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Clinical Study Manager



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Bay Path Practical Nursing Academy awarded continued National Accreditation from COE!



Courtesy Photo

The Commission of the Council on Occupational Education (COE) has granted to continue accreditation of Southern Worcester County Regional Vocational School District's Bay Path RVTHS Practical Nursing Academy.

ATLANTA, Ga. — The Commission of the Council on Occupational Education (COE) has granted to continue accreditation of Southern Worcester County Regional Vocational School District's Bay Path RVTHS Practical Nursing Academy.

Announcement of the action was made by Dr. Gary Puckett, Executive Director. The effective date of continue accreditation is Sept. 15. The award of continue accreditation status is based on an evaluation to demonstrate that the insti-

tution meets not only the standards of quality of the Commission, but also the needs of the students, the community, and employers. The Commission's evaluation process includes an extensive self-study by the

Please Read **BAY PATH**, page **A16**

bankHometown completes merger with Millbury Savings Bank

OXFORD — Matthew S. Sosik, CEO of Hometown Financial Group, announced this week that Oxford-based bankHometown has completed its merger with Millbury Savings Bank. Robert J. Morton, President and CEO of Millbury Savings Bank, has been appointed President and CEO of bankHometown.

“We are excited to welcome Rob and the Millbury Savings Bank employees and customers to the bankHometown family,” Sosik said.

bankHometown now has \$1 billion in assets and 15 branches located throughout central Massachusetts and northeastern Connecticut. The Bank plans to open a new branch on Grove Street in Worcester in early 2020. Sosik, former President and CEO of bankHometown, will continue as

CEO of Hometown Financial Group and President and CEO of bankESB. Both are headquartered in Easthampton.

“I look forward to getting to know the bankHometown customers and communities in the months ahead,” Morton said. “I am passionate about fulfilling the promise of true local, community banking, providing top-notch customer service, reinvesting deposits in loans that support local economic growth and job creation, and giving back generously to communities we serve through charitable donations and volunteerism.”

The merger with Millbury Savings Bank marks the third transaction closed in 2019 for Hometown Financial Group. On Jan. 31, the company closed

Please Read **SAVINGS BANK**, page **A16**

Heritage School celebrates African culture

BY GUS STEEVES
CORRESPONDENT

CHARLTON – For seven years, Heritage School students have spent a few days immersed in African arts and culture, and that happened this past week.

“It’s an awesome experience, because some of these kids would otherwise never experience learning about this culture or using the drum,” said teach-

er Jessica Hast, who has been involved every year. “Every time, it’s amazing.”

The drum she’s referring to is the djembe, an ancient style of conga drum from West Africa. The school obtained two of them as part of this year’s program, a three-day residency in which members of the area band Crocodile River Music stayed at the school giv-



Gus Steeves Photos

Antoinette Mutuyimana leads kids in a dance routine.



Issa Coulibaly gets the kids involved.

Please Read **HERITAGE**, page **A15**



Courtesy Photo

Left to right: Monica Thomas-Bonnick, Webster Five Foundation Executive Director, Linda Cavaioli, YWCA Executive Director, and Donald Doyle, President and CEO, Webster Five.

Webster Five donates \$25,000 to YWCA

WORCESTER — The Webster Five Foundation has announced that as part of the Web of Caring to Make a Difference program, it will donate \$25,000 payable over three years to YWCA Central Massachusetts. The donation will help to enable the YWCA to provide services more effectively and expand their capacity in their planned renovations of their Salem Square facility in Worcester.

The YWCA is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all. Through a variety of programs and services, the YWCA works to reduce disparity and inequality in health, education, income, and power, especially for women

and people of color, and to empower them to achieve lasting independence and economic self-sufficiency. Their programs include domestic violence services, child care services, women’s economic empowerment, and wellness and health equity.

Please Read **YWCA**, page **A15**

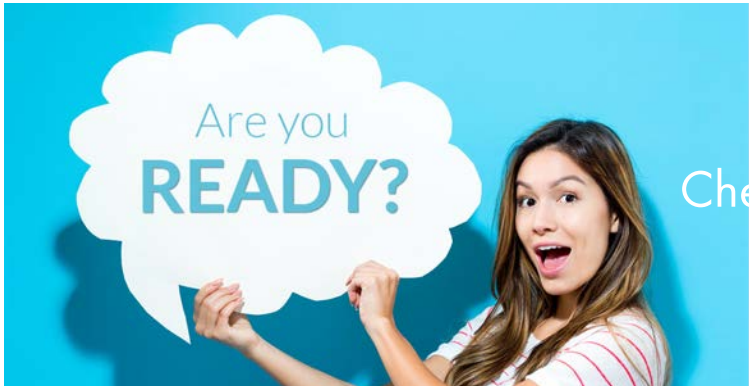


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Maynard Fields to receive ADA compliance upgrades

BY JASON BLEAU
CORRESPONDENT

CHARLTON – Long awaited improvements are coming to Maynard Field in Charlton as the result of one of many votes at the annual fall town meeting on Wednesday, Oct. 16.

One article on the meeting warrant addressed the need for updates to the Maynard Fields which host numerous sporting events in town but have been cited for their noncompliance with ADA regulations. Responding to demand from the state the Recreation Commission and Board of Selectmen sought public approval to borrow \$170,000 to make the necessary upgrades.

Lucas Stevens, the chair of the Recreation Commission, provided more insight into the situation for voters to consider prior to the vote.

“About a year and a half ago now, we did receive notice that the facilities at Maynard Field, specifically the lower football field, are not in compliance with the Americans with Disabilities Act and the violations include inadequate accessibility to the bleachers, snack shack and bathroom facilities,” Stevens said.

The \$170,000 price tag would cover changes to the snack shack, including a lower counter, resurfacing part of the parking area and marking off handicap sports and other requirements to make the facilities ADA compliant.

While there were few objections to the project one citizens, Roger Cloutier, made his voice heard noting that while he appreciated the need for the project and supported it, the price tag concerned him and he had even arrived at the town meeting seeking to amend the proposal before Lucas Stevens educated him on the scale of the project.

“Maybe the town could get a grant. Some of the other good ideas I thought was have Bay Path build the ramps. Most towns do that, and it saves a significant amount of money,” Cloutier said. “It’s a lot of money and if we’re going to borrow it we’re going to pay for it for fifty years. I think \$170,000 is obscene. We have to do it, I never doubted that for a second, I just doubted the

cost and (Mr. Stevens) has shown me there’s a lot more to it than I thought.”

Responding to Cloutier, Stevens revealed that grant opportunities were considered and that the project may not required the full \$170,000 to complete. “Contingencies are included. We do not anticipate spending the entire \$170,000. There are grants for helping municipalities with certain ADA projects however they’re grants that recently closed so unfortunately we missed out on this fiscal year cycle,” Stevens said.

Voters did approve the article with the necessary two-thirds majority voting in favor of the borrowing, however it was not a unanimous decision.



Think Pink

Join these local businesses in supporting breast cancer awareness this October!

Breast cancer signs and symptoms

Breast cancer is a formidable foe. According to the World Health Organization, an estimated 627,000 women lost their lives to breast cancer in 2018. But women are not helpless in the fight against breast cancer, as the WHO notes early detection is critical and could potentially save thousands of lives each year.

A proactive approach is a key component of protecting oneself against breast cancer. While the National Breast Cancer Foundation, Inc.® notes that many breast cancer symptoms are invisible and not noticeable without a professional cancer screening, women can keep an eye out for certain signs of breast cancer they might be able to detect on their own. Monthly self-exams can help women more easily identify changes in their breasts.



During such self-exams, women can look for the following signs and symptoms and are advised to report any abnormalities they discover to their physicians immediately.

- Changes in how the breast or nipple feels: The

NBCF says nipple tenderness or a lump or thickening in or near the breast or underarm could indicate the presence of breast cancer. Some women may notice changes in the skin texture or an enlargement of the pores in the skin of

their breast. In many instances, skin texture has been described as being similar to the texture of an orange peel. Lumps in the breast also may indicate breast cancer, though not all lumps are cancerous.

- Change in appearance of the breast or nipple: Unexplained changes in the size or shape of the breast; dimpling anywhere on the breast; unexplained swelling or shrinking of the breast, particularly when the shrinking or swelling is exclusive to one side only;

and a nipple that is turned slightly inward or inverted are some signs and symptoms of breast cancer that can affect the appearance of the breast or nipple. It is common for women’s breasts to be asymmetrical, but sudden asymmetry should be brought to the attention of a physician.

- Discharge from the nipple: The NBCF notes that any discharge from the nipple, but particularly a clear or bloody discharge, could be a sign of breast cancer. The NBCF also advises women that a milky discharge when they are not breastfeeding is not linked to breast cancer but should be discussed with a physician.

Learning to recognize the signs and symptoms of breast cancer can increase the likelihood of early diagnosis, which greatly improves women’s chances of surviving this disease.

Educating young women about breast cancer

At the age of 12 to 15, many young women are experiencing the body and life changes that accompany adolescence. It can be difficult to imagine that breasts that are just beginning to develop may contain cancer. But such is the reality for some girls.

The majority of women who receive a breast cancer diagnosis are over the age of 40. Experts at Monroe Carell Jr. Hospital at Vanderbilt University note that only 5 percent of breast cancer cases are found in women under the age of 40. However, the hospital recently treated a 14-year-old girl who found a lump and learned she had a rare form of breast cancer called a phyllodes tumor. In 2009, a 13-year-old from Little Rock, Ark. found a quarter-sized lump in her right breast, while a 19-year-old student at the College of New Jersey was diagnosed with cancerous cells and underwent a bilateral mastectomy. Though such cases are rare, it behooves teenage and adolescent girls to familiarize themselves with the disease and be mindful of their breast health.

Some organizations have increased breast cancer messages for young girls, and it is not uncommon to find young women participating in runs and fundraisers for breast cancer research. Some organizations even conduct breast cancer workshops to educate young women about breast health. Dorothy Paterson of Texas, a former Girl Scout leader who was diagnosed with breast cancer herself, began conducting workshops for Girl Scouts in 2007. The idea isn’t to scare girls into believing they have the disease, but rather to increase their awareness of changes in their bodies that may or may not be normal.

Some parents worry that educating children about breast cancer may cause them to worry unnecessarily, especially considering a young girl’s risk of developing breast cancer is so minimal. Just as with older women, adolescents and teens should realize that eating healthy foods, exercising, avoiding alcohol and tobacco, and maintaining annual physical exams with a doctor are key ways to reduce the risk for cancer.

Debunking common myths associated with breast cancer

Cancer claims the lives of millions of people across the globe every year. But the fight against cancer is anything but hopeless, as the World Health Organization notes that between 30 and 50 percent of all cancer cases are preventable.

Learning about cancer is one of the best ways for people to protect themselves from this deadly disease. Researchers continue to learn more about cancer everyday and routinely discover that information once thought to be accurate was actually off-base.

Despite researchers’ best efforts, some myths about cancer still prevail. Some of these myths are about cancer in general, while others refer to specific cancers, including breast cancer. Myths about breast cancer can be as harmful as accurate information is helpful, so learning the truth and debunking those myths can be an important part of women’s preventive approach to breast cancer.

- Myth: Drinking milk increases your risk for breast cancer. The American Cancer Society notes

that early studies raised concerns that drinking milk from cows treated with hormones could increase a person’s risk for breast cancer. However, ensuing research failed to find a clear link between the two. In fact, a 2002 study published in the International Journal of Epidemiology found no significant association between dairy fluid intake and breast cancer risk.

- Myth: Lumps indicate breast cancer. The National Breast Cancer Foundation, Inc.® says that only a small percentage of breast lumps turn out to be cancer. However, abnormalities or changes in breast tissue should always be brought to the attention of a physician.
- Myth: Mammograms cause breast cancer to spread. This myth is rooted in the incorrect notion that breast compression while getting a mammogram causes the cancer to spread. However, the NBCF insists that cannot happen. In fact, the National Cancer Institute touts the benefits of mammograms while the ACS recommends women

between the ages of 45 and 54 get mammograms every year. For additional breast cancer screening guidelines, visit the ACS at www.cancer.org.

- Myth: Women with a family history of breast cancer are likely to develop breast cancer, too. This myth is dangerous because, if taken at face value, it can give women with no family history of breast cancer a false sense of security. However, the NBCF notes that only about 10 percent of individuals diagnosed with breast cancer have a family history of the disease. The Centers for Disease Control and Prevention note that a woman’s risk for breast cancer is higher if she has a first-degree relative, including a mother, sister, daughter, or even a male family member, who have had the disease. But breast cancer can affect anyone, regardless of their family history.

Information is a valuable asset in the fight against breast cancer. Learning to decipher between accurate and false information can be especially valuable.



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Millennium Magic Chorus wins gold in competition



Courtesy Photo

Central Massachusetts' own Millennium Magic Chorus wins the gold medal at the 2019 Sweet Adelines International, Harmony Classic world competition, held in New Orleans, La. on Sept. 17!

NEW ORLEANS, La. — Central Massachusetts' own Millennium Magic Chorus wins the gold medal at the 2019 Sweet Adelines International, Harmony Classic world competition, held in New Orleans, La. on Sept. 17!

Sweet Adelines is a worldwide organization of women singers dedicated to music education and spreading the joy of barbershop harmony. With 75 years of history and more than 20,000 members, their yearly international compe-

tition draws singers from every corner of the globe. Millennium Magic Chorus attended this year's convention at the Smoothie King Center in New Orleans, Louisiana after a year and a half of preparation following their regional win in Springfield, qualifying as a top five world-wide division contender.

Millennium Magic takes great pride in being a self-directed chorus, the only one of its kind in this global organization. Meaning, they don't have a front-

line director, depending instead on personal mastery, ownership and teamwork. They are ordinary women who have achieved extraordinary results with this approach. The package theme song, "Hello," was masterfully arranged by member Laurel Strielkauskas, a founding member of Millennium Magic, which served as the premise of their mini Broadway-like production with theatrical development, scripting and characterization by member Andrea Pierce.

Millennium Magic Chorus is home to 21 active members who travel to Sturbridge from all over New England for weekly rehearsals, to include Massachusetts, Maine, Connecticut, Rhode Island, and New York. Their mutual dedication to their art form and the joy they find in making music together has made them more of a family than a chorus.

Millennium Magic chorus welcomes new members year-round, but the chorus will be conducting an open risers event beginning Oct. 22 through Dec. 1. During this time, participants are invited to join the "open risers" where women singers of all ages attend 5 rehearsals, where they can experience instruction in the Barbershop singing style and vocal coaching...and it's free! The Event culminates in a performance with this international champion chorus at their annual Holiday Concert being held on December 1st, at 4PM, at the Bethlehem Lutheran Church on 345 Main St., Sturbridge.

View Millenniums Award Winning Performance on YouTube at <https://www.youtube.com/watch?v=0g3yzPJC-J0k>. To learn more about the chorus, the open riser's event and holiday concert, please visit Millennium Magic on Facebook, or contact Anne Wilson at Bariannie@aol.com, or call 413-320-3355.

Smola announces school safety grants

BOSTON — Rep. Todd M. Smola (R-Warren, Ranking Member, Committee on Ways & Means) is pleased to announce that \$7.2 million in grants have been awarded to more than 140 school districts across the Commonwealth to upgrade school security equipment and technology to bolster public safety resources for students and staff.

As part of the program, Tantasqua Regional School District will receive \$36,400 for additional security cameras; Quaboag Regional School District will receive \$34,900 for portable radios, repeaters and Public Safety Link; and Pathfinder Regional Technical

High School will receive \$8,696 for exterior door locks, security and ID cutout numbers.

"These investments will provide much needed safety resources for our students and teachers," said Smola. "Providing a safe school environment is essential in order for our students to reach their full potential."

The statewide program will enable schools to upgrade and install crucial security infrastructure, including exterior door locks, surveillance video cameras, school site alarms, interoperable communications systems and active shooter detection systems. The grants are

being awarded by the Executive Office of Public Safety and Security in conjunction with the Executive Office of Education.

The grant funding was included in a Fiscal Year 2018 supplemental budget proposed by the Governor and passed by the Legislature. The budget bill signed by the Governor also included \$7.5 million in additional aid for school districts to hire social workers, mental health counselors and psychologists.

For additional information please contact Representative Smola at Todd.Smola@mahouse.gov or (617) 722-2100.

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Historical Society meets Nov. 21

AUBURN — On Thursday, Nov. 21 at the Lorraine Gleick Nordgren Senior Center, 4 Goddard Dr., Auburn, at 6:30 p.m., the Auburn Historical Society will be presenting "Pakachoag, Mount Saint James, and the Aboriginal Nipmuc People of Auburn" talk given by Dr. Thomas L. Doughton.

Dr. Doughton has been Senior Lecturer at the Center for Interdisciplinary Studies at the College of the Holy Cross, which is on Mount Saint James.

He is also an enrolled member of the Nipmuc Nation and his family has been in the area for many generations. He will be explaining the Nipmuc culture that was found in Auburn with a purpose of keeping the memory alive for future generations.

The event is free and open to the public. Light refreshments will be served.

Time to clean your closets? Donate winter coats

SOUTHBRIDGE — The Winter Coat Closet at Holy Trinity Church, 446 Hamilton St., Southbridge, will be open every Saturday morning from 9 - 11 a.m., from Oct. 19th through Dec. 14. Those wishing to donate clean, gently used winter coats can drop them off at the church on Saturday mornings or at any of the participating churches.

Please no light weight or dry clean only coats and no other type clothing, as space is limited. Men's and large size coats are especially needed.

This is an ecumenical mission supported by many churches in the area. There are free coats available for men, women and children, as well as some hats, mittens and scarves. Come browse

through our racks!

For more information call Chris McTigue, 508-248-4726.

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Voters adopt a spending mood at town meeting

BY JASON BLEAU
CORRESPONDENT

CHARLTON – A slew of financial items were addressed during the annual fall town meeting in Charlton on Wednesday, Oct. 16, including new purchases for both the police and fire department, a new voting system, and additional funding to cover legal costs accrued by the town.

The 139 voters in attendance heard from several department heads and town officials concerning numerous proposed money transfers over the

course of the night with one of the biggest being \$300,000 from the town's stabilization fund to cover legal fees associated with the Planning Board's defense of its decision to deny approval for the Valley Green Grown Project in Land Court. The money will also assist in defending the board in its involvement in hearings concerning the proposed Northeast Energy Center on Route 169. Originally, the money was to come from free cash, but voters moved to change the funding source. The amended article was approved in a 93-23 decision.

Right out of the gate a list of 12 expenditures caused early debate as several citizens took to the microphone to express their concerns mostly in connection to the \$110,000 transfer proposed from free cash to fund the town administrator position and the \$90,000 in contract obligations also coming from free cash. Resident Francis Fennessey debated selectmen concerning the line items' connections to the handling of the departure of Robin Craver from the Town Administrator post and the subsequent settlement. In the end, voters still decide to approve the spending as selectmen warned it was required in order to hire a new administrator. The remaining items in

the article also passed with just over half of them being voted on as stand-alone proposals by a citizen's request. Altogether, the lines items totaled \$605,155.

Voters also approved a pair of vehicle requests from both the police and fire departments in town. On the police side, Chief Graham Maxfield sought to replace three cruisers at the cost of \$176,200 while on the fire department side a counted vote of 107 to 20 approved a new \$604,000 fire truck to replace a retiring 25-year-old vehicle. The Highway department also received approval for \$55,000 for two new sanders and another \$55,000 for a dump truck with a plow. Voters also said yes to \$75,000 being used from free cash on

technology upgrades. All these items will also be paid for out of free cash.

Finally, voters also supported utilizing \$20,000 for a new electronic voting system. Similar to other systems being utilized by towns like Webster, the new system will bring around 500 cell-phone-sized remotes for town meetings which would allow all votes to be taken anonymously. The new technology has been touted as a way to increase efficiency while also allowing voters to feel more comfortable casting their votes with anonymity versus the current system utilizing voice and publicly visible card tally votes.



Jason Bleau Photo

Charlton voters raise their cards for one of many articles at the fall annual town meeting. The card voting format will be retired after the approval of funding for a new electronic voting system.

Home of the Brave 5K supports veterans in need

BY KEVIN FLANDERS
STAFF WRITER

STURBRIDGE — With Veterans Day fast approaching, residents from throughout the area are encouraged to lace up their sneakers in support of those who served.

The Home of the Brave 5K road race will be held next month, providing residents with an opportunity to support and honor Sturbridge military veterans and their families. The event is set for Saturday, Nov. 16, on the Town Common. The 3.1-mile race will depart from Town Hall at 9 a.m., and the registration period will begin at 7:30 a.m.

The cost is \$20 per person for those who register in advance; the race day registration fee is \$25 per person. Participants who register in advance will be given event T-shirts while sup-

plies last. Awards will be given to the overall male and female winners, as well as the first-place veteran and the first-place Sturbridge resident. Additional awards will be given in several youth age groups.

Sponsored by the town's Special Events Committee and the Friends of the Senior Center, the event will feature both a run and community walk. All proceeds raised will be donated to Project New Hope and Veterans, Inc.

With locations in Worcester and Westfield, Project New Hope offers several support services and programs for veterans. The organization partners with several entities throughout the state to assist veterans. For more information about the volunteer-run organization, or if you would like to donate, visit www.ProjectNewHopeMA.org.

Worcester-based Veterans, Inc., meanwhile, is a division of the national organization dedicated to ending homelessness among veterans. For more information, visit www.VeteransInc.org.

In addition to the road race, the town's veterans agent is arranging a vendor fair on the Town Common to occur during the race. The fair will feature a wide range of state and local resources available to Sturbridge veterans and military families. Guests will be able to obtain information and connect with groups offering various services.

To register for the road race, visit the town's Web site for more information (www.town.sturbridge.ma.us).

The Town Common is located at 278 Main St.

Craft fair planned at Holland Elementary

HOLLAND — The Friends of the Holland Community Center will be hosting their Second Annual Craft Fair at the Holland Elementary School (28 Sturbridge Rd., Holland) on Saturday, Nov. 2 from 9 a.m.-3 p.m.

This is a major fundraiser for the Friends, who provide programs, equipment, and support to the Holland Community Center year round. We will have 40 vendors with everything from 31 bags, Paparazzi Jewelry and Pampered Chef, to home-

made jewelry, soaps, plaques, ornaments, and knitted and crocheted items. We will also have a raffle with an item from each vendor being donated to our raffle. If you have any questions on the craft fair, please email Kathy at FriendsofHolland@gmail.com.

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AUBURN

\$8,000,000, 10 Westec Dr, Virginia Auburn LP, to Rocky River Realty Co.

\$2,750,000, 31 Millbury St, SNH Medical Office RT, and Francis, Jennifer F, to Webster Five Cents SB.

\$2,750,000, 35 Millbury St, SNH Medical Office RT, and Francis, Jennifer F, to Webster Five Cents SB.

\$545,000, 8 Westec Dr, Westec Drive LLC, to Rocky River Realty Co.

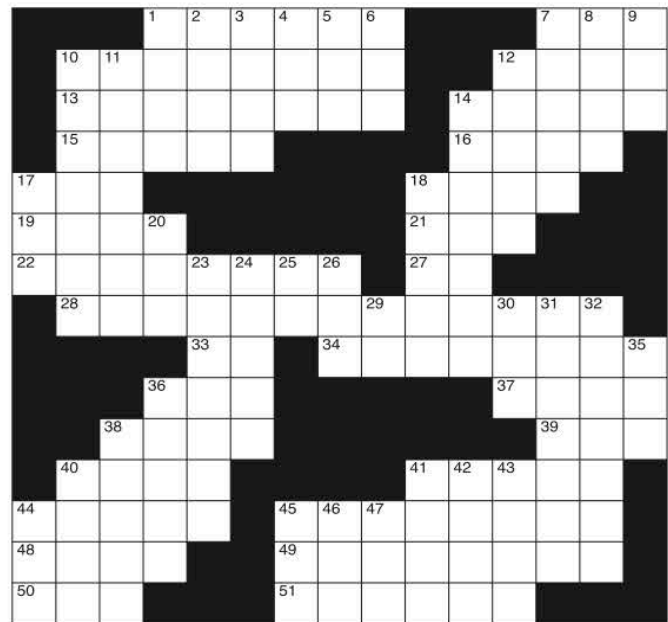
\$490,000, 12 Westec Dr, Gemstone Investment Co, to Rocky River Realty Co.

\$482,000, 230 Leicester St, Page, Dorothy R, to Sawyer, David, and Khattar, Anthony.

\$312,550, 8 Washburn Rd, Vrusho, Robert C, and Vrusho, Jodi A, to Shankle, Alison, and Digiorno-Shankle, Scott.

\$274,900, 10 Rochelle St, Orcutt RT, and Orcutt, James T, to Torres, Alexander, and Esperanza-Torres, Rosa.

\$161,500, 91 Pinehurst Ave, Andrews, Lisa M, and IBM Southeast ECU, to IBM Southeast ECU.

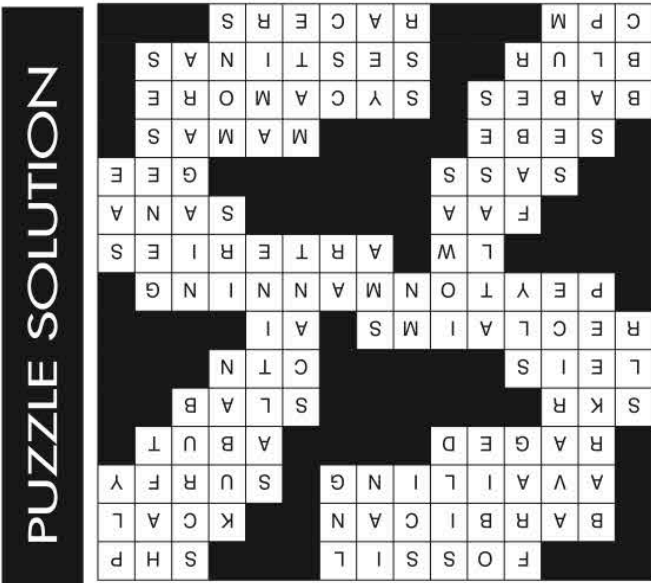


CLUES ACROSS

1. Type of relic
7. Type of medical program (abbr.)
10. Outer defense of a castle
12. 1,000 calories (abbr.)
13. A way of using
14. Abounding with surf
15. Expressed violently
16. Shared a boundary with
17. Swedish krona
18. Thick piece of something
19. Wreaths
21. Animated program network (abbr.)
22. Regains possession of
27. Spielberg sci-fi film
28. 2-time Super Bowl winner
33. Ice hockey position (abbr.)
34. Circulatory system parts
36. Supervises flying
37. District in Peru
38. Impudence
39. __ willikers!
40. One point east of southeast
41. Papas' partners
44. Youngsters
45. Type of tree
48. A hazy or indistinct appearance
49. Poems with distinct pattern
50. Marketing term that denotes price
51. Fast drivers

CLUES DOWN

1. Grenade
2. Off-Broadway theater award
3. Small, immature herring
4. __-fi (slang)
5. 007's creator
6. Liquefied natural gas
7. Cleanse thoroughly
8. Handle of a knife
9. Perform diligently
10. Drink pourer
11. Extreme greed
12. Southern Russia river
14. Type of cracker
17. Single Lens Reflex
18. Barely sufficient
20. Slick
23. Reference books
24. Federally recognized native peoples
25. Manganese
26. Senior officer
29. Atomic #18 (abbr.)
30. Tax collector
31. World wonder __ Falls
32. Origins
35. Car mechanics group
36. MMA fighter Urijah
38. Gland secretion
40. Gelatinous water creature
41. Good friend
42. Arab ruler
43. Capital of Belgian province Hainaut
44. English broadcaster
45. Soviet Socialist Republic
46. Affirmative
47. Trigonometric function (abbr.)



How To Use



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LUNCH

NOVEMBER 2019 Lunch
Bryn Mawr & Pakachoag School

Menus are available online at www.auburn.k12.ma.us and are emailed through One Call and sent home each month.
Lunch Price \$2.75, \$.40 Reduced and Free for those eligible. Milk \$.50.
Breakfast Price \$1.75, \$.30 Reduced and Free for those eligible.


Monday	Tasty Tuesday	Wednesday	Thursday	Friday	
<p>Available Daily</p> <ol style="list-style-type: none">Hot Lunch EntréeWG Bagel w/Cream Cheese Cup and a 4 oz. Yogurt & Cheese StickLunch Launcher Meal/Meat with Veggies, Fruit & WG Crackers (Vegetarian Choices)PBJ Meal	<p>4</p> <p>WG Pancakes & Syrup Scrambled Eggs Potato Hashbrown, Ketchup Steamed Carrots Assorted Fruit Cups or 100% Orange Juice</p>	<p>5</p> <p>Chicken Noodle Soup Chicken Bacon Ranch Quesadilla Seasoned Green Beans Cucumber Slices Fresh Fruit or Fruit Cup FUN STICKER DAY!</p>	<p>6</p> <p>Chicken Noodle Soup KFC Popcorn Chicken Bowl With Mashed Potato, Gravy & Corn Buttered Peas Hummus w/Pita Bread Assorted Fruit Cups</p>	<p>7</p> <p>Chicken Noodle Soup Rotini w/Sauce Choice of Meatballs Romaine Salad w/Asst. Dressings WG Garlic Bread Fresh Fruit or Fruit Cup</p>	<p>1</p> <p>NEW! Auburn Italian Hand Stretched Pizza Choice of Cheese, Pepperoni, Veggie Slice Romaine Salad w/Asst. Dressings Carrot Sticks Assorted Fruit Cups</p>
<p>12</p> <p>Chicken Veggie Soup Tacos w/Shredded Cheese, Shredded Lettuce & Diced Tomatoes on WG Taco Shells Corn Niblets Fresh Fruit or Fruit Cup</p>	<p>13</p> <p>Chicken Veggie Soup Asian Mandarin Orange Chicken Seasoned Rice Vegetable Medley (Broccoli, Cauliflower & Carrots) Assorted Fruit Cups</p>	<p>14</p> <p>National Pickle Day! Chicken Veggie Soup All American Hot Dog on WG Roll Sweet Potato Fries Pickle Slices New England Baked Beans Fresh Fruit or Fruit Cup</p>	<p>15</p> <p>NEW! Auburn Italian Hand Stretched Pizza Choice of Cheese, Pepperoni, Veggie Slice Romaine Salad w/Asst. Dressings Baby Carrots & Ranch Dip Assorted Fruit Cups</p>	<p>8</p> <p>Gill's Pizza Choice of Cheese, Pepperoni, Veggie Slice Carrot Sticks & Hummus Assorted Fruit Cups</p>	
<p>18</p> <p>Creamy Macaroni & Cheese with Fun Time Hot Dog Roasted Sweet Potatoes WG Texas Toast Mediterranean 3 Bean Salad Assorted Fruit Cups</p>	<p>19</p> <p>Tomato Soup Cheesy Grilled Cheese Sandwich Romaine Salad w/Asst. Dressings Fun Size Potato Chips Fresh Fruit or Fruit Cup</p>	<p>20</p> <p>Tomato Soup Crunchy WG Chicken Nuggets Dipping Sauces Sweet Potato Fries, Ketchup WG Dinner Roll w/Butter Pat Assorted Fruit Cups</p>	<p>21</p> <p>Thanksgiving Dinner Tomato Soup Sliced Turkey & Gravy Fluffy Mashed Potatoes Seasoned Green Beans School Made Stuffing Fresh Fruit or Fruit Cup Spice Cake</p>	<p>22</p> <p>Gill's Pizza Choice of Cheese, Pepperoni, Veggie Slice Baby Carrots Cucumber Slices Assorted Fruit Cups</p>	
<p>25</p> <p>Juicy Hamburger or Cheeseburger on WG Roll Roasted Sweet Potatoes Ketchup, Mustard Assorted Fruit Cups</p>	<p>26</p> <p>Nacho Basket, Seasoned Taco Meat w/Cheese Sauce & Taco Chips Roasted Broccoli Black Bean Salad Fresh Fruit Cup</p>	<p>27</p> <p>1/2 Day of School Breakfast Served</p>	<p>28</p> <p>THANKS TODAY TOMORROW Always</p>	<p>29</p> <p>No School</p>	

Students may select: 1. One entrée. 2. Pick 1 fruit and 1 or 2 or more vegetable sides. 3. Select a Milk choice of either Fat Free Chocolate Milk 8 oz., Fat Free White 8 oz. or 1% White Milk 8 oz. Extra items may be offered occasionally such as pudding, WG cookie or other items listed on the menu that do not qualify for a protein, fruit, vegetable or milk. NOTE: Free water is available from food service dispensers for all children at no charge. Bottled Waters are available for purchase. When offered, all students can select sides of beans with fruit and veggie choices. Menus are subject to change without notice.

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BREAKFAST

November Breakfast
Auburn Public Elementary K-2

Breakfast \$1.75
Reduced \$.30

All entrees are served with 1 or 2 fruit choices along with an 8 oz. milk option.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>WG French Toast Bites or WG Rich's Rounds Potato Hashbrown Diced Pears 100% Fruit Juice Milk</p>	<p>5</p> <p>WG Apple Cinnamon Roll or WG Mini Confetti Pancakes Fresh Banana, Raisins 100% Fruit Juice Milk</p>	<p>6</p> <p>WG Pancake/Sausage Stick or WG Banana Bread Potato Hashbrown Rounds Applesauce Cups 100% Fruit Juice Milk</p>	<p>7</p> <p>WG Cinnabar or WG Pancake Bites Diced Peaches, Fresh Apple 100% Fruit Juice Milk</p>	<p>1</p> <p>French Toast Sticks or WG Dutch Waffle Smiley Fries Mixed Fruit Cup 100% Fruit Juice Milk</p>
<p>12</p> <p>WG Apple Cinnamon Roll or WG Mini Confetti Pancakes Fresh Banana, Raisins 100% Fruit Juice Milk</p>	<p>13</p> <p>WG Pancake/Sausage Stick or WG Banana Bread Potato Hashbrown Rounds Applesauce Cups 100% Fruit Juice Milk</p>	<p>14</p> <p>WG Cinnabar or WG Pancake Bites Diced Peaches, Fresh Apple 100% Fruit Juice Milk</p>	<p>15</p> <p>French Toast Sticks or WG Dutch Waffle Smiley Fries Mixed Fruit Cup 100% Fruit Juice Milk</p>	<p>8</p> <p>French Toast Sticks or WG Dutch Waffle Smiley Fries Mixed Fruit Cup 100% Fruit Juice Milk</p>
<p>18</p> <p>WG French Toast Bites or WG Cinnamon Roll Potato Hashbrown Diced Pears 100% Fruit Juice Milk</p>	<p>19</p> <p>WG Apple Cinnamon Roll or WG Mini Confetti Pancakes Fresh Banana, Raisins 100% Fruit Juice Milk</p>	<p>20</p> <p>WG Pancake/Sausage Stick or WG Banana Bread Potato Hashbrown Rounds Applesauce Cups 100% Fruit Juice Milk</p>	<p>21</p> <p>WG Cinnabar or WG Pancake Bites Diced Peaches, Fresh Apple 100% Fruit Juice Milk</p>	<p>22</p> <p>French Toast Sticks or WG Dutch Waffle Smiley Fries Mixed Fruit Cup 100% Fruit Juice Milk</p>
<p>25</p> <p>WG French Toast Bites or WG Cinnamon Roll Potato Hashbrown Diced Pears 100% Fruit Juice Milk</p>	<p>26</p> <p>WG Apple Cinnamon Roll or WG Mini Confetti Pancakes Fresh Banana, Raisins 100% Fruit Juice Milk</p>	<p>27</p> <p>1/2 Day of School Breakfast Served Only WG Pancake/Sausage Stick or WG Banana Bread Potato Hashbrown Rounds Applesauce Cups 100% Fruit Juice Milk</p>	<p>28</p> <p>THANKS TODAY TOMORROW Always</p>	<p>29</p> <p>No School</p>




Daily Continental: Pick 1 WG Muffins
WG Breakfast Breads
WG Mini Donuts
WG Cinnamon Rolls

Daily Continental: Pick 1 or 2, mix or match
WG Cereal
WG Cereal Bar
WG Pop Tart
Oatmeal Cup

Menus are subject to change without notice.
Free water is available from food service dispensers for all children at no charge.
Bottled water is available for purchase.
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LUNCH

NOVEMBER 2019 Lunch
Auburn Middle School

Menus are available online at www.auburn.k12.ma.us and are emailed through One Call and sent home each month.
Lunch Price \$3.00, \$.40 Reduced and Free for those eligible. Milk \$.50.
Breakfast Price \$1.75, \$.30 Reduced and Free for those eligible.

Monday	Tasty Tuesday	Wednesday	Thursday	Friday	
<p>Available Daily! Sandwiches on Whole Grain Rolls & Condiments, Salad Boxes w/Protein</p> <p>Mon. ~ Chicken Patty, Ham & Turkey Grinders</p> <p>Tues. ~ Hot Dog, Chicken Patty, Ham & Turkey Grinders</p> <p>Wed. ~ Ind. Pan Pizza, Chicken Patty, Ham & Turkey Grinders</p> <p>Thurs. ~ Chicken Patty, Hamburger, Cheeseburger, Ham & Turkey Grinders</p> <p>Fri. ~ Chicken Patty, Ham & Turkey Grinders</p> <p>All entrees served with vegetables, fruits and sides of the day!</p>	<p>4</p> <p>NEW! Southwest Chicken Strips w/Seasoned French Fries & Cheese Sauce Steamed Carrots WG Texas Toast Romaine Salad w/Asst. Dressings Assorted Fruit Cups</p>	<p>5</p> <p>Chicken & Vegetable Soup Cheddar, Bacon Tomato Panini Seasoned Green Beans Hummus & Cucumber Strips Romaine Salad w/Asst. Dressings Fresh Fruit or Fruit Cup</p>	<p>6</p> <p>Chicken & Vegetable Soup KFC Popcorn Chicken Bowl WG Dinner Roll w/Butter Pat Romaine Salad w/Asst. Dressings Assorted Fruit Cups</p>	<p>7</p> <p>Chicken & Vegetable Soup Roasted Chicken Dinner Seasoned Rice Buttered Corn Romaine Salad w/Asst. Dressings Fresh Fruit or Fruit Cup</p>	<p>1</p> <p>NEW! Auburn Italian Hand Stretched Pizza Choice of Cheese, Pepperoni, Veggie Slice Romaine Salad w/Asst. Dressings Carrot Sticks Assorted Fruit Cups</p>
<p>12</p> <p>Tomato Bisque Soup Grilled Chicken Street Tacos Corn Niblets Salsa, Sour Cream New England Baked Beans Romaine Salad w/Asst. Dressings Fresh Fruit or Fruit Cup</p>	<p>13</p> <p>Tomato Bisque Soup Creamy Macaroni & Cheese Choice of Pulled Pork on the Side Steamed Carrots WG Texas Toast Romaine Salad w/Asst. Dressings Assorted Fruit Cups</p>	<p>14</p> <p>National Pickle Day! Tomato Bisque Soup Chicken Wings w/Assorted Sauces Cheese & Broccoli Pickle Slices WG Dinner Roll w/Butter Pat Romaine Salad w/Asst. Dressings Fresh Fruit or Fruit Cup</p>	<p>15</p> <p>NEW! Auburn Italian Hand Stretched Pizza Choice of Cheese, Pepperoni, Veggie Slice Romaine Salad w/Asst. Dressings Baby Carrots & Ranch Dip Assorted Fruit Cups</p>	<p>8</p> <p>Gill's Pizza Choice of Cheese, Pepperoni, Veggie Slice Carrot Sticks & Hummus Romaine Salad w/Asst. Dressings Assorted Fruit Cups</p>	
<p>18</p> <p>NEW! Pulled Pork over Crispy French Fries & Cheese Sauce Roasted Sweet Potatoes WG Garlic Breadstick Romaine Salad w/Asst. Dressings Fresh Fruit or Fruit Cup</p>	<p>19</p> <p>Chicken Noodle Soup Tacos w/Shredded Cheese, Shredded Lettuce & Diced Tomatoes on WG Taco Shells Corn Niblets New England Baked Beans Romaine Salad w/Asst. Dressings Fresh Fruit or Fruit Cup</p>	<p>20</p> <p>Chicken Noodle Soup Swedish Meatballs w/Noodles Shredded Carrot Salad WG Dinner Roll w/Butter Pat Romaine Salad w/Asst. Dressings Assorted Fruit Cups</p>	<p>21</p> <p>Thanksgiving Dinner Chicken Noodle Soup Sliced Turkey & Gravy Fluffy Mashed Potatoes Seasoned Green Beans School Made Stuffing Fresh Fruit or Fruit Cup Pumpkin Spice Cake & Cream</p>	<p>22</p> <p>Gill's Pizza Choice of Cheese, Pepperoni, Veggie Slice Cucumber Slices Romaine Salad w/Asst. Dressings Assorted Fruit Cups</p>	
<p>25</p> <p>Auburn Rocket Burger on WG Roll Roasted Butternut Squash Mediterranean 3 Bean Salad Romaine Salad w/Asst. Dressings Assorted Fruit Cups</p>	<p>26</p> <p>NEW! Pizza Quesadilla Marinara Sauce cup Corn & Peas Romaine Salad w/Asst. Dressings Fresh Fruit or Fruit Cup</p>	<p>27</p> <p>1/2 Day of School Breakfast Served</p>	<p>28</p> <p>THANKS TODAY TOMORROW Always</p>	<p>29</p> <p>No School</p>	

We offer 4 or 5 Entrée choices daily. Students may select: 1. One entrée, 2. Pick 1 or 2 fruit, and 1 or 2 or more vegetable sides. 3. Select a Milk choice of either 8 oz. Fat Free Chocolate Milk, 1% White or Fat Free White Milk. 4. Extra items may be offered such as more fruit or vegetable options, pudding, cake occasionally or other items listed on the menu that do not qualify as a protein, fruit, vegetable or milk. When offered, all students can select sides of beans with fruit and veggie choices. NOTE: Water is available from food service dispensers for all children at no charge. Bottled water is available for purchase. Menus are subject to change without notice.

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New student representatives elected at Bay Path



CHARLTON — New student representatives to the Bay Path RVTHS Practical Nursing Academy PN Class of 2020 were elected recently and began their term this fall.

Student representatives are responsible for attending monthly Practical Nursing Faculty Organization (PNFO) meetings, where they serve as non-voting members. The student representatives speak on behalf of the student body and reports on topics they want to bring to the PNFO’s attention. The student representatives also attend the fall and spring Advisory Committee meetings.

Each year, two stu-

Courtesy Photo
Aja Johnson St. Val and Alyssa Misiano.

dents are elected to represent their class. The student representatives for the 2019-2020 academic year are Aja Johnson St. Val of Springfield and Alyssa Misiano of Rutland.

St. Val and Misiano both began their term by attending the fall Practical Nursing Advisory Committee meeting, Sept. 25.

Both St. Val and Misiano attend clinical at Vibra, The Meadows at Rochdale under the clinical instruction of Professor Virginia Dockstader. Both are also members of the Bay Path Practical Nursing UNICEF Club.

“One of the goals in this role is to continue to advocate for governance, to increase awareness of student’s role in governance,” said Gretheline Bolandrina MSN, Ed, RN, CRRN Academy Director.

St. Val and Misiano will bring student issues

up, participate in governance, and focus on not just current students but may include alumni and possibly incoming students in conversations and activities.

Looking to this month’s activities, St. Val and Misiano will prioritize attendance to the safety committee. The student representatives will work together towards feedback on topics in the PNFO agenda.

“The topics that go into the agenda are ones that resonate with the student body, these are very unifying topics, and are all in congruence with regulatory and accreditation requirements for BORN (Board of Registration in Nursing), COE (Council on Occupational Education), and ACEN (Accreditation Commission for Education in Nursing),” Bolandrina said.





LUNCH

NOVEMBER 2019 Lunch

Pakachoag Pre-Kindergarten

Menus are available online at www.auburn.k12.ma.us and are emailed through One Call and sent home each month.

Lunch Price \$2.50, \$4.00 Reduced and Free for those eligible. Milk or Water \$.50 can be purchased for a lunch brought from home. Choice 8 oz 1% White or Fat Free.

Monday	Tuesday	Wednesday	Thursday	Friday
<div><div>WG Pancakes & Syrup Scrambled Eggs Potato Hashbrown, Ketchup Steamed Carrots Assorted Fruit Cup or 100% Orange Juice</div><div>4</div></div>	<div><div>Chicken Bacon Ranch Quesadilla Seasoned Green Beans Cucumber Slices Fresh Fruit Cup FUN STICKER DAY!</div><div>5</div></div>	<div><div>WG Popcorn Chicken Mashed Potato & Gravy Buttered Peas Hummus w/Pita Bread Assorted Fruit Cup</div><div>6</div></div>	<div><div>Rotini w/Sauce Choice of Meatballs Romaine Salad w/Asst. Dressings WG Garlic Bread Fresh Fruit Cup</div><div>7</div></div>	<div><div>NEW! Auburn Italian Hand Stretched Cheese Pizza Romaine Salad w/Asst. Dressings Carrot Sticks Assorted Fruit Cup</div><div>1</div></div>
<div><div>THANK YOU, VETERANS</div><div>12</div></div>	<div><div>Tacos w/Shredded Cheese, Shredded Lettuce & Diced Tomatoes on WG Taco Shells Corn Niblets Fresh Fruit Cup</div><div>12</div></div>	<div><div>Asian Mandarin Orange Chicken Seasoned Rice Vegetable Medley (Broccoli, Cauliflower & Carrots) Assorted Fruit Cup</div><div>13</div></div>	<div><div>National Pickle Day! All American Hot Dog on WG Roll Sweet Potato Fries Pickle Slices New England Baked Beans Fresh Fruit Cup</div><div>14</div></div>	<div><div>NEW! Auburn Italian Hand Stretched Cheese Pizza Romaine Salad w/Asst. Dressings Baby Carrots & Ranch Dip Assorted Fruit Cup</div><div>15</div></div>
<div><div>Creamy Macaroni & Cheese with Fun Time Hot Dog Roasted Sweet Potatoes WG Texas Toast Mediterranean 3 Bean Salad Assorted Fruit Cup</div><div>18</div></div>	<div><div>Cheesy Grilled Cheese Sandwich Romaine Salad w/Asst. Dressings Fresh Fruit Cup</div><div>19</div></div>	<div><div>Crunchy WG Chicken Nuggets Dipping Sauces Sweet Potato Fries, Ketchup WG Dinner Roll w/Butter Pat Assorted Fruit Cup</div><div>20</div></div>	<div><div>Thanksgiving Dinner Sliced Turkey & Gravy Fluffy Mashed Potatoes Seasoned Green Beans School Made Stuffing Fresh Fruit Cup Pumpkin Spice Cake & Cream</div><div>21</div></div>	<div><div>Gill's Cheese Pizza Cucumber Slices Assorted Fruit Cup</div><div>22</div></div>
<div><div>Juicy Hamburger or Cheeseburger on WG Roll Roasted Sweet Potatoes Ketchup, Mustard Assorted Fruit Cup</div><div>25</div></div>	<div><div>Nacho Basket, Seasoned Taco Meat w/Cheese Sauce & Taco Chips Roasted Broccoli Black Bean Salad Fresh Fruit Cup</div><div>26</div></div>	<div><div>1/2 Day of School</div><div>27</div></div>	<div><div>THANKS TODAY TOMORROW Always</div><div>28</div></div>	<div><div>No School</div><div>29</div></div>

Students can select an 8 oz. 1% FF white milk with their lunch. NOTE: Water is available from food service dispensers for all children at no charge. Bottled water is available for purchase. When offered, all students can select sides of beans with fruit and veggie choices. Menus are subject to change without notice.

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LEGALS

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Mary L. Serwecki to BankUnited, FSB, dated June 22, 2006 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 39253, Page 237, of which mortgage the undersigned is the present holder, by assignment from: Federal Deposit Insurance Corporation, Receiver of BankUnited, FSB, Coral Gables, Florida to BankUnited, N.A. F/K/A BankUnited, recorded on December 18, 2018, in Book No. 59836, at Page 339 BankUnited, N.A. F/K/A BankUnited to Wilmington Savings Fund Society, FSB, As Trustee for Upland Mortgage Loan Trust B, recorded on December 18, 2018, in Book No. 59836, at Page 344 for breach of the conditions of said mortgage and for the purpose of foreclosing, the same will be sold at Public Auction at 2:00 PM on November 13, 2019, on the mortgaged premises located at 32C Boyce Street, Unit 9, Building 3, Woodland Oaks Town Homes Condominium, Auburn, Worcester County, Massachusetts, all and singular the premises described in said mortgage,

TO WIT:
Unit No. 9 of Building 3 of Woodland Oaks Town Homes Condominium created by Master Deed dated October 26, 1983 and recorded in Worcester Registry of Deeds in Book 7966, Page 155. as amended and shown on a plan recorded with said Registry of Deeds in Plan Book 531 Page 80. The Post Office address of the unit is 32C Boyce Street, Auburn, Massachusetts 01501. The unit is shown on a plan recorded with the first deed of this unit, to which is affixed a verified statement in the form provided by G.L. c. 183A s. 9, and is conveyed subject to and with the benefit of the obligations, restrictions, rights and liabilities contained in G.L. c. 183A, the Master Deed, the documents establishing the organization of unit owners and the By-Laws as amended of record. Each of the units in the Condominium is intended for residential purposes and such other uses as are set forth in the Master Deed. The undivided percentage interest of the unit in the common areas and facilities is 11.111%. For mortgagor's(s') title see deed recorded with Worcester County (Worcester District) Registry of Deeds in Book 27465, Page 258. These premises will be sold and conveyed subject to and with the benefit

of all rights, rights of way, restrictions, easements, covenants, liens or claims in the nature of liens, improvements, public assessments, any and all unpaid taxes, tax titles, tax liens, water and sewer liens and any other municipal assessments or liens or existing encumbrances of record which are in force and are applicable, having priority over said mortgage, whether or not reference to such restrictions, easements, improvements, liens or encumbrances is made in the deed.

TERMS OF SALE:
A deposit of Five Thousand (\$5,000.00) Dollars by certified or bank check will be required to be paid by the purchaser at the time and place of sale. The balance is to be paid by certified or bank check at Harmon Law Offices, P.C., 150 California St., Newton, Massachusetts 02458, or by mail to P.O. Box 610389, Newton Highlands, Massachusetts 02461-0389, within thirty (30) days from the date of sale. Deed will be provided to purchaser for recording upon receipt in full of the purchase price. The description of the premises contained in said mortgage shall control in the event of an error in this publication.

Other terms, if any, to be announced at the sale.

WILMINGTON SAVINGS FUND

SOCIETY, FSB, AS TRUSTEE OF UPLAND MORTGAGE LOAN TRUST B
Present holder of said mortgage
By its Attorneys,
HARMON LAW OFFICES, P.C.
150 California St.
Newton, MA 02458
(617)558-0500
13045
October 18, 2019
October 25, 2019
November 1, 2019

Public Notice

The Town of Auburn seeks proposals to lease an approximately 1,716 square foot building at 41 South Street to a non-profit organization dedicated to maintaining and promoting the history of the Town of Auburn.


Request for Proposals are available at the Selectmen's Office, 102 Central Street, Auburn, MA.

Proposals will be opened on November 20, 2019 at 12:00 P.M.

October 25, 2019

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OPINION/COMMENTARY



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FRANK G. CHILINSKI
STONEBRIDGE PRESS PRESIDENT AND PUBLISHER

BRENDAN BERUBE
EDITOR

EDITORIAL

A film that teaches us all to be neighbors again

If ever a documentary could change the world, “Won’t You Be My Neighbor?” would be a top contender. The documentary recounting the life of Fred Rogers and his famed children’s television show, “Mr. Rogers’ Neighborhood,” is one of the top 25 most successful documentaries ever to be released, and it has only been in theaters for two months. After seeing the film ourselves this past weekend, we can state that there is a clear reason as to why.

The familiar calm voice of our childhood brought back memories that instantly soothed the audience. While Rogers’ show touched on harsh topics that children were facing, such as racism, the assassination of Robert Kennedy and the Challenger explosion, the longing for simpler times and a lost innocence was apparent in anyone watching the documentary.

The film takes us on the set and gives a unique behind the scenes perspective that as a child we would have never dreamed existed. The Land of Make Believe with King Friday and Prince Tuesday was a magical place that a red trolley brought us to every day. To see it now, through the eyes of an adult, was a powerful experience. The set was incredibly simple, yet Rogers made it a positive everlasting memory to anyone who tuned in.

We watched Mr. Rogers because we knew he was an ally. We truly believed he really liked us, and deep down we knew that if we were to ever meet him, he would like us just as we are. This editor would have never thought back in 1980 while sitting on a mustard colored carpet watching the show, that one day she would be writing about the man who essentially taught her how to tie her shoes and gave her confidence that kindness would always be just around the corner.

First and foremost with Rogers was his concern for the healthy self esteem and well being of the children his show reached. He had a way to relate to youngsters that is a rare find in an adult. As his son mentioned in the film, “he never lost touch with his eight year old self.” Rogers saw the minds of children as fragile and made it his life’s work to be sure that each child watching knew that they were special, despite what they may be hearing elsewhere. Growing up during a time when children were not supposed to emote, Rogers made sure young viewers knew how to handle any potentially confusing feelings with grace, after all, a healthy child makes for a healthy adult.

To no one’s surprise, Rogers gave children as well as his own peers, the hope that there would always be a champion in their corner. His strength of character was so much so that he was not afraid to openly show love and kindness to those who were scorned by others simply for being themselves. Francois Clemmons, who played a police officer on the show beginning in 1968, was the first African American to have a permanent role on a children’s show.

In an old interview, Clemmons recalled a particular episode, explaining “He invited me to come over and to rest my feet in the water with him. The icon Fred Rogers not only was showing my brown skin in the tub with his white skin as two friends, but as I was getting out of that tub, he was helping me dry my feet. I think he was making a very strong statement.”

During the last taping of the show, Rogers ended it with his usual, “You make every day a special day just by being you, and I like you just the way you are.” Rogers was looking right at Clemmons when he said it. Clemmons

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Optimism is a key to quality education

Last week, I traveled to Avon, Ind. as keynote speaker for the Avon Education Foundation (AEF). Avon is a charming suburb of Indianapolis nestled in the countryside just outside of the city.

Avon has a tax base challenge as it is a community with no industrial base and very few commercial tax dollars. The State of Indiana has wisely protected homeowners from abusive and punitive real estate taxes, so there is a serious need for school funding aside from government funding. That is where the businesses and citizens of Avon generously step in.

So, you don’t live in Avon and why should you care?

This story is the same for countless communities around the nation, but few seem to function with the success of the AEF, led by President of the Board Shane Sommers and Executive Director, Sara Bender. Sara is an enthusiastic fireball who believes in the mission of the AEF and refuses to believe any need should be unmet and no goal is unattainable. She exudes a level of optimism that is contagious, but it doesn’t stop with Sara and the AEF.

Avon schools and students project a level of optimism that I rarely see, and I have spoken to hundreds of schools across the nation in my role as a motivational/inspirational speaker.

Does optimism make a difference? When you believe the best is coming, the mind subconsciously works to make it so. The same is true in reverse with a pessimistic outlook. I didn’t spend enough time in Avon to trace the origins of this optimism, but I was there long enough to see that their optimism permeates through the entire educational system.

Take as an example the Marching Arts program. Both the Avon Marching Band and Color Guard are nationally recognized as “top notch.” I enjoyed the privilege of meeting and spending time with Dean Westman, Performing Arts Chair and Daniel Wiles, Visual Program and Winter Guard Director. Together, these educators have amassed numerous national championship awards. What was the first thing that came to mind when I met them? They were optimistic. Optimism generates enthusiasm and enthusiasm generates positive actions. And of course, positive actions create positive results. It all begins with optimism.

Then there is the Avon High School Library. In many schools, the library is avoided like the plague ... but not at Avon. At any given moment, the library is packed with students. I visited with librarian, Robyn Young. What did I notice first? A genuine optimism and enthusiasm. It seems to be contagious at Avon and worth catching.

POSITIVELY SPEAKING

By GARY W. MOORE

In the USA, we bury our school systems with funding, while the boards of education scream for more. The truth is that school funding alone does not create quality education. In fact, I can make a compelling case that if not properly managed, it causes damage by relying on technology alone. If funding was a key driver, the USA would be ranked number one in every category of education ... and we are far from it. I’ll take an optimistic and positively enthused teacher with a chalkboard any day over a pessimistic teacher with the latest and greatest technology. Technology can be a valuable enhancement to education but without an optimistic outlook, technology only amplifies the pessimism of the user.

My message to Avon was to not only keep it up but ramp it up. Why settle for being one of the best school systems when you can strive to be the best school system? Be optimistic X 10. Never settle. Never be satisfied. Never accept mediocrity when excellence is at your doorstep.

So again ... what does this have to do with you and your school system?

Stop looking for additional dollars and technology to help your students succeed in life and begin with optimism. Optimism isn’t a genetic gift passed from parent to child. Optimism is an acquired skill. An optimistic outlook in life is a choice we make. Optimism is the foundation that success and happiness are built upon and make no mistake about it. There is no middle ground. You are either optimistic or you are pessimistic.

It is the attitude and outlook of the student that is all-important. That outlook and attitude can be shaped and formed by the educational system. Yes, it’s difficult to overcome an unsupportive or bad home life for your students, but the school system is the next greatest influencer. When a student can be taught and influenced to believe that if they work hard and pursue excellence a positive future can be theirs ... get out of their way and watch them fly.

My message to Boards of Education, Teachers and taxpayers is simple; If you are not teaching and formulating an optimistic environment within your student’s heart and mind, stop wasting your money on technology.

Optimism is the key to success in education.

Optimism is the student’s super-power.

Gary W. Moore is a freelance columnist, speaker and author of three books including the award-winning, critically acclaimed, “Playing with the Enemy.” Follow Gary on Twitter @GaryWMoore721 and at www.garyw-moore.com.

Don’t change 401(k) mix during market drops



FINANCIAL FOCUS

DENNIS ANTONOPOULOS

As you’re well aware, we’ve seen some sudden and sizable drops in the financial markets in 2019. While market volatility is nothing new, the recent plunges happened during a period of general political and economic unease. Still, it can be harmful to overreact to such events – especially if it means making radical changes to your 401(k).

And yet, many people do just that. During market downturns, investors often move money from their 401(k)’s stock accounts into perceived safer accounts, such as those primarily containing bonds or other fixed-income securities.

This move may result in reduced volatility on your 401(k) statements, and if that’s all you want, you might be satisfied. But you do need to realize the cost involved – specifically, fixed-income investments will not provide the same rate of return that equities (stocks) can. So, if you liquidate some of your equity holdings, you may slow the growth potential of your 401(k), which, in turn, could slow your progress toward your long-term financial goals. Furthermore, if you get rid of substantial amounts of your equities when their price is down, you won’t be able to benefit from owning them when their value goes up again – in other words, you’ll be on the sidelines during the next market rally.

Here’s the key issue: A 401(k) or similar employer-sponsored retirement plan is a long-term investment account, whereas moves made in reaction to market drops are designed to produce short-term results. In other words, these types of actions are essentially incompatible with the ultimate objective of your 401(k).

Of course, when the market is volatile, you may want to do something with your 401(k), but, in most cases, you’re far better off by sticking with the investment mix that’s appropriate for your goals, risk tolerance and time horizon. However, this doesn’t mean you should never adjust your 401(k)’s portfolio. In fact, you may well want to make some changes under these circumstances:

You’re nearing retirement – If you are nearing retirement, you may need to prepare your 401(k) for future downturns – after all, you don’t want to have to start taking withdrawals when your portfolio is down. So, if you are within, say, five years of retirement, you may need to shift some, but certainly not all, of your assets from growth-oriented vehicles to income-producing ones.

Your goals have changed – Even when you’re many years away from retirement, you probably have an idea of what that lifestyle will look like. Perhaps you plan to travel for several months of the year or purchase a vacation home in a different climate. These are expensive goals and may require you to invest somewhat aggressively in your 401(k). But you could change your mind. If you were to scale back your plans – perhaps more volunteering, less traveling – you might be able to afford to “step off the gas” a little and invest somewhat more conservatively in your 401(k), though you will always need a reasonable percentage of growth-oriented investments.

By responding to factors such as these, rather than short-term market declines, you can get the most from your 401(k), allowing it to become a valuable part of your retirement income.

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

Antique and auction news



ANTIQUES, COLLECTIBLES & ESTATES WAYNE TUISKULA

It’s been over two months since I last reported on antique and collectibles news from around the world. Some recently discovered treasures gained considerable press coverage.

Salvagers uncovered pristine gold coins from the wreckage of a South Carolina ship that sank in 1840 “while carrying millions of dollars worth of currency.” The Daily Mail reported that the Steamship North Carolina collided with its sister ship, the Governor Dudley, 20 miles off the South Carolina coast. Passengers and crew were able to escape to the other ship, but its cargo was lost, including a hoard of gold coins. Many factors have limited salvage efforts since the ship sank. Treasure recovery efforts during the 1990’s yielded \$700,000 of valuables before the operation ceased due to a number of limiting conditions. The ship is 65 feet deep and buried by 10 feet of sand. There are unpredictable currents and the area is said to be “popular with sharks.” Blue Water Ventures International (BWVI) and Endurance Exploration Group recently began a new effort to salvage items from the wreck. The Daily Mail stated that “divers recovered marble, dinnerware and brass spikes used in the ship’s construction during their initial visit.” More importantly, they found some of the large cache of gold coins. The coins were covered by a large sheet of copper that kept them protected from exposure to salt water and from being buried beneath the shifting sands. Some of the coins they found are in pristine condition and were minted in Dahlonge,



Georgia. The Dahlonge Mint opened in 1838 and operated only until 1861 when the Confederates seized it during the Civil War. Coins from this short-lived mint are popular with collectors.

A story about a woman finding a Rolex in a couch she bought at a thrift store went viral, according to a recent Business Insider article. The watch was a rare “Paul Newman” Daytona 6241 model. The watch’s value was estimated at \$250,000 before it sold privately for an unspecified amount. The woman had purchased the sofa where she found the watch for \$25.

An auctioneer in France spotted a painting on a 90-year old woman’s wall that she recommended be brought to an art expert, according to Business Insider. A Paris gallery determined that it is the work of 13th-century Florentine artist Cimabue. Business Insider reports that “the unsigned tempera on poplar panel depicts one of the stages of the Passion of the Christ and is thought to be part of a larger polyptych the artist painted in 1280.” The painting will sell at auction on Oct. 27, and is estimated to bring around \$6.6 million.

Forbes reports that the first diamond found within a diamond was found in a Siberian mine. It is not very large at 0.62 carats. There are no plans for the rare diamond yet or estimate of

Turn To **ANTIQUES** page **A9**

DON’T MISS A BEAT CHECK OUT THE SPORTS ACTION!



A Mixed Bag of Tips

Sometimes I end up with “stray hints” that have nowhere to go. There wasn’t space enough for them in a column; perhaps they don’t fit into a topic; or maybe they are old hints I think bear repeating. Every once in a while enough have accumulated to make up a column. With this in mind the following “mixed bag” of tips are offered. Read on for some common sense ideas that really do help reduce some of the little everyday hassles in life!

And remember readers, send in your favorite tip and you could win Dinner for Two at the Publick House in Sturbridge!

Whipping up a rich dessert and you’re out of heavy cream? Save yourself a trip to the store. Light cream will whip up perfectly with the addition of an egg white or two.

Here’s a refreshing tea you can flavor with fresh garden mint!
Lime Mint Iced Tea:

To do: Mix four (regular Lipton type) tea bags, one quarter cup sugar and about a cup and a half of fresh mint leaves in a quart of boiling water. Allow to steep for 15 minutes. Strain out tea bags and leaves. Chill and add a quarter cup of lime juice. Serves 4.

Dust Bunnies run for their lives when you make your own dusting oil that rivals commercial brands. Just mix three parts light mineral oil with one

part corn oil. Then add a drop of lemon or clove oil for a pleasant scent. Put this on your dust mop or dust rag and store in a plastic bag. When the mop or rag becomes dirty, simply wash in warm water and reapply.

Did you ever notice the underside of a doormat always collects dirt? To make clean-up easier, fold a few newspapers to form a pad and place it under the mat to catch the dirt.

DIY tip: One of the secrets to getting a strong glue joint is to spread the glue evenly before joining surfaces. Application sticks don’t always do the trick, but if you peel away the foam on the outside of disposable paint brush you’ll find inside the perfect plastic glue spreader. And best of all, it’s washable and reusable!

Here’s another workshop tip: Trying to remove nails from a sheetrock wall can cause damage to the wall surface. To prevent it, just slip a wide putty knife behind the hammer before you start pulling!

Want to duplicate the fluffy omelets you find in the best restaurants? Simply add a pinch of powdered sugar or cornstarch to the egg mix before cooking.



TAKE
THE
HINT
KAREN
TRAINOR

To grate mozzarella and other soft cheeses without making a melted mess, just pop the cheese in the freezer for 20 minutes before grating to firm it up.

If your cookie recipe calls for raisins, you can plump them up (and boost the flavor) by rinsing them in a colander. Then hold them over boiling water for about five minutes.

You have a recipe for cake flour, but you only have all purpose flour on hand? Take your all purpose flour and sift it f about five times - now you have cake flour!

Here’s a believe it or not cocktail tip: If your alcoholic drink is too strong and there’s no room in the glass for any more mixer, you can float one or two thin slices of cucumber on the surface. The cucumber will help to absorb some of the harsh taste. Floating long slivers of cucumber in a punch bowl will mellow punch in the same way.

To keep the crazy glue top from gluing itself forever shut, put a liberal coating of petroleum jelly on the threads of the screw cap.

Or, if you have a refrigerator door gasket that doesn’t quite seal, a coat of petroleum jelly can often coax it to shut

tight.

And, coat those stubborn vacuum cleaner wand attachments with petroleum jelly for quick and easy removal.

Win Dinner for Two at the Publick House

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

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

EDITORIAL

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asked Rogers if he was talking to him when he said it. Rogers said, “Yes, I have been talking to you for years, but you heard me to-day.” Rogers was referencing the fact that he knew Clemmons was gay, and was showing his acceptance of his longtime friend.

Rogers’ kindness these days is rare. In our times, people are more hostile and competitive than ever and those attitudes trickle down to our children. We have become so caught up in the whirlwind of social media, fast paced living, harsh news, an administration that is in turmoil, among other violence that has infiltrated our worlds more so than ever. We like to think that the majority of people are kind but it is less apparent as the years pass by.

Rogers, who attended Dartmouth College during the 1940’s, gave the 2002

commencement speech at the school, just one year prior to his passing.

In his speech, Rogers said, “When I’m saying it’s you I like, I’m talking about that part of you that knows that life is far more than anything you can ever see or hear or touch; that deep part of you that allows you to stand for those things without which human-kind cannot survive. Love that conquers hate, peace that rises triumphant over war and justice that proves more powerful than greed. I wish you strength and the grace to make those choices that will allow you and your neighbor to become the best of whoever you are.”

Rogers went on to say, “Deep down, we know that what matters in this life is more than winning for ourselves. What really matters is helping others win too. Even if it means slowing down and changing our course now and then.”

During the speech, a point that was mentioned in the film was one point at

which Rogers wanted to offer the students at Dartmouth an invisible gift — “A gift of a silent minute to think about those who have helped you become who you are to-day. Some of them may be here right now. Some may be far away. Some

may be in heaven. But wherever they are, if they’ve loved you and encouraged you and wanted what was best in life for you, they’re right inside yourself. Whomever you’ve been thinking about, imagine how grateful they must be that during your silent times you remember how important they are to you.”

Rogers’ message of simplicity and kindness is something many of us are craving today. The reminder was important and we will move forward always remembering to slow down and to cherish what is good. These things, of course, are different for everyone. Some days it’s easy to forget; however, we hope that you don’t.

ANTIQUES

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value. The diamond is aptly named the “Matryoshka” diamond after the Russian nesting dolls.

I’ll be appraising items at the First Parish Church United in Westford on Nov. 9 from 11 a.m. to 3 p.m. Our next live auction is scheduled for Jan. 30. We are currently accepting quality consignments for that sale. Other events are being scheduled. Please see www.centralmassauctions.com for details on these and other events.

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Age 16

Hi! My name is Deanna and My dream is to be a brain surgeon!

Deanna is a friendly sixteen-year-old biracial young lady. She has a great sense of humor and takes pride in making people laugh. Deanna loves going out to eat, shopping, going to the movies and hanging out at the park. She has always loved animals and hopes to have pets in her future home. Deanna loves all types of sports, especially field hockey and running. Deanna also enjoys working out, making art, and sleeping. Deanna is kind and helpful to others. She has a nice smile too!

Deanna is currently a high school student whose favorite aspect of school is earning good grades. Deanna has been actively participating in her school's vocal jazz band. She has plans for her future which include going to college to become a brain surgeon. Deanna has learned that to achieve this goal, she may be in school for 12+ years! She looks forward to this opportunity.

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SPORTS

Special teams the difference for Auburn to get by Spartans, 10-7



Jason McKay photos

Quarterback Griffin Handfield of Auburn rushes through a hole while carrying the ball.



Auburn's Anthony Cintron receives a handoff from quarterback Griffin Handfield.

BY KEN POWERS
SPORTS CORRESPONDENT

AUBURN — In its football game with Southern Worcester County League (SWCL) A Division rival Uxbridge High, Auburn High's special teams were, well, special.

The Rockets scored just 10 points — three on a field goal, six on a kickoff return and one on an extra point, but it was enough for Auburn to drop the Spartans from the ranks of the unbeaten, 10-7, during Homecoming/Senior Day festivities at Memorial Field on Saturday, Oct. 19.

With the win the Rockets improved to 2-4 overall and 1-1 in league play. Uxbridge (5-1) is now 0-1 in SWCL A games.

“Our kids gave a really great effort today,” Auburn head coach Jeff Cormier said.

“We’ve been saying all along that we’ve got good seniors and good leadership. We told the team before the game, ‘follow the seniors and good things will happen,’ and that’s exactly what they did. The kids did a nice job.”

After a scoreless first quarter during which each team had the ball twice but couldn’t get anything that looked like a sustained drive going, the Rockets took a 3-0 lead with 23 seconds left in the first half, thanks to a 26-yard field goal by senior CJ Willis.

Willis’ boot, which split the uprights, capped a 12-play, 80-yard drive. The key play in the drive was a 40-yard run by senior quarterback Griffin Handfield (eight carries, 55 yards) which brought the ball from the Auburn 40-yard line

to the Uxbridge 20.

Uxbridge answered Auburn’s second-quarter scoring drive with one of its own to begin the third quarter. Senior quarterback Matthew Stark helped give the Spartans a 7-3 lead when, after a play-action fake, he hit junior Jack Morvan with a 13-yard scoring strike. Morvan’s touchdown reception came on the 16th and final play of the 67-yard drive, which took nine minutes, five seconds off the clock.

“We drove down the field, put one in to take the lead; we were feeling good,” Uxbridge head coach Jeff Stewart said. “And they punched right back.”

The body blow Stewart referred to was a 90-yard kickoff return by Auburn senior Anthony Cintron that started out looking anything but the beginning of a 90-yard kickoff return for a touchdown.

After some original confusion on which Auburn player was going to receive the kick, Cintron scrambled back to the 15 and somehow got a hand on the ball. The spinning motion he used to slow the ball down, however, caused him to stumble and fall to the turf. Cintron got right back up, however, collected the ball at the 10-yard line and headed upfield.

Cintron started toward the middle of the field before darting toward the left sideline. He slipped behind a terrific seal block, turned the corner and sprinted down the sideline untouched and into the end zone to put Auburn ahead, 9-7. Willis pushed the Rockets’ lead to 10-7 by splitting the uprights with his extra point attempt.

“What a great run by [Cintron],” Stewart said. “He baited everybody inside and then kicked it outside and we

couldn’t catch him. That was a heck of a return; it was a great play.”

Uxbridge mounted a pair of prolonged (eight and nine plays, respectively) drives in the fourth quarter, but the Auburn defense had an answer for both before either reached the end zone.

“We did some nice things defensively today,” Cormier said. “Personnel-wise I thought our defensive coaches did a nice job of moving guys around based on some scheme stuff. But, at the end of the day, those guys have to execute and today they executed. I’m real proud of them.”

Cormier said Willis and junior Andrew Orawsky were two of the Rockets’ defensive players that were moved around by the coaching staff.

“Both guys got moved



Uxbridge's Jack Morvan hangs onto possession of the ball while being tackled by an Auburn defender.



Auburn's CJ Willis punts the ball away to Uxbridge.

SPORTS

Uxbridge boys three-peat at SWCL Cross-Country Championships, with Tantasqua's Blodgett winning girls' race



Auburn's Eve Lussier hustles down the Old Sturbridge Village trail en route to a 12th place finish in the Southern Worcester County League Cross-Country Championships.



Tantasqua's Dani Blodgett works her way through the Old Sturbridge Village course before ultimately winning the Southern Worcester County League Cross-Country Championships race.

BY NICK ETHIER
SPORTS STAFF WRITER

STURBRIDGE — For those who don't realize how much of a team sport cross-country is, take a look at the Uxbridge High boys' varsity squad at the Southern Worcester County League Championships, held Monday, Oct. 21 at Old Sturbridge Village.

The Spartans secured the team title — for the third straight year — thanks to a 1-5 punch that included Colin Caso, Aidan Ross, Stephen Sanches, Carl Gallawan and Thomas Burke placing fifth through ninth consecutively. Not only did they finish in succession, but the difference between Caso's time (17:27.5) and Burke's finish (17:42.5) in the three-mile trek was a mere 15 seconds.

"If you can get five in the top 10, you're something — you're a good team," said Caso. "We had a great day today."

Uxbridge's total of 35 points — the points are added up by the placement of the athlete in the race — was 45 clear of second place Grafton. Millbury took third with 93 points.

"This year we're really focused about the team effort," said Caso. "Everything we've been doing so far this season, even in the summer, has been team, team, team, team."

And the impressive results

showed.

"That's the training from June until now," Caso said. "Our coach [Walter Berkowicz] really pushed us in the summer to do the training and do it well."

The Spartans now hope for a strong postseason.

"The goal of this season is to qualify for States, as it is every season," said Caso, which will take a top three team finish in the District Meet. "It's going to be the hardest thing we've ever done, but we're up for the challenge."

In the girls' varsity race, Tantasqua Regional senior Dani Blodgett shook off a prior injury and dusted the rest of the field. Her finishing time of 20:38.9 was over 30 seconds faster than second-place Madelyn Germain of Uxbridge (21:11.0).

"I hurt my Achilles a couple of days ago. I was training up in the woods. I felt something, but I kept going," Blodgett explained. "A lot of people told me not to compete, but it's my senior year so I didn't want to not compete."

Blodgett, who hasn't lost a race this season and took third in the SWCL Championships last year, stayed with Germain in the beginning of the meet before taking off around the two-mile mark.

"I did try to start out slow, keeping pace with the top

Uxbridge girl. I dropped her off at the hills," said Blodgett.

Blodgett now has the goal of qualifying for the State Meet in front of her.

"I do want to come in the top 20 for Districts and get to States," she said.

Full team and top-10 individual results are to follow. The top-10 finishers all earned a medal for their achievements.

BOYS' TEAM RESULTS

1. Uxbridge, 35
2. Grafton, 80
3. Millbury, 93
4. Tantasqua, 126
5. Northbridge, 144
6. Auburn, 154
7. Leicester, 158
8. Bartlett, 191
9. Quaboag, 213
10. Oxford, 252

BOYS' INDIVIDUAL RESULTS

1. Aidan Gilmore, 16:20.9
2. Avinash Bissoondia, 16:25.4
3. Marcus Reilly, Northbridge, 16:31.4
4. Keegan Gleason, Millbury, 17:00.1
5. Colin Caso, Uxbridge, 17:27.5
6. Aidan Ross, Uxbridge, 17:27.8
7. Stephen Sanches, Uxbridge, 17:38.6
8. Carl Gallawan, Uxbridge, 17:39.1
9. Thomas Burke, Uxbridge, 17:42.5
10. Jason Fournier, Leicester, 17:52.1

GIRLS' TEAM RESULTS

1. Grafton, 31
2. Uxbridge, 61
3. Tantasqua, 71
4. Millbury, 93
5. Auburn, 131
6. Quaboag, 147
7. Northbridge, 199
8. Leicester, 213

GIRLS' INDIVIDUAL RESULTS

1. Dani Blodgett, Tantasqua, 20:38.9
2. Madelyn Germain, Uxbridge, 21:11.0
3. Jena Taubert, Millbury, 21:40.4
4. Megan Wajer, Grafton, 21:46.5
5. Ghislaine Brenner, Grafton, 21:49.6
6. Mikayla Mannion, Grafton, 21:54.6
7. Jemma DePasquale, Grafton, 22:03.8
8. Abigail Deary, Uxbridge, 22:06.7
9. Riley Cass, Grafton, 22:19.4
10. Molly Segatore, Tantasqua, 22:50.0



Nick Ethier photos

William Erikson of Auburn crosses the finish line in 20th place.



Auburn's Leah Wentworth makes her way around the Old Sturbridge Village course.



Uxbridge's Stephen Sanches (195), Colin Caso (179) and Aidan Ross (192) finished seventh, fifth and sixth, respectively, in the Southern Worcester County League Cross-Country Championships as the Spartans won the team title.

SPORTS

Graham’s late-game heroics help Bay Path stun Beavers in 2-2 draw



Jason Mckay photos

Bay Path’s Mackenzie O’Connor watches her kick sail away and down the field.



Elizabeth Dreitlein of Bay Path attempts to work her way by Blackstone Valley Tech’s Kasey Reeves.



Bay Path’s Sadie Smith kicks the ball out of harm’s way as Blackstone Valley Tech’s Brianna Brothers and Hannah Parath converge.



Emma Ballard of Blackstone Valley Tech has a step on Bay Path’s defense as she dribbles the ball down the field.



Amarii Colon of Bay Path throws the ball back into play.



Bay Path’s Kailey Jones dribbles the ball down the field as Blackstone Valley Tech’s Kasey Reeves gives chase.

BY KEN POWERS
SPORTS CORRESPONDENT

CHARLTON — Abby Graham scored with less than a minute to play to lift the Bay Path Regional girls’ varsity soccer team into a 2-2 tie with Blackstone Valley Tech (BVT) in a game played on Tuesday, Oct. 15, at George L. Fowler Memorial Field.

With the tie the Minutemen (8-3-1 overall, 4-3-1 in the Colonial Athletic League) moved to within a point of qual-

ifying for the Central Mass. Division 3 Tournament. Bay Path earned that point and qualified for the postseason the next day when it tied Tri-County Regional, 1-1, in a non-league game to improve to 8-3-2 overall.

“One of [BVT’s] defenders went to kick the ball to clear it and she missed the ball and the ball got behind her and I picked it up and kicked it in,” Graham, a junior, said of her game-tying goal. “I didn’t dribble in or settle it or anything.

I just saw it and hit it.”

Graham’s shot, from 20 yards out, sailed right to left into the upper corner of the net.

“I had no idea, honestly, when I kicked it that it might go in; I just kicked it,” Graham said. “I saw an opportunity and I hit it. As I watched it go I realized it might have a chance to go in.”

When the ball went in the net Graham, on the spot from where she took the shot, jumped up and down, her arms outstretched over her head, fists clenched.

Bay Path head coach Tammy Legere wasn’t surprised by Graham’s clutch, in-the-moment play.

“The majority of my strikers are pretty dependable,” Legere said. “Abby saw the net and she wanted it.”

Blackstone Valley Tech (8-3-2 overall, 8-0-1 in CAL play), thanks to a pair of second-half goals by Carrie Chase and Emma Ballard, were headed to a 2-1 win before Graham’s final-minute heroics.

Chase scored to tie the game, 1-1, in the 18th minute of the second half. On the goal Chase sliced between two defenders to move right in front of the net and then booted the ball into the left side past Bay Path goalkeeper Lauren Dawson (13 saves in the game) from about 10 yards away.

Ballard put the Beavers ahead, 2-1, with nine minutes to play, getting off a quick shot from the right side after beating her defender to the ball.

Hailey Cournoyer staked the Minutemen to an early 1-0 lead, scoring in the third minute. Kailey Jones set up Cournoyer’s goal with a long pass into the sophomore striker, who kicked the ball far enough ahead to lure BVT goalie Cassidy Waldo out of her net. Cournoyer then used her speed to beat Waldo to the ball and kicked it into the short side of the open net.

Graham and Legere both said the game was a tie that felt like a win.

“It does feel like a win to us because we played really hard, Graham said. “[BVT] beat us 7-3 the first time we played them, so we really wanted to beat them, but I think we’re OK with the tie.”

“We deserved to win but we got a little tired at the end so [the tie] was a little bittersweet,” Legere said. “My players know we deserved to win; they know we held them scoreless for [nearly] 60 minutes. It would have been amazing to pull off a win, but it’s even better to tie them. I can’t tell you the last time we beat them or tied them in the last seven years.”

Blackstone Valley Tech head coach Jay Porter said he felt like the tie was a loss.

“It definitely did not feel like we accomplished anything,” Porter said. “We certainly didn’t come in doing what we wanted to do or what we thought we were capable of doing. It was not our best soccer at all.

“We’re just not working well together right now, as a team,” Porter continued. “We’ve struggled the last couple of games. We’re trying to figure out what’s wrong, what the funk is. We’ve been going backward versus forward.

We have a lot of work ahead of us before postseason comes. Hopefully we can figure it out before then.”

In the postseason the Beavers hope to defend their Central Mass. Division 3 Tournament championship from last fall.

Porter wasn’t surprised Bay Path jumped out to an early 1-0 lead.

“Bay Path is often overlooked; they have a talented squad,” Porter said. “They are capable of punishing you if you take them for granted or if you’re not paying attention, and that’s what they did. Their hearts and heads were in it today and ours weren’t.”

SPORTS
BRIEFS

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Are you interested in having a lot of fun while also helping to make the winter fly by? Any students in grade 3 and up, parents or teachers from any of the surrounding towns and states can ski or snowboard eight consecutive Saturday nights at Wachusett Mountain for just \$158 through the Southbridge Ski Club. You drive to Wachusett Mountain on your own. The eight-week program begins on Saturday, Jan. 4 and ends Saturday, Feb. 22. Ski or snowboard rentals as well as lessons are also available at a very reasonable cost. You may also be able to ski or snowboard for free through your health insurance coverage. Also, anyone (students or non-students) can purchase Gold, Silver and Bronze Season Passes at a lower discounted price through our Club. For more information, please contact Dick Lisi at (508) 410-1332 or at lisirichard15@yahoo.com.

Softball pitching lessons available in Southbridge

A 17-week softball pitching lesson (for children 7 years old and up) is available at the Southbridge Community Center (152 Chestnut Street) on Sunday mornings from 8:30 to 10:30 a.m. The 50-minute sessions start Oct. 20 and go through Feb. 23, 2020. There will be no pitching on Dec. 22 or Feb. 23, 2020. Ask about team/league discounts. Pitchers must bring a catcher. Please contact Bill Rahall (Clark University) at wlrh@yahoo.com or (860) 576-3440 for more information. Hitting lessons are also available every week.



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Pasture Prime Players present “The Haunting of Hill House”

CHARLTON — The Pasture Prime Players are pleased to announce performance dates for their fall production, “The Haunting of Hill House” by F. Andrew Leslie, based on the novel by Shirley Jackson. Performances are Fridays and Saturdays, Oct. 25 & 26 and Nov. 1 & 2, at 7:30 p.m. and Sundays, Oct. 27 and Nov. 3 at 2 p.m. at the Charlton Arts and Activities Center, 4 Dresser Hill Rd. in Charlton. “The Haunting of Hill House” is being produced by special arrangement with Dramatists Play Service, Inc. This program is supported in part by a grant from the Charlton Cultural Council, a local agency which is supported by The Massachusetts Cultural Council, a state agency.

“The Haunting of Hill House” is a chilling and mystifying study in mounting terror in which a small group of “psychically receptive” people are brought together in Hill House, a brooding, mid-Victorian mansion known as a place of evil and “contained ill will.” Cut off from the outside world by its remote location and shunned by all who know its forbidding and sinister reputation, Hill House has remained empty and silent except for the daily visits of its grumbling caretaker, Mrs. Dudley. Its isolation is broken by the arrival of Dr. Montague, an investigator of supernat-



The cast of Pasture Prime Players’ “The Haunting of Hill House.”

ural phenomena who has been granted a short lease by the present owner. His mission is to delve into the morbid history of the house and to come to grips with the occult forces that have made it uninhabitable for many years. He is joined by three others, all unacquainted, but all having their particular reasons for

accepting Dr. Montague’s invitation to share his Hill House sojourn. Their visit begins with jovial informality, but their sensibilities are soon jolted by strange and eerie occurrences. Led by the learned Dr. Montague, the visitors have come to probe the secrets of the old house and to draw forth the mysterious pow-

ers that it is alleged to possess—powers which have brought madness and death to those who have lived therein in the past. As they struggle to disguise their mounting fears they are joined by Dr. Montague’s wife and a friend, who have come to Hill House for purposes of their own. They too are absorbed by the

supernatural, but their approach is via direct communication with the departed spirits—a type of psychic research which is regarded fearfully by Dr. Montague and which, as subsequent events bear out, brings on a crisis in which the evil forces of Hill House are goaded to a new and, for one of those present,

fatal fury. The Cast in Order of Appearance: Eleanor: Hadley Crane; Mrs. Dudley: Carol Sweny; Theodora: Prreeti Tiwari; Dr. Montague: Jeff Van Amburgh; Luke Sanderson: Jared L. Carlson; Mrs. Montague: Robyn Spain; Arthur Parker: Bernard Galvin.

Tickets are \$15 adults, \$12 students 18 and under and seniors 60 and older, and may be reserved by e-mailing pasture.prime.players@gmail.com or calling 508-248-5448. We are still working on a credit card option and hope to have it up and running, but for now it will be cash or personal check, payable at the door.

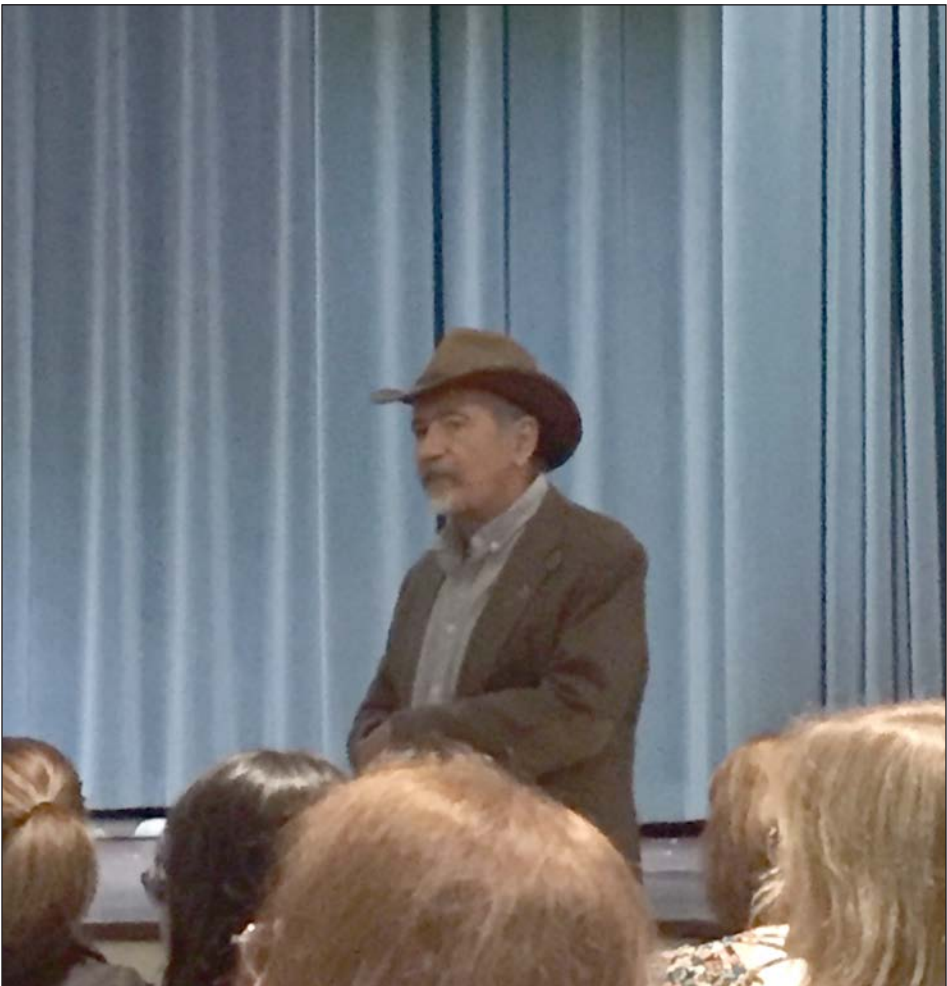
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The attached photo is by Victoria Konopacki. It features from left to right: Prreeti Tiwar, Jeff Van Amburg, Jared L. Carlson and Hadley Crane.

For any questions regarding this press release, please contact Donald Konopacki at (508) 887-3503 or at pasture.prime.players@gmail.com.

Courtesy Photo

Harrington Auxiliary presents Gary McKinstry at OSV



Gary McKinstry

STURBRIDGE — The Harrington Auxiliary is proud to bring back Gary McKinstry, world-renowned, professional medium and psychic, to Old Sturbridge Village on Wednesday, Nov. 6, from 6 to 8 p.m. McKinstry will use his psychic powers to connect attendees with loved ones who have passed to the other side. McKinstry’s psychic activities are legendary and have been chronicled in “Ghost Hunters of America: Real Stories of Paranormal Investigators.” He is one of a handful of psychics to have toured the Victorian Mansion in Gardner, which he certified as definitely haunted. McKinstry has also verified that the Publick House in Sturbridge is haunted and has been since the Colonial era. The event will feature three raffles. Those who purchase tickets in advance will be entered in the raffles. A 50/50

raffle will also be available. Finally, a third raffle entitles the winner to a one-hour private reading with McKinstry. All proceeds from the raffles help to support the mission of Harrington Hospital by supplying a variety of educational programs and equipment. Tickets for the event are \$25 and can be purchased through Harrington Hospital’s Volunteer Office at 100 South Street, Southbridge. For more information, please call 508-765-6473 or email khibbard@harringtonhospital.org. This event featuring Gary McKinstry is held in memory of Cecile T. Edmunds. Harrington Auxiliary, established in 1932, is a non-profit organization of dedicated and impassioned volunteers whose mission is to support and enhance the excellent services provided by the Harrington HealthCare System.

Quinebaug Lodge hosts medium Gary McKinstry for fundraiser



Courtesy Photo

On Friday night, Oct. 18, Quinebaug Masonic Lodge in Southbridge had a packed house to hear what local psychic medium Gary McKinstry had to say.

BY BRO. VINCENZO JIMMY FALZONE

SOUTHBRIDGE — On Friday night, Oct. 18, Quinebaug Masonic Lodge in Southbridge had a packed house to hear what local psychic medium Gary McKinstry had to say. For those of you who do not know what a medium does, they share their gift to connect with the spiritual world and intuit messages for their clients and audiences. McKinstry realized at an early age about 14 years old, that he had this natural intuitive gift of connection with the spiritual world. His parents recognized and embraced Gary’s gift and watched as it came to form throughout his life. Gary has been

wowing clients and audiences for more than 30 years. The people in the audience laughed, cried and was amazed and shocked. He walked around the room stopping when he felt certain vibes or energy from a person. He would describe what he was feeling from the spirit world to that person. There was no bad seat in the house. He amazed people by what he was saying about a friend or family member with such accuracy. McKinstry is also a Master Mason and many of his fellow Brethren didn’t even know he was a psychic medium. Visit his Web site, www.garymckinstry.com, if you would like more information.

Oxford Free Public Library unveils new Children’s Corner

OXFORD — Oxford Free Public Library will unveil its new children’s play area dedicated to Constance Croteau who worked for the Oxford Public Schools for 28 years. “Connie’s Corner” was established and funded by Croteau’s family to honor her love of children and to encourage children to use their imagination through dress

up play.

The unveiling of Connie’s Corner which is open to the public, will take place at the Oxford Free Public Library, 339 Main St., Oxford, on Nov. 1 at 2 p.m.

In keeping with Connie’s affinity for learning, Croteau’s family will also sponsor an annual lecture to highlight the importance of children’s development through play. The first will take place March 19, 2020, and will feature Lisa Burris, executive director of Turn Back Time, Paxton.

Central Mass. Postcard Club Show returns Nov. 2

REGION – Postcard collectors and dealers from throughout the area are gearing up for one of the largest shows in central Massachusetts.

The Central Mass. Postcard Club will hold its 36th annual postcard show next month. Set for Saturday, Nov. 2, the event will take place at American Legion Post #2 on Route 32 in South Barre. Show hours are 9:30 a.m. to 3:30 p.m., with free admission and convenient parking.

Having significantly expanded over the years, the 2019 show will feature 13 dealers from four states. Vendors will sell picture postcards featuring a range of scenes and locations, many of which depict local venues.

For longtime local postcard collectors like J.R. Greene, the president of the Central Massachusetts Postcard Club, it is always exciting to meet fellow collectors. Greene has held several shows locally, including events in Spencer, and he is best known for publishing an annual calendar with classic scenes from central Massachusetts towns.

Greene enjoys reconnecting with many vendors who attend the show each year, as well as newcomers eager to get their collections started. Greene and the other vendors have amassed thousands of images over the years, and they are always eager to share advice and information.

“Longtime postcard collectors come to the show from as far away as Connecticut, Rhode Island, Vermont, and New Hampshire to shop with us, while beginning collectors have a chance to come to a show that is not in or near an unfamiliar city,” said Greene, who founded the club in 1983 along with North Brookfield’s Eugene Caille and other members. “Beginners can discover the wonderful diversity of postcard collecting, with the chance to find old views of their hometown, maybe even the school or church they attended, or the factory or store their parents worked in. Or, they can find postcards picturing their favorite old-time movie star or U.S. president.”

A light lunch and refreshments will be offered for sale at the postcard show. Residents will also have the opportunity to bring in items from their postcard collections and have them appraised for free.

For more information about the show, contact Greene at jrg01331@webtv.net.

Charlton Lions’ Meat Raffle moving to new location

CHARLTON — A Charlton tradition is changing its venue this year. The Charlton Lions Club’s “Not Your Average Meat Raffle,” a winter tradition for more than 10 years, is moving to Heritage Country Club.

The Lions have been hosting the Meat Raffle at Zorba’s for more than 10 years, but with the recent closure of the Restaurant, the Lions were without a home for this great event. Enter Billy Plante and the great folks at Heritage Country Club. Heritage has graciously agreed to allow the Lions Club to host the Meat Raffle at the Club’s restaurant. The Meat Raffle is one of the Charlton Lions Club’s biggest fundraiser, and is critically important to raising funds to support their community donations.

The Lions hold four meat raffles over the course of the year: Nov. 2, Jan. 4, Feb. 1 and March 7. The Meat Raffles start at noon and run until around 3 p.m. There are six tables, each getting progressively better as the day goes on. Heritage will have their bar open for beverage service, and will provide a small pub style menu during the meat raffle.

The Charlton Lions donate every dollar they raise back to people in need in the community, and to charitable causes in our area. Last year the Charlton Lions Club donated \$1,500 in Walmart Gift Cards to the Charlton Schools to be given to needy families at Christmas.

Every Christmas the Lions can be seen with Santa at the Charlton Manor, singing Christmas Carols and bringing a gift bag for every resident. The Lions Club sponsors a Peace Poster art contest for the Middle School students; a Speech Competition for Charlton High School Students; and every year funds scholarships for worthy high school seniors. The Lions have built handicap ramps for our towns people in need, helped seniors and others with money for heat in the winter, and recently co-purchased a rescue manikin for the Fire Department. All of these great projects and donations are funded by the incredible generosity of the people of Charlton, and our “Not Your Average Meat Raffle” is an essential part of our fundraising efforts. Please come and join us for a fun afternoon at Heritage where you can get together with friends, have some laughs, and literally bring home the bacon. It’s a great way to spend a cold Saturday afternoon. Again, our special thanks to Billy Plante and the great folks at Heritage Country Club for saving our bacon, and allowing the Lions to continue its great tradition.

If you’re interested in learning more about what the Charlton Lions Club does for our Town, or perhaps if the Lions Club could help you, please call Steve Doucette, the Club President, at (508) 248-4411. Be Part of Something Great – Become a LION.

Harrington Auxiliary takes flight with program on Apollo missions



CHARLTON — On Thursday, Oct. 10, the Harrington Auxiliary hosted Dino Tata, NASA/JPL Solar System Ambassador and member of the Aldrich Astronomical Society, as the featured guest at a special event at the Overlook in Charlton.

Tata shared his background as an enthusiastic star-gazer and his involvement in the space program. He also delivered an informative talk and slide presentation on the Apollo missions to the Auxiliary members. The presentation coincided with the celebration of the 50th anniversary of the Apollo 11 mission.

In addition to his oral presentation, Tata displayed a number of historical items, including newspapers and magazines that memorialized the space program’s accomplishments; an asteroid that fell to earth on Feb. 12, 1947; a replica of the commemorative plaque placed on the moon; a 3-D model of the space shuttle, created by students from Bay Path Regional Vocational Technical High School; and several other items.

In addition to the educational talk, attendees enjoyed a luncheon prepared by the Overlook culinary staff.

For more information about the Harrington Auxiliary, please call the Volunteer Office at 508-765-6473.



Courtesy Photo

AQUARION, OXFORD FD COMPLETE FLOW TESTS, TRAINING ON NEW INFRASTRUCTURE

The Aquarion Water Company is always committed to promoting public safety by working closely with Oxford Town departments. Aquarion recently completed upgrades to one of their pumping stations on Sutton Avenue to improve service and fire fighting capabilities along Sutton Avenue and Joe Jenny Road. Aquarion foreman Paul Drapeau and local Oxford Fire Department Lt. Lambert and his crew, recently completed testing and training of the new pumping equipment. A fire hydrant on Joe Jenny Road was operated to test the capabilities of the new high flow pump. This project highlighted Aquarion’s continued investment in the water system serving the Town of Oxford.

HERITAGE

continued from page 1

ing drum lessons and talking about African culture. Organizer Cynthia Rawson noted that if the school could have afforded a five-day program, the band would have also shown how to make djembes.

“It’s a good thing to celebrate people outside of our country,” said fourth grader Eloise Thomas, who had just finished covering a wall with colorful shadow paintings with the help of Madison Wells and Eva

Dufault.

Wells agreed, noting she particularly enjoyed learning about and painting “animals we don’t have.” She praised Rawson for “teaching us really well, too.”

While showing me around to the various displays, Thomas added she also liked the drumming opportunities. She has a rock drum set, “but it annoyed my sister,” who’s now in college.

“When I hear African music, I just want to dance,” she said.

Indeed, everybody got the chance to do that before school ended Thursday, when the band

performed in the gym. On several occasions, members recruited students to join them dancing, and almost everyone hit the floor during the last song.

“This really gets them to think about places beyond their everyday neighborhoods, and gets them to think about how art and music are universal,” Rawson said. Beyond that, it exposed them to artifacts they might otherwise never seem and thus “brought the museum to them.”

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

YWCA

continued from page 1

Donald F. Doyle, President and Chief Executive Officer of Webster Five, stated, “We are pleased to support the YWCA mission to provide valuable services and programs for women and their families living in the central Massachusetts area in their improved space.”

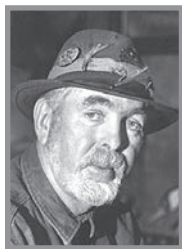
Linda Cavaoli, YWCA Central Massachusetts Executive Director, said, “We are grateful for Webster Five’s generosity and their commitment to helping us meet the expanding needs of our community in a more modern and welcoming

facility.”

About Webster Five

Webster Five is a full-service, \$880 million community bank with a history of financial strength. The main office is in Webster, with branch offices in Auburn, Dudley, Oxford, Shrewsbury, Webster and Worcester. The bank is committed to creating a sense of community such that people feel supported in what they need by people who truly care about their best interest. Through the Web of Caring to Make a Difference program, the bank has provided millions of dollars in charitable contributions to local nonprofit organizations and programs.

Which to do first, hunt or fish?



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Hunting and fishing activities have sportsmen making hard decisions on what to do first. At this time of year, fishing is providing many opportunities for catching trout, bass, tautog, salmon, etc.! As the waters cool, fishing will only get better on fresh & saltwater. A group of local anglers left for Pulaski New York this past weekend to catch Coho and King Salmon. Reports of some great fishing from Fat Nancy's tackle shop in Pulaski is good news, and fishing will only get better in the coming days and weeks. This week's picture shows a large King Salmon caught in the Salmon River. Picture courtesy of Fat Nancy's Bait & Tackle shop in Pulaski, N.Y.

Pheasant hunting opened this past Saturday in Massachusetts with spotty action being reported by some local hunters. This coming Saturday should be a lot better, if stocking trucks from Mass. Fish & Wildlife deliver some pheasant to open covers and Wildlife management areas like Westhill Dam. As mentioned in a previous column, Westhill will need to be stocked from the Hartford Av. area, and also hunters will need to walk a good distance to get to the hunting area because of an ongoing dispute from an abutting land owner.

Open covers in the valley

have dwindled down to only two, one in Uxbridge and one in Northbridge. Reports of the loss of prison inmates in Worcester no longer raising birds for the state, could impact open covers by receiving less birds this year according to a wildlife official last week. Wildlife management areas should receive the same amount of birds. It should be noted that Westhill will still only receive one stocking a week, as in previous years. Although there are numerous open covers in the valley, MFW does not seem interested in their availability.

The six bird annual limit of pheasant is still a touchy subject when it is brought up by local hunters. Numerous attempts over the years to have the limit of pheasant raised by selling a few more tags has also been ignored by MFW. It works great in Rhode Island, and also generates more revenue for the birds.

Numerous sportsmen's leagues are starting a drive to have MFW change the crossbow law that requires only disabled hunters with permanent disabilities to use them for hunting. More than 46 states allow crossbows for hunting for all licensed hunters. The leagues members are targeting State Representatives, and State Senator's to get the bill passed. There may be a "Quid Pro Quo" to get the bill passed. It is a Latin word meaning something for something of somewhat equal value. Politicians do it all the time, helping other politicians get a bill passed that is important to another's constituents. Be sure to contact your local State Rep. and State



Senator to get the crossbow bill passed.

Opening day of waterfowl season in Mass. got off to a great start on Oct. 14. Reports of a good supply of ducks in the area had area hunters enjoying a good day in local marshes and corn fields. A good supply of wood ducks provided some fast shooting for one young first time hunter. He managed to get his limit of wood ducks and mallards. As he told me the story of his hunt, the excitement in his eyes told it all.

Archery season started this past Monday Oct. 21, in Zones I-9 in Massachusetts. Opening

day had clear skies and light winds, that made sitting in a tree stand somewhat bearable. This past week had numerous car deer collisions reported. Drivers need to use extreme caution on the roads for the next two months, as the deer's rutting season will be in full swing. Deer darting out into the traffic can be fatal to the deer, but also to the passengers in the vehicle. Just imagine the car deer accidents, if hunters did not harvest more than 10,000 deer annually in Massachusetts!

Local bird hunters are reporting numerous deer ticks on there dogs after a

hunt. Keeping a close eye on your clothes and your dog during the hunting season is very important. Spraying you clothes with Peremitrin can keep you somewhat free of the pesty critters and spraying your dog with a mixture of one part vinegar and three parts water prior to hunting seems to work for some local hunters and pet owners. Your pet and hunting companion also needs to stay on some form of flea & tick medication year round.

Take A Kid Fishing & Keep Them Rods Bending!

Decorate and extend the life of your carved pumpkin

It's time to select and decorate pumpkins for your Halloween display. Get family and friends involved in a trip to the pumpkin farm and consider hosting a decorating party.

Whether you grew your own or plan on purchasing one at a farm or garden center, select pumpkins free of holes, cuts and soft spots for decorating. Damaged fruit tends to rot faster, ruining your fall display. And always carry the fruit cradled in your arms not by the stem. Once the stem breaks away from the fruit, the pumpkin is more susceptible to rot and its beauty fades.

Store carving pumpkins in a cool location until you are ready to start cutting. Extend the beauty of carved pumpkins by washing them with warm water and letting them dry before making the first cut. Try leaving the top intact and scooping the insides out through a hole in the back. This limits water entering the carved cavity and helps extend the life of your jack-o'-lantern.

Coat the cuts with petroleum jelly or vegetable oil to seal in the moisture and prolong your display. Take it one step further and use a commercial preservative or peppermint oil to keep your jack-o'-lantern looking its best for as long as possible.

Once in place, sprinkle your pumpkin with cayenne pepper to help repel hungry animals. Avoid touching your eyes and wash your hands thoroughly after using the cayenne pepper.

Don't give up when your jack-o'-lan-



Melinda MyersPhoto

Make use of extra crayons by creating a unique and colorful crayon dripped pumpkin.

tern begins to shrivel. Give it a cold bath to freshen up its appearance.

Or put away the knives and break out the paint and crayons to further extend your pumpkin's beauty. A painted face or design can be just as impressive. And don't worry if you have limited artistic ability; just download one of many free pumpkin templates.

Put all those broken crayons to use creating a multicolored crayon dripped pumpkin. You'll wow guests and kids will enjoy this safer pumpkin decorating option.

Wipe the surface of the pumpkin clean and allow to it to dry before you start decorating. Remove the labels from the crayons and break them in half.



Glue the crayons to the top of the pumpkin to prevent them from rolling off the pumpkin while you work. Place one end of the crayon against the stem and the other end pointing away from the center of the pumpkin.

Use your hair dryer to melt the crayons so they'll drip down the side of the pumpkin, creating a colorful waxy covering. A high heat setting will speed up the process but may make a bigger mess by splashing the melted wax all over the table.

To further dress up your landscape consider converting a few pumpkins into fall planters. Remove the top. Cut a hole large enough to accommodate the pot you'll be inserting. Remove the seeds and flesh, cut a few drainage holes in the bottom and then set a pot of pansies, asters, mums or ornamental peppers inside.

When your pumpkins start to rot, move them to the compost pile. They will break down into a wonderful soil amendment to use in next year's garden.

Melinda Myers has written more than 20 gardening books, including *Small Space Gardening*. She hosts *The Great Courses How to Grow Anything DVD series* and the nationally syndicated *Melinda's Garden Moment TV and radio segments*. Myers' website, www.MelindaMyers.com, features gardening videos, podcasts, audio tips and monthly gardening checklists.



To place an In-Memoriam, Birthday or Anniversary Greeting,

the deadline is Friday noon for the following week.



(Memoriams will run on the Obituary pages)

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 or drop off 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!



BAY PATH
continued from page 1

institution and an intensive review by a visiting team of professional educators representing the Commission's member institutions from other states.

Bay Path Practical Nursing Academy began its reaccreditation self-study in June 2018 and underwent a preliminary team visit in April 2019 and a full team visit in May 2019. The visiting team chairperson was Mr. Billy Clark.

The Council on Occupational Education, based in Atlanta, Ga., offers quality assurance services to postsecondary technical

education providers across the nation. Organized as a non-profit corporation, the mission of the Council is to assure quality and integrity in career and technical education. Services offered include institutional accreditation (recognized by the U.S. Department of Education), program quality reviews for states and technical education providers, and informational services. Most of the Council's work is carried out by qualified professional volunteers who are experts in technical education.

Bay Path Practical Nursing Academy is located at 57 Old Muggett Hill Road, Charlton. It is a postsecondary school that

SAVINGS BANK
continued from page 1

on its acquisition of Pilgrim Bancshares, Inc. This was followed by the merger of Abington Bank and Pilgrim Bank on May 17. The closing of that transaction resulted in the formation of a \$600 million bank with six branches operating in eastern Massachusetts.

DON'T MISS A BEAT

CHECK OUT THE SPORTS ACTION!

COMMUNITY CALENDAR

Saturday, October 26

HOLIDAY FAIR: 9 a.m.-2 p.m., Joel Prouty Masonic Lodge building, 780 Southbridge St., Auburn. Featuring crafts, plants, baked goods, jewelry, lunch, woodcrafts, opportunities, etc. There will be vendors, too! Come join us for great holiday shopping!

Saturday, November 2

HARVEST FAIR: 9 a.m.-2 p.m., Bethel Lutheran Church, Auburn. Handmade crafts, table linens, attic treasures, homemade baked goods. Enjoy a cup of tea and pastry in our tea room and stay for lunch.

Thursday, November 14

PREPARING YOUR ESTATE PLAN: 6 p.m., Brookdale Eddy Pond East, 667 Washington St., Auburn. It's a topic people tend to put off or ignore, but one of the most important things you can do is to develop a sound estate plan. Doing so lets you take a giant step toward a more secure future for yourself and generations to come. Hosted by Edward Jones Financial Advisors of Auburn.

Saturday, November 30

AUBURN JUNIOR WOMAN'S CLUB EIGHTH ANNUAL HOLIDAY BAZAAR: 9 a.m.-2 p.m., North American Martyrs Parish Center, 8 Wynona Dr., Auburn. Come and celebrate small business Saturday with us! Crafters, and vendors will be selling their wares. There will also be some attic treasures for purchase as well as food and beverages. Admission is \$1 or a non-perishable food item to benefit Kateri's Kitchen (food pantry).

Saturday, December 7

ST. JOSEPH'S PARISH ANNUAL CHRISTMAS BAZAAR: 9 a.m.-2 p.m., St. Joseph's Parish Center, 68 Central St., Auburn. Come and enjoy an old fashioned Christmas Bazaar and check

out the Collectibles, Attic Treasures, Plants, Jewelry, Knit Goods, Holiday Decor, Toys, Candy & Baked Items, and so much more! Take a chance on one of the many raffles. There is something for everyone! Free admission. Free Parking. Handicapped accessible.

Tuesday, December 10

RETIREMENT BY DESIGN: 6 p.m., Brookdale Eddy Pond East, 667 Washington St., Auburn. Join us for our presentation. We'll discuss how you can translate your vision for retirement into tangible goals. Whether you are 10 or 40 years from retirement, you'll learn investment strategies you can use to help design the retirement you want tomorrow. Hosted by Edward Jones Financial Advisors of Auburn.

ONGOING EVENTS

12 STEP PROGRAM: Christian 12 Step Program for Men and Women 7-8:15 p.m. every Tuesday at Faith Baptist Church, 22 Faith Ave, Auburn. Do you feel your life/relationships/habits are spinning out of control? A Christian 12 Step Program is the key to Christ and life providing abundance, blessing and grace. Come as you are or contact (508) 832-5044 x 155 for information.

SUICIDE PREVENTION: Attempted Suicide Prevention Group. Held each Wednesday at 7:30 p.m. at St Bernard's Church, 236 Lincoln St., Worcester Gym Entrance Side, second floor meeting room. Parking & T services. Weekly facilitator, inspirational speaker, founder Dan Pelly, two time attempted suicide survivor. Your life matters, never give up. No charge. More info at (617) 592-5081.

STORY TIME: Have a little one in the house? Looking to get out and do something? The Auburn Public Library may have just the thing for you. Mother Goose Story time is for children ages 6-15 months. It's a great place for children and their grownups to listen to stories, share nursery rhymes and have time to connect with others during musical free play. Mother Goose Story Time is held Tuesdays at 10 a.m. Please stop by and join us. For information, you call the library at (508) 832-7790.

MUSEUM HOURS: The Auburn Historical Museum, 41 South St. is open Tuesday, 9 a.m. to noon, and Saturday 9:30 a.m.-12:30 p.m. Admission is free to see a variety of artifacts and memorabilia concerning Auburn as far back as when it was known as the town of Ward. All are welcome to come. For more information contact Sari Bitticks at sarilb@verizon.net.

HISTORIC HOUSES SCAVENGER HUNTS: The Auburn Historical Museum at 41 South St. will be hosting a family historic houses scavenger hunt on Tuesday and Saturday from 9:30 a.m. to noon for the month of July. Come and find out about some of the historic houses of Auburn that are in the newest book available at the museum. The event is free and open to the public.

NEW GROUP FORMING: If you're separated or divorced, you don't have to go through it alone. DivorceCare meets weekly, you'll receive practical support and find healing and hope for the future in a friendly, confidential setting. We meet Thursdays, 6:30-8 p.m., beginning Feb. 1 at Faith Church, 22 Faith Ave., Auburn. Call (508) 832-5044 or email divorcecare@faithauburn.org for more information.

NUMISMATICS: Looking for a new hobby? Come learn about the hobby of Coin Collecting. Or maybe you are an old time collector. Our club, the Nipmuc Coin Club, has both. We learn from each other through our monthly guest speakers, show and tell presentations, monthly coin auctions and free attendance prizes. Our group loves to share their knowledge with each other. About half of our members also like to eat. Each month we have a simple dinner with dessert and refreshments just prior to our meeting, which allows us time to socialize too. We meet the fourth Wednesday of each month starting at 6:30 p.m. in the Oxford Senior Center located at 323 Main St. in Oxford. It is the building directly behind the Oxford Town Hall building. For more information, please contact Dick Lisi at (508) 410-1332 or lisirichard15@yahoo.com.

STORY TIME: Open Story Time will be held 4:30 p.m. every Thursday at the Auburn Public Library. No registration required. Please drop in. Open to all ages. For information, call (508)

832-7790.

BOYS' GROUP: Chuck wants boys in the 6th through 10th grades to join The Man Cave. The Man Cave is a boys' group that meets from 7:30 to 8:45 p.m. Thursdays at the AYFS, 21 Pheasant Court, Auburn. This is where members will learn that peers their own age share similar concerns. Group members will be able to discuss ways to cope with their concerns as well as receive positive feedback. Each week will center around a particular topic for discussion. No cost to join. For information, call Brandon Pare (508) 832-5707 x 16 or Dan Secor (508) 832-5707 x 14. Free food available.

PUMPKINS, GET YOUR PUMPKINS HERE!: The Pumpkin Patch at the First Congregational Church, 128 Central Street, Auburn will be open daily 10 a.m. (11 a.m. on Sundays) 'til dusk Sept. 28 through Oct. 31. There will be gourds and pumpkins of all sizes and prices – one for every need; be it for your fall decor, carving, baking – you name it! Taking in the beautiful sight of the pumpkins, in combination with the changing leaves and the backdrop of the church steeple – makes it worth the trip! If you have any questions, feel free to call the church office at 508-832-2845. See you there! Where do these pumpkins come from? The pumpkins are raised and harvested by the Navajo Indians on their reservation in New Mexico. The money they receive helps their schools and other programs and a percentage of the sales helps our church as well.

OVEREATERS ANONYMOUS: Is food a problem for you? Have you been worried about the way you eat? Do you resolve to go on a diet tomorrow, only to fail again and again? Is your weight affecting the way you live your life? You are not alone. Overeaters Anonymous can help. No dues, no fees, no weigh-ins. Meetings are held Sundays in Worcester (St. Michael's On-The-Heights, 340 Burncoat Street) at 7 p.m., Mondays in Auburn (Bethel Lutheran Church, 90 Bryn Mawr Ave.) at 7 p.m. and Wednesdays in Putnam, Conn. (Day Kimball Hospital, 320 Pomfret Strett) at 6 p.m. Want more information? Call or text Bruce P. (508) 864-0593, email him at brucep.oa@charter.net or visit oa.org.

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2016 JEEP CHEROKEE NEW Retail Price: ~~\$38,430~~
#D10147LV • LIMITED TRIM, 4X4, BACK-UP CAM, LEATHER, ALLOYS
WHOLESALE PRICE: \$20,377

SAVE \$18,000 OFF OF RETAIL PRICE!

2018 TOYOTA COROLLA L NEW Retail Price: ~~\$19,800~~
#H0861RV • LANE DEPARTURE, BLUETOOTH, BACK-UP CAM
WHOLESALE PRICE: \$13,677

SAVE \$6,100 OFF OF RETAIL PRICE!

2016 DODGE JOURNEY NEW Retail Price: ~~\$29,295~~
#D9912L • SXT, 3RD ROW SEATS, ALL-WHEEL DRIVE, ALLOYS, V6
WHOLESALE PRICE: \$17,377

SAVE \$11,900 OFF OF RETAIL PRICE!

LIKE NEW 2017 RAM TRADESMAN QUAD CAB
#H1196LV

NEW RETAIL PRICE: ~~\$38,405~~
WHOLESALE PRICE: \$23,977
4x4, V6, Alloys, Bluetooth, Bedliner, Satellite Radio, Towing Package.
SAVE \$14,500 OFF OF RETAIL PRICE!

SPECIAL PURCHASE #P12393L
Like New 2017 FORD ESCAPE SE 4x4

ECOBOOST ENGINE MOONROOF
NEW RETAIL PRICE: ~~\$29,095~~
STARTING AT ONLY: \$16,877
8 Available
Low Miles, Back-Up Cam, Bluetooth, SYNC System, Alloys!
SAVE \$12,200 OFF OF RETAIL PRICE!

LIKE NEW 2016 FORD F-150 4x4 SUPERCREW
#P12249V

NEW RETAIL PRICE: ~~\$39,985~~
WHOLESALE PRICE: \$29,777
XLT Trim, EcoBoost, Nav, Alloys, Satellite Radio, Back-Up Camera.
SAVE \$10,200 OFF OF RETAIL PRICE!

2018 TOYOTA RAV4 SUV NEW Retail Price: ~~\$31,450~~
#19788A • XLE TRIM, 18" ALLOYS, MOONROOF, ALL-WHEEL DRIVE
WHOLESALE PRICE: \$22,577

SAVE \$8,900 OFF OF RETAIL PRICE!

2017 CHEVROLET CRUZE NEW Retail Price: ~~\$23,140~~
#40215R • LT TRIM, HATCHBACK, ALLOYS, KEYLESS START, 7" LCD
WHOLESALE PRICE: \$15,377

SAVE \$7,800 OFF OF RETAIL PRICE!

2018 HYUNDAI SONATA SEL NEW Retail Price: ~~\$25,615~~
#H1034B • BACK-UP CAM, PZEV, 17" ALLOYS, HEATED SEATS
WHOLESALE PRICE: \$16,977

SAVE \$8,600 OFF OF RETAIL PRICE!

LIKE NEW 2016 FORD EXPLORER NEW Retail Price: ~~\$39,970~~
#P12275LV • XLT TRIM, ALLOYS, NAV, BACK-UP CAM, MOONROOF
WHOLESALE PRICE: \$25,977

SAVE \$14,000 OFF OF RETAIL PRICE!

LIKE NEW 2017 CHEVY SILVERADO CREW CAB
#119500A

NEW RETAIL PRICE: ~~\$43,810~~
WHOLESALE PRICE: \$30,977
4x4, 1500 LT Trim, Back-Up Cam, 18" Alloys, Heated Seats, Bluetooth.
SAVE \$12,800 OFF OF RETAIL PRICE!

LIKE NEW 2017 CHEVY EQUINOX PREMIER SUV
#40041L

NEW RETAIL PRICE: ~~\$40,455~~
WHOLESALE PRICE: \$23,377
Leather, Moonroof, All-Wheel Drive, Premium Audio, Nav, Back-Up Cam.
SAVE \$17,100 OFF OF RETAIL PRICE!

SALE ENDS 10/30/19 Cannot be combined with any other discount or promotion and may require dealer source financing. Some restrictions apply, see us for details. does not include specialty vehicles or renewed for you vehicles. Some vehicles may not qualify, see dealer for details. Prior sales excluded. Some restrictions apply, see us for details. Estimated KBB values are opinions and may vary from vehicle to vehicle. Value based on vehicle condition. Amount may be adjusted for mileage, wear and tear, and options. Value difference assessed on list price. Deductions from allowance may be made for equipment failure, body and/or interior damage, reconditioning cost and/or excessive mileage at a rate of 20c per mile assessed on mileage of 10,000 miles per year. New retail price based on MSRP of new models. Selling price including our \$1,000 imperial trade assistance bonus for a qualifying 2010 or newer trades. Advertised price does not include tax, title, registration or documentation fee. Vehicle must be paid in full and take same day delivery. 5 DAY OR 200 MILE RETURN EXCHANGE PROGRAM FOR YOUR TOTAL CONFIDENCE. - if you're not happy with your imperial certified used vehicle, bring it back within 5 days or 200 miles and we'll give you a credit of your full purchase price toward the purchase of another vehicle. Not responsible for typographical errors, photos are for illustration purposes only.

**8-18 UXBRIDGE ROAD, RTE. 16 | MENDON, MA
154 EAST MAIN STREET | MILFORD, MA**

Auburn News

B SECTION

FRIDAY, OCTOBER 25, 2019

TRIPS OFFERED

The "Trips Offered" section is for non-profit organizations and will run as space allows. Mail your information to Trips Offered, c/o Brendan Berube, PO

Box 90, Southbridge, MA 01550; fax to (508) 764-8015 or e-mail to news@stonebridgepress.news.

BAY PATH ADULT EVENING SCHOOL

Fall 2019 catalog offerings
New England Patriots vs. the Baltimore Ravens — "Tours and

Pours"

3 Days/2 Nights Nov. 2-4

What's included: Roundtrip Motorcoach transportation, lodging, five meals, city tour of Baltimore, three brewery tours, distillery tour, winery, reserved seats at M & T Bank Stadium Tour Director, and more!

\$799pp double occupancy, \$949 single occupancy, \$789 triple occupancy, \$779, quadruple occupancy.

For a brochure and complete itinerary, please contact Lori Douthwright at (508) 248-5971, ext. 1715.

A Country Christmas in Nashville, Tenn. at the Gaylord Opryland Hotel

4 days/3 nights Dec. 6-9

What's included: Roundtrip airfare from Logan Airport, including transportation, three-night lodging, seven meals, Gaylord Opryland exclusive dinner show, ticket for holiday show at Opry House, tour of the Ryman & Grand Ole Opry, ICE Gaylord Opryland, General Jackson Showboat river cruise, and so much more!

Standard view room \$1,899pp double occupancy, \$2,249pp single occupancy

Atrium view room \$1,999pp double occupancy, \$2,399pp single occupancy.

For a brochure and complete itinerary, please contact Lori Douthwright at (508) 248-5971, ext. 1715.

Wine Country Pacific Coast Cruise

9 days/8 nights April 6-14, 2020

What's included: Roundtrip Motorcoach transfers, roundtrip airfare from Logan Airport, one night pre-cruise stay in Los Angeles, 8 day/7 night cruise on board Princess

Cruises-The Star Princess, visiting Los Angeles, Santa Barbara, San Francisco, Astoria Oregon, Victoria, B.C., Vancouver, B.C., winery tours, all meals on board ship, and more!

*A valid passport is REQUIRED for this trip

Prices starting at \$2,499pp double occupancy (plus tax, transfers & government fees)

For a brochure and complete itinerary, please contact Lori Douthwright at (508) 248-5971, ext. 1715.

CHARLTON SENIOR CENTER

Trip Coordinator Dotti Murphy - Please call 978-424-7010 Sign up sheets & flyers available at the Senior Center / Flyers also available on our web page www.townofcharlton.net Click on Departments then click on Council on Aging/Senior Center

Pick up is from St. Joseph's Church 10 H Putnam Rd. Ext., Charlton

2019 Day Trips

Nov. 14 (Thurs) Ricky Nelson Remembered - Ricky Nelson's twin sons perform their father's hit songs - Venus DeMilo, Swansea \$95.00

Dec 3 (Tues) Johnny Mathis Christmas Tribute - Ultimate tribute to Johnny Mathis with Christmas songs and some of his biggest hits - Davensport Yacht Club - \$92.00

2019 Overnight Trips
Sept 20 - 22 Lake George Balloon Festival - 3 days, 2 nights \$449pp double, \$599 single

Please call Dotti Murphy at 978-424-7010 for details if interested in any trips.

DAUGHTERS OF ISABELLA

The Daughters of Isabella proudly present our 2019 Fantastic Worldwide Tours!

For reservations contact Jan Caouette at (508) 887-2215. Make checks payable to Bernadette Circle #709 and mail to Bernadette Circle #709, PO Box 201, Webster MA 01570. The Daughters of Isabella is a non-profit and charitable Catholic women's organization

DOUGLAS SUNSHINE CLUB

Sunny Portugal next April. The Douglas Sunshine Club is planning a trip to sunny Portugal April 21-30, 2020. This trip is with Collette Travel. An informational meeting is planned for Wed. June 12th at the Douglas Senior Center, 331 Main St., Douglas, at 6:30 p.m. If you are interested in the trip, this is a great opportunity to get a description of the travel arrangements and itinerary with a representative from Collette Travel who will also answer any questions you have about the trip. For more info call 508-476-4474.



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MILLBURY – WATERFRONT! Ramshorn Lake! 51 Davis Rd! Beautifully Landscaped & Private 1.22 Acres w/500' on the Water! One of Ramshorn's Premier Properties "Royledge"! Sprawling 3,117' French Country Villa w/Panoramic Water Views from this Perfect Peninsula! Ideal for Entertaining! Stonewalled Gated Entry, Long Private Drive to its Stately Appearance! Sprawling Stone & Slate 6+ Rm Masterpiece! Light Abounds! Cathedral & Tray Ceilings w/Skylights! Unique Country Kitchen! Formal Dining Rm! Frpled Great Rm! Lake Facing Spacious Master Suite w/Everything You'd Expect! 3 Comfortable Bdrms! 3 Full Bathrooms! C/Air! Garages – 1 & 2 Car Detached Garages! Reward Yourself! **\$999,000.00**



AUBURN – 16 Lorna Dr! 7 Rm Split Entry Ready for the Next Owner! Located on a Cul-de-sac! Many Recent Updates! Windows 2006! Roof 2010! Siding 2016! Water Heater, Garage Door & Opener 2017! Driveway & Deck 2018! Applianced Oak Cabinet Kit w/Tile Floor! Dining Rm! Spacious Liv Rm! Master Bdrm w/Hrdwds! 3 Comfortable Bdrms Total! Full Bath! Finished Lower Level Fireplace Fam Rm w/Custom Bar, Recessed Lighting & 2nd Bath! Screened-in Porch to a Private Yard w/New Pressure Treated Deck is Ready for Entertaining! Nicely Landscaped! 1 Car Garage! Shed! Ideal Commuter Location! **\$325,000.00**



WEBSTER LAKE – 9 Pebble Beach Rd! Middle Pond – Winter Cove! Private Peninsula Protected from the Storm – Safe Harbor! Custom 3,179' 8 Rm Contemp Ready for Your Immediate Enjoyment! Grand Entry Foyer! Ideal Open Fir Plan w/Sky Lighted Cathedral Ceilings, Tall Windows & Hrdwd Frst! Beautiful Applianced Custom Granite Kit w/Center Isl! Formal Din, Fireplace Liv Rm w/Water/Estuary Views! 1st Fir Laundry! Second Floor Master Suite, Ideal Full Bath, Huge Walk-in Closet! 3 Bdrms Total! 2 Full & 2 Half Baths! Walk-out Lower Level Fireplace Fam Rm! Buderus Oil Heat! C/Air! Oversized 2 Car Garage! **\$779,900.00**



OXFORD – 27 Rocky Hill Rd! Move Right Into this 6 Rm Ranch! Bright, Fresh Kitchen! Dining Rm! 20' Living Rm! 3 Comfortable Bdrms! Nice Bathrm! Deck w/Awning! All the Work has been Done! Roof, Siding, Windows & Insulation 2016! Gas Furnace & AC 2015! Front Porch Windows, Door, Living Rm Floor & Skylights 2017! Kitchen, Bath & Dining Rm Floors 2018! 2 Bdrms! Wall to Wall Carpeting & the Interior Freshly Painted 10/2019! Quick Closing Possible! **\$269,900.00**

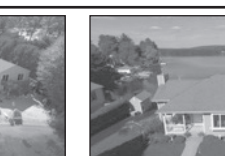
WEBSTER – 27 N. Main St! 3 Family! 559 Rms! 3 3/4 Bedrooms! 1st Fir w/Eat-in! Liv Rm! 3 Bdrms! Updated Bathrm! 2nd Fir w/Kit w/Din Area! Liv Rm! 3 Bdrms! Updated Bath! 3rd Fir w/Eat-in! Kit! Liv Rm! Bdrm! Full Bath! Long Term Tenants! Sep Utilities! Vinyl Siding! Laundry Hook Ups! Freshly Painted Hallways! **\$259,900.00**

DUDLEY – 9 Nellies Way! TOBIN FARM ESTATES! 10 Rm Colonial Set on 1.2 Acres! Applianced Dine-in Granite Kit! 3 Season Sun Rm off Kit! Din Rm, 2 Story Fam Rm w/Pellet Stove, Bdrm, Full Bath w/Laundry & Gleaming Hrdwds Round Out 1st Fir! 2nd Fir Features an Open Balcony to the Liv Rm! Plenty of Space for an Office, Playroom or Reading Area, Use Your Imagination! Master w/Tray Ceiling & 3 Closets! Master Bath w/Dual Sinks, Shower, Whirlpool Tub & Makeup Counter! 2 Additional Bdrms & Full Bath! Huge Finished Walk-out Lower Level Perfect for Entertaining! Wet Bar w/Wine Cooler & Fridge! Half Bath w/Tile Flr! Irrigation! Shed! JD Riding Mower! Don't Miss Out! **\$469,900.00**

DUDLEY – 7 – 9 West Street! Brick 4 Family plus a 2 Family! Side by Side! All with 5 Rooms and 2 Bedrooms! Gas Heat! All Separate Utilities! 2 Car Detached Garage! The 4 Family with Beautiful Natural Woodwork! All Apartments are Empty and Work is Needed in Several Apartments! Excellent Potential! Will be a Good Investment for the Right One! **\$399,900.00**

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THOMPSON – 299 Quaddick Rd! Beautiful Custom Cedar Log Home Privately Set on 5.47 Acres! Stone Wall Entry Leads Up the 700+ Driveway! Nestled in the Woods! 6 Rms of Gorgeous Cedar! Applianced Granite Kit w/Soft Close Hickory Cabinets! Ideal Open Fir Plan w/Soaring Beamed Cathedral Ceilings w/Skylights! Gleaming Hrdwds! Liv Rm w/Spectacular Stone Frplc w/Pellet Insert! 1st Fir Master w/Full Whirlpool Bath & Walk-in Closet! 3 Bdrms & 2.5 Baths Total! 3Z Buderus Oil Heat! 2 Car Garage! **\$399,900.00**

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DUDLEY – 94 Tracy Road! 7 Rm 4 Bdrm Colonial On 1.24 Acres! Privacy! Many Upgrades! Hrdwds Throughout! Frplc Liv Rm w/Recessed Lights! Formal Din Rm! Eat-in Kit! Updated in 2015! Cherry Cabinets, Granite Counters, Center Isl & SS Appliances! Sunroom w/Skylights, Hrdwd Frs & Slider to Deck! 1st Fir 1/2 Bath w/Laundry! Master Bdrm w/Dble Closet & Full Bath w/Linen Closet! 2nd Fir Full Bath! Lower Level Game Rm/Office! Utility/Storage Rm! 16X21 Deck! Garage Under! Save on Your Electric Your Bills, 2015 Solar Panels! Level yard w/Shed! Call now! **\$349,000.00**

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CHARLTON – GLEN ECHO LAKE! 3 Sunset Dr! Western Exposure = Beautiful Sunsets! Fantastic 105' Waterfront! Ideal 15,941' Gently Sloping Lot! Comfortable 9 Rm Ranch! Stainless Appliance Eat-in Granite Kit! Din Rm w/Hrdwd Flr! Lake Facing Liv Rm w/Panoramic Water Views! 4 Bdrms, 3 Lake Facing including the Spacious Master! Full Hall Bath! Enjoy the Sun Rm w/Lake Views! 32' Walk-out Lower Level Frplc Fam Rm w/Wet Bar & Convenient Half Bath! Nicely Landscaped Front & Back! Lake Level Deck, Dock & Rear Shed! Benefitted by Town Sewer! Start Packing! **\$499,900.00**

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CHARLTON – 105' WATERFRONT! Baker Pond! 63 Lincoln Pt Rd! East Facing = Fantastic Sunrises! Custom 9 Rm Colonial! Beautiful 1/2 Acre Lot w/Lawn to Water's Edge! 2 Story Foyer! Natural Woodwork! Open Fir Plan! Applianced Granite Kit w/Sl, Recessed Lights, Tile Flr & Water View! Din Area w/Slider to Deck! Sunken Frplc Liv Rm w/Hrdwd Flr & Water Views! Din Rm w/Hrdwd! 1/2 Bath w/Pedestal Sink! 2nd Fir w/4 Bdrms, 3 w/Water Views! Master w/Cathedrals, French Dr to Balcony, Bath w/Separate Tub/Shower, Walk-in Closet & Laundry! Hall Bath! 3.5 Baths Total! Finished Walk-out Lower Level w/31' Fam Rm! Full Kit! Full Bath & Laundry! Includes NEW A/C SPLIT SYSTEM! Enjoy Outside from the Farmer's Porch, Deck, Patio, Screened Porch or Dock! 2 Car Garage! Full Recreational Use! **\$524,900.00**

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Featured New Construction!

THOMPSON, CT - 6 LILLIAN AVE, LOT #1

There is No Place Like Home - beautiful newly constructed home! Spill level style home has an attractive modern flare! Open floor plan, cathedral ceilings, hardwood floors, tile floored baths, & walaater full bath w/extra wide shower & walk in closet, plus 2 more spacious BRs & a full hallway bath. 24' lower level family room, half bath w/laundry hookups! Two car garage! Central AC.

\$309,900.

WOODSTOCK, CT - 64 LYON HILL RD





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RESERVATIONS SUGGESTED

TOPICS INCLUDE: FINANCING: VA, FHA, USDA CONVENTIONAL
"0" DOWN PAYMENT PROGRAMS
INSPECTIONS: COST, PURPOSE, RADON,
HOME, WELL
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Broker | 774.641.3325
SANDRA TERLIZZI
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179 Shrewsbury St., Worcester MA 01604

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NEW TO MARKET

SOUTHBRIDGE: 2 Units, Roof 7 yrs. old, updated
heating system, 2 bedrooms each unit, off street
parking, sided.

48 North St – \$214,000



NEW TO MARKET

AUBURN: 3 bedroom, updated electrical, plumbing,
heating system, young roof and replacement windows
1st floor BR.

67 Hampton St – \$249,900



REDUCED \$10,000

WEBSTER: 3 bedrooms,
1 level, hardwood floors,
sided, 1/2 acre lot, updated
bath

School St ~ \$249,900



**OPEN HOUSE
SAT 10-NOON**

DUDLEY: MOTIVATED!
4 bedrooms, 2.5 baths, gas
heat, central air, 1st floor FR

16 Francis Dr – \$400's



SZYMCAK SELLS!

DUDLEY: Cape, 7 acres,
Barn, 2400 sq. ft. 3.5 bath,
4 bedroom

7 Dudley Oxford Rd



DUDLEY: 4 acres, 401'
frontage, Possibly 2 lots,
plus house – arts & crafts
home with built in china
closet, pantry, 2 bedrooms
natural wood work

71 Mason Rd – \$359,900

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COMING SOON



WEBSTER, MA – \$189,900
4 Snow Street
2 Family

ON DEPOSIT



SPENCER, MA - \$259,900
24 Bay Path Road
3 Bdrm Ranch
Immaculate Condition

FOR SALE



SOUTHBRIDGE, MA -
\$469,900
535 Pleasant St.
Gorgeous custom home
with indoor swimming pool.

FEATURE PROPERTIES



Open House
SAT 11-12:30
SUN 12:30-2

New Construction
WEBSTER, MA - \$289,900
90-A Sutton Rd.
3 Bedroom, Raised Ranch. Come Choose
Your Colors & Finishes Now!



Open House
SAT 12:30-2
SUN 11-12:30

DUDLEY, MA - \$249,900
5 Fairview Ave
Under Priced, Needs Work



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SOUTHBRIDGE: Impeccably maintained Cape Cod Style home! 6 rooms 4 bedrooms 2 baths. Beautiful kitchen with appliances. Wonderful heated sun room with deck for barbecuing. Hardwood floors. Central Air. Updated boiler and hot water. Professionally landscaped yard. Located at the end of a dead end street. **\$249,900.**



SOUTHBRIDGE: Antique Colonial with 8 rooms 4 bedrooms 1 1/2 Baths. Hardwood floors. Economic gas heat. Newer roof, boiler, & HW heater. Front & rear stairways to go upstairs. Fireplace. Needs some paint & updating but well worth it! Garage **\$160,000.**



SOUTHBRIDGE: Well maintained church in pristine condition! St. Hedwig's church and rectory. Beautiful entry way. Inspiring stain glass windows. Seating for up to 350 people. Balcony seating. Elevator to lower level for a Meeting Hall with kitchen & 2 baths. Rectory is a stately brick home which consists of 11 rooms, 6 bedrooms, 3 baths. All rooms are large with high ceilings, many fireplaces, and first floor bedroom with private bath. Also included in sale is a large Carriage House converted to garage with workshop & storage. **\$485,000**



SOUTHBRIDGE: Beautifully maintained Colonial with 6 rooms 3 bedrooms 2 1/2 baths. Large kitchen/dining room combo with tile floor. Half bath and first floor laundry. Master bedroom with large walk in closet and master bath. 2017 Pellet stove to keep you warm. Cozy three season sun room which leads to patio/deck and a large flat yard. New roof in 2019. **\$289,900**



SOUTHBRIDGE: Spacious Split Level Home with wonderful flex space over garage! 8 rooms 3 bedrooms 2 baths! Slider from dining room to back deck. Lower level has wonderful family room, option to have another bedroom plus large storage area. Fabulous 2 car garage with finished room above-great for office or man town, "she shed". Roof redone, vinyl sided, replacement windows. Large yard! **\$299,900.**



SOUTHBRIDGE: Immaculate, spacious and updated Colonial with 8 rooms 3 bedrooms 3 1/2 Updated kitchen with granite, SS appliances, eat-at-bar, and radiant heat in the flooring. Pantry closet with washer & dryer. Wonderful 3 season room with sliders to deck. Huge master bedroom & bath! First floor family room. Dining room with new flooring & radiant heat in floor. 4-zone hyper heat & Air system. 1.22 acres with Barn! **\$299,900.**

ACTIVELY SEEKING LISTINGS IN THE FOLLOWING AREAS: SOUTHBRIDGE, STURBRIDGE, DUDLEY, CHARLTON, WEBSTER, HOLLAND. PLEASE CONTACT US!



MORTGAGEE'S SALE OF REAL ESTATE
AT PUBLIC AUCTION

CHARLTON, MA


Tuesday, October 29, 2019 at 10:00 a.m.

19 Southbridge Road, Charlton, MA
> Ranch <

- 4 Rooms w/ 2 Bedrooms
- Vinyl Siding
- 1 ± Acre Lot
- Excellent Opportunity

TERMS: \$5,000 deposit, cash or certified funds, at the time of the sale. Balance due within **thirty (30) days** at the office of Brock & Scott, PLLC, 1080 Main Street, Suite 200, Pawtucket, RI. Other terms to be announced at the sale.


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Open House Directory

(C) Condo (B) Business (P) Land	(X) Condo (U) Duplex (L) Mobile Home	(M) Multi-Family (S) Single Family (A) Apartment	(T) Townhouse (D) Adult Community (W) Waterfront	
ADDRESS	STYLE	TIME	PRICE	REALTOR/SELLER/PHONE
SATURDAY, OCTOBER 26				
DUDLEY 16 Francis Dr	S	10-Noon	\$419,900	ReMax Advantage 1 / Jo-Ann Szymczack 774-230-5044
5 Fairview Ave	S	12:30-2	\$249,900	Re/Max Professional Associates/ Patrick Sweeney 774-452-3578
WEBSTER 90-A Sutton Rd	S	11-12:30	\$289,900	Re/Max Professional Associates/ Patrick Sweeney 774-452-3578
SUNDAY, OCTOBER 27				
DUDLEY 5 Fairview Ave	S	11-12:30	\$249,900	Re/Max Professional Associates/ Patrick Sweeney 774-452-3578
WEBSTER 90-A Sutton Rd	S	12:30-2	\$289,900	Re/Max Professional Associates/ Patrick Sweeney 774-452-3578
SUNDAY, NOVEMBER 3				
DOUGLAS 417 NE Main St	S	1:30 -3	\$329,000	Re/Max Town & Country / Deb Hackett 401-774-4891


417 NE MAIN ST., DOUGLAS, MA. 01516



MOVE IN READY! Conveniently located on RTE 16., this lovely Cape, situated on a near acre cleared lot, is filled with charm and impeccably maintained by the same owners. Features include: tin ceiling, solid doors with latch locks and original hardwood floors., spacious island kitchen, & enclosed multi-seasonal porch. Inviting foyer and master suite were added in early 2000 along with a great private patio. First floor bedroom along w/full bath. 2 additional bedrooms w/ a half bath on the second floor of the original home. Updated electrical, heating system, windows are younger w/ plenty of life left. **\$329,000**




DEB HACKETT
401-774-4891



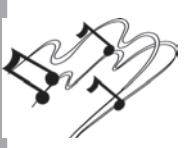
RE/MAX
Town & Country

HERE & THERE → Local Events, Arts, and Entertainment Listings

SUNDAY, OCTOBER 27,



MURDER MYSTERY DINNER
An interactive dinner theater The Fashionable Murders. 6:30 pm
Join us for a laugh-filled night, a great dinner, and a mystery we need help solving. Advance ticket sales required
sailemcrossinn.com or call 508-867-2345. 260 West Main Street West Brookfield, MA 01585




ACOUSTIC FRIDAYS AT 308 LAKESIDE
New England Weather 308 Lakeside 308 East Main Street, East Brookfield, MA 01515 774-449-8333

MONDAY, OCTOBER 28

MIDDLE AND UPPER SCHOOL PREVIEW NIGHT
6-7:30 pm. Join us for a casual and informative evening as we welcome parents and students curious about Wilbraham & Monson Academy. Admissions Office at Morrow House. 421 Main Street, Wilbraham, MA 01095. RSVP by October 21 at www.wma.us/previewnight or call 413-596-9107

FRIDAY SATURDAY & SUNDAY NOVEMBER 1, 2, 3



A Funny Thing Happened On The Way To The Forum. Show dates are November 1st and 2nd at 7:30 and November 3rd at 2PMTickets are \$17.00 for adults and \$12.00 for seniors and 12 and under. Held at the North Brookfield Elementary School Auditorium 10 High School Drive, North Brookfield, MA 01535

WEDNESDAY, NOVEMBER 13

HOW TO MOVE ON - CREATING A BRIDGE TO A NEW LIFE
1:30-2:30. Barbara Perman, President, Moving Mentor
Tea & Refreshments will be served
Limited seating
Quaboag Rehabilitation & Skilled Care Center 47 East Main Street West Brookfield, MA
RSVP 508-867-7716

SUNDAY, SEPTEMBER 29

SUNDAYS AT 308 LAKESIDE
Chris Barber 308 Lakeside 308 East Main Street, East Brookfield, MA 01515 774-449-8333


FRIDAY SATURDAY & SUNDAY NOVEMBER 1, 2, 3

A Funny Thing Happened On The Way To The Forum. Show dates are November 1st and 2nd at 7:30 and November 3rd at 2PMTickets are \$17.00 for adults and \$12.00 for seniors and 12 and under. Held at the North Brookfield Elementary School Auditorium 10 High School Drive, North Brookfield, MA 01535

SUNDAY, NOVEMBER 15

MURDER MYSTERY DINNER
An interactive dinner theater The Fashionable Murders 6:30 pm
Join us for a laugh-filled night, a great dinner, and a mystery we need help solving. Advance ticket sales required
sailemcrossinn.com or call 508-867-2345. 260 West Main Street West Brookfield, MA 01585


SATURDAY NOVEMBER 16



HOLY ROSARY CHRISTMAS BAZAAR 10am-5:30pm. Along with our regular booths (baking, lottery, indoor flea market, thanksgiving basket etc...), this year we will be introducing a new money raffle drawing replacing the special gift raffle. St. Andrew Bobola Church 508-943-5633

SUNDAY NOVEMBER 17


HOLY ROSARY CHRISTMAS BAZAAR. 8:30am-12:30pm Along with our regular booths (baking, lottery, indoor flea market, thanksgiving basket etc...), this year we will be introducing a new money raffle drawing replacing the special gift raffle. St. Andrew Bobola Church 508-943-5633




SATURDAY, DECEMBER 7

Mary Queen of the Rosary Christmas Faire Vendors, Crafts, Raffles, Baked Goods, and so much more! In the Church Hall 9am-2:30pm. 7 Church Street, Spencer, MA. If you'd like info on being a vendor at this Christmas craft fair, please. Email susan.terkanian@gmail.com


ONGOING



MARIACHI BAND
First Thursday of the month 5-8 p.m. **MEXICALI MEXICAN GRILL**
Webster location 41 Worcester Rd., Webster, MA 508-461-5070




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



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

THE CENTRAL MA CHAPTER OF TROUT UNLIMITED
meets the first Monday of every month from September through May. We discuss a variety of conservation programs to improve the local cold water fisheries, local fishing opportunities. Our annual High School Fly Fishing Championship (open to all MA high school students) And our annual fund raising banquet.
Auburn Sportsman's Club
50 Elm St., Auburn, MA



**WEBSTER
Lot(s) for Sale**

Large 2.1 acre house lot off Rawson Rd. in Webster. Has town utilities at street, large stone walls & seasonal brook. Possible 2, one acre lots with shared driveway.
\$45,000

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Job Details

* Job ID: 3168077 * Application Deadline: OPEN UNTIL FILLED * Starting Date: IMMEDIATELY

Job Description

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Job Requirements

- * Please submit Resume, college transcripts and 3 letters of reference. Please address all correspondence to Donald Montville, Vocational Director.
- * Citizenship, residency or work visa required

Contact Information: Peggi Corsi, Secretary to the Vocational Director
57 Old Muggett Hill Road, Charlton, MA 01507
Phone: (508) 248-5971, Ext. 1700 Fax: (508) 248-4747
Vocational Director: dmontville@baypath.net

Bay Path Regional Vocational Technical High is an Equal Opportunity Employer

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The Cherry Valley and Rochdale Water District is seeking to retain a Grant Researcher to research grants available to the Water District, to report regularly on an agreed upon basis to the District's Commissioners of applicable and viable grants, and to advise the Commissioners on the likelihood of the Water District acquiring an applicable and viable grant.

Eligible candidates please submit their proposal to the District no later than November 4th, 2019. Proposals can be submitted to the District via email at info@cvrwd.com or via direct mail at PO Box 138, Rochdale, MA 01542

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Webster Parks And Recreational Department
Webster Police Department
Date: Sunday October 27 **Location:** Webster Memorial Beach **Time:** 3:00 till 5:00 pm **Cost:** Free Admission
Trunk or treat is a fun, safe family environment where Trick or Treaters spend the evening going from trunk to trunk, collecting candy from vehicles that have been specially decorated in a spooky Halloween setting.

Prizes awarded for:
* Best costume contests for ages 1-12 years old
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Candy donations are welcome for anyone not having a car, but wanting to help out (Must be sealed bags only)
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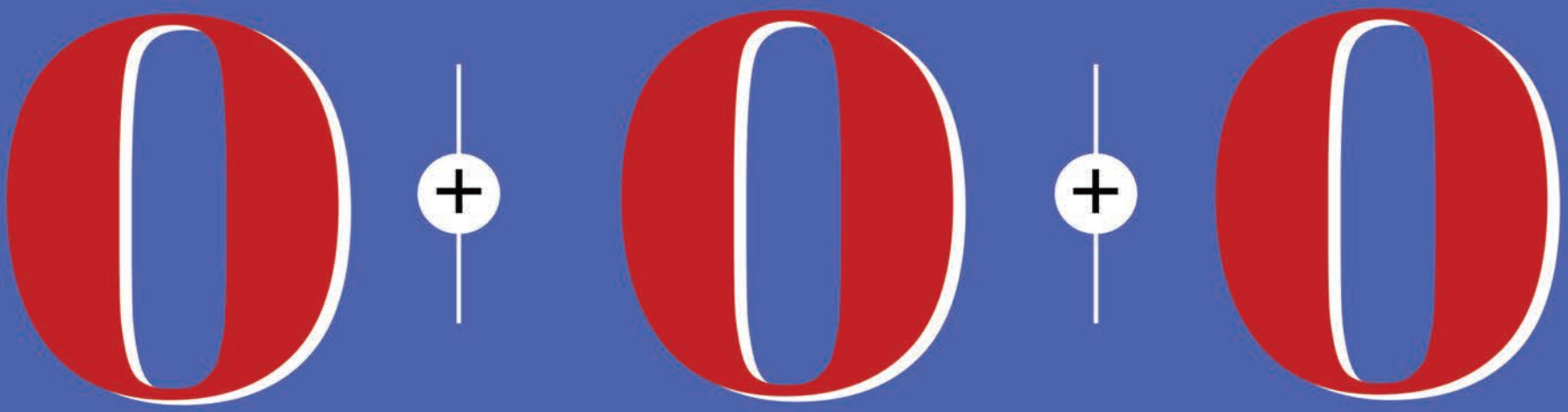


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People diagnosed with an underactive thyroid condition may have to make several changes to their lifestyles to feel well and maintain a healthy weight.

The thyroid is a tiny gland located in the neck that produces a hormone to regulate one's metabolism, or the process that converts what a person eats and drinks into energy. With hypothyroidism, also known as an underactive thyroid, production of that thyroid hormone is insignificant, resulting in a dramatically slower metabolism.

The endocrinology health site Endocrine Web estimates approximately 10 million Americans have hypothyroidism. The reasons the thyroid gland falters vary. But the symptoms may include fatigue, weakness, weight gain or increased difficulty losing weight, hair loss, muscle aches, depression, and irritability.

Each of the side effects associated with thyroid conditions can be troublesome, but many people with thyroid issues struggle most with weight gain and their inability to keep weight off. The president of the American Association of Clinical Endocrinologists, R. Mack Harrell, MD, says to first visit a doctor, who can determine if a synthetic thyroid hormone medication can help. Regular exercise also



Low-impact cardiovascular exercise mixed with intervals of strength training can be the right formula for losing weight with a sluggish metabolism.

can be an important part of the strategy to lose weight and manage other hypothyroidism symptoms.

Christian Nasr, MD, an endocrinologist with the Cleveland Clinic, advises his patients to

wait a few weeks before exercising so that their condition is controlled with medication. After that waiting period is over, gradually easing back into exercise can help with the fatigue and weight gain that

may not abate with thyroid medications.

The online health resource Everyday Health advises a program of low-impact aerobic exercises and strength training. The aerobics will raise the

heart rate without putting too much pressure on the joints. These exercises include using a stationary bicycle or a low-impact elliptical machine. Pilates and gentle yoga can improve core muscles and help alleviate joint pain as well.

Incorporating strength training into a workout can help build muscle mass, which burns calories, even when a person is at rest. That can be essential for a person finding it difficult to control his or her weight due to a sluggish metabolism.

Additional benefits of exercising are improved mood and reduced inflammation. Exercising can release endorphins into the body to help fight off depression. Also, researchers from the University of California-San Diego School of Medicine found a single 20-minute session of exercise was enough to trigger something called sympathoadrenergic activation, which suppresses the production of monocytic cytokines in the body that produce an inflammatory response in the immune system. That means exercise can keep inflammation in check.

Hypothyroidism is a common condition that produces various unwanted side effects. However, with proper care and exercise, many symptoms can be managed effectively.

Simple ways to lower your risk for type 2 diabetes

A healthy lifestyle can help people live life to the fullest. There are many components to a healthy lifestyle, and few may be as influential as prevention.

Preventive measures to reduce one's risk for various diseases can have a long-lasting effect, helping people maintain their independence well into their golden years. In addition, a proactive approach that focuses on disease prevention can improve the chances men and women will get to spend their retirement years doing whatever they please.

One disease that can be especially limiting is type 2 diabetes. According to the National Institute on Diabetes and Digestive Kidney Diseases, diabetes occurs when blood glucose levels are too high. Blood glucose, sometimes referred to as "blood sugar," comes from the foods a person eats and is the main source of energy for his or her body. Insulin helps glucose from food get into the body's cells so they can use it for energy. However, in certain instances, such as when a person has type 2 diabetes, the body does not make enough — or any — insulin. When that occurs, glucose stays in the blood, never reaching the cells it's supposed to help. The NIDDK notes that, over time, excessive levels of glucose in the blood can

cause a host of health problems.

Type 2 diabetes, the most common form of the disease, occurs when the body does not make or use insulin well. While it might seem as though people are helpless to stop this from occurring, the NIDDK notes that type 2 diabetes can be delayed or even prevented. In fact, the NIDDK cites three key ways that people can lower their risk for type 2 diabetes.

- Lose weight and keep extra pounds off. People should speak with their physicians about their body weights to determine if they're currently overweight or obese or maintaining healthy weights. If the doctor suggests losing weight, doing so can help prevent or delay diabetes. Each individual is different, but the NIDDK notes that losing between 5 and 7 percent of your starting weight may help delay or prevent diabetes.
- Become more physically active. The NIDDK lists a sedentary lifestyle among the many factors that can increase a person's risk for type 2 diabetes. By embracing physical activity, getting at least 30 minutes of exercise five days per week, people can delay or prevent diabetes. People who have been physically inactive for a long period of time should ask their physicians to recom-



mend appropriate activities that can help their bodies adjust to being physically active.

- Eat less and eat healthy. A diet that's high in vitamins and nutrients can help people delay or prevent type 2 diabetes. Small portions can help people control

their caloric intake, reducing the likelihood that they will become overweight or obese.

Prevention is a great way for people to reduce their risk for type 2 diabetes, a potentially debilitating yet often preventable disease.

Why personal training?



Each year on January 1, many people resolve to lose weight and get healthy. According to the Centers for Disease Control

and Prevention, almost 70 percent of Americans over the age of 20 are overweight, including 35 percent who are considered

obese.

After the holiday season, when social schedules ramp up and diets might be ignored, it's

no surprise that many people are ready to start new fitness regimens.

While it's easy to push oneself into the toughest and most intense workouts in order to super-charge weight loss or fitness gains, this could be a mistake that raises the average person's risk of injury. Instead, people should work with a personal trainer who can guide their workouts.

Personal trainers are fitness professionals who are trained to teach others how to exercise. These people are educated in correct posture and technique so that they can instruct how to do exercises correctly and efficiently. Furthermore, personal trainers can help people reach their fitness goals with an understanding of how to exercise safely with various chronic conditions or injuries.

There are many other reasons to work with a personal trainer.

- Motivation: Personal trainers can offer encouragement to get a person started and continue with a workout rou-

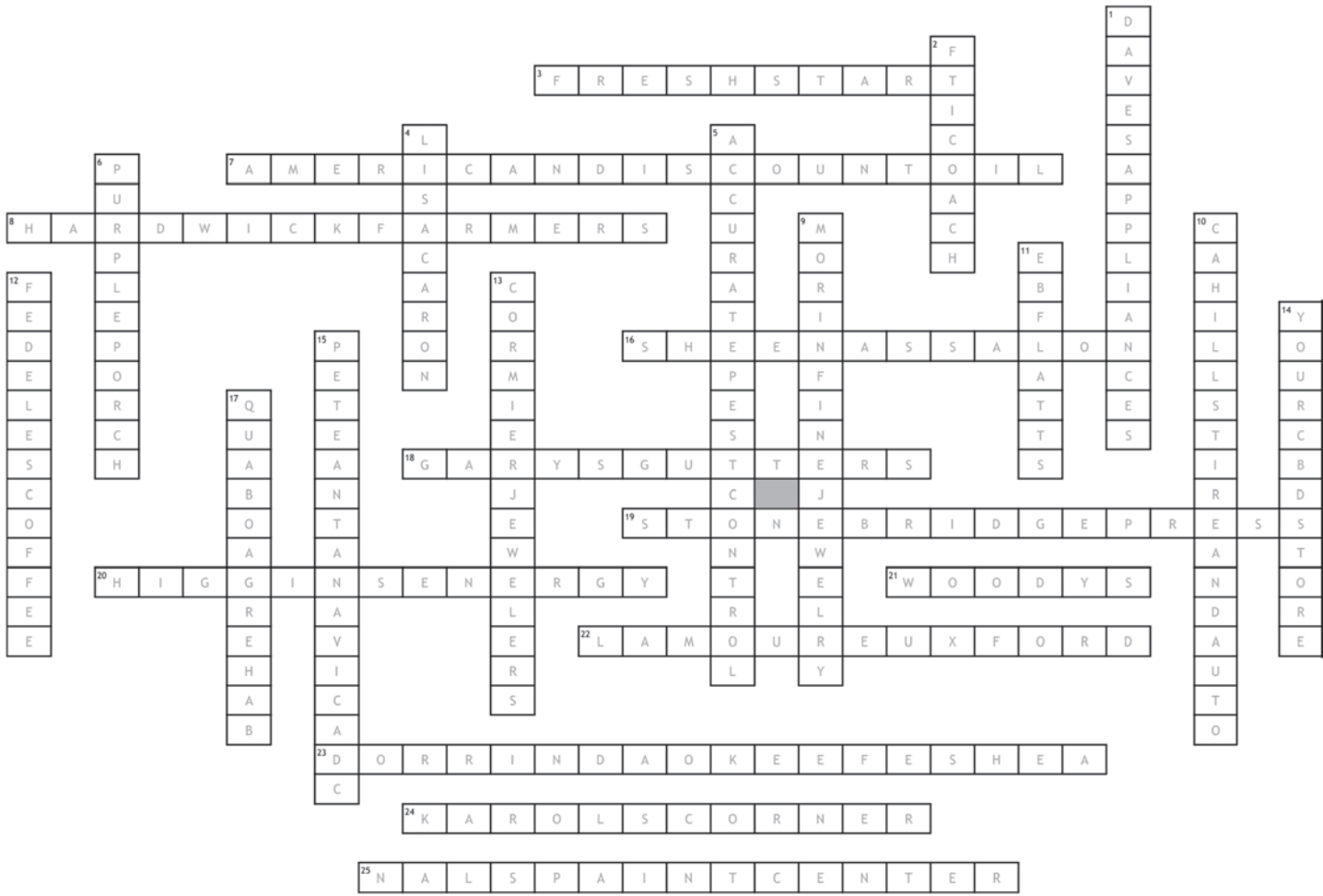
tine. Furthermore, knowing someone is there to hold them accountable can ensure the client is consistent in showing up to do the work necessary.

- Define fitness goals: Personal trainers can help people focus on goals that are specific and realistic to achieve measurable success.
- Showcase proper form: Understanding how to do exercises properly reduces the risk of injury and increases the efficacy of workouts.
- Offer variety: Sometimes workouts can become boring, and people become complacent. Personal trainers may alter routines to keep clients interested.
- Make time work: Experienced personal trainers will know how to maximize the time clients have. This can be advantageous for people who have limited time to exercise.

Personal trainers can help fitness fans achieve maximum results, exercise properly and form good habits.

2nd Annual ABC's of the Seasons

~ 10/4 FALL EDITION ANSWERS ~



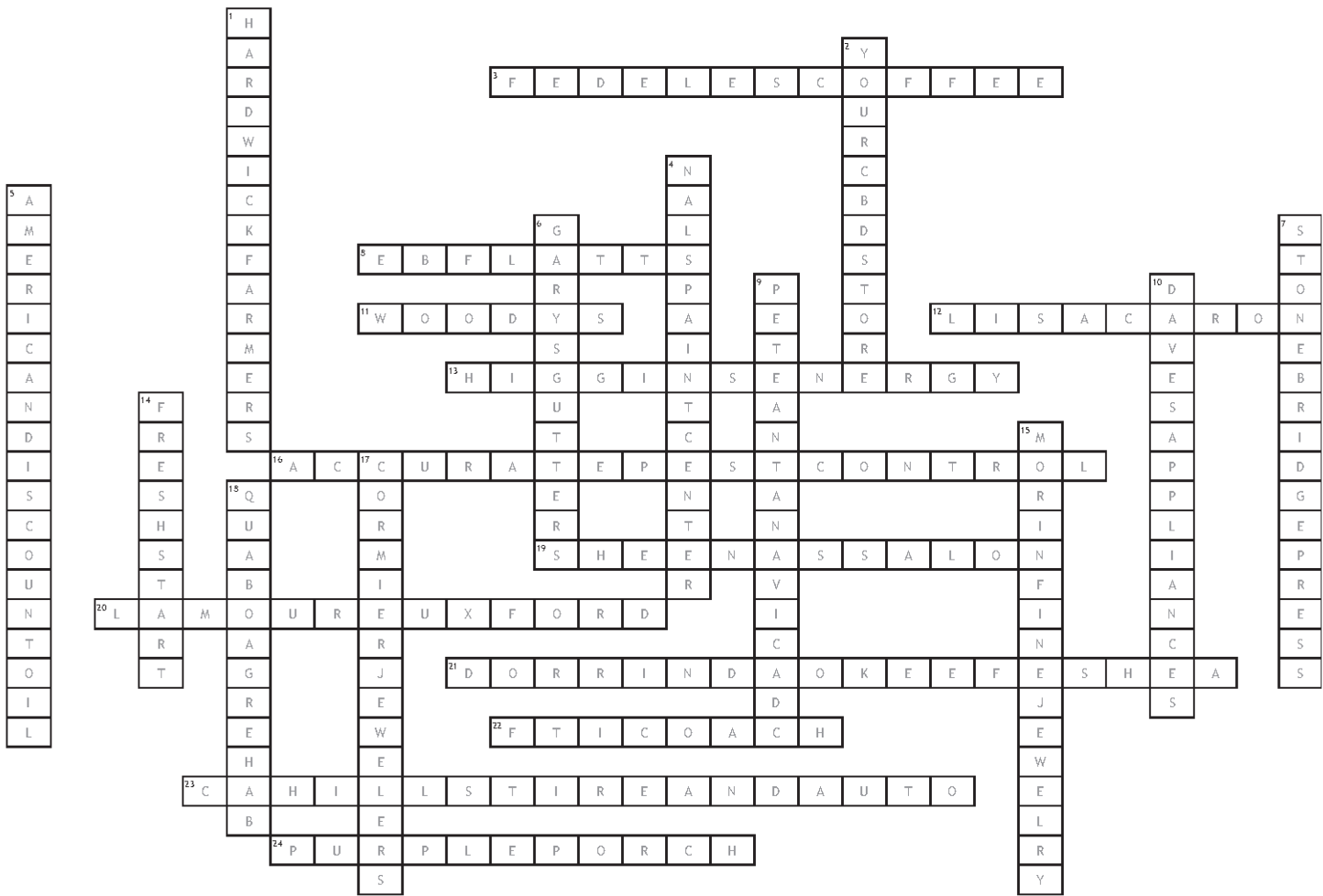
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15. Free First Exam and Treatment for New Patients
17. Come Work for Us!

~ 9/27 FALL EDITION ANSWERS ~



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14. Moving?
15. Diamonds Direct from Antwerp
17. Repairs or Custom Designs
18. Come Work for Us!

We hope you enjoyed our 2nd Annual ABC's of the Season crossword puzzle. The randomly chosen winner of all the correct entries for a \$25 gift card is A. Avezzie of Oxford, MA.

Please continue to support these and all of your local businesses. Our next ABC's of the Seasons will be our Winter Edition, coming out on January 31st. **Attention Businesses...** we do have the U and the X available to run Winter, Spring, & Summer. If you'd like to place your ad under one of these letters for the next three seasons, or would like more information, please contact your sales rep, or email jsima@stonebridgepress.news. Thank you to all the ABC businesses and to those who completed our puzzle!

June

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