 540540 Waltham, MA 02454 Phone: (781) 790-7800 13-016457 January 20, 2017 January 27, 2017 February 3, 2017

Town of Spencer Conservation Commission PUBLIC HEARING NOTICE

In accordance with the requirements of the Massachusetts Wetland Protection Act, MGL c. 131, s. 40 and the Spencer Wetlands By-Law:

Jim Hansen has filed a Notice of Intent with the Spencer Conservation Commission to construct two single family homes, driveways, wells, and septic systems located at 68 & 70 Donnelly Road, Spencer, MA.

Applications can be reviewed at the Office of Development and Inspectional Services, Town Hall. A public hearing regarding these filings will be held by the Spencer Conservation Commission in McCourt Social Hall at Town Hall, 157 Main Street, on Wednesday, February 8, 2017, at which time all persons having an interest may be present and participate. Conservation Commission meetings open at 7:00 p.m., public hearings begin at 7:15 p.m.

Mary McLaughlin

Mary McLaughlin, Chairwoman January 27, 2017

TOWN OF SPENCER Public Hearing -Monday, February 13, 2017 7:00 PM Town Hall 157 Main Street, Spencer

FY 2017 Spencer CDBG Application The Spencer Board of Selectmen will conduct a Public Hearing on February 13, 2017 at 7:00 PM at Spencer Town Hall, 157 Main Street, Spencer. In case of inclement weather, the Public Hearing will be held on February 27, 2017.

The public is encouraged to attend these meetings to discuss the FY17 application to the MA Department of Housing and Community Development for up to \$800,000 in available Community Development Block Grant Funds. All persons with questions or comments regarding the grant application will have an opportunity to be heard. Those unable to attend can send written comments to the Spencer Board of Selectmen, 157 Main Street, Spencer, MA 01562, Attn: Adam D. Gaudette.

The grant application will seek funds for public works improvements for Chestnut Street. The public hearing will offer Spencer residents an opportunity to comment on proposed projects which were identified as priorities in the town's Community Development Strategy.

The Spencer Town Hall is handicapped accessible. Persons who require special accommodations for either public meeting should contact the town at least one week prior to the hearing date at 508-885-7500. For further information contact Ted Harvey at PVPC at (413) 781-6045 or tharvey@

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pvpc.org. January 27, 2017

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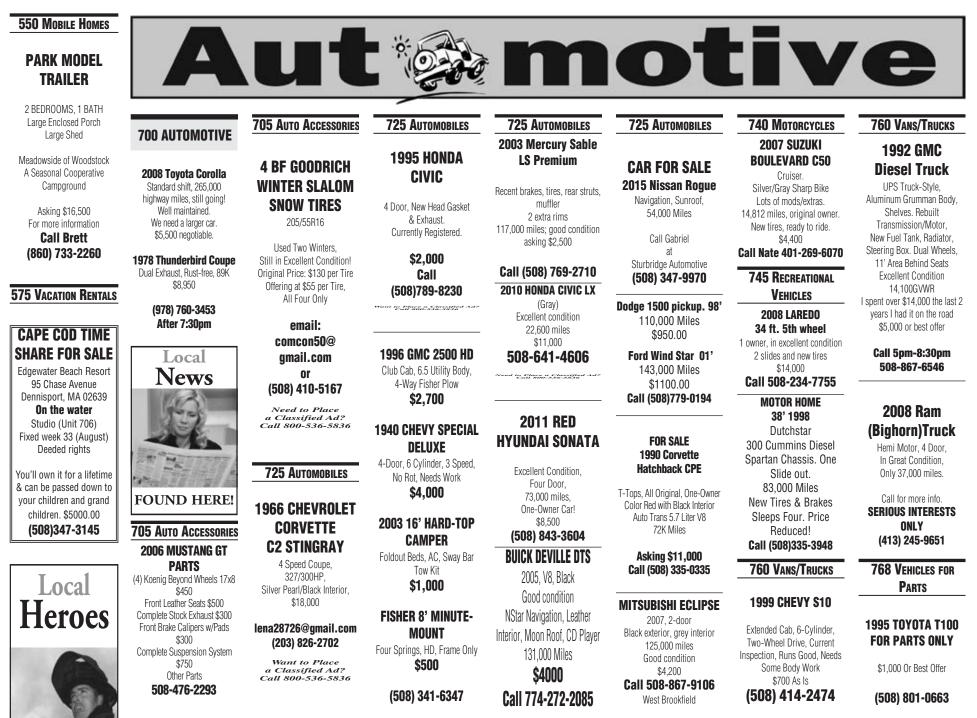
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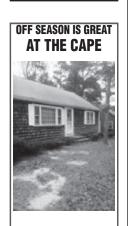
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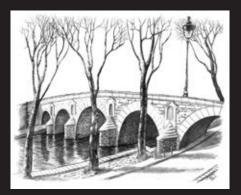
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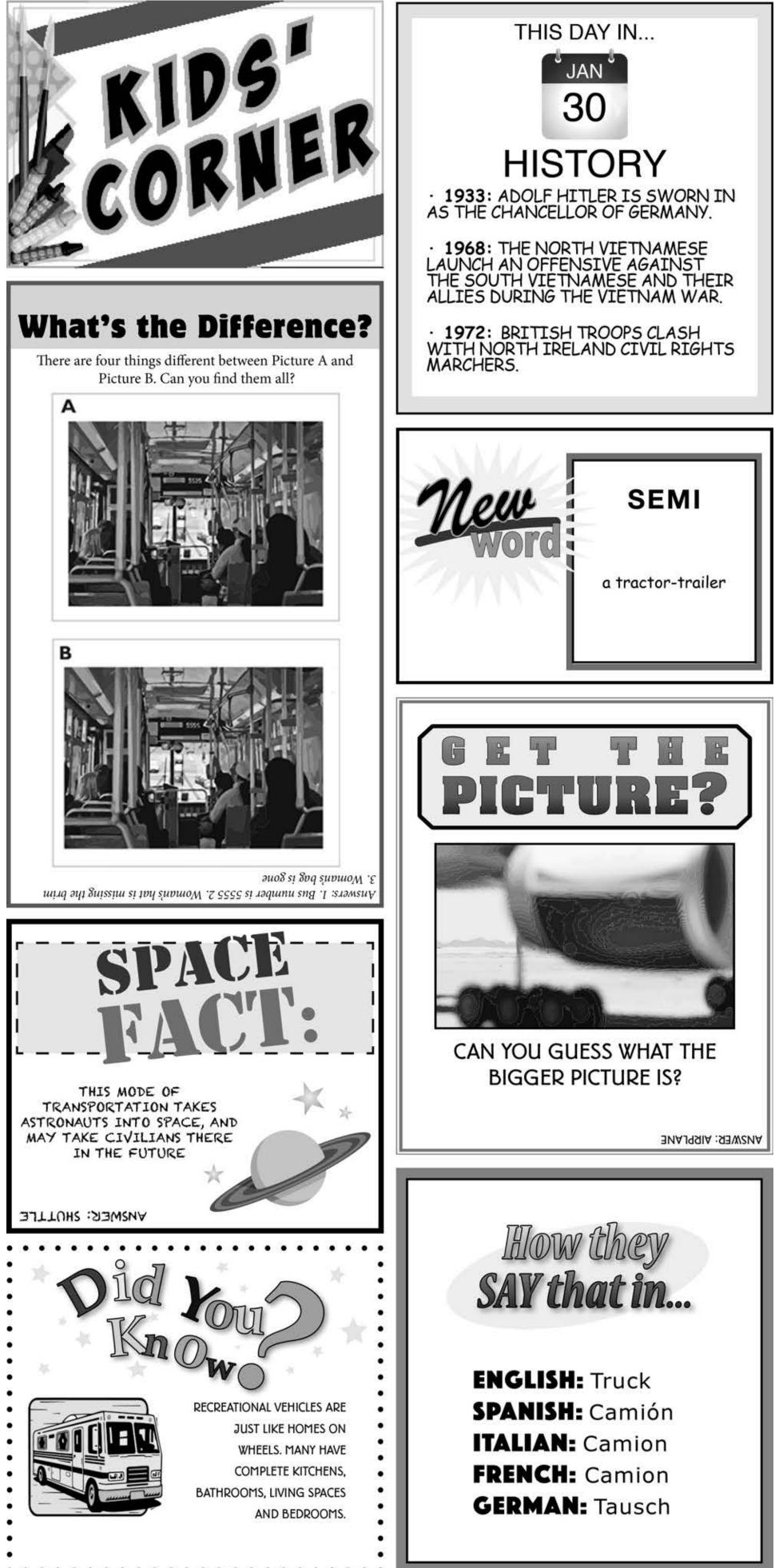
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HOME

Generac Gives Tips To Prepare A Safe, Winter Storm-Ready Home



You and your family can weather any storm more easily with the proper precautions and preparations.

(NAPS)

Ice, snow, wind and freezing temperatures create hazardous winter conditions that can lead to utility power failures. Preparing the home for

extreme winter weather is central to creating a safe and comfortable environment. Generac Power Systems offers an abundance of helpful tips for preparing a safe

and winter storm–ready home.

Focus first on emergency power. Power loss can have a negative and cascading effect on the home that amplifies existing

health and safety risks. Arranging for backup power with a home standby generator is the best way to ensure a warm, well-lit, safe environment for homebound

families. Home standby generators will automatically keep critical home systems running during a utility power outage. It is important to consult an expert, such as an authorized Generac dealer, who is familiar with local electrical and building codes as well as product options to meet personal and home needs.

Perform outside maintenance. Trimming long tree branches near the house and power lines reduces the risk of home damage and power outages. Keep gutters, exterior chimneys and vents clear of debris and snow. Cover window wells with plastic to keep water from seeping into the basement. If you're using a portable generator, it's important to use it safely. Clear an exterior area for safe use of the unit. Never operate a portable generator inside the home or in a garage. Portable generators must be stationed outside, a safe distance away from windows or doors, while in operation.

Keep storm safety and maintenance tools accessible in the garage. Make sure the snowblower and portable generator are working properly. Winterize automobiles with a full tank of gas, water, flashlights, a snow brush, sand, warm clothing and blankets. Keep a supply of sand, salt, snow

melt and shovels for clearing the driveway, walkway and steps.

Stock the pantry and kitchen with food, water and first aid supplies. Keep a three-day supply of food and water for family and pets and a first aid kit with bandages, alcohol wipes, antibiotic ointment and a thermometer.

Double-check the medicine cabinet in the bathroom. Running out of life-sustaining medications can be disastrous when wintry conditions preclude a trip to the pharmacy. A three-day supply of medications-both over-thecounter and prescriptions— is recommended. Stock water for flushing if the home is on a septic system.

The home office is command central for emergencies. Vital documents may be needed at a moment's notice. Keep a list of medications and other pertinent medical information, the deed or lease to your home, birth certificates, insurance policies, and family and emergency contact information together in the home office.

For more information and detailed, weather-related safety tips, visit www.generac.com/stormprep.

What You Should Know About A Comfortable Way Home Comfort System Warranties To Save On Energy



To be sure you get the most comfort from your heating and cooling system, read the warranty carefully.

(NAPS)

Selecting a new heating and cooling system is most often about equipment features and price. But warranties should also be considered as you compare systems. A good warranty will minimize your out-of-pocket expenses if something goes wrong with the equipment. That's why it's important to know what you can expect from the warranty that comes with your purchase.

The terms of a warranty vary by manufacturer. Although every reputable manufacturer offers a warranty with its equipment, the terms or duration of the warranty vary, usually covering equipment anywhere from one to 10 years after installation.

Manufacturers' warranties typically cover parts, not labor, and the parts are usually limited to large system components-things like compressors and heat exchangers, not filters and fan belts. Labor is rarely covered because the manufacturer has no control over how its equipment is installed and maintained.

Good contractors provide a written, money-back guarantee of their installation work. This ensures you do not have to pay for a technician's mistake.

Extended warranties provide long-term protection. Sometimes offered by manufacturers and almost always offered by heating, ventilation and air-conditioning (HVAC) contractors, extended warranties usually provide an additional five to 10 years of parts and/or labor coverage.

Planned maintenance agreements provide additional peace of mind. Planned maintenance agreements call for regularly scheduled maintenance, which can help detect problems early, prevent unexpected breakdowns, keep system efficiency high and minimize energy bills. In addition, manufacturers' warranties often require equipment to be serviced by qualified contractors, making a maintenance plan even more important.

It's easy to accidentally void a warranty, which is why it's important to read it carefully and adhere to its conditions. You can void your warranty if you do any of the following: fail to register your equipment or warranty within the required time frame; use another manufacturer's replacement parts; improperly install parts or service the equipment (be sure to use a certified, licensed contractor); neglect annual professional maintenance; or fail to keep good records, including proof of maintenance and repair services.

A warranty should provide peace of mind. To ensure that that happens, take time to read it carefully, review the details and ask questions: Is there a processing fee? When is warranty service available? How long can you expect to wait for a technician to arrive?

Coleman® HVAC warranties provide more than minimal coverage. In fact, they lead the industry in many instances by covering parts and key mechanical components for longer terms than other manufacturers'. To learn more, visit www.colemanac.com, follow it on www. youtube.com/ColemanHome Comfort and @ColemanHVAC on Twitter or call (877) 874-7378.



Right below your feet is a free and renewable reservoir of solar energy. You can tap into it with a geothermal heat pump, an increasingly popular alternative.

(NAPS)

When it comes to getting a good deal on home cooling and heating, an increasing number of homeowners are going underground.

They're turning to geothermal heating and cooling as an alternative-for five very good reasons.

Efficiency and savings: Geothermal systems use the 1. energy already stored in the earth and offer savings in the range of some 75 percent a year. Plus, you're not left vulnerable to volatility in the fossil fuel market or delivery prices.

Convenience: There's no waiting for fuel deliveries 2. or running out of fuel at an inconvenient time. Unlike other renewable technologies such as solar or wind, geothermal heat pumps work year-round and day and night, regardless of outdoor conditions, and they require less space.

Durability: Geothermal heat pumps have about a 3. 25-year life span, while the underground piping system that accesses the underground energy can last more than 100 years before needing to be replaced. Fossil-fuel furnaces, however, generally have to be replaced after 15 years or so.

Rebates: In many places, government and utility 4. rebates are available to homeowners who install heat pumps.

Versatility: Unlike traditional systems, a single geo-5. thermal unit from WaterFurnace-which manufactures and sells more geothermal systems for homes than anyone elsecan provide both heating and cooling. Some can even heat water. In certain cases, this can mean up to 70 percent savings on utility bills.

Learn More

For further facts, see www.waterfurnace.com/switch.



HOME

Easy Decluttering Tips

(NAPS)

Even the cleanest home will look] messy if it's not properly organized. Jule Eller, director of trend and style at Lowe's, says there are a few simple ways to declutter your home and make your space look tidy.

Start by assessing each room. Every home and family is different but kitchens, garages and closets tend to get the messiest the fastest.

A kitchen is a gathering place for everyone in the family, so it can become cluttered with everything from backpacks and junk mail to cereal bowls and pizza boxes. Cabinets and pantries can also become cluttered with too many dishes, utensils and spices, but installing a Rev-A-Shelf basket from Lowe's makes it easy to keep things neat.

If you have a garage, you know it's tempting to simply stash away bulky or rarely used items in it, rather than find a space inside your home. But if you make a habit of doing this, you could eventually run out of room to park your car. To avoid that from happening, put a Kobalt cabinet or rail system in your garage to transform it into a functional storage space.

While closets aren't rooms, they can definitely become a cluttered

nightmare. Some people think if the door can close, there's still room for storage. Don't let closets get to that point you'll be a better person for it.

Here are a few additional tips for sprucing up your home while keeping it functional and orderly:

1. Rearrange furniture to maximize the space in each room.

The sofa in the living room, the bed in the bedroom and the desk in the office demand the majority of space available. Arrange these pieces first.

Don't place too many pieces of furniture in a small space. A love seat may work better than a full-size sofa depending on the size and shape of the room.

When creating areas for conversation, keep furniture pieces within eight feet of each other so people can talk comfortably when seated. If possible, keep these pieces facing each other instead of side by side.

With seating used for reading, remember to incorporate a light, whether it's a floor lamp or an end table with a lamp on it.

2. Create the illusion of space by adding lighting and mirrors.

Lighting is a key element in opening up a space. If you're lucky

enough to have natural light, let it shine in. Recessed spot

lighting is visually appealing and is perfect for a small space.

A torchère lamp is great for bouncing light off the ceiling and back down on the room.

Skylights and solar tubes are natural alternatives for adding light to a space.

Increase the appearance of the size of the room by adding mirrors. They not only reflect images, but also reflect light and color while adding a decorative element to the room.

3. Use storage products to help you get organized. If shelving and

closet organization kits aren't enough, keep clothes in storage bins. If you have too much, hold a garage sale or donate items to charity. A good rule of thumb is if you haven't worn it in two years, it's time to let it go. Store your uten-

sils in an orderly fashion. Inexpensive baskets and bins work for oddly shaped items or small appliances. Keep stemware, plates and bowls grouped by function, style and shape. This will not only create a uniform look, but save time when meal prep is in full swing. You always have the option to build custom solutions, but some-



You can save time and trouble when your home is neat as well as clean. A few simple steps and inexpensive items can help.

times that forces you to choose between style and functionality. If you'd rather not sacrifice one or the other, Lowe's offers a wide variety of products that allow you to have both.

Ultimately, it's important to remember to not bite off more than you can chew. One of the biggest mistakes people make when decluttering is not setting realistic goals on the front end. Come up with a plan before diving in. Look at the room as a whole and then focus on one corner at a time.

Once progress is being made, it will motivate you to keep going.

Learn More

For more organizational ideas, tips and product solutions, visit Lowes. com.

Monitor Your Comfort Keep Safety In Mind When And Savings



Using Your Snow Thrower

(NAPS)

When snowflakes pile up, knowing how to use your snow thrower safely is an important responsibility.

'A snow thrower is indispensable during the winter for home and business owners," said Kris Kiser, the pres-



When you use a geothermal heat pump, you get a system that saves energy, money and the environment while keeping you comfortable.

(NAPS)

You don't have to sacrifice comfort to save money and energy when heating and cooling your home.

Geothermal heating and cooling systems are efficient, energy saving and environmentally friendly. They give decades of reliable, safe home comfort at a low cost.

Lower Operating Cost

A geothermal system operates more efficiently than ordinary heating and air-conditioning systems because it can deliver an astounding five units of energy for every one unit of energy used. Because it combines stored earth energy with safe electric power, many heat pump owners realize savings of up to 70 percent for heating, cooling, and hot water.

Enhanced Comfort

Geothermal systems provide precise distribution of comfortable air all year long, eliminating hot spots and cold spots. During heating, you'll experience warm air without the hot blasts associated with ordinary gas furnaces or the cooler air of an air-source heat pump. When cooling, geothermal systems deliver cool, dehumidified air.

Quiet

Unlike ordinary air conditioners, there's no noisy outdoor unit to disturb your outside environment or your neighbors.

Reliable

Geothermal systems are installed indoors, so they're not subject to wear and tear caused by rain, snow, ice, debris, extreme temperatures or vandalism.

Convenient

New technologies make the systems a joy to use. WaterFurnace offers remotely controlled, cloud-based access to your system from your smartphone, tablet or computer. The platform includes detailed feedback about your system in real time.

You can even choose to eliminate clutter from your walls with an invisible-mount temperature sensor. They offer a zoning solution that allows you to customize conditions in up to six rooms in your home.

Environmentally Friendly

According to the Department of Energy and the EPA, geothermal systems are the most environmentally friendly way to heat and cool your home. WaterFurnace, which manufactures and sells more geothermal systems for homes than anyone else, points out that its systems emit no carbon dioxide, carbon monoxide or other greenhouse gases, which are considered to be major contributors to environmental air pollution.

Learn More For further facts and tips, you can visit www.waterfurnace.com.

ident and CEO of the Outdoor Power Equipment Institute (OPEI). "But remember, never put your hand in the auger or chute of a snow thrower to clear a blockage. You should always use a clean-out tool to remove snow or debris that gets stuck in your snow thrower."

Kiser offers 10 tips to help you operate snow removal equipment safely:

Look over the owner's manual. Remember to review your owner's manual for safe handling procedures. Most manuals can be found online, too.

Clear pathways and driveways ahead of a storm. Heavy snowfall can hide objects that could clog the chute or damage your equipment. When snow is forecast, clear the area of doormats, sleds, boards, wires and other debris before flakes fall.

Have the right fuel on hand. Use the correct fuel recommended by your equipment's manufacturer. Buy fuel ahead of a storm. And remember, it is illegal to use any fuel containing more than 10 percent ethanol in any out door power equipment, including snow throwers, unless specified for that equipment. For more on fueling properly, see www.LookBeforeYouPump.com.

Store and use fuel properly. Always store fuel in authorized containers. Avoid spills by using containers with spouts. Fill up the fuel tank outside and before you start the engine and while the engine is cold. Never add fuel to a running or hot engine.

Set up a safe work zone. Do not operate your snow thrower close to people and pets. Keep bystanders, children and animals out of your work area. Never throw snow toward people or cars. Don't let anyone stand in front of your snow thrower.

Know your energy level. Excessive vibration, noise, emissions and uncomfortable positions may cause fatigue. Take frequent rests.

Know how to operate controls. Review safe handling procedures for equipment, including how to stop the snow thrower quickly and immediately. If you need to remove debris or

Snow thrower safety can be simpler if you heed 10 cool tips.

unclog the chute, always turn off your snow thrower first.

Ensure safety guards are functioning. Never remove safety guards and always keep your equipment in good working order.

Never operate your snow thrower without good visibility or light. Keep a strong footing and firm hold on the handles. Wear safety glasses, warm clothing, and heavy footwear that can handle slippery surfaces. Eye, hearing or head protection gear may be needed.

Use extreme caution on slopes and hills. Do not attempt to clear steep slopes. Use caution when changing directions on slopes with your snow thrower.

Learn More

Further safety tips and information are at www.opei.org.



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