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Auburn resident helps to promote local artists

BY KEVIN FLANDERS
STAFF WRITER

AUBURN – In her uniquely rewarding occupation, a lifelong resident is helping to maximize exposure for local artists.

The owner of Sbrogna's Artistic Promotions, based out of her home in town, Linda Sbrogna has become an invaluable resource for artists seeking to get their work seen. She is currently

promoting a photography exhibit for Ron Rosenstock, of Holden, whose work can be seen at Auburn Public Library (369 Southbridge Street).

Many talented local photographers never find venues to share what they captured, but Sbrogna takes pride in serving as a bridge connecting artists and the public.

"My inspiration in promoting photography is to bring images of our beautiful world to our community,"

said Sbrogna, an Auburn High School graduate. "We are now showing images of Ireland and will have future exhibits of botanicals, Scotland, Japan, Vinalhaven, Maine, and recent works from around the world."

Sbrogna has operated her business for five years, and her current promotional project will run for eleven months. She enjoys promoting photography by Rosenstock, who has captured compelling images on camera since the

1950s. He has traveled the world and brought back countless images for central Massachusetts residents to view. Ireland has always been one of his favorite places to photograph.

"Ireland possesses a special kind of mystery," Rosenstock said. "One can sense the secrets of time in the ancient

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Planning Board granted access to special counsel

BY JASON BLEAU
CORRESPONDENT

CHARLTON – The Planning Board in Charlton has been granted permission to hire special town counsel to defend themselves in an appeal filed by Valley Green Grow in Land Court.

This is the second time special counsel was granted to the Planning Board in 2019 to defend against an appeal by the marijuana growing company in Land Court. The first appeal called for the reversal of a vote in January by the Planning Board to reject a site plan for the proposed marijuana growing operation on the Charlton Orchard property on Old Worcester Road. This new appeal attempts to reverse action taken by the Planning Board in March rejecting the subdivision plan for the project. It's the Board of Selectmen's responsibility to hire legal counsel to defend town boards and entities in legal matters. Mark Bobrowski, who defended the Planning Board in the first appeal by Valley Green Grow, has declined to represent them a second time in battling the latest appeal.

The appeal was submitted to court on April 1, and on April 2, a request was sent by the Planning Board to Board of Selectman Chair John McGrath requesting legal counsel. McGrath said there was a slight waiting time in order to make a motion,

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Courtesy Photo

MASONS COLLECT FOOD FOR YOUTH & FAMILY SERVICES

On Saturday, April 6, the members of Joel H. Prouty Masonic Lodge of Auburn conducted a food drive to benefit the Auburn Youth & Family Services. Six carriages of food were delivered at the end of the day. This marks the 25th year that the Joel H. Prouty Lodge has conducted food drives, each spring and fall, in support of Auburn Youth & Family Services.

Auburn Chamber welcomes Worcester Red Sox President

AUBURN — Please join the Auburn Chamber of Commerce on April 30, from 5:30-7:30 p.m. to hear from Dr. Charles Steinberg, the President of the Pawtucket Red Sox and the future Worcester Red Sox.

Steinberg is in his fourth year as President—and in his 44th year in baseball. In a vast career in which he has been the longtime Executive Vice President of the Boston Red Sox, the native of Baltimore

also worked with his hometown Baltimore Orioles, and the San Diego Padres, Los Angeles Dodgers, and Baseball Commissioner Allan H. (Bud) Selig. Wherever he has been, "Dr. Charles" has been known for pioneering innovations to the fan experience in the ballpark and outreach in the community. In the ballpark, Dr. Charles has been instrumental in the creation and writing of ceremonies at Fenway Park,

ranging from Opening Days to World Series parades. In the community, he has created the Padres Scholars Program, the Red Sox Scholars Program, and the PawSox Scholars Program. He was instrumental in creating the annual Jimmy Fund Radiotelethon, and in helping Major League Baseball to "Go Gold" for childhood cancer research each September.



Dr. Charles Steinberg

Pasture Prime Players stage original play

BY JASON BLEAU
VILLAGER CORRESPONDENT

CHARLTON – The journey to finding love and happiness can be a rocky one involving many losses and different chapters of life. It's an inevitable truth that we will all lose ourselves over the course of life only to find ourselves again in

a new beginning. This is the reality that has inspired a new original play being produced by the Pasture Prime Players later this month.

"Lost and Found" is an original production written and directed by Ed Humphries and it focuses on the jagged journey love and life takes us on through the good and the bad.

First produced several years ago during a special limited production, "Lost and Found" will get the full stage treatment by Humphries himself later this year. Humphries is an experienced actor and playwright who has penned two previous productions starting in 2012. For his latest work, described as a contemporary

romantic comedy, he sought to present a story with something positive to say based on his personal experiences after a divorce back in 2011.

"When I wrote this play, I wanted to aim for something a bit more hopeful. I wrote the ending first and then wrote the rest towards a happy ending," Humphries said, noting that the play is not autobiographical, but was influenced by his own journey towards moving on after a breakup. "I wanted something more hopeful. I always pull from my own history and back in 2011 I got divorced and when that happened there was this whole notion of that second chapter – Over time you start to have feelings that it's time to move on to a new chapter so I think when I wrote this I was trying to capitalize on somebody that goes through something that can be considered personally traumatic to them, but that's not the end. There's always hope for the next chapter."

The play includes a large cast of 12 performers representing three different groups of characters as the two leads find each other, and a new romance, when they least expect it. Humphries explained that there's a lot that goes on in the play, but it all comes back to how new and old friendships help with the

healing process and moving on to new stages of life.

"It's about two people who don't know each other who are both fleeing relationships that are sour. They return to a common town in their own pasts. They think they're all done with love and their friends have beckoned them back to the town. Everyone goes to this tavern that's having a contest over the next year. The two characters join the competition with their individual groups of friends and then there's a third group, as I like to call them the townies there to start trouble, and all three groups are locked in competition. Over the course of this, when they least suspect it the two main characters start to find those romantic feelings they thought might be lost forever. A lot of it has to do with that healing power of friendship. There's some poignancy to the story and we get into the dynamics they have

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Courtesy Photos

Stars Angie Grove & Joe Sawyer rehearse for "Lost and Found."



Stop & Stop employees begin strike



After nearly three months of negotiations with no solution, Stop & Shop employees, who are members of United Food & Commercial Workers Local 1445, have launched a strike that started on Thursday, April 11 as a means to fight to keep their current benefits.

BY ANNIE SANDOLI
CORRESPONDENT

STURBRIDGE—After nearly three months of negotiations with no solution, Stop & Shop employees, who are members of United Food & Commercial

Workers Local 1445, have launched a strike that started on Thursday, April 11 as a means to fight to keep their current benefits.

UFCW Local 145 and the Stop & Shop have been trying

to make a deal since Feb. 23, when their three-year contract expired and the grocery chain did not promise a continuation of the benefits its employees were receiving. Although the strike was formally authorized

on Feb. 24, the union waited until last week to implement it in hopes of an agreement in regards to benefits pertaining to wage levels, pension, and health insurance.

"We are at the table and ready and available to answer questions and make a deal, but they left the table and have not come back," said Jeff Bollen, President of UFCW Local 1445.

At 1 p.m., the workers at the Sturbridge Stop & Shop walked off the job and have been picketing outside during store hours every day since, asking those passing by to support them by shopping elsewhere until a contract is agreed upon.

"I'm glad that the union called it because they have been in negotiation since January and we will stay out here for as long as it takes," said Stop & Shop employee and UFC Local 1445 member Linda DuBois. "There was no protest yesterday when we got the notice; everyone was in a hurry to get out. They have a new person working between the union and Stop & Shop, but they still haven't budged, and I saw they were saying on the news how upset they were that we decided to strike."

Stop & Shop did initially release a statement on Thursday explaining its disappointment with the union for choosing to "order a work

stoppage in an attempt to disrupt service at our stores." On Friday, April 12, Stop & Shop President Mark McGowan added to it, claiming that the company is in fact ready to continue negotiations, and has placed a fair offer on the table, contradicting what the union has said.

"This is a challenging time, but I want you to know that I and the entire Stop & Shop team remain firmly committed to getting a fair new contract in place for all of our associates in New England," he said. "Our team is stand-in by and remains ready to continue negotiations anytime. We hope that the UFCW local unions return to the table to reach a fair and responsible contract now."

As of Sunday, April 14, the union had not predicted an end date for the strike, and is willing to continue picketing until the company changes its position.

"We will remain on strike until we get a contract that is fair and equitable," said Bollen.

For more information on the strike or updates on the contract negotiations between Stop & Shop and UFCW Local 1445, go to <https://stopandshop.com/news-media> or <http://www.ufcwlocal1445.org>.

Academy students to plant trees for Better World Day

BY ANNIE SANDOLI
VILLAGER CORRESPONDENT

STURBRIDGE—Old Sturbridge Academy Charter Public School, an EL Education establishment located within Old Sturbridge Village, is getting ready to participate in Better World Day, an annual event that promotes the importance of students helping their local communities become safer, stronger, and healthier through civic action, on Friday, May 3.

EL Education includes a network of more than 160 schools all over the country and prioritizes teaching children through applying what is learned in the classroom to real-world experiences. On Better World Day, each EL education school chooses a project to pursue in recognition of the day, and this year Old Sturbridge Academy chose to plant a tree in each of their own local towns, which includes Sturbridge, Brimfield, West Brookfield, East Brookfield, North Brookfield, Holland, Monson, Palmer, Southbridge, Spencer, Wales, and Webster.

"Better World Day is about teaching them to be stewards of their community and how to think global act local," said

Old Sturbridge Academy parent and event organizer Audra Staples. "It's also teaching them that we all have things in common and the care and keeping of our common spaces is important."

Old Sturbridge Academy, which is in its second year with grades K-4 thus far, participated in Better World Day last year, but on a much smaller scale. This is its first time taking on a project with such a high level of involvement.

"This is the first time we have done a really large event for Better World Day and it's continuing to grow," said Staples. "It starts in the morning when there will be an event honoring the village and museum. They are going to have a bunch of field trips that day, so the students will be the hosts and will be welcoming guests, taking part in crafts, and doing small presentations. After school, the ptas has put together tree plantings. The idea is for them each to be planting in their hometowns, but we have some signed up as volunteers to go to other communities."

The school was also chosen by EL education for the President & CEO to come to their Better World Day activities this year, which is a big deal for the school, community, and Old Sturbridge Village.

"It's a really big honor, especially for only a second year school," said Staples. "So the school is taking action and doing a bunch of stuff all day. Most of

the district communities are participating in the planting. Out of the 12 towns, there are two I haven't been able to touch base with, one that is undecided, and one that declined. Brookfield declined because we were initially planning to plant American Sycamore Trees and their Cultural Council voted that it wasn't the right tree for their common, but they were extremely hard to find and we decided to go with Yellow Birch."

Old Sturbridge Academy not only hopes that Better World Day teaches its students about the importance of help-

ing their local communities and making the world a more beautiful place, but also shows the community what the school's priorities are.

"We want to teach the community about what we stand for and that our students care about their communities," said Staples.

For more information on EL Education's Better World Day, go to <https://eleducation.org/news-and-events/better-world-day>.

Bay State Savings Bank donates \$1,000 to McAuley Nazareth Home for Boys

WORCESTER—Bay State Savings Bank donated \$1,000 to residential special education school and group home McAuley Nazareth Home for Boys in Worcester. With the donation, McCauley Nazareth Home for Boys purchased 22 bikes for its youth.

Bay State Savings Bank made its donation as a result of a one-month social media campaign entitled #BayStateforBoys. From February 14 to March 15, the Bank published posts on its social media accounts, promising

donation to McAuley Nazareth Home for Boys if new users liked and followed the Bank's Facebook and Instagram pages.

McAuley Nazareth Home for Boys serves youth ages six to 18 who have experienced trauma, abuse, and neglect. The home offers outpatient medical services, social support family services, therapy, among other services.

"McAuley Nazareth Home for Boys is grateful for the continued patronage of Bay State Savings Bank in support of our mission, serving children in need of long-term stabilization while they wait for a forever home and those working towards reunification," said Kim Pare, Executive Director of McAuley Nazareth Home for Boys.

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\$237,900, 5 Victoria Dr #1, FNMA, to Donabed, Jennifer R.

\$235,000, 301 Heritage Ln #301, Cariglio, Steven L, and Cariglio, Cindy L, to Denham, Matthew, and Chaisson, Amanda.

\$233,000, 16 Winchester Ave, Connors, Stacey L, and Antanavica, Nicholas J, to Gentile, Matteo L, and Gentile, Tammie L.

\$230,000, 53 Hawthorne St, Busch, David J, to Putnam, Jeremiah, and Grimsrud, Krista.

\$200,000, 7 Blaker St, Prouty, Alan B, and Prouty, Diane M, to Lindblom, Mark J, and Lindblom, Sandra L.

Donate Life Month encourages organ donation

BY ANNIE SANDOLI
VILLAGER CORRESPONDENT

STURBRIDGE—The Town of Sturbridge and the New England Organ Bank have partnered this year to promote National Donate Life Month throughout the month of April through publicizing activities all over the country and spreading information about how Americans can register as donors and help save lives.

The town marked the beginning of National Donate Life Month with a flag raising on the Sturbridge Town Common on Monday, April 1, using the flag as a symbol of Sturbridge's support for both patients in need of transplants and donors who are willing to help them or have donated in the past.

National Donate Life Month was established by Donate Life America and its partnering organizations and has been recognized in towns and cities across the country since 2003, raising awareness for the 114,000 people who are in need of lifesaving organ transplants in the United States. Each year, it helps citizens become registered as organ, eye, and tissue donors and celebrates those who have already saved lives with their donations. This year's Donate Life month theme was inspired by bicycles and the phrase "life is a beautiful ride."

"Like the donation and transplantation journey, a bicycle serves as a symbol of progress, renewal, and the moving circle of life," states the Donate Life America Web site. "Bicycles come in all styles, shapes and sizes, but each is comprised of the same components, essential to supporting the rider and converting their energy into motion. Similarly, organ, eye, and tissue donation offers many ways to give hope, support and strength to patients waiting, recipients and donor families."

Parallel to National Donate Life Month and the theme of giving the gift of healing, Sturbridge is hosting a blood drive for the American Red Cross at the Senior Center on Friday, April 26 from 10 a.m. to 3 p.m. Blood donors must be in good health, weigh more than 110 pounds, and be at least 16 years old.

"I've always wanted to do that," said Sturbridge Senior Center director Heather Weston. "I think it shows that



Annie Sandoli Photo

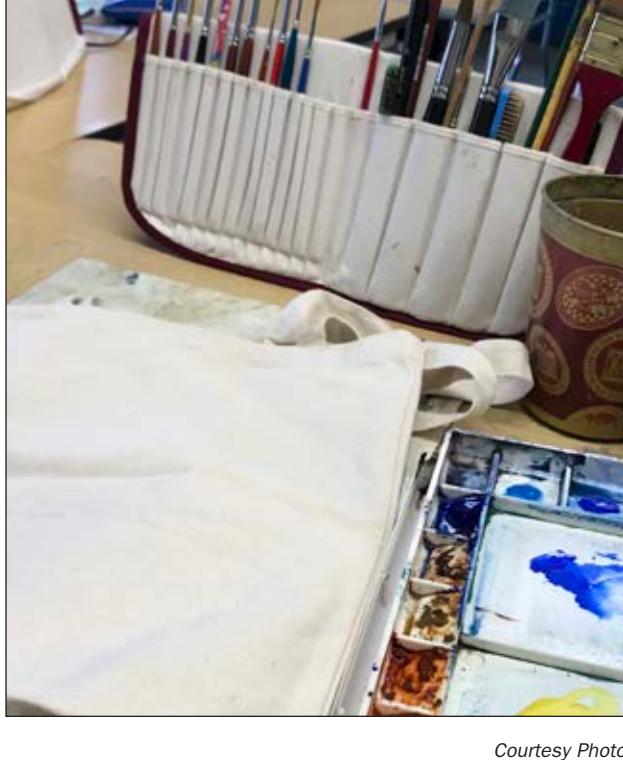
our senior center is really there for our community. Many people in the town including myself will be donating that day."

For more information on National Donate Life Month and how you can help the cause or to register as an organ donor, go to <https://www.donatelife.net/nidm>. To sign up for the blood drive at the Sturbridge Senior Center, go to <https://www.redcrossblood.org>.

MA Art Week at Hitchcock Academy

BRIMFIELD—MA Art Week, <https://www.art-weekma.org/>, produced by the Boch Center, was launched in 2013 with a goal to consolidate and highlight all of the great arts programming across the state. Hitchcock Free Academy in Brimfield is a proud participant in the event.

This year, Hitchcock Academy hosts two different events. The first,



Courtesy Photo

Art Week materials for Belly Full of Art.

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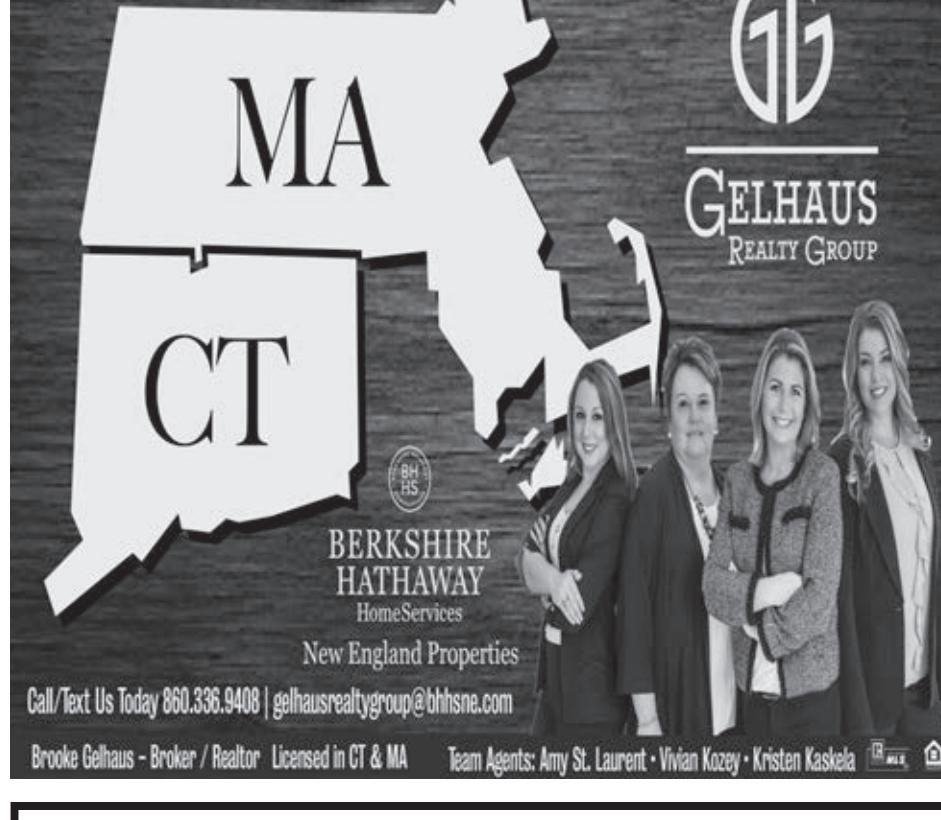
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DPW proposal going to Town Meeting

BY JASON BLEAU
CORRESPONDENT

DUDLEY – The town of Dudley is sending the proposal for a Department of Public Works to the townspeople for consideration next month.

After months of studies, public discussions, and even some debate the proposal to merge the Highway and Water & Sewer Departments under one leadership through a DPW Director will be presented at the upcoming annual town meeting in May as an attempt to create cost savings and more defined leadership and cooperation among the two departments.

Selectmen continued a public hearing concerning the DPW proposal on April 8 with little input from the public as selectmen prepared to push the proposal to the town meeting stage. During the first half of the hearing in March, it was department employees from highway and water & sewer that dominated the floor and Town Administrator Greg Balukonis revealed that he had engaged in one-on-one discussions with those employees and officials in the wake of that first hearing.

"I did have an opportunity to go down and meet with members of the highway department. I reviewed the proposal with them and answered their question to the best of my ability. My overall impression was, it was a positive meeting," Balukonis said.

The Town Administrator went on to discuss the need for a special legislation for a town meeting which would be required to go to the state should the town support the DPW concept.

"Town counsel and I actually wrote the special legislation, and what happened was, we had that the Town Administrator should work with the DPW Director in terms of appointing the rank and file members of the department, but in terms of the department head does the (Board OF Selectmen) wish to be the appointing authority for that position and it was left off as to what the recommendation should be," he added.

During the hearing selectmen shared their thoughts on the DPW proposal considering it to be a positive move forward for the town. In recent months, the board has battled against what they consider to be false information about the proposal spread over social media, facts they worked to debunk during the first half of the hearing last month. One aspect of the plan that received heavy discussion on April 8 was who the DPW Director would answer to and how that authority would work. Selectman Steve Sullivan recommended that the Board of Selectmen be the higher authority of that position.

"I think the board should be the appointing authority with language inserted 'upon recommendation from the Town Administrator which

is non-binding.' That would give us the right to overrule the Town Administrator recommendation if we so choose," Sullivan said.

Selectman Paul Joseph agreed saying that having the DPW Director answer to the Board of Selectmen gives the town's highest board the power to hire and fire if the director is not meeting expectations or standards.

"We've got too many elected positions now that are not answerable to the board. The DPW, as forward thinking as it is, if that person does not perform the duties as we believe they should be then we can't hesitate. It's going to be this board that's held accountable," Joseph said.

Joseph also commented on the online misinformation about the DPW proposal calling it "scare mongering" and challenging the Town Administrator to list off any jobs that would be lost if the town makes the change. Town Administrator Balukonis confirmed that, since both the highway and water & super superintendent positions are vacant, no one will lose their jobs in the transition. Balukonis also added his own comments on the overall public concern about embracing the DPW format. He noted that many towns have adopted the approach and very few have regretted it.

"We're not the first community to look at creating a department of public works. It's been created throughout the state and I'd challenge anyone to go out there and tell me that it costs more," Balukonis said, specifically commenting about the public fear that the change wouldn't lead to cost savings for the community as promised. "There are very few communities that have created a Department of Public Works, decided it cost more money and went back to the old way of doing things."

During the March segment of the hearing, Balukonis and selectmen were challenged for lacking specific financial figures and data that would prove cost savings through a DPW transition. Balukonis plans to have that data available for the annual town meeting.

While there was a relatively quiet second half to the public hearing there was some public input on the matter. John Briare, a member of the Charlton Economic Development Committee speaking as a citizen, drew from his experience in the private sector with DPWs and explained the transition wouldn't be a negative move, but it has to be done properly.

"The body needs to have the heart and the circulatory system within the body - I think it's good that a discussion like this is happening because you

need everything integrated. As the town grows, you need that water and sewer department to be able to grow with it and be in sync. Most of the DPWs I've seen the superintendents for the most part are just bureaucrats. They push paper. I've never seen a superintendent not have an aid. My concern is as Dudley looks at this what we don't want is to create another level of bureaucracy," said Briare. "I would ask that if the town does go with a superintendent that you make grant funding and applications a requirement of that position. It is just a matter of time before they would ask you for an aid. It's going to happen. If the town decides to move forward with a DPW, and there's a part of me that really does think this it makes sense, there's opportunity in chaos and for those employees who embrace the change there's going to be career opportunities, opportunities for development and to do things that were never before possible. Don't be too resistant to it. Change happens."

By a unanimous vote of 4-0, the Board of Selectmen moved for the DPW proposal to go to the annual town meeting on May 20. The board has also voted to recommend approval, a sign of their support from the transition which will need the public's vote of support to be implemented.

Two Southbridge teens earn Eagle honors

BY GUS STEEVES
CORRESPONDENT

SOUTHBIDGE – At age 15, what were you doing?

Probably not what Jeremy Peters and Joshua Martin did last Sunday – get initiated into Eagle Scout status, an elite community representing just 4 percent of all Scouts in America.

The two were significantly younger than the average Eagle, which a Scouting Magazine Feb 2018 blog entry reported as being 17 years, two months old. In one of their cases, it gave him a chance to playfully needle his older brother Jonathan, who's also an Eagle.

"My reaction is that I was pretty happy because I was able to do what my brother did, but in a shorter amount of time," Martin said after the formal Court of Honor concluded.

But he also credited his brother with being "the biggest influence on me" by giving him one of his three thank-you pins, and said, "It was a lot of work, but also a lot of fun. Becoming Eagle is not a one man job."

Peters agreed, saying he's "happy and proud of myself, and thankful for all the people who have helped along the way."

Indeed, several participants, Scouts and others, noted that teamwork is crucial.

"Earning an Eagle Scout, even though it's an individual honor, is really a team sport," said Rep. Peter Durant while presenting a citation from the House of Representatives. He later added, "Now it's your turn to go forward and be leaders for those who need help."

A key part of gaining Eagle



Gus Steeves Photo

Joshua Martin gets his formal Eagle Scout pin from his mother, Angela.

status is to prove such leadership ability by organizing people and resources to complete and document some kind of project.

Both Peters and Martin chose to do theirs for Capen Hill Wildlife Sanctuary in Charlton, where Martin built and emplaced 10 bat houses and Peters created a new trail map.

Peters said he "wanted to do some project that stood out from the others." In the ceremony's program, he wrote he and "many volunteers" hiked Capen's trails with GPS, then Photoshopped the map to replace the "basic hand-drawn trail map" they'd had "for over 30 years."

Martin said his was inspired by the very first Scout camping trip he'd taken, years ago.

"All you saw was this black cloud coming out of the barn," he recalled.

When he asked about it, someone told him they were bats who lived there "because they had no place else to live." When he was deciding on a project, he asked Capen Hill what they needed,

and bat houses were the result.

The audience included at least 10 people, some in non-Scout garb, who were themselves Eagle Scouts, including Southbridge Police Sgt. John Fahey and Council Chair Jack Jovan. Jovan described becoming an Eagle as "the biggest accomplishment of my life," largely because of the push he got from his mother. His own son is also an Eagle, and found the Eagle Court process to be very helpful in dealing with the promotion process in the military, he said.

Fahey agreed, saying afterward that they might not realize it now, but will eventually see that becoming Eagles will open opportunities they might not otherwise get.

"I would not be here now where I am in life were it not for this," he told them, tapping his Eagle badge affixed to his police uniform.

He also praised this troop for creating numerous Eagles, saying that "says a lot about the leadership of this troop."

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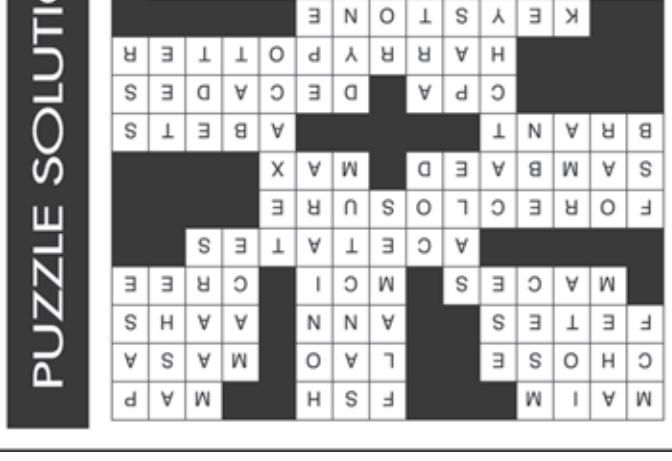
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Nichols students learn that fashion comes at a cost



Moriah Burns wears modern styles that have some of their own dangers.

BY GUS STEEVES
CORRESPONDENT

DUDLEY – The clothes make the man, right?

Not necessarily. Historically, men, or, rather, male culture, made the clothes, particularly for women.

That was the general theme of a group of short Nichols presentations last week, in which students of the Women in American Society class investigated the dangers of various fashion styles in the 19th century and today.

Take, for example, the corset. In the 1800s, many women (mostly wealthier ones) were strongly encouraged to wear them to force their bodies into an hourglass figure, senior Savannah Taylor said. Often they, and the dresses over them, were reinforced with heavy whale bones, which not only made walking tricky but compressed women's organs in ways that caused health problems.

Fashions like the 1860s' "crinoline cages" were designed to be "so restrictive [they] would hinder your movement," she said. "Even walking up and down stairs isn't something you can easily do."

Taylor and her project partner Sebastian Sandorfi noted things did change somewhat over time, mostly in visual styles and because women began to get into white-collar jobs in the 1890s. By then, designs "look[ed] for a more natural shape, but it was still difficult to reach them without the help of these

corsets," Sandorfi said.

Jack Champagne noted such ideas go back a very long time – exaggeratedly hourglass women are common in ancient Egyptian and Greek art. But he said their designs weren't particularly dangerous until the 15th century, when metal wires and bones started being used in fabrics.

"A small waistline was a symbol of beauty as well as privilege," he said.

Getting there, though, meant wearing something that restricted blood flow and breathing, especially during activity, harmed the heart and digestive tract, and weakened muscles to the point "your body [became] dependent on the fabric rather than your muscles."

He said doctors even in those days knew it, as their drawings showed, but early 20th century X-rays proved the styles severely displaced intestines and other organs.

As Moriah Burns and her partner Ahmed Farouka later observed, today's fashion still pushes similar images on women. She spoke in modern garb nobody would even think twice about on the street, but noted how things like high heels, skinny jeans, "waist trainers" and even overly-heavy purses have effects much like those of earlier eras.

Waist trainers, like corsets, "push everything down" and force the body to "move in all weird ways," Farouka said. In a short video on that issue, a modern doctor noted trainers could eventually make women unable to stand without

their support, make breathing weaker, change their eating patterns (from regular meals to many small meals a day), and create digestive problems.

Burns added that high heels can push the spine and chest out of normal alignment, weaken the body's ability to adjust to surprise impacts (by altering balance), and cause sciatic nerve issues. Tight jeans compound those, potentially causing leg numbness and promoting UTIs and yeast infections, she said.

Farouka pointed to the purse, noting that women "don't need to have a supermarket in there." The extra weight, usually worn on one side repeatedly for long periods, can also alter spinal posture, causing back, neck and head aches. (So can wearing a backpack on one shoulder for long periods.)

But there have also been rebels to such fashions. In the 1800s, that began as the Dress Reform Movement, symbolized by "bloomer" pants that were inspired by Turkish styles, Sole Moore said.

Victoria McPherson wore such an outfit while playing the role of Dr Mary Walker, a Civil War surgeon who wore bloomers "because it was easier to move around" in the tight spaces of hospitals. She faced criticism and was even arrested for "dressing like a man," although her style would definitely not be seen as masculine today.

Her garb prompted Prof Paul Lambert, playing the role of one of that era's religious fundamentalists, to claim "loose dresses equate to loose morals," while "ladylike dresses" represented self-control. To such conservatives, he said, dress reform was "ridiculous, immodest and scandalous," and he cited passages from Deuteronomy stating that "women who wear male clothing are an abomination to god."

"Excuse me, sir, I do not wear men's clothing," McPherson retorted. "I wear my own clothing."

It was a staged exchange, but made a key point: religion has long played an influential role in gender relationships and restricted women's options.

Ironically, Moore said, the backlash had some effect. The bloomer style eventually died out because "they were getting harassed ... and [wearers felt] it didn't show off their body," she said. "They thought they looked 'manly.'"

Champagne also highlighted other fashion dangers of that period, noting 19th century newspapers documented that "they knew what was going on when it was going on." The era's big dresses and fabrics were heavy and notoriously flammable. He cited several reports of women burning to death because their clothing hit candles or lamps, and even cases where buildings burned down because a single dress caught fire.



Gus Steeves Photos

Professor Emily Thomas, left, and student Victoria McPherson model styles from the mid-1800s. Before Thursday's event began, Thomas said, "You should've seen the looks the two of us were getting walking around campus."

Equally dangerous were the dyes and binders in the clothing. A popular green color came from a toxic arsenic-copper mixture that poisoned many dressmakers and some wearers. Champagne showed one period cartoon called "The Arsenic Waltz," in which a woman wearing such a dress is dancing with a skeleton. That image is clear, he said: "If you buy this clothing, you're going to die."

But decades of people did anyway; "they weren't able to act on it very quickly," he added.

In the event's one reference to male styles, Champagne pointed to felt hats, which used mercury as a binder. Exposure to it became infamous for creating literal "mad hatters" among the makers, and sometimes badly-made hats caused the mercury to "get into the skull of the wearer," as well, he said.

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

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BRENDAN BERUBE
EDITOR

EDITORIAL

First signs of spring

It's here. It finally happened. Against all odds and the polar vortex, spring has come to the Northeast.

Time to get out with the rakes and garden spades and bags of mulch. Time to say hello to neighbors you haven't seen since the last snowstorm, when waving shovels served as a greeting because it was too cold to talk. Time to sweep off the deck, fire up the lawnmower and rediscover your yard.

The "firsts" are what make the season of spring so much fun. First cookout; first softball game; first trip to the garden center; first crocuses and daffodils and tulips blooming in the yard. The first seeds planted in the garden promise a summer salad harvest in just a month or so. The first time the weather forecast displays "humidity" instead of "wind chill" is almost a reason to stand up and cheer. There are endless reasons to celebrate.

So why is it that by mid-June, we're already complaining about the same things we found so thrilling in early April?

The lawnmower we so eagerly traded for the snow blower becomes the subject of family discussions – the kind that start with "It's not MY turn this week..." The thrill of the grill has waned a bit and those neighbors we were happy to see just seem to constantly have their music up loud and the windows open at all hours. The garden, site of so much TLC and attention in early spring, is now taking off in wild, weedy directions and is honestly just a bit creepy. And there are bugs.

So, before our human nature takes over and ruins the party, let's enjoy these first, delicious, fleeting moments of the very, very beginnings of our spring season. Keep the windows open even when the evening chill sets in. Take that walk instead of staying put. Wear the spring jacket. Haul out the patio chairs. Enjoy the trees without leaves, because in this very first part of spring, the sunshine can reach you better that way.

Dipping with a Difference: Egg-stra Special Easter Eggs

Easter is right around the corner, and the religious holiday, steeped in tradition, often creates the best family memories. Easter morning candy hunts, family gatherings around tables heaped with ethnic foods, and the ritual of tinting eggs all help make this spring celebration one of the most enjoyable holidays ever.

Few family traditions are more enjoyable than the much-anticipated egg coloring event. Whether you decorate your eggs with intricate wax designs or plop crayoned eggs into overfilled dye cups, the annual ceremony is always filled with fun and a sense of family togetherness.

The following easy projects take egg dying beyond the standard pastel dips. They reveal simple and enjoyable ways to add a little something extra to your egg coloring efforts. You'll discover all it takes is a bit of patience, and a lot of enthusiasm to produce an impressive basketful of colorfully decorated Easter eggs!

**

Easy Waxed Eggs

This technique allows you to create two or more colors on an egg by creating designs with wax to block and add the different colors.

You will need: Wax crayons; paper towels; egg dyes in assorted colors.

To do: Draw a heavy crayon pattern on hard boiled egg. Dip egg in egg dye, preferably a dark color. Leave in dye until desired color is reached. Remove with slotted spoon and place in 200 degree F oven for a few minutes until wax is melted. Wipe away the melted wax with paper towel, to reveal undyed egg design. Dip egg again in lighter dye to fill in pattern where wax was. Polish finished eggs with cooking oil and soft cloth.

**

Etched Eggs

This is a simplified method of an old world technique to embellish Easter eggs. It's not difficult to master, and the end result is quite impressive, but this hot wax project is best left for grownups.

To do: Dye your egg any color you wish. This will be your background color. Melt paraffin carefully in a double boiler. Dip dry, colored egg into the melted paraffin wax. After the wax is dry, etch a design by scratching through the wax with a darning needle. Geometric designs or freeform spirals are easy and impressive for beginners to try. Then dip the egg into another color of dye. Because of the wax coating, only the lines you scratched will pick up the new color. Remove the wax by heating the egg slightly in hot water, and polish the surface by rubbing in any remaining wax.

**

Magic Spotted Eggs

To do: Add about two teaspoons of cooking oil to each dye cup. (You might want to do this after you have finished dipping your eggs the traditional way.) When you dip in your egg, the dye won't adhere to the oil, creating mysterious spots on the egg! Allow to air dry completely in an empty egg carton or in an egg stand.

**

Tie Dye Eggs

To do: Make up several colored dye cups in strong solutions (about two

TAKE
THE
HINT
—
KAREN
TRAINOR

tablespoons of water to a tablet of dye). Add two or three drops of vinegar to each color. Dip a piece of cotton cloth in water, wring out until damp. Wrap cloth around the

egg. With an eye dropper, drop spots of assorted dye colors on the cloth. Then twist the cloth tightly around the egg so the colors blend together, forming a tie dye effect. Gently unwrap the egg and let it dry.

**

Marbled Eggs

Materials: Large glass jar; crayon stubs; vegetable grater; hot water; waxed paper or newspaper, empty egg carton, clear acrylic spray (optional, for blown eggs).

Instructions: Grate peeled crayons over waxed paper. Fill jar with very hot water (or use the water you boiled eggs in). Drop bits of grated crayon into water. Add hard boiled or blown egg as soon as crayon begins to melt. Twirl egg in water with a spoon. The wax should make a design on the egg. Carefully remove egg and set upside down in egg carton to dry. Note for blown eggs: Use above method with blown out eggs; spray with clear acrylic when dry.

**

Mosaic Easter Eggs

Materials: Tissue paper in several colors; water, hard boiled eggs, small bowls or cups.

Instructions: Tear the tissue paper into small pieces. Pour some water in a bowl. One at a time, soak pieces of tissue paper in the water. Then stick the wet pieces onto the surface of an egg. Keep placing tissue on the egg until it is covered. You may want to overlap the tissue pieces a little to cover the entire egg, or leave spaces to create a mosaic effect. After the entire egg is covered, place it in an egg cup to dry. When the tissue is dry, peel it off of the egg. The color of the tissue paper will have transferred to the egg.

**

Win Dinner for Two at the Publick House

Your tips can win you a great dinner for two at the historic Publick House Historic Inn in Sturbridge! Simply send in a hint to be entered into a random drawing. One winner per month will win a fabulous three course dinner for two at the renowned restaurant, located on Route 131 across the town common in historic Sturbridge.

Because I'm in the business of dispensing tips, not inventing them (although I can take credit for some), I'm counting on you readers out there to share your best helpful hints!

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

Fixed annuity could help extend lifespan of retirement accounts



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It's almost impossible to save too much for retirement. After all, you could spend two, or even three, decades as a retiree. And retirement is not cheap – even if you maintain a relatively modest lifestyle, some of your expenses, especially those involving health care, may continue to rise over the years. Consequently, you will need several sources of reliable income – one of which might be a fixed annuity.

Fixed annuities are essentially contracts between investors and insurance companies. When you purchase a fixed annuity, the insurer will guarantee the principal and a minimum rate of interest. This means the money you invest in a fixed annuity is designed never to drop in value. (However, this guarantee is based on the claims-paying ability of the insurer that issues the annuity.)

You can structure a fixed annuity to pay you for a certain number of years or for your entire lifetime, which is the route many people choose. This is advantageous not only because of what it provides you – income for life – but because it also may allow you to take out less money each year from your other retirement accounts.

Here's some background: Once you turn 70 and a half, you are required to begin taking withdrawals from your traditional IRA and your 401(k) or similar employer-sponsored retirement plan. (This requirement does not apply to Roth IRAs.) You must take out a minimum amount, based on your age and account balance, but you are free to exceed that amount each year. But the more you withdraw from these accounts, the faster they are likely to be depleted. So, when you reach retirement, it's a good idea to establish an appropriate annual withdrawal rate, based on your retirement plan balances, Social Security, lifestyle, longevity expectations and other factors. You may want to work with a financial professional to determine a withdrawal rate that's suitable for your needs.

If you can count on the income from a fixed annuity, you might be able to take out less each year from your traditional IRA and 401(k), giving these accounts more tax-deferred growth opportunities. Plus, if you don't withdraw all the money from these accounts during your lifetime, you can include the remainder in your estate plans.

A fixed annuity's potential to help you extend the lifespan of your IRA and 401(k) can clearly be of value to you. Still, a fixed annuity does carry some issues about which you should be aware, such as surrender charges for early withdrawals, along with other fees. Also, if you take withdrawals before you reach 59½, you likely will face a 10% penalty. And annuities can have tax implications, so before you start taking withdrawals, you will want to consult your tax advisor.

Is a fixed annuity appropriate for you? There's really no one correct answer because everyone's situation is different. However, if you consistently max out your IRA and 401(k) contributions, and you still have money left to invest for retirement, you might want to think about an annuity. An income stream you can't outlive – and that may help you protect your other retirement accounts – is worth considering.

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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 Street, Auburn, MA 01501 Tel: 508-832-5385 or dennis.antonopoulos@edward-jones.com.

Container gardens for every occasion



GARDEN
MOMENTS
• • • • •

MELINDA
MYERS

Make every occasion special by designing and growing containers for summer holidays, weddings, anniversary parties or other special celebrations. Pick a color scheme appropriate for the occasion or a variety of colors and shapes sure to add a festive touch.

Look for opportunities to include edible and flower filled planters. Set containers at your front entrance to welcome family and guests. Use smaller containers to line a pathway and decorate each table. Fill large pots with tall plants and ornamental grasses to provide privacy and define spaces.

Boost your confidence and eliminate the guesswork by including winning varieties trialed and proven for their performance in gardens and containers. All-America Selections (AAS) is a non-profit trialing organization with test sites across the U.S. and Canada. Volunteer judges rate entries based

on their improved performance, flavor and unique qualities. Visit the AAS Web site for help selecting edibles and flowers suitable for container gardening. (all-americaselections.org)

Then pick a color theme. Red, white and blue combinations are perfect for patriotic holidays like the fourth of July. Or pick one color and display it in patriotic pots. For reds consider Summer Jewel red salvia, Viking XL Red on Chocolate begonia and Double Fire Zahara zinnia. Add a light airy touch with Sparkle White guava and Gypsy White Improved baby's breath. Evening Scentsation petunia, Strata salvia and Lavender Lady lavender provide the blue. Add an explosion of texture with fiber optic grass or Fireworks penstemon.

Host a sports event using flower colors or containers of your favorite team. Add to the festivities by growing them in a football, baseball or soccer shaped planter.

Gold is always a great choice when celebrating anniversaries, golden birthdays or any special occasion. Dress up the tables with the plump blooms of Marigold Big Duck Gold or the feathery blossoms of Fresh Look Gold celosia. Let them know they're special by



Courtesy Photo

All-America Selections

Begonia Viking XL Red on Chocolate is a striking plant great for container gardens. Its large vibrant red flowers are contrasted with chocolate brown leaves.

including Super Hero™ Spry marigold. The maroon and golden yellow flowers top 12-inch tall plants and the name says it all. All these golden beauties will continue to flower and thrive long after the party ends. Combine them with other bright colors like South Pacific Orange

Turn To GARDENING page A9

Springtime anglers hit Wallum Lake



THE GREAT
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This past weekend, fishing took center stage for many anglers. The opening at Wallum Lake had a light turnout. Mass. Fish & Wildlife continued to stock local lakes and ponds in the valley, and some rivers also received a good stocking of fish. The big news was the size of the brown trout that were stocked at Webster Lake this past week. One local angler had a Mass. Fish & Wildlife stocking truck roll up to the ramp at the town beach in Webster, & stock some heavy duty brown trout. After the truck left, he started fishing and caught and released more than a dozen browns. He brought home a couple of them to cook, but not before he called this writer to come over to take a look at the super size browns.

After looking at the fish, my first remark was that I hope they stocked some of the browns into Wallum Lake. Most of the browns were in the 16 to 17 inch class. My hopes were dashed when I visited Wallum this past weekend and talked to a few anglers that had just got done fishing. Not only did they not catch any brown trout, but a few did not catch a single fish. In talking with a ranger at the park he mentioned that a couple thousand rainbow trout were stocked by both Mass. &

Rhode Island prior to opening day. Reports of many trout feeding on the surface on the Rhode Island side of the lake were hard to catch. Trolling a black wooly bugger fly should have done the trick, but most anglers were using lures, power bait, and live bait.

As mentioned in previous columns that the state could not stock rainbow trout because of the high acidic levels in the lake more than 20 years ago, the introduction of tons of lime corrected the problem and has continued to stay at levels needed to sustain the rainbow trout stocking. Unfortunately for sportsmen, they are losing out on some great brown trout fishing at Wallum because of Mass. & Rhode Island unwillingness to work together to make Wallum Lake a trophy brown trout pond. It is still not too late for Wallum Lake to receive some big browns this year from either state, and I do hope that they are planning to do so. Sportsmen deserve no less. Reports of huge schools of alewives (baitfish) at the lake this past summer will provide the feed necessary to grow big browns.

Reports of tick bites in the area during the past week on dogs and residents is a sure sign that they are on the move. Most outdoorsmen now realize that deer tick bites can be very serious for both animals and humans, and are a constant threat to their health. Most tick bites are not found before the 24 hour time for most infections, and



require immediate attention to insure the infection does not spread to other parts of the body. Lyme disease has caused the death of many humans and pets over the past 20 or more years and it is becoming a larger problem every year. All insect bites are serious, including bee stings and spider bites.

This past week, the Uxbridge Rod & Gun Club honored the late Wally Pasickniak of Uxbridge during a brief ceremony at the club's trout pond prior to their fishing derby this past Saturday. A granite seat was placed at the big oak tree on the South side of the pond

engraved with his name, to remind all members of the club of the sacrifices Wally made during his many years at the club. Without these hard working dedicated members we all would not be enjoying the club as we do today. Many other clubs members in the valley now enjoy the hunting and fishing opportunities today because sportsmen like Wally realized there sport may not survive in the coming years, if Rod & Gun Clubs did not exist. Thanks Wally and all of the other members that kept the club together during hard times.

This week's picture shows Wally Pasickniak, Jr. with his wife Donna & family member Mark Kuras.

Opening at Wachusett Res. this past Saturday had a lot of small lake trout being caught, with one six pound being registered. The Laker's stomachs were full of small perch, small bass, but no smelt. The Quabbin Res. opens this Saturday. Be sure to have your boat washed at a registered site prior to fishing.

Take a Kid Fishing & Keep Them Rods Bending.

PLAY

continued from page 1

with their friends and family members," Humphries explained.

Humphries said there's a certain challenge and pleasure to adapting his own work. He has seen his plays presented with third party directors at the helm and found it fascinating how performers and the audience reacted to the characters and dialogue. However, this time he gets to control his own interpretation of his play and bring his vision to life as her, himself, intended.

"Being able to adapt my own work allows me to really fully bring my vision to



The cast of "Lost and Found" rehearses for the big show.

life," Humphries said. "I went to school for journalism and there's always been

this desire to tell stories. For many years, I had been toying with that – Once I wrote

something, I realized that I liked that intimate nature of trying to create something really from a blank page and watch my words be brought to life by the actors and the crew. The big thing is then to be seeing it in front of an audience."

"Lost and Found" will have six showings over the final week of April and first weekend of May. The show Dates are April 26 and 27 and May 3 and 4 at 7:30 p.m. and Sundays April 28 and May 5 at 2 p.m. Tickets are \$15 for general admission and \$12 for students and seniors. Shows will be held at 4 Dresser Hill Road in Charlton.

BOARD

continued from page 1

but that selectmen did in fact see the need for legal representation.

"We did have to wait until we were served the notice of the appeal. We're doing it in a timely fashion and not having to wait for something," McGrath said.

With the Board of Selectmen approving the use of legal counsel and Attorney Bobrowski choosing not to represent the board a second time the Planning Board will be consulting Town Counsel Jim Cosgrove to find a lawyer specializing in land use.

Both appeals, the site plan appeal which was originally filed in Superior Court and the subdivision appeal, will be heard by Judge Robert Foster in last court this month.

ARTISTS

continued from page 1

stones, in the power of the sea, and in the ever-changing light. It is this light which holds me, this light which hints of creation and higher knowledge."

For Sbrogna, the positivity and uplifting messages evoked by photos is one of her favorite aspects of promoting those who take them.

"The inspiration of this project is in hopes to rekindle memories of travel near and far – and simply spark joy and happiness to the people," Sbrogna added. "I am looking to connect with activity directors, businesses, and assisted living facilities to schedule travel log programs by Ron Rosenstock."

Having grown up in Auburn, it means a lot for Sbrogna to inspire the community through her work. After graduating



Courtesy Photo

Auburn resident Linda Sbrogna enjoys promoting local artists through her business.

from Auburn High School, she attended college at Worcester State University and has enjoyed working in her hometown.

Sbrogna and Rosenstock are excited about the Auburn exhibit and the ability for residents to view international photography from the comfort of their home-

town.

"I continue to photograph our beautiful world and exhibit my work in hopes of inspiring others," Rosenstock said. "At every moment in our history, we need reminders of what's really important, what is lasting and not fleeting."

Rosenstock's current exhibit will be on display until May 8, whereupon his botanicals exhibit will take center stage until June 18.

"Art on the walls of the Auburn Public Library transforms the room into a sacred space – a space where viewers can be transported to sense the beauty within themselves and in all that surrounds us," Rosenstock added.

To learn more about Rosenstock and his photo exhibits, visit www.ronrosenstock.com.

leaves.

Make any outdoor wedding, reception or rehearsal dinner at your home memorable by creating planters that complement the bride's color scheme. Include white flowers, like Summer Jewel White salvia, Mont Blanc nierembergia, Starlight rose zinnia and Gypsy White Improved gypsophila. White is the perfect neutral and lights up any evening celebration.

Once you experience the difference specially-designed containers can make, you'll be looking for more opportunities to host

events and grow more planters.

Melinda Myers has written more than 20 gardening books, including *Small Space Gardening*. She hosts *The Great Courses "How to Grow Anything"* gardening DVD series and the nationally syndicated *Melinda's Garden Moment* TV & radio segments. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and was commissioned by AAS for her expertise to write this article. Myers' web site is www.melindamyers.com.

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AW19-1032

SPORTS

Rockets get the better of Bay Path, a first-year program, 15-0



Auburn's Eric Paine races through Bay Path's defense while possessing the ball.

BY KEN POWERS
SPORTS CORRESPONDENT

AUBURN — Senior Caleb Mackin and sophomore Eric Paine each scored four goals, and Manny Rosario added three more as the Auburn High boys' varsity lacrosse team shut out Bay Path Regional, 15-0, on Monday April 15 at Memorial Field.

The Rockets improved to 2-3 with the win while the Minutemen, a first-year co-op program with Southbridge High playing at the varsity level, fell to 1-4.

Mackin, a senior captain who plays attack, and Paine, a sophomore midfielder, both also recorded two assists each.

Rosario, a senior midfielder, notched three assists. Also scoring for Auburn were freshman Brendan Crowley (two goals) and sophomores Billy Erickson and Thomas Cowden. For Cowden the goal was the first of his varsity career.

After a slow start the Rockets found their rhythm and scored five goals in the final 10 minutes of the first quarter.

Auburn increased its lead to 11-0 at halftime and 13-0 after three quarters.

"We were a little sleepy at the start of the game, but once we settled down we started moving the ball, finding the open players and getting off some quality shots," Auburn

head coach Mike Jarvis said. "I thought our balanced scoring came from moving the ball around. We've got some good offensive players and so we want to pass the ball around and get everybody some scoring chances."

Mackin said quality ball movement is a key part of the game for the Rockets if they hope to be successful.

"The biggest thing really is just listening to coach Jarvis. Coach Jarvis knows what he's talking about and when we listen to him we do well," Mackin said. "A lot of our success does come off ball movement. If we're patient and we keep working the ball around it creates scoring opportunities."

"A big part of my game is passing," Mackin continued. "I like passing because a lot of times my teammates are open because they've been working hard making cuts and getting open. I try to reward their hard work by getting them the ball when they're in a position to score. It was nice to put a couple in today, but I really like to pass the ball and set my teammates up."

Jarvis said the Rockets, now in their third year as a varsity program, have a lot of experienced players.

"We've got a good amount of seniors this year [10], so we've got a good amount of experience," Jarvis said. "We're still building from a program standpoint; still developing, but we've got a little more experience available to us now. It definitely helps us to keep plugging away."

Unlike Auburn, which played a junior varsity schedule in its first year of existence back in 2016, Bay Path decided to jump right into the varsity level fray in its first year fielding a team.

"We'll figure it out on the run; that was our thinking when we decided to field a varsity team here in Year 1," Minutemen head coach Matt Fall said. "We're going to take a few lumps; we kind of figured that coming into it, but I think the kids have a pretty positive attitude and are able to handle the situation. We've made them mentally prepared that this kind of stuff [llops]



Brendan Crowley of Auburn catches a pass while on the run.

sided losses] can happen."

Bay Path did collect its first win in the history of the program in its first game, a victory over the Sizer School.

"I think we have the athletes and senior leadership to handle the varsity load and that we can use their athleticism, their talent and their know-how to be competitive in games while we develop our freshmen and sophomores in the JV program," Fall said. "I think over the course of the next couple of years we'll see that come to light."

When talking about his team's senior leadership, Fall specifically mentioned Nick

Hamilton, Dean Maesto and Ryan Vigeant.

Despite allowing 15 goals, Maesto played solidly in net, making a dozen saves, several on shots that appeared headed into the goal.

"Dean is making stops on some shots that I can't even believe he's getting to," Fall said. "Here in the early going he's been averaging 20-25 saves a game. He played great today and he's been playing that way since Day 1. Dean has really owned that position. He keeps the defense engaged. He is a fun player to watch. He's entertaining to say the least."



Nick Gonyea of Auburn leaps up to catch a pass in front of Bay Path's Jake Grampetro.

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Auburn's Kristos Fotos hustles down the sideline with the ball in the webbing of his stick while eluding a Bay Path defender.



Auburn's Caleb Mackin launches a pass up and over the stick of Bay Path's Riley Mills.

SPORTS

Minutemen can't solve Worcester Tech's pitching in 1-0 defeat



Bay Path's Dom Esposito delivers a pitch to the plate versus Worcester Tech.



Bay Path's Mike Keeler takes a mighty swing at an offering versus Worcester Tech.

BY NICK ETHIER
SPORTS STAFF WRITER

CHARLTON — The good news for the Bay Path Regional varsity baseball team was that they surrendered a single run in the season-opener versus Worcester Tech on Tuesday, April 9. The bad news for the Minutemen was that they mustered just a single hit en route to losing a 1-0 decision.

The run Bay Path allowed came in the top of the first inning and it was

unearned. The Eagles' Jose Curet and Kyle DiPilato both reached base on errors and Cruz Lopez delivered a one-out RBI single up the middle to plate Curet for what turned out to be the game's lone run, as Minutemen pitcher Dom Esposito was the hard-luck loser.

"We muffed a couple of plays in the first inning and it just ended up costing us," said Bay Path head coach Mark Sansoucy before speaking of potential lessons learned by his defense. "You have to play every out — every out counts — especially when you're playing a team like this. Worcester Voke is always a good team and you can't make mistakes."

Esposito, a crafty southpaw, was flawless the rest of the way. Aside from the unearned run Esposito pitched an eight-hitter, struck out three and walked two.

"The good thing we got out of it was that Dom pitched great and [Worcester Tech] can hit," said Sansoucy. "He pitched great and pitched out of innings. He's very good at mixing up his pitches and he's got a bunch of them."

One pitch that stood out in Esposito's arsenal was his knuckleball, which kept Worcester Tech hitters frustrated in the outing.

"He keeps people off-balance and he outsmarts them," Sansoucy said of Esposito.

Sansoucy was also pleased to see how his team's defense became a brick wall following that first inning.

"They played really good," he said, before singling out shortstop Andrew Fritze. "Fritze played great at short and that's really the first time he's played short. He's a great second baseman and we had to move him to short because our shortstop [Dylan Brien] is hurt. He's one of the best fielders we've had in a long time."

Fritze tightly secured all four balls hit his way.

Bay Path's lone chance to score off Tech — who had Lopez pitch a com-

plete game fresh with seven strikeouts and no walks — came in the bottom of the fifth inning with two outs. There, Andrew Flanagan singled up the middle. He was stranded at first, though, when Fritze grounded out.

Flanagan was the only base-runner Lopez allowed all game.

"I think this is one of the teams that's there in the end and we can play with them," Sansoucy said of his lasting impression of the first game of the season, as it was also the Eagles' as they moved to 1-0.

The game was played at the Town Field instead of at the high school because of the normal field's wetness.

The Minutemen then played Assabet Valley (a 4-1 loss) and Abby Kelley Foster (a 10-5 win) to round out the week before embarking on their annual Cape Cod trip to play two games over the school vacation week, a trip that Sansoucy says helps bond the team together.



Bay Path left fielder Andrew Flanagan tracks down a fly ball hit his way.



Shortstop Andrew Fritze of Bay Path tosses the ball over to first base to record an out.



Nick Ethier photos

Nate Shoemaker of Bay Path zeroes in on a ball thrown his way before making contact with it.



Catcher Erik Johnson of Bay Path scoops the pitch out of the dirt after it whizzes by Worcester Tech's batter.



SPORTS BRIEF

Seniors to play golf at a discounted rate

We are a social traveling senior golf group and play premium golf courses in Central Massachusetts at a reduced greens fee rate. We will play one Thursday each month from May through October. Men and women 60 and over are welcomed. If you are a foursome, threesome, twosome or a single, come enjoy great golf and make new friends.

Our first golf day is Thursday, May 16 at Heritage Country Club in Charlton. For \$35, we get 18 holes of golf, an electric cart and a sandwich. There will be prizes for closest to the pin on all par-3 holes and a fun prized putting challenge. To sign up, please contact Dick Lisi at (508) 410-1332 or at wsgolfclub@gmail.com.



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MAY 2019

Auburn High School Rocket Zone Café



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

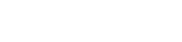
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Available Daily! Mon. ~ Plain or Spicy Chicken Patty on WG Roll Tues. ~ Plain or Spicy Chicken Patty or Assorted Panini on WG Bread Wed. ~ Ind. 5" Pan Pizza or Chicken Patty on WG Roll Thurs. ~ Plain or Spicy Chicken Patty on WG Roll Fri. ~ Plain Chicken Patty on WG Roll or Chef's Special Cinco de Mayo Meal Tater Tot Nacho Basket Seasoned Taco Meat w/Cheese Sauce on Tater Tots & Taco Chips Corn Niblets NEW! Parmesan Pea Salad Romaine Salad w/Asst. Dressings Fresh Fruit or Fruit Cup	Tasty Tuesday 1/2 Day of School No Lunch Served	Wednesday NEW! Crunchy Fish Tacos or Chicken Fajita on WG Tortilla Onions & Peppers Seasoned Green Beans Black Bean & Corn Salad Romaine Salad w/Asst. Dressings Assorted Fruit Cups	Thursday Open Faced Turkey Sandwich on WG Texas Toast Mashed Potato & Gravy Mixed Vegetables Romaine Salad w/Asst. Dressings Fresh Fruit or Fruit Cup	School Lunch Hero Day! 3 Italian Cheese, Pepperoni, Veggie Pizza Varieties Sliced Carrots Romaine Salad w/Asst. Dressings Assorted Fruit Cups
Egg & Cheese Omelet, Sliced Ham & WG Toast Hashbrown Rounds Sliced Carrots Romaine Salad w/Asst. Dressings Assorted Fruit Cups	Ham & Swiss or Turkey & Provolone on a WG Croissant Lettuce & Tomato Slice Corn Niblets Romaine Salad w/Asst. Dressings Assorted Fruit Cups	3 Cheese Calzone Marinara Sauce Cup Carrot Salad w/Craisins Romaine Salad w/Asst. Dressings Assorted Fruit Cups	Shepherd's Pie (Beef, Corn & Potato) Seasoned Broccoli 3 Bean & Corn Salad WG Dinner Roll w/Butter Pat Romaine Salad w/Asst. Dressings Fresh Fruit or Fruit Cup	10 Italian Cheese, Pepperoni, Veggie Pizza Varieties Seasoned Green Beans Romaine Salad w/Asst. Dressings Assorted Fruit Cups or Watermelon Cubes
Auburn Rocket Burger on WG Roll Sliced Grilled Mushrooms Baked French Fries Condiments NEW! Ranch Pasta Salad Romaine Salad w/Asst. Dressings Assorted Fruit Cups	Grilled Cheese Sandwich on WG Bread Cinnamon Roasted Butternut Squash 3 Bean & Corn Salad Romaine Salad w/Asst. Dressings Assorted Fruit Cups	Deli Grinders (Ham & Swiss, Turkey & Bacon or Tuna) on WG Pretzel Roll Smiley Fries Condiments, Pickles Romaine Salad w/Asst. Dressings Assorted Fruit Cups	Roast Chicken Dinner WG Chicken Flavored Rice Cranberry Sauce Sliced Carrots Romaine Salad w/Asst. Dressings Fresh Fruit or Fruit Cup	17 Italian Cheese, Pepperoni, Veggie Pizza Varieties Roasted Sweet Potatoes Romaine Salad w/Asst. Dressings Assorted Fruit Cups or Fresh Grapes
MEMORIAL DAY REMEMBER AND HONOR	27 Chicken or Cheese Quesadilla on WG Tortilla Salsa, Sour Cream Sweet Potato Fries 3 Bean & Corn Salad Romaine Salad w/Asst. Dressings Assorted Fruit Cups	Creamy Mac & Cheese Seasoned Green Beans Romaine Salad w/Asst. Dressings WG Dinner Roll w/Butter Pat Assorted Fruit Cups	American Chop Suey Shredded Mozzarella Cheese Seasoned Broccoli Romaine Salad w/Asst. Dressings WG Garlic Bread Fresh Fruit or Fruit Cup	31 Italian Cheese, Pepperoni, Veggie Pizza Varieties Sliced Carrots Romaine Salad w/Asst. Dressings Assorted Fruit Cups

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 or 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 are offered sides of beans with fruit and veggie choices.

This institution is an equal opportunity provider.



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, \$4.0 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
Available Daily! Sandwiches on Whole Grain Rolls & Condiments. Mon. ~ Chicken Patty, Turkey Grinders Tues. ~ Hot Dog, Chicken Patty, Ham Grinders Wed. ~ Ind. Pan Pizza, Chicken Patty Thurs. ~ Chicken Patty, Hamburger, Cheeseburger Fri. ~ Chef's Special, Chicken Patty All entrees served with vegetables, fruits, and sides of the day!	1/2 Day of School No Lunch Served	Wednesday NEW! Crunchy Fish Tacos or Chicken Fajita on WG Tortilla Onions & Peppers Seasoned Green Beans Carole Slaw Assorted Fruit Cups	Open Faced Turkey Sandwich on WG Texas Toast Mashed Potato & Gravy Mixed Vegetables 3 Bean & Corn Salad Romaine Salad w/Asst. Dressings Fresh Fruit or Fruit Cup	School Lunch Hero Day! 3 Italian Cheese, Pepperoni, Veggie Pizza Varieties Cucumber Slices Romaine Salad w/Asst. Dressings Assorted Fruit Cups
Cinco de Mayo Meal Tater Tot Nacho Basket Seasoned Taco Meat w/Cheese Sauce on Tater Tots & Taco Chips Corn Niblets Romaine Salad w/Asst. Dressings Fresh Fruit or Fruit Cup	7 Chicken or Cheese Quesadilla on WG Tortilla Salsa, Sour Cream Sweet Potato Fries 3 Bean & Corn Salad Romaine Salad w/Asst. Dressings Assorted Fruit Cups	3 Cheese Calzone Marinara Sauce Cup Carrot Salad w/Craisins Romaine Salad w/Asst. Dressings Assorted Fruit Cups	Shepherd's Pie (Beef, Corn & Potato) Seasoned Broccoli 3 Bean & Corn Salad WG Dinner Roll w/Butter Pat Romaine Salad w/Asst. Dressings Fresh Fruit or Fruit Cup	10 Italian Cheese, Pepperoni, Veggie Pizza Varieties Carrot Sticks Romaine Salad w/Asst. Dressings Assorted Fruit Cups or Watermelon Cubes
Egg & Cheese Omelet, Sliced Ham & WG Toast Hashbrown Rounds Sliced Carrots NEW! Parmesan Pea Salad Assorted Fruit Cups	Ham & Swiss or Turkey & Provolone on a WG Croissant Lettuce & Tomato Slice Sliced Carrots Fun Size Potato Chips Assorted Fruit Cups	NEW! Fish & Cheese or Hot Dog on a WG Roll Cole Slaw NEW! Diced Potatoes w/Cheese & Bacon Black Bean & Corn Salad Assorted Fruit Cups	Italian Buffet (Mini Ravioli, Lasagna Roll Up, Stuffed Shells) Shredded Mozzarella Cheese Seasoned Broccoli Romaine Salad w/Asst. Dressings WG Garlic Bread Fresh Fruit or Fruit Cup	17 Italian Cheese, Pepperoni, Veggie Pizza Varieties Baby Carrots w/Ranch Dip Romaine Salad w/Asst. Dressings Assorted Fruit Cups or Fresh Grapes
Auburn Rocket Burger on WG Roll Sliced Grilled Mushrooms Baked French Fries Condiments NEW! Ranch Pasta Salad Assorted Fruit Cups	20 Tomato Soup Grilled Cheese Sandwich on WG Bread Cinnamon Roasted Butternut Squash 3 Bean & Corn Salad Assorted Fruit Cups	Deli Grinders (Ham & Swiss, Turkey & Bacon or Tuna) on WG Pretzel Roll Smiley Fries Condiments, Pickles Seasoned Green Beans Fun Size Potato Chips Assorted Fruit Cups	Roast Chicken Dinner WG Chicken Flavored Rice Cranberry Sauce Sliced Carrots Romaine Salad w/Asst. Dressings Fresh Fruit or Fruit Cup	24 Italian Cheese, Pepperoni, Veggie Pizza Varieties Cucumber Slices Romaine Salad w/Asst. Dressings Assorted Fruit Cups or Strawberry Cups
MEMORIAL DAY REMEMBER AND HONOR	27 Chicken or Cheese Quesadilla on WG Tortilla Salsa, Sour Cream Fun Size Frito Chips Sweet Potato Fries Baby Carrots & Celery Sticks Three Bean & Corn Salad Assorted Fruit Cups	Creamy Mac & Cheese Fresh Broccoli Trees Romaine Salad w/Asst. Dressings WG Soft Dinner Roll w/Butter Pat Fresh Fruit or Fruit Cup	American Chop Suey Shredded Mozzarella Cheese Seasoned Broccoli Romaine Salad w/Asst. Dressings WG Garlic Bread Assorted Fruit Cups	31 Italian Cheese, Pepperoni, Veggie Pizza Varieties Carrot Slices w/Hummus Romaine Salad w/Asst. Dressings Assorted Fruit Cups

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 or 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 are offered sides of beans with fruit and veggie choices.

This institution is an equal opportunity provider.



Monday	Tuesday	Wednesday	Thursday	Friday
Cinco de Mayo Meal Nacho Basket, Seasoned Taco Meat w/Cheese Sauce & Taco Chips Buttered Peas Romaine Salad w/Asst. Dressings Fresh Fruit Cup	1/2 Day of School No Lunch Served	Wednesday NEW! Fun Fish Sea Shapes Tartar Sauce, Pickle Slices NEW! Diced Potatoes w/Cheese & Bacon Romaine Salad w/Asst. Dressings Assorted Fruit Cup BUY A LUNCH RECEIVE A PRIZE	2 Creamy Mac & Cheese Fresh Broccoli Trees Seasoned Green Beans WG Dinner Roll w/Butter Pat Fresh Fruit Cup	School Lunch Hero Day! 3 Cheese Pizza Buttered Peas Romaine Salad w/Asst. Dressings Assorted Fruit Cup
Egg Patty w/Cheese With a Warm Bagel Hashbrown Rounds Condiments Sliced Carrots Assorted Fruit Cup	14 Juicy Hamburger on WG Roll Baked French Fries Ketchup, Mustard Baby Carrots & Ranch Dip New England Baked Beans Fresh Fruit Cup	3 Cheese Calzone Marinara Sauce Cup Seasoned Green Beans Carrot Salad w/Craisins FUN! STICKER DAY	9 Roast Chicken Dinner Fluffy Mashed Potatoes & Gravy Cucumber Slices 3 Bean Salad WG Dinner Roll w/Butter Pat Fresh Fruit Cup	10 Cheese Pizza Sweet Potato Fries Romaine Salad w/Asst. Dressings Assorted Fruit Cup
WG Crispy Chicken Nuggets Dipping Sauces Sweet Potato Fries NEW! Ranch Pasta Salad Hummus & Celery Sticks Assorted Fruit Cup	21 Scrambled Eggs Ham Slice w/WG Toast Hashbrown Rounds Condiments NEW! Parmesan Pea Salad Assorted Fruit Cup	15 Tomato Soup Grilled Cheese Sandwich on WG Bread Goldfish Crackers Celery Sticks Seasoned Green Beans Assorted Fruit Cup	16 WG Spaghetti & Sauce Choice of Meatballs Shredded Mozzarella Cheese Cucumber Slices Romaine Salad w/Asst. Dressings WG Cheese Garlic Breadstick Fresh Fruit Cup	17 Cheese Pizza Seasoned Broccoli Romaine Salad w/Asst. Dressings Assorted Fruit Cup
MEMORIAL DAY REMEMBER AND HONOR	27 Creamy Mac & Cheese Fresh Broccoli Trees Seasoned Green Beans WG Dinner Roll w/Butter Pat Fresh Fruit Cup	28 Juicy Hamburger or Cheeseburger on WG Roll Baked French Fries Ketchup, Mustard Baby Carrots & Ranch Dip New England Baked Beans Assorted Fruit Cup	29 American Chop Suey Shredded Mozzarella Cheese Fresh Broccoli Cucumber Slices Romaine Salad w/Asst. Dressings WG Cheese Garlic Breadstick Fresh Fruit Cup	30 Cheese Pizza Sliced Carrots Romaine Salad w/Asst. Dressings Assorted Fruit Cup

Students can select an 8 oz. 1% white milk, FF White OR an 8 oz. bottle of water with their lunch. NOTE: Water is available from food service dispensers for all children at no charge. When offered, all students are offered sides of beans with fruit and veggie choices.

This institution is an equal opportunity provider.



MAY 2019
Auburn High Pre-Kindergarten
Rocket Zone Café

LUNCH

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, \$4.40 Reduced and Free for those eligible. Milk or Water \$5.00 can be purchased for a lunch brought from home. Choice 8 oz 1% White or Fat Free.

Monday	Tuesday	Wednesday	Thursday	Friday
Cinco de Mayo Meal Tater Tot Nacho Basket Seasoned Taco Meat w/Cheese Sauce on Tater Tots & Taco Chips NEW! Parmesan Pea Salad Fresh Fruit Cup	½ Day of School No Lunch Served	Crunchy Chicken Nuggets Dipping Sauces Seasoned Green Beans Black Bean Salad Romaine Salad w/Asst. Dressings Assorted Fruit Cup	Open Faced Turkey Sandwich on WG Texas Toast Mashed Potato & Gravy Green Peas Fresh Fruit Cup	School Lunch Hero Day! 3 Cheese Pizza Sliced Carrots Romaine Salad w/Asst. Dressings Assorted Fruit Cup
Egg & Cheese Omelet, Sliced Ham & WG Toast Hashbrown Rounds Sliced Carrots Assorted Fruit Cup	Turkey & Provolone on a WG Croissant Lettuce & Tomato Slice Seasoned Green Beans Assorted Fruit Cup	3 Cheese Calzone Marinara Sauce Cup Carrot Salad w/Craisins Assorted Fruit Cup FUN! STICKER DAY	Juicy Hamburger on WG Roll Seasoned Broccoli 3 Bean Salad Condiments, Pickles Fresh Fruit Cup	10 Cheese Pizza Seasoned Green Beans Romaine Salad w/Asst. Dressings Assorted Fruit Cup
Juicy Hamburger on WG Roll Baked French Fries Condiments NEW! Ranch Pasta Salad Assorted Fruit Cup	Grilled Cheese Sandwich on WG Bread Cinnamon Roasted Butternut Squash 3 Bean Salad Assorted Fruit Cup	Ham & Cheese on WG Bread Smiley Fries Condiments, Pickles Romaine Salad w/Asst. Dressings Assorted Fruit Cup	Crunchy Chicken Nuggets Dipping Sauces WG Chicken Flavored Rice Sliced Carrots Fresh Fruit Cup	17 Cheese Pizza Roasted Sweet Potatoes Cucumber Slices Assorted Fruit Cup
MEMORIAL DAY REMEMBER AND HONOR	Chicken & Cheese Quesadilla on WG Tortilla Salsa, Sour Cream Sweet Potato Fries 3 Bean Salad Assorted Fruit Cup	Creamy Mac & Cheese Seasoned Green Beans WG Dinner Roll w/Butter Pat Assorted Fruit Cup	American Chop Suey Shredded Mozzarella Cheese Seasoned Broccoli Fresh Fruit Cup	24 Cheese Pizza Seasoned Broccoli Romaine Salad w/Asst. Dressings Assorted Fruit Cup
				31 Cheese Pizza Sliced Carrots Romaine Salad w/Asst. Dressings Assorted Fruit Cup

Students can select an 8 oz. 1% white milk, FF White OR an 8 oz. bottle of water with their lunch. NOTE: Water is available from food service dispensers for all children at no charge. When offered, all students are offered sides of beans with fruit and veggie choices.

This institution is an equal opportunity provider.

MY SCHOOL BUCKS PAY FOR MEALS ONLINE MySchoolBucks.com

MAY 2019
Swanson Road Intermediate School

LUNCH

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, \$4.40 Reduced and Free for those eligible. Milk \$5.00. Breakfast Price \$1.75, \$3.30 Reduced and Free for those eligible.

Monday	Tasty Tuesday	Wednesday	Thursday	Friday
Available Daily 1. Hot Lunch Entrée 2. WG Bagel with 4 oz. Yogurt & Cheese Stick 3. Yogurt Fruit Parfait 4. Daily Sandwich Variety on WG Bread 5. Garden Salad Box w/Chicken 6. Garden Salad Box Vegetarian, Sunflower Seeds & Shredded Cheese 7. Cheeseburger on WG Roll	Tasty Tuesday ½ Day of School No Lunch Served	1 Chicken Fajita on WG Tortilla Onions & Peppers Seasoned Green Beans Assorted Fruit Cups BUY A LUNCH RECEIVE A PRIZE	2 Open Faced Turkey Sandwich on WG Texas Toast Mashed Potato & Gravy Mixed Vegetables Fresh Fruit or Fruit Cup	School Lunch Hero Day! 3 Italian Cheese, Pepperoni, Veggie Pizza Varieties Buttered Corn Romaine Salad w/Asst. Dressings Assorted Fruit Cups
Cinco de Mayo Meal NEW! Build Your Own BBQ Pulled Pork Tacos Shredded Cheese, Lettuce, Diced Tomatoes, Sour Cream, Carrots, Spanish WG Rice Assorted Fruit Cups FUN! STICKER DAY	6 ½ Day of School No Lunch Served	8 3 Cheese Calzone Marinara Sauce Cup Carrot Salad w/Craisins Romaine Salad w/Asst. Dressings Assorted Fruit Cups	9 Roast Chicken Dinner Seasoned Broccoli 3 Bean & Corn Salad Cucumber Slices WG Dinner Roll w/Butter Pat Fresh Fruit or Fruit Cup	10 Italian Cheese, Pepperoni, Veggie Pizza Varieties Buttered Corn Romaine Salad w/Asst. Dressings Assorted Fruit Cups or Watermelon Cubes
Meatballs on a WG Grinder Roll Shredded Mozzarella Cheese Seasoned Green Beans NEW! Ranch Pasta Salad Assorted Fruit Cups	13 Tater Tot Nacho Basket Seasoned Taco Meat w/Cheese Sauce on Tater Tots & Taco Chips Buttered Peas Hummus & Baby Carrots Fresh Fruit or Fruit Cup	15 NEW! Fish Tacos on WG Tortilla Cole Slaw Diced Potatoes w/Cheese & Bacon Assorted Fruit Cups	16 Ms. Amanda's School Made Meatloaf Roasted Diced Potatoes Sliced Carrots Hummus & Celery Sticks WG Cheese Garlic Breadstick Fresh Fruit or Fruit Cup	17 Italian Cheese, Pepperoni, Veggie Pizza Varieties Sweet Potato Fries Romaine Salad w/Asst. Dressings Assorted Fruit Cups or Fresh Grapes
Scrambled Eggs, Ham Slice & WG Toast Hashbrown Rounds Condiments Sliced Carrots Assorted Fruit Cups or Orange Juice Cup	20 Deli Grinders (Ham, Turkey or Tuna) on WG Roll Smiley Fries Condiments, Pickles Cinnamon Roasted Butternut Squash Fresh Fruit or Fruit Cup	22 Breaded Mozzarella Cheese Sticks Warm Marinara Sauce Cup Romaine Salad w/Asst. Dressings NEW! Parmesan Pea Salad Assorted Fruit Cups	23 Creamy Mac & Cheese Fresh Broccoli Trees & Dip Seasoned Green Beans WG Dinner Roll w/Butter Pat Fresh Fruit or Fruit Cup	24 Italian Cheese, Pepperoni, Veggie Pizza Varieties Buttered Corn Romaine Salad w/Asst. Dressings Assorted Fruit Cups or Strawberry Cups
MEMORIAL DAY REMEMBER AND HONOR	27 Tomato Soup Grilled Cheese Sandwich on WG Bread Cinnamon Roasted Butternut Squash 3 Bean & Corn Salad Fresh Fruit or Fruit Cup	29 Fish & Cheese on a WG Roll or Chicken Fajita on WG Tortilla Onions & Peppers Sliced Carrots Smiley Fries Assorted Fruit Cups	30 American Chop Suey Shredded Mozzarella Cheese Seasoned Broccoli Romaine Salad w/Asst. Dressings WG Garlic Bread Fresh Fruit or Fruit Cup	31 Italian Cheese, Pepperoni, Veggie Pizza Varieties Buttered Corn Romaine Salad w/Asst. Dressings Assorted Fruit Cups

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. 4. 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: Water is available from food service dispensers for all children at no charge. When offered, all students are offered sides of beans with fruit and veggie choices.

This institution is an equal opportunity provider.

MY SCHOOL BUCKS PAY FOR MEALS ONLINE MySchoolBucks.com

MAY 2019
Brynn Mawr & Pakachoag School

LUNCH

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, \$4.40 Reduced and Free for those eligible. Milk \$5.00. Breakfast Price \$1.75, \$3.30 Reduced and Free for those eligible.

Monday	Tasty Tuesday	Wednesday	Thursday	Friday
Available Daily 1. Hot Lunch Entrée 2. WG Bagel w/Cream Cheese Cup and a 4 oz. Yogurt & Cheese Stick 3. Lunch Launcher Meal/Meat with Veggies, Fruit & WG Crackers (Vegetarian Choices) 4. PBJ Meal	Tasty Tuesday ½ Day of School No Lunch Served	1 NEW! Fun Fish Sea Shapes Tartar Sauce, Pickle Slices NEW! Diced Potatoes w/Cheese & Bacon Romaine Salad w/Asst. Dressings Assorted Fruit Cups BUY A LUNCH RECEIVE A PRIZE	2 Creamy Mac & Cheese Fresh Broccoli Trees Seasoned Green Beans Romaine Salad w/Asst. Dressings WG Dinner Roll w/Butter Pat Fresh Fruit or Fruit Cup	School Lunch Hero Day! 3 Italian Cheese, Pepperoni, Veggie Pizza Varieties Buttered Corn Romaine Salad w/Asst. Dressings Assorted Fruit Cups
Cinco de Mayo Meal Nacho Basket, Seasoned Taco Meat w/Cheese Sauce & Taco Chips Buttered Peas Romaine Salad w/Asst. Dressings Fresh Fruit or Fruit Cup	6 ½ Day of School No Lunch Served	8 3 Cheese Calzone Marinara Sauce Cup Seasoned Green Beans Carrot Salad w/Craisins Assorted Fruit Cups FUN! STICKER DAY	9 Roast Chicken Dinner Fluffy Mashed Potatoes & Gravy Cucumber Slices 3 Bean & Corn Salad WG Dinner Roll w/Butter Pat Fresh Fruit or Fruit Cup	10 Italian Cheese, Pepperoni, Veggie Pizza Varieties Sweet Potato Fries Romaine Salad w/Asst. Dressings Assorted Fruit Cups or Watermelon Cubes
Egg Patty w/Cheese With a Warm Bagel Hashbrown Rounds Condiments Sliced Carrots Assorted Fruit Cups or Orange Juice Cup	13 Juicy Hamburger or Cheeseburger on WG Roll Baked French Fries Ketchup, Mustard Baby Carrots & Ranch Dip New England Baked Beans Fresh Fruit or Fruit Cup	15 Tomato Soup Grilled Cheese Sandwich on WG Bread Goldfish Crackers Celery Sticks Seasoned Green Beans Assorted Fruit Cups	16 WG Spaghetti & Sauce Choice of Meatballs Shredded Mozzarella Cheese Cucumber Slices Romaine Salad w/Asst. Dressings WG Cheese Garlic Breadstick Fresh Fruit or Fruit Cup	17 Italian Cheese, Pepperoni, Veggie Pizza Varieties Seasoned Broccoli Romaine Salad w/Asst. Dressings Assorted Fruit Cups or Fresh Grapes
WG Crispy Chicken Nuggets Dipping Sauces Sweet Potato Fries NEW! Ranch Pasta Salad Hummus & Celery Sticks Assorted Fruit Cups	20 Scrambled Eggs Ham Slice w/WG Toast Hashbrown Rounds Condiments Assorted Fruit Cups or Orange Juice Cup	22 Deli Grinders (Ham, Turkey or Tuna) on WG Roll Smiley Fries Condiments, Pickles Cinnamon Roasted Butternut Squash Assorted Fruit Cups	23 Chicken Fajita on WG Tortilla Onions & Peppers Seasoned Green Beans Hummus & Celery Sticks Fresh Fruit or Fruit Cup	24 Italian Cheese, Pepperoni, Veggie Pizza Varieties Buttered Corn Romaine Salad w/Asst. Dressings Assorted Fruit Cups or Strawberry Cups
MEMORIAL DAY REMEMBER AND HONOR	27 Creamy Mac & Cheese Fresh Broccoli Trees Seasoned Green Beans WG Dinner Roll w/Butter Pat Fresh Fruit or Fruit Cup	28 Juicy Hamburger or Cheeseburger on WG Roll Baked French Fries Ketchup, Mustard Baby Carrots & Ranch Dip New England Baked Beans Assorted Fruit Cups	29 American Chop Suey Shredded Mozzarella Cheese Cucumber Slices Romaine Salad w/Asst. Dressings WG Cheese Garlic Breadstick Fresh Fruit or Fruit Cup	31 Italian Cheese, Pepperoni, Veggie Pizza Varieties Sliced Carrots Romaine Salad w/Asst. Dressings Assorted Fruit Cups

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. 4. 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. When offered, all students are offered sides of beans with fruit and veggie choices.

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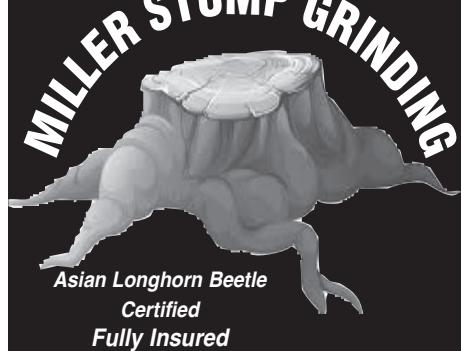
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PAINTING

OBITUARIES

Elizabeth A. Fleming, 86



D O U G L A S - Elizabeth A. (Keyes) Fleming, 86, formerly of Wallum Lake Rd., passed away Sat. April 13, 2019 at Life Care Center of Auburn after a period of declining health.

She is survived by Arleen Goodman of AZ, Michael Fleming of FL, Mary Fleming of Auburn, MA and Patrick & Leslie Fleming of Douglas, MA; 5 grandchildren; 3 great-grandchildren; and 1 great-great grandchild; 5 siblings, Alice Walsh, Frank Keyes, Richard Keyes, Claire Keyes, Arthur Keyes and many nieces and nephews. Elizabeth was pre-deceased by 2 daughters, Kathleen and Joyce Fleming, and 2 siblings, James Keyes and Patricia Murphy.

Known as "Betty" to her family, she was born in Roslindale, MA on August

26, 1932. She was the daughter of James and Mary Ann (Reilly) Keyes and grew up in the Boston area attending their public schools. Elizabeth settled in Medway in 1967 and it was there that she raised her family. She owned and operated a licensed daycare out of her Medway home for many years. Taking care of small children gave her great joy. She was a Douglas resident for many years.

Elizabeth's memorial funeral Mass will be held on Sat. May 4 at 11 AM in St. Denis Church, 23 Manchaug St. in Douglas, burial will follow in St. Denis Cemetery. There are no calling hours. In lieu of flowers, donations in Elizabeth's memory may be made to: Catholic Charities Worcester County, 10 Hammond St., Worcester, MA 01610. To leave a condolence message for her family please visit: www.Jackmanfuneralhomes.com



Nancy H. Wheeler, 80

AUBURN - Nancy H. (Howe) Wheeler, 80, died peacefully on Friday, April 5, 2019. She was predeceased by her husband, James R. Wheeler who died in 2018. She is survived by two daughters, Pamela

H. Etheridge of Harrisville, RI, and Kimberly A. Sterczala of Charlton; two sisters, Janet Howe of Kittery, ME, and Carol MacLeod of Kennebunkport, ME; and six grandchildren, Haley, Kalen, Andrew, Emily, Alix, and Cassidy. She was born in Framingham, daughter of the late Frank I. and Elsie M. (Johnson) Howe, and lived in Kennebunkport, Wareham, and Mattapoisett, before moving to Auburn two years ago.

Mrs. Wheeler was a librarian at Kennebunk Public Library before retirement. Previously, she worked for the Foster Grandparents Program at the YWCA in New Bedford, and was a librarian at the Wareham Public Library. She enjoyed the ocean, sitting in the sunshine, LL Bean, playing bridge, and always loved a good book.

Memorial calling hours are Friday, April 19, 2019, from 4:30-6:30 p.m. at Paradis-Givner Funeral Home, 357 Main St., Oxford. In lieu of flowers, memorial contributions may be made to the American Parkinson Disease Association (APDA), 72 East Concord St., C3, Boston, MA 02118 or to the Susan G. Komen Breast Cancer Foundation, Massachusetts Affiliate, P.O. Box 845037, Boston, MA 02284-5037.

paradisfuneralhome.com

COMMUNITY CALENDAR

Tuesday, May 7

ELM HILL WATER DISTRICT ANNUAL MEETING: 7 p.m., District Office, 55 Jerome Ave., Auburn. All members of the district are invited to attend.

Friday, May 10

MILLBURY WOMEN'S CLUB FLOWER SALE: Millbury Common. If you enjoyed the football players' Flower Sale, you will love the flowers at this sale. Just in time for Mother's Day. These flowers may be pre-ordered up to May 1 from Mary Lou at (508) 865-9831.

Saturday, May 25

BOY SCOUT YARD SALE: Auburn Boy Scout Troop 101, which is celebrating its 95th anniversary, will have its Annual Yard Sale on Saturday, May 25 (Memorial Day Weekend) at the Auburn Library. The yard sale helps fund scouting programs and equipment. If you have usable furniture, scout or camping equipment, sporting goods, old aquariums, antiques, collectibles, books, games, children's items, or any other materials suitable for a yardsale that you would like to contribute to us, please call (508) Chris (868-5634), Liz (981-6840), Fred (612-9228), or George (774-239-2240) for a pickup. We will also accept clean, undamaged cloth and clothing for our Cub Scout fund-raiser. Thank you. Please - no TV's or computer monitors, no junk. Thank

you very much for your contributions.

Monday, May 27

17TH ANNUAL AUBURN JUNIOR WOMAN'S CLUB MEMORIAL DAY DUCK RACE: Auburn Public Library grounds, 369 Southbridge St., immediately following the parade. Come and enjoy our Annual Memorial Day Duck Race! \$500 first place prize to the duck that crosses the finish first, plus many more prizes. Free activities for children! Ducks can be adopted at the fire station during the parade and at the library prior to the race. Free Parking. For more information, or to adopt your duck, email us at AuburnJuniors@gmail.com.

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 attempt-

ed 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.

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.

History At Play brings Hedy Lamarr to Millbury

MILLBURY — History At Play™ has garnered nationwide attention for their one-woman immersive living history productions, chronicling the lives of legendary women who changed society. The alluring performance featured in "Tinseltown Inventor: The Most Beautiful Woman in the World, Hedy Lamarr" has received accolades from journalists, actors, and historians alike. The Metrowest Daily News states that Lamarr's "persona and story are channeled by actress Judith Kalaora," and that the performance "has caught steam...to use theater as a way to educate audiences." Now, Hedy Lamarr travels to Millbury to tell her incredible story at the Asa Waters Mansion, 123 Elm St., Millbury, on June 7 at 7 p.m. Featured in newsmedia outlets,

including WCVB Boston, CBS WBZ "The Jordan Rich Show," The Associated Press, and The Washington Times, History At Play's Artistic Director Judith Kalaora expressed the delight and difficulty in portraying one of the most famous stars of Hollywood's Golden Age, who was credited as nothing more than a pretty face.

"Beautiful and stupid," Kalaora laments. "That is not only what people thought of her then; it continues to be how society perceives attractive women today."

Veteran radio personality Jordan Rich (The Jordan Rich Show) states, "Kalaora is a one-woman force of nature and inhabits these women...it takes people like Judith to bring these stories to life...these lost pieces

of history."

The Associated Press writes, "Kalaora not only portrays these women on stage, she emulates them in life, starting her own company to portray and educate about 'influential, but oft forgotten women.'"

About History At Play

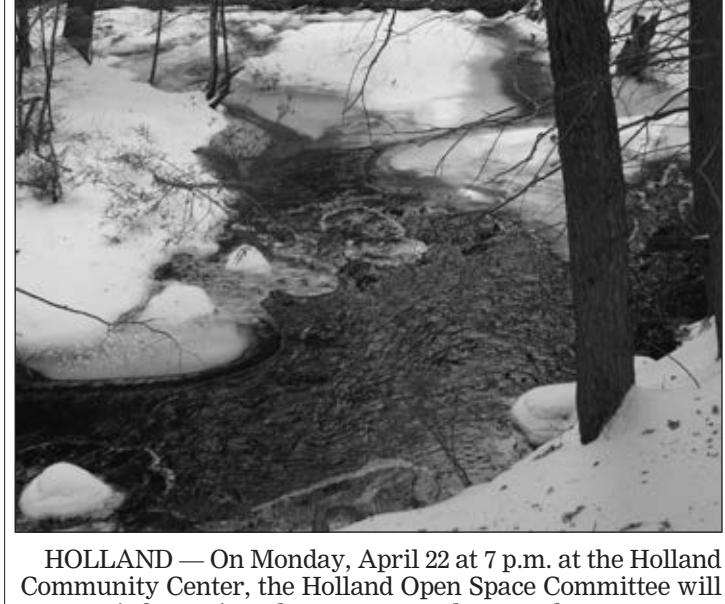
Kalaora established History At Play in 2010 to create enriching historical entertainment using immersive living history and thoroughly researched programming. She is a resident of Massachusetts and a graduate of Syracuse University and Shakespeare's Globe Education Program in London, England. History At Play has performed on stages from London to Montreal and across the United States. For more information, www.HistoryAtPlay.com.

nect with each other and engage in scholarly educational discourse. We are thrilled to routinely send members to destinations around this country and abroad, to leadership conferences, academic events, member forums and the biennial convention during which representatives from all chapters from around the world gather.

About Curry College

Founded in 1879, Curry College is a private, four-year, liberal arts-based institution located on 131 acres in Milton, Mass. Curry extends its educational programs to a continuing education branch campus in Plymouth, Mass. Curry offers 27 undergraduate majors, as well as graduate degrees in business, education, criminal justice, and nursing, with a combined enrollment of approximately 3,000 students. The student body consists of approximately 2,000 traditional undergraduate students, and over 1,000 continuing education and graduate students. Approximately 75% of its students reside on the Curry campus. The largest majors are business management, communication, nursing, criminal justice, and education. The College offers a wide array of extra-curricular activities ranging from 14 NCAA Division III athletic teams to an outstanding theatre program. Visit us on the Web at www.curry.edu

Land conservation sought in Holland



HOLLAND — On Monday, April 22 at 7 p.m. at the Holland Community Center, the Holland Open Space Committee will present information about a proposal to purchase 170 acres near the center of the town in order to preserve forested land and the purity of Stevens Brook. The proposal also includes 17 acres for future expansion of town buildings and services. Residents are invited to learn more about this property which will be considered for purchase at the Annual Town Meeting. Refreshments will be served.

According to Richard Haller, Chairman of the Trails and Open Space Committees, "This represents an important opportunity for the town, one has taken years to bring forward. The central location of the property and the integration of future town needs with forested trails and recreation presents a unique opportunity for the people of Holland."

On Saturday, April 27 at 2 p.m. Sunday, May 5 at 2 p.m. and Saturday, May 18 at 2 p.m., the Holland Trails Committee will lead walks on the property. This will be a chance to see the land first hand and to ask questions. Meet at the parking lot of Diane's Villa Nova.

The Town of Holland was awarded their first ever Massachusetts LAND grant (Local Acquisition for Natural Diversity) in the amount of \$202,383 towards the purchase of the open space portion of the property. Opacum Land Trust will hold a permanent conservation easement on this land, and is now fundraising to help with the purchase of the land.

Curry College inducts Auburn resident into Nursing Honor Society

MILTON — Curry College is proud to announce that Madison Scampini of Auburn has been inducted into the Sigma Theta Tau International Nursing Honor Society.

Curry College's Chapter, Theta at Large, began in 1953 when it was chartered as only the seventh Chapter of Sigma Theta Tau. A group of nurses attending Boston University set out to establish an organization that would represent the best of what nursing offered in this part of the world. Boston University would stand tall for the ensuing 37 years, as the "institution of record" for our Chapter, until in 1990 when we were re-chartered to include Curry College in Milton, Massachusetts and Simmons College in Boston - thereby establishing our "at-large" distinction.

Today, we have over 650 active members linked among three unique institutions. Theta at Large has many reasons to be proud as we forge into the new millennium. We are active in supporting local nursing scholars through our ongoing research and academic awards program. Our fall and spring programs offer members an opportunity to con-

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DebbieCampanale@gmail.com



Jo-Ann Szymczak 774-230-5044
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* 2 Full Baths
* 2 Car Garage
* 1800 sq. ft. of Living Area
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Call: 508-341-8299
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"Put 36 years of combined real estate experience to work for you!"



Spencer – Charming contemporary with lake views & beach rights. 6 room, 3 bedroom, 2 bath in turn key condition! **\$314,900**



Spencer – TWO Cranberry Meadow Lake waterfront! 2800sf contemporary home & a 2 bedroom year-round cottage! Both for **\$630,000** OR just the contemporary for **\$420,000**.



Leicester – Just off Rt. 9, Worc line! Sargent's Country Barn! 3 story retail building, plenty of parking \$299,000 (on separate lot) & with detached single family w/ in law and warehouse/storage building (on same lot) **\$649,900**



Charlton – Can be completed in 30 days! New hip roof colonial! 7 rm, 4 bdrm, 2.5 ba, 1.42 acre. Pick flooring, paint colors! **\$359,900**



Spencer – Handyman/rehabbers take a look at this Cape on Main St! 5 rm, 3 bdrm, 1 ba, 1300 sf, town w/s, **\$109,900**



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RETAIL or OFFICE SPACE

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Open House Directory

(C) Condo (X) Condominium (M) Multi-Family (T) Townhouse
(B) Business (U) Duplex (S) Single Family (D) Adult Community
(P) Land (L) Mobile Home (A) Apartment (W) Waterfront

ADDRESS STYLE TIME PRICE REALTOR/SELLER/PHONE

SATURDAY, APRIL 20

DUDLEY 32 Partridge Hill Rd S 11-1pm \$249,900 Re/Max Professional Associates Patrick Sweeney 774-452-3578

To have your open house listed in this directory. Please contact Patricia Owens 508-909-4135

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FEATURE PROPERTY



OPEN HOUSE · SATURDAY 11-1

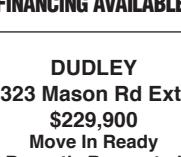
DUDLEY, MA
32 Partridge Hill Road
\$249,900
RECENTLY REMODELED!
MUST SEE!



FOR SALE



RUTLAND, MA
3 Brooke Haven Dr
4 Bed, 2 1/2 Baths,
Lots of Land
\$359,900



WEBSTER
8 Oakmont
\$94,900

SPECIAL BANK FINANCING AVAILABLE



PENDING



DUDLEY
323 Mason Rd Ext.
\$229,900
Move In Ready
Recently Renovated
3 Bedroom
Raised Ranch

Always Looking For Properties To Sell, Any Type! Contact Us Today!!

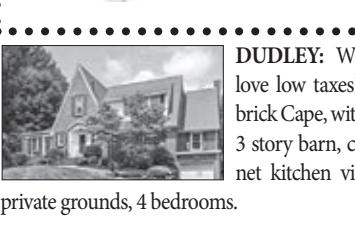


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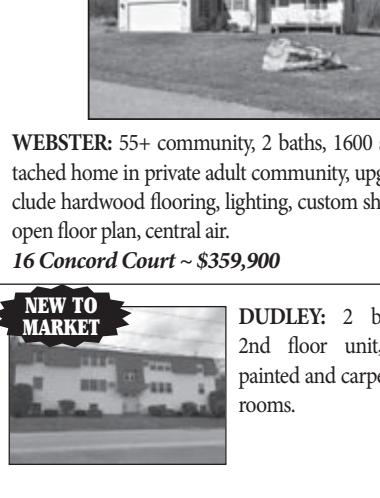
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Have a Happy Easter Holiday with good friends & family



7 Dudley Oxford Rd ~ \$449,900



12 Fairview Ave #8

WEBSTER: 55+ community, 2 baths, 1600 sq. ft. detached home in private adult community, upgrades include hardwood flooring, lighting, custom shades, and open floor plan, central air.
16 Concord Court ~ \$359,900

DUDLEY: 2 bedrooms 2nd floor unit, freshly painted and carpeted bedrooms.

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INDIVIDUAL WINNERS

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

FRIDAY, APRIL 26

CHRIS BREAUT

7-10 in the bar
308 Lakeside
308 East Main Street
East Brookfield, MA 01515
774-449-8333

SATURDAY & SUNDAY APRIL 27 & 28

ANNUAL FISHING DERBY
Registration opens
6 am; fishing at 8 am
Cash prizes & trophies
Spencer Fish & Game Club
155 Mechanic Street
Spencer, MA 01562



FRIDAY, MAY 3

MURDER MYSTERY DINNER
6:30 pm. An interactive dinner theater
The Fashionable Murders

Join us for a laugh-filled night, a great dinner, and a mystery we need help solving

Advance ticket sales required
salemcrossinn.com or call 508-867-2345

260 West Main Street
West Brookfield, MA 01585



FRIDAY, SATURDAY, SUNDAY MAY 3, 4, 5

KLEM'S SPRINGFEST + TENT SALE

Kids' bounce house and huge savings!
KLEM'S
117 West Main St., Spencer, MA
508-885-2708 (Ext. 104)
www.klemonline.com

SATURDAY, MAY 4

9:11 a.m.
Mr. Dennis Reiter of PeaceMaker Ministries will facilitate a seminar entitled

"RESOLVING RELATIONAL CONFLICT"

Creation Church
47 W. Thompson Rd., Thompson, CT
(near the dam) creationchurch.org



THURSDAY, FRIDAY, SATURDAY, SUNDAY MAY 9, 10, 11, 12

RECORDS & BURPEE CHILDREN'S ZOO AT KLEM'S

Educational family fun!
KLEM'S
117 West Main St., Spencer, MA
508-885-2708 (Ext. 104)
www.klemonline.com

FRIDAY, MAY 10

SECOND CHANCE PET ADOPTIONS AT KLEM'S
2 p.m. - 4 p.m.

Come visit the dogs and cats available
KLEM'S

117 West Main St., Spencer, MA
508-885-2708 (Ext. 104)
www.klemonline.com



SATURDAY MAY 11

PLANT & FLOWER SALE

9am-2 pm
sponsored by Quiet Corner Garden Club! In the Agriculture Building at Woodstock Fairgrounds FREE PARKING - NO PETS (except service animals) HUGE! SILENT AUCTION & RAFFLE

BINGO NIGHT EVENT

6pm, \$20 admission for two 3-card strips

Playing 12 games Four \$25 door prizes

Raffles, snacks, daubers available for purchase. Cash bar

For ticket info email cctbingo511@gmail.com or call 978-339-3724

Under 18 not permitted

Proceeds to benefit outreach ministries of Christ Church, Rochdale, MA

Leicester Rod & Gun Club

1015 Whittemore Street

Leicester, MA

SECOND CHANCE PET ADOPTIONS AT KLEM'S

2 p.m. - 4 p.m.

Come visit the dogs and cats available
KLEM'S

117 West Main St., Spencer, MA

508-885-2708 (Ext. 104)

www.klemonline.com

FRIDAY, JULY 19

SECOND CHANCE PET ADOPTIONS AT KLEM'S

2 p.m. - 4 p.m.

Come visit the dogs and cats available
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117 West Main St., Spencer, MA

508-885-2708 (Ext. 104)

www.klemonline.com

DockDogs at Klem's Canine Aquatics Competition!

KLEM'S

117 West Main St., Spencer, MA

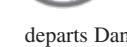
508-885-2708 (Ext. 104)

www.klemonline.com

ONGOING

FRIDAY, AUGUST 9

Join us for a Red Sox game: for \$105: round-trip motor coach transportation, ticket to game (right field box seating rows A-G) Bus departs Danielson at 4pm. Call 860-423-2591. Reserve your spot now!!



FRIDAY, SEPTEMBER 13,

MURDER MYSTERY DINNER

6:30 pm

An interactive dinner theater

The Fashionable Murders

Join us for a laugh-filled night, a great dinner, and a mystery we need help solving

Advance ticket sales required

salemrossinn.com or call 508-867-2345

260 West Main Street

West Brookfield, MA 01585

SUNDAY, OCTOBER 27,

MURDER MYSTERY DINNER

6:30 pm

An interactive dinner theater

The Fashionable Murders

Join us for a laugh-filled night, a great dinner, and a mystery we need help solving

Advance ticket sales required

salemrossinn.com or call 508-867-2345

260 West Main Street

West Brookfield, MA 01585

SUNDAY, NOVEMBER 15

6:30 pm

Murder Mystery Dinner

An interactive dinner theater

The Fashionable Murders

Join us for a laugh-filled night, a great dinner, and a mystery we need help solving

Advance ticket sales required

salemrossinn.com or call 508-867-2345

260 West Main Street

West Brookfield, MA 01585

MARCH 21 - APRIL 25

ACTING CLASSES AT BRADLEY PLAYHOUSE

in Putnam, CT for ages 7-17

Thurs. evenings from 5:30-6:30

Call 860-928-7887 for info.

JUNE 5TH THROUGH AUGUST 28TH 5 p.m.

WEDNESDAY NIGHT CRUISING FOR CHARITY CAR SHOW AT KLEM'S

All makes and models. Proceeds benefit the Masonic Children's Charity

KLEM'S

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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

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2008 ZODIAC and 14' CANOE, excellent condition. ACT-I-V 94", electric pump/all accessories, air floor. 2009 Honda 8HP, serviced. \$2,195 Canoe: oars/ seats, no leaks. \$275 860-983-0800 Sturbridge

225 GALLON WATER STORAGE TANK - used 6 months. \$350 508-867-2253

24 FOOT POOL, ABOVE-GROUND, 4 years old, filter, motor, all supplies included (except liner) Ready to go \$950 or best offer 508-498-0166 leave message

ABOVE-GROUND SWIMMING POOL, 24' x 54", filter system, 1 season. \$1,000 or best offer. 508-943-8769

ACORN STAIRLIFT - 3.5 years old; like new condition. 11 feet long. Asking \$1400 or best offer. Call 508-277-6568 if interested.

ANGLE IRON CUTTER For Shelving 4W296, HK Potter 2790. Normally Sells For \$700. \$50 O.B.O. Call 5pm-8:30pm, (508)867-6546

BUNK BEDS, black (youth) with mattresses (includes like-new bedding) \$350. Other furniture also available. Call Pat 508-949-9049

COFFEE & TWO END TABLES- Cherry finish w/glass tops. Very good condition. \$125 Call 508-735-2560

COMPLETE KIRBY G5 MICRON MAGIC PERFORMANCE SHAMPOO AND VACUUMING SYSTEM - comes with all of the parts and instructional video. Excellent condition. \$400 firm. 860-942-0687

Couch, 84 inches long. Dark red fabric with pillows, good condition. \$150. 508-410-5167

CUB CADETSNOWBLOWER. 13hp Tecumseh OHV. 45 in. width, trigger steering. 6 FWD, 2 REV, new condition. Hardly used! \$1,600.00. 508-347-3775

ELECTRICAL MATERIAL: Industrial, Commercial, Residential. Wire, Pipe, Fittings, Relays, Coils, Overloads, Fuses, Breakers, Meters, Punches, Pipe-Benders. New Recessed Troffer, Fluorescent 3-Tube T-8 277V Fixtures Enclosed \$56 Each. Call 5pm-8:30pm. (508)867-6546

FLY RODS - 2 ALBRIGHT A/5 490 9 FT. #4 RODS. 2 Orvis reels Battenkill BBS II. Asking \$200 each set or best offer. 508-347-3145

GARAGE CLEARANCE: ARTIFICIAL CHRISTMAS TREE, bush trimmer, glass top table, etc. 508-728-5559 (Spencer)

GARDEN MANURE, delivered. 4 yards, \$130. Call Prindle Hill Farm 508-320-3273 or 508-248-7335

Large entertainment hutch, black, in great shape. \$75 firm. 508-943-8107

LETTER PRESS COMMERCIAL PRINTING EQUIPMENT - all together, poster press 14"x22", job press 10"x15", Seybold paper cutter (extra blade) 25"x36", wooden type cabinet, 12 draws of type, 1 lead cutting-saw, hand tool equipment, 2 steel draw cabinets. (will not sell separately) \$5,000. 508-764-4458

MOTORCYCLE GEAR: HARLEY DAVIDSON Women's black leather jacket Size L \$100. Women's Leather chaps by CDI Riding Gear size-M \$50. 2 Harley Davidson women's vests 1 tan, 1 black \$50. each; Men's Widder Electric heat vest size 42 \$25. Ladies Hudson Leather vest size L \$25. HJC full face helmet yellow and grey brand new size S, \$75. HJC full face grey helmet size XS, used \$25. Ladies Tour Master rain gear size L yellow and black \$50. Call:413-245-6530

FRENCH TEENS NEED FAMILIES NOW! Host a French student for 3 weeks this Summer. Great cultural experience and fun! Compensation \$100 to \$150/wk. Contact KIM TODAY 508-763-3148 Facehill@comcast.net www.LEC-USA.com

107 MISC. FREE

010 FOR SALE

MOTORS: 1/2HP 230/460V 1725RPM, 56 Frame \$30. 5HP, 230/460V 1740RPM, 184T Frame/TEFC \$100. 5HP, 230/460V 3495RPM, 184T Frame/TEFC \$100. 4 Motor Speed Controls Hitachi J100, 400/460V Best Offer. Call 5pm-8:30pm 508-867-6546

MOVING - MUST SELL 3 piece electric reclining living room set, brown. \$300 free-pedestal table w/4 chairs 508-612-6485

Queen size bedroom set, dark cherry, includes bed frame, headboard, 2 bureaus, one end table \$500. Also lighter oval table with leaf and 4 cushion chairs, solid wood. \$200. 508-885-2262.

SMALL BUREAU \$75. Printer's Antique Drawers \$20 Per. Fakie Brick Fireplace With Heater \$140 Kitchen Chairs. Spare Tire P225/60R16 Eagle GA With Rim \$45 Vanity Table & Chair \$135. Car Sunroofs \$100. Per. Homemade Pine Coffee Table & 2 End Tables \$100. Antique Lamp Jug \$40. Antique Crochet Set \$40. Wood Truck Ramps 8 Foot \$100.00. Drop Leaf Cart \$50. End Table W/Drawer \$50. End Table W/Drawer \$60. Elvis Presley Silhouette \$50 (the talk!), Indian canvas painting \$60, 9 golf clubs \$100, Call 1-508-764-4111 or 1-774-452-3514

SNOW PLOW, Myers, 6 1/2' all controls and lights, great condition. Can be seen at Old Cider Mill, Rt. 9, West Brookfield or call 774-232-9382

SNOW TIRES, PIRELLI 245/45R19/102V M+S, 250 miles, \$1000, 508-564-3556

TOOL SHEDS Made of Texture 1-11: 8x8. \$1600 8x10 \$1800; 8x12 \$2000 8x16 \$2500 Delivered, Built On-Site. Other Sizes Available. CALL (413) 324-1117

Transport chair, Excel Deluxe by Medline 19" seat, up to 300 lbs. Used once. 508-637-1304

VIKING RANGE, PROFESSIONAL SERIES, propane gas, a built-in burner, 36" infrared broiler, as new, never lit, still in original packaging, w/tags. Model VCGSC-5366BSS, trades considered. \$4,600 508-865-7470

WE'VE MOVED! Light oak dining-room table w/6 chairs & 2 leaves. Oak entertainment Ctr., various size lamps, small electronics & more. No reasonable offer refused. Call 413-896-7047 Sturbridge area.

WHITE OUTDOOR PRODUCTS SNOWBLOWER. 10hp Tecumseh, two stage, 30 in. width. Electric start, well maintained \$600.00. 508-347-3775

100 GENERAL

105 BULLETIN BOARD

BLING & ITALIAN DINNER CHARITY EVENT Knights of Columbus N.Grosvenordale CT Friday May 10th 630p-930p 10 games of BINGO w/prizes & Italian dinner \$25 per person, must pre-purchase call 860-933-7085

FRENCH TEENS NEED FAMILIES NOW! Host a French student for 3 weeks this Summer. Great cultural experience and fun! Compensation \$100 to \$150/wk. Contact KIM TODAY 508-763-3148 Facehill@comcast.net www.LEC-USA.com

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FREE CONSTRUCTION WOOD AND KINDLING WOOD; beams, plywood, 2x4s, 2x6s, 2x8s, good for wood stoves, not for building. Clean. Delivery possible. Ask for J.D. 413-262-5082

Want to Place a Classified Ad? Call 800-536-5836

110 NOVENAS

PRAYER TO THE BLESSED VIRGIN (Never known to fail). Oh Most Beautiful Flower of Mt. Carmel, Fruitful Vine, Splendor of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in my necessity. Oh Star of the Sea, help me and show me that herein You are my Mother. Oh Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succor me in my necessity. (Make request). There are none that can withstand Your power. Oh Mary, conceived without sin, pray for us who have recourse to Thee (three times). Say this prayer for three consecutive days. You must publish it and it will be granted. A.K.

Thanksgiving Prayer To The Blessed Virgin (Never known to fail). Oh most beautiful flower of Mt. Carmel, fruitful vine, splendor of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in my necessity. Oh Star of the Sea, help me and show me herein, you are my mother. Oh Holy Mary, conceived without sin, pray for us who have recourse to thee. (3 times) Sweet mother I pray for this cause in your hands. (3 times) Holy spirit, resolve all problems, light all roads so that I can attain my goal. You gave me the divine gift to forgive and forget all evil against me; in all instances of my life, you are with me. I want this short prayer to thank you for all things as you confirm once again that I never want to be separated from you even in spite of material things. I wish to be with you in eternal glory. Thank you for your mercy toward me and mine. This person must say this prayer three consecutive days. After three days the request will be granted. This prayer must be published after the prayer is granted. Thank you.

130 YARD SALES

DEADLINE FOR YARD SALE SUBMISSIONS IS NOON MONDAY FOR ALL MASS. WEEKLY PAPERS

Deadline subject to change due to holidays Call for more info *****

200 GEN. BUSINESS

205 BOATS

17' fishing boat w/trailer w/outboard 85 HP motor. Needs a little work. Call Ray for details. 774-230-2190 or 774-200-8342 leave message. \$3900 for all.

265 FUEL/WOOD

CAÑO - 17' GRUMAN ALUMINUM, flat bottom. Ideal for fishing and family fun. \$850. Call Sue 860-412-9632

283 PETS

FIVE POMCHI PUPPIES 2 females, 1 male, 8 weeks old. Vet checked and 1st shots. \$750 Call or text Pam 508-662-7741

107 MISC. FREE

BASED IN North Brookfield: Home Every Night. Class A Driver And/Or General Mechanic For 18-Wheel Trailer Trucks

Want to Place a Classified Ad? Call 800-536-5836

284 LOST & FOUND PETS

Did you find your pet? Or find a home for one?



LET US KNOW!!!

Please call us so that we can take your ad out of the paper...

Town-To-Town Classifieds

508-909-4111

287 FEED

HAY FOR SALE - \$4 a bale off wagon (pick up only), cash 508-826-3312

298 WANTED TO BUY

LEE'S COINS & JEWELRY \$ BUY & SELL \$ ALL GOLD & SILVER ITEMS Specializing in NUMISMATIC COINS, Bullion Items, gold & silver of any form! Qualified with over 30 years experience & a following of many satisfied customers. We also sell a nice selection of fine jewelry, antiques & collectibles. Bring in your items & see what they're worth. You won't leave disappointed. Honesty and fairness are our best policies! Lee's Coins & Jewelry, 239 West Main Street, East Brookfield (Route 9 - Panda Garden Plaza) (508) 637-1236 or (508)341-6355 (cell)

400 SERVICES

442 LICENSED DAY CARE

454 HOME IMPROVEMENT

FURNITURE DOCTOR: Have your furniture Professionally restored at reasonable rates. Furniture face lifting, painting, stripping to Refinishing, caring and repairs. ANTIQUE DOCTOR, Daniel Ross (508) 248-9225 or (880)382-5410. 30 years in business!

457 LAWN/GARDEN

Yardman Yard Vac, 10/1 mulcher, small branch chipper, runs beautifully, heavy duty, \$300, 508-943-4850

500 REAL ESTATE

505 APARTMENTS FOR RENT

SOUTHBRIDGE - 3 rooms for 1 person (bedroom, living room, kitchen). All appliances, rods/shades included. \$725 mo. 1st, security. No smoking, no pets. Util. not included. Elec. heat. 508-765-5129

WANTED TO BUY - fieldstone walls - looking to purchase large quantities of old stonewalls. R.E. Barnes Fieldstone 978-355-2117

<b



Patio Door Special!

Window Special!

Special ends on May 4th

SAVE \$700
on every patio door¹

SAVE \$325
on every window¹

Minimum purchase of four.

★ **EXTRA 3% Discount** ★

★ When you pay for your whole project
with cash, check or credit card¹ ★

Minimum purchase of four.

or

\$0 Down **0** Monthly Payments **0%** Interest **FOR 1 YEAR¹**

Minimum purchase of four. Interest accrues from the purchase date but is waived if paid in full within 12 months.

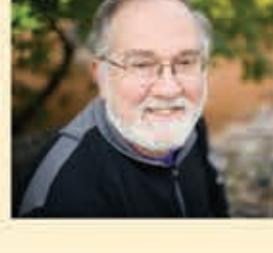


Andersen  WINDOWS + DOORS

- Our patio doors will continue to slide smoothly for years using **Andersen's dual ball-bearing engineering**
- Our **5-point locking system** on our patio doors provides top-of-the-line security and peace of mind
- Our composite Fibrex® window material is twice as strong as vinyl so our weather-tight seals stay weather-tight
- We handle the entire process—from **selling to installation to the warranty—on our windows and patio doors**, so if you ever have an issue, you're covered

We handle every part of the replacement process

- Sell**
- Custom-Build**
- Install**
- Warrant**



“ I would highly recommend Renewal by Andersen. The installation was performed by friendly and professional installers. They arrived on time and answered all my questions. They did an outstanding job and cleaned up after themselves. They gave detailed instructions on operating the windows and made sure I was completely satisfied. ”

– Mark A., Renewal by Andersen customer, Attleboro, MA



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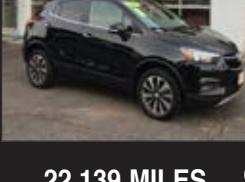
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Assisted Living vs. Nursing Home

True or False: “Assisted Living” Is Just a Nicer Name for “Nursing Homes”

Does your parent have escalating health and personal care needs? It might be time to consider an assisted living facility or a nursing home. Although some individuals think they are the same, the care and services each facility provides is distinctly different. Our experienced and dedicated team at our assisted living community, Wyndemere Woods in Woonsocket in Rhode Island, has provided a basic overview to help you make the correct choice for your loved one.

What is an Assisted Living Facility?



An assisted living facility provides housing and personal support for daily activities. This typically includes assistance with bathing, dressing, eating and medication. Communities like Wyndemere Woods also offer a range of onsite facilities such as meals, housekeeping, laundry, recreational activities and exercise programs. If your family member requires continual medical care and attention, a nursing home is more appropriate than an assisted living facility.

What is a Nursing Home?

A senior with a chronic illness, physical disability or mental illness (like dementia or Alzheimer's) would require a nursing home. Also known as a long-term care home, nursing staff is on hand 24/7 to monitor and provide professional care for your family member. This type of retirement home offers a high level of medical support as well as personal assistance for daily activities, rehabilitation services and ongoing care for escalating needs.

Which One is Right for You?

Deciding whether an assisted living facility or nursing home is the best fit for your family member requires a careful evaluation of their needs, especially with regard to healthcare. If your parent or elderly loved one can take care of themselves with minimal assistance, consider an assisted living community. However, if he/she has a chronic illness or cognitive impairment like dementia or Alzheimer's, a nursing home will provide the right care.

Visiting the nursing home or assisted living facility will give you a better idea of the services and level of care available.

At Wyndemere Woods Assisted and Independent Living Community in Woonsocket, Rhode Island, we provide comfortable accommodations and loving care for your family member. A wide range of easily-accessible services and amenities and a dedicated team are always on hand to make them feel completely at home. Customized care plans cater to their unique needs. Your loved ones will enjoy the company of peers while staying in their own private apartment and you will have peace of mind knowing that they will always be well-cared for here.

Contact Wyndemere Woods Assisted and Independent Living Community at 401-762-4226 for more information or fill out our online form to book a tour.

HEALTH

Spring 2019

A Stonebridge Press
Publication

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Sturbridge Herbfest coming in October

The first annual Sturbridge Herbfest will be on Saturday, October 5, 2019, 9:30-4:30. This Herbfest is a brainchild of 3 local herbalists: Salli Greene, Joanne Grubert and Chris Haller. There are very few herbal conferences nationally and none in this area. The New England Woman's Herbal Conference, which they have attended many times, is in Northern New Hampshire and sells out early, every year. This can make it difficult for herbalists, young and old, male and female to gain more education in a conference setting. The International Herbal Conference is every two years in June. There is also Herbstock in Somerville, MA once a year. Sturbridge, because it is centrally located, is an ideal location, and is expected that the Herbfest will be an annual event.

The three herbalists contacted the Sturbridge Senior Center and the Board of Selectmen. Both approved holding Sturbridge Herbfest at the Senior Center at 480 Main Street. To date there are 3 Intensives (2 hour classes) and 17 - 50 minute classes scheduled. There will also be food vendors and craft, jewelry and product vendors set up on the lawn of the Senior Center. Hours are 9:30 – 4:30, Saturday October 5, 2019. Mark your calendars!!

The Sturbridge Herbfest is now taking vendor applications, \$50 for a 10x10 space. Pre-registration is \$10 and \$15 the day of the event. Intensives are \$25. The other classes are part of the admission. For more information call Salli, at Alternatives For Health 508-347-2111.



10 Important Lessons from A Nursing Academy Director

"One does not become a nurse by osmosis. You go through a competitive admission process, complete a rigorous program, and pass the NCLEX, then you're a nurse."

**Greteline Bolandrina
MSN Ed, RN, CRRN**

When I started in nursing education in 2005, I never thought I'd be a director of a nursing program. Almost six years at Bay Path Practical Nursing Academy, a 5th place in-state ranking, and several new clinical sites later, I answer an ad to get published in the Spencer New Leader for the WRITE STUFF!

ONE. Things happen quickly.

When I was asked to be interim director in 2015, I was only on my second year as full-time faculty. After proctoring a test, the actual offer all happened in just a day. The night before was uneventful. I remember it was a swift decision to step up and lead. I saw the big picture. The superintendent, Mr. Lafleche and the other full-time faculty, Professor Dockstader were there and both supportive. It was a quick but exciting time!



TWO. Nurses never get old.

It's been almost 32 years since I graduated with my BSN and to this day, I still get asked, "Do you like nursing?" I always answer, I do and a lot. I also don't mind being asked. I don't think

I could ever really get tired of being a nurse. The cool thing now about being in an academic setting is that every nursing student I encounter gets to be a part of my nursing journey. I get so much satisfaction helping a nursing

student succeed the same way that I got satisfaction in helping patients when I was a bedside nurse.

THREE. Once a nurse, always a nurse.

Even after I've been behind a desk, managing day to day activities for the practical nursing academy, I keep up to date with "everything nursing." I have a list of nursing specialties that I keep tabs on because I have nursing students and graduates who have expressed specific interest and I keep them connected. There's ER nursing, advance practice nursing – Nurse Anesthetists, home care nursing, and of course, nursing education. They are all exciting specialties. I try to connect as many as I could. There isn't a shortage of seasoned nurses as role models and mentors.

FOUR. At admission interviews, we prefer to look at the whole candidate.

We conduct panel interviews for admission into the Academy, you need to look the part to play the part. Not to be intimidating but we look at everything! You need to channel your best

Turn To LESSONS page A8



Bay Path Regional Vocational Practical Nursing Academy



Credit: V. Dockstader, BSN, RN, B. Duval, LPN

Bay Path Practical Nursing Academy offers a 40-week, 10-month, full-time, Monday through Friday, evening program. The program begins in mid-August and is completed in late June. Graduates will receive a Practical Nursing Certificate and will be eligible to take the NCLEX-PN licensure exam. Practical Nurses are prepared for careers in a variety of health care settings including extended care facilities, clinics, physician offices, hospitals, and community health agencies. The role of the Practical Nurse is recognized nationally by organizations such as the Institute of Medicine in their 2010 "Future of Nursing" report and the National League for Nursing in their 2011 "Recognizing the Vital Contributions of the licensed Practical/Vocational Nurse" statement.

For admissions, please visit our website at www.baypath.net
or call (508) 248-5971 Ext. 1674

The Bay Path Practical Nursing Academy is fully approved by the:
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Notre Dame Health Care *Mission-Driven and Resident-Focused*

In 1900, the Sisters of Notre Dame de Namur viewed the undeveloped expanse of land that stretched from Plantation Street down to the shores of Lake Quinsigamond as an ideal setting for peaceful contemplation and retreat from the rigors of their teaching ministry. Since the Sisters purchased the property, its purpose has expanded significantly beyond its original intent.

Today, some 100+ years later, this property has become home to Notre Dame Health Care, a non-profit organization that takes a holistic approach to the ministry of healthcare delivery. Following the teachings of Saint Julie Billiart, who founded the Sisters of Notre Dame de Namur, the mission of Notre Dame Health Care reflects the gospel message in every aspect of its programs and services.

The Sisters have driven innovation in health care, recognizing and addressing specific needs as the times have changed. Its first program, a skilled nursing facility for both the Sisters and the greater local community, delivers high quality care with dignity and respect. The success of this program prompted the addition of other, much-needed programs and



services. Through the years, Notre Dame Health Care has enhanced its portfolio of services with assisted living apartments, memory care units, post-acute and short-term rehabilitation, hospice and palliative care for adults and children, and an educational "bridge" center.

Every program at Notre Dame Health Care offers

distinct features that engage residents, encourage socialization and promote a better quality of life. Social activities, such as art and music therapy, along with social dining and field trips, help promote a sense of community for every resident. Notre Dame Health Care also offers daily Mass and the Rosary for its Catholic residents. We acknowledge the spiritual value in all faith traditions through the provision of pastoral care and ecumenical services for all.

The Sisters' influence and "special touches" are reflected in many unique features which are present throughout our facilities. Peaceful gardens and serene landscaping surround each building; lavish court-yards and green space invite residents to experience the outdoors in a safe, pleasant atmosphere; exquisite photography and multi-medium artwork adorn the hallways. Differences in design abound in each of our facilities, giving each resident space its own distinctive character.

In addition to exceptional health care services, Notre Dame Health Care has created unique educational opportunities for staff and the local community. Emblematic of the Sisters' ministry to educate for life,

the Educational Bridge Center was originally founded as a way for employees to advance in their careers. Subsequently, the Bridge Center has become a lifeline for those seeking citizenship, adult basic education programs, or support in attaining a high school diploma or an advanced degree. Drawing upon their years of service in the classroom, retired Sisters tutor students as they embark on their personal academic journeys to a better quality of life.

Not only does Notre Dame Health Care lead the industry in top-rated programs and services, the organization also has an incredible staff retention rate. Every employee exemplifies the organization's mission and works synergistically to continually raise the bar and operate at the highest possible level.

Going forward, Notre Dame Health Care anticipates changes in the industry that will require innovation, creativity and wisdom to continue serving the spiritual, social, physical and psychological needs of the lay and religious communities through all stages of life. Guided and driven by our mission, our team is poised and ready to embrace the continually changing needs of our community!

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Open Sky's Adult Family Care Program

Open Sky's Adult Family Care program (AFC) provides both financial support and practical assistance to families caring for a qualifying family member at home. Whether you need assistance in finding resources for a young adult with autism or an aged parent with dementia, our dedicated staff have the expertise needed to help you make the right connections and guide you through the process.

Benefits of AFC for Caregivers:

Tax-free monthly stipend – in many cases this means family members will receive funds for care they are already giving

Ongoing nursing support

Training and professional support

The personal satisfaction that comes from helping someone grow and live as independently as possible

The peace of mind of knowing there's always someone to call for help and support

Eligibility Requirements:

The person receiving services must be 16 years of age or older

He or she must need assistance with one or more activities of daily living such as bathing, eating or dressing

He or she must be eligible for MassHealth

The person is unable to live safely on their own

If you or someone you know is caring for a loved one at home and needs additional support, Adult Family Care may be the answer.

Contact Open Sky's Adult Family Care to find out if your family member meets AFC eligibility requirements at 508-266-6524 or afc@openskycs.org

Adult Family Care



Providing families with the financial support and practical assistance they need to care for a loved one at home.



For information, call 508-266-6524
or email afc@openskycs.org

www.openskycs.org

Help! I've fallen and i can't get up!!

We've all seen the commercial of the unfortunate elderly women lying on the floor after a fall. Regrettably, this really happens more often than you might think. The Center for Disease Control's 2014 survey found that 28.7 percent of adults 65 and older reported falling at least once in the preceding 12 months equaling an estimated 29 million falls, 7 million of which resulted in injury. This number increased to 36.5 percent in the 85 and older population. What's worse is that the CDC estimates every 20 minutes, an elder person dies as a result of a fall. The financial costs are staggering: \$637.5 million was spent for falls resulting in fatal injuries. The cost of non-fatal injuries was \$30.3 billion. These statistics are expected to increase as the baby boomer generation ages. By 2030, there will be 74 million people age 65 or older in the US. If the current trend continues, that may result in 49 million falls and 12 million injuries per year.

What's behind this growing health concern? Many falls occur because our ability to maintain balance diminishes as we age. Our muscles become less flexible and weaker. Nerve conduction becomes slower, decreasing reaction time. Vision, an important component of the balance mechanism, often becomes impaired. In addition to these factors, multiple medications, blood pressure changes, and other health conditions impact balance.

All is not lost! Evidence based research has shown that exercise is the best intervention to reduce the risk and rate of falls. Here's what the research shows is the best way to reduce our risk:

Strength training exercise.

Exercise that provides a moderate or high rate of challenge to the balance.

Exercise that addresses stiff joints and tight muscles.

In addition:

See your primary care provider regarding medical issues that affect balance including blood pressure, medications, and visual impairments.

Complete a home safety check: get rid of scatter rugs, remove cords across pathways, and clean out clutter. Consider adding grab bars and railings on stairs.

A visit to a physical therapist is a good way to start. Physical therapists are experts in exercise and fall prevention. Comprehensive Physical Therapy, with offices in Leicester and West Brookfield, offers the Balance for Life program. Balance for Life is a comprehensive program that is designed to address multiple factors that contribute to falls. As part of a thorough evaluation, computer generated graphs help to identify areas of concern. Individual exercise programs are designed to meet each person's specific needs. Education regarding home safety, fall prevention, and other health issues is provided to maximize independence once the program is completed. The end result is a stronger, more flexible, and safer you.

Don't become a statistic! A comprehensive balance program can keep you strong, healthy, and independent. Balance for Life is covered by most health insurance companies with a referral from your physician. Contact our office for more information on how you can protect yourself from falls.

Rosemary Wolanski, MEd, DPT

Comprehensive Physical Therapy

1037 Main Street, Leicester and 23 Ware Street, West Brookfield

508-892-1335

LESSONS

continued from page A5

self. Are you dressed appropriately? (Business casual). Did you arrive on time? (15 minutes early is on time for nurses). The pressure is, are you a good fit for us and are we a good fit for you? What does your references say about you? What does your work history show? We obtain handwriting samples. I can keep going...

FIVE. Prudent nurses don't have to be witches or ogres.

Bay Path Practical Nursing Academy produces real world ready, prudent LPNs. All praises go to the hardworking faculty and staff, plus the supportive office of the Superintendent, and all the key individuals at our various clinical sites. The work that Bay Path has done in supporting prudent nurses. Powerful nurses. The rigorous academic requirements do not take away from nursing students. Who they are becomes

enhanced, their character- whether in school, clinics, work, or their homes. The amazing thing is, our nurses are intelligent and beautiful inside and out. They have the power to change lives!

SIX. You shouldn't sit around waiting for doctor's orders.

Between assertiveness and being articulate, I can identify inherent and developing traits in our future nurses. As a new graduate nurse back in the day, I would never be caught dead waiting for doctor's orders! I was proactive. I anticipated the next steps. I was blessed to have strong instructors who instilled assertiveness and being articulate. Instructors who helped me figure out what I'm strong at and polish that. What I'm weak at and strengthen it.

SEVEN. Don't wait for good luck, hard work is important as well as talent.

There's no doubt some students have unparalleled caring abilities, but if you want to be a successful nurse, good luck is not enough. It's great to know the fun

damentals in nursing, solidly. There's a lot of hard work involved in nursing, our students are prepared for that. They have discipline. They show up not just on time, but fifteen minutes earlier! And they know their stuff.

EIGHT. You may view yourself as the super nurse, but you should also be a team player.

It's necessary in nursing to be a team player. It's important to know how to catch the ball as well as hit. Nursing is like performing as part of an ensemble. Even when a nurse thinks she's the smartest person in the room, or when he thinks he knows more than the doctor, perform your role with grace and humility. No need to be a show off. At the end of the day the team is working towards the same goal to benefit the patient.

NINE. You may be a super nurse, but things won't always go your way.

There's a point when communication breaks down. Team members call in

sick. The pharmacy does not deliver meds on time. It will not be a fun time at work. Nurses fix it from zero. Nurses coordinate and triage, then the team is back on their feet. Good things come out of struggles, better leadership skills.

TEN. Everything happens for a reason.

If the goal is to become a nurse, we are here to help. You need to do your part. You need to not just attend classes but also participate. Passing grade is 73%. You need to not just attend clinics but truly, have a heart. Graduation attributes include communication! Practice, practice, and practice, because after ten months of rigorous academics and training, you will sit for NCLEX-PN and pass the first try. When you become an LPN, it will come full circle and you will be paying it forward. It's funny how things happen, for whatever reason but still everything comes up roses!



Brace Yourself!

While the word 'braces' may still, for some, conjure up images of teenagers or middle school children, the truth is you're never too old or young, for a healthy, beautiful smile that you feel confident to share. While healthy adult teeth can often be moved at any time, the American Association of Orthodontists recommends that children should have an initial orthodontic screening at age 7. An early exam identifies problems with growth and development or airway issues that may be resolved to allow your child the benefits of better growth with early intervention. At Central Massachusetts Orthodontic Associates (CMOA), we see patients who range in age from 7 to 77 and up! Our three offices are conveniently located in Worcester, Spencer and, in October of 2018, we proudly celebrated the grand opening of our new Auburn location on 567 Southbridge Street within the Heritage Shopping Center.

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Our doctors, Lisa M. Giarrusso, D.M.D. and Gregory Livanos, D.M.D. are both Board Certified orthodontists; a key deciding factor to look for in choosing your provider. In addition to completing a graduate program in dentistry, they go on to complete a 2 year residency of accredited specialty training in orthodontics and dentofacial orthopedics. When you chose to have your treatment with a Diplomate of the American Board of Orthodontics, you can be certain to receive the highest quality care and treatment.

Dr. Lisa M. Giarrusso joined her father in practice in 1992. She is a three-time graduate of Tufts University and immediately joined the faculty upon graduation where she served as an Assistant Clinical Professor of Orthodontics from 1992-2008. She became a Diplomate of the American Board of Orthodontics in 1999. She is a member of the American Dental Association, American Association of Orthodontists, Massachusetts Dental Society, Tufts University Dental Alumni Association and the Tufts Association of Orthodontics.

Dr. Gregory Livanos joined Central Massachusetts Orthodontic Associates

in December 2004 after practicing for seven years in Kendall Park, New Jersey in his own private practice while also serving as a partner in a Warren, New Jersey practice. He served as a faculty member at the University of Medicine and Dentistry of New Jersey, teaching in the Department of Orthodontics. He is a graduate of Fairleigh Dickinson University in Teaneck, New Jersey, where he received a Bachelor of Science in 1983 and went on to receive his D.M.D. in 1986, again at the Farleigh S. Dickinson Jr. School of Dental Medicine in Hackensack, New Jersey. He completed a general practice residency at St. Clare's Hospital in Schenectady, NY in 1987 and went on to practice six years of general dentistry in Saratoga Springs, New York while maintaining a faculty appointment at St. Clare's Hospital. He received his Certificate in Orthodontics at Tufts University School of Dental Medicine in 1995 and became a Diplomate of the American Board of Orthodontics in 2005. He is a member of the American Association of Orthodontists, the American Dental Association and the Massachusetts Dental Society.

Drs. Livanos and Giarrusso are the 2006 recipients of the national APSE Employers award and the 2006 Massachusetts Council of Human Services Award for Small Businesses. Drs. Giarrusso and Livanos have vast experience with children while maintaining a large adult practice as well. The doctors have a great deal of experience in treating numerous patients who require orthognathic surgery in combination with their orthodontics.

For more information regarding Central Massachusetts Orthodontic Associates (CMOA), including our contact information, office hours, locations and more detailed information on treatment options please visit our website at www.tightbite.com or our Facebook page. We encourage you to call us at any location if you should have questions or would like to us about scheduling a consult.

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Help kids feel comfortable at the dentist



Routine dental examinations and cleanings are an important component of oral health-care for both children and adults. However, many children do not visit the dentist until well after the time recommended by medical and dental professionals. Parents may be unaware of the dental health timeline, or they could be reluctant to bring their children for fear of how their kids will behave — especially if parents are harboring their own apprehensions about the dentist.

The American Academy of Pediatric Dentistry recommends that a child go to the dentist by age 1, or within six months of the eruption of his or her first tooth. Yet, according to a survey commissioned by Delta Dental Plans, the average age of a child's first dental visit is 2.6 years.

Parents worried about how their kids will respond to the dentist can take the following steps to acclimate kids to dental visits to make them more comfortable during their appointments now and down the road.

- Be a positive role model. Children frequently learn by example. If they see their parents being diligent about dental care, they're more likely to embrace proper oral hygiene. Bring children to your own dental appointments so they understand the process

and become familiar with the type of equipment used.

- Stick to the first-tooth milestone. Take your child to the dentist on or about when his or her first tooth erupts. Early dental visits will get kids used to going to the dentist and prevent minor problems that may lead to more complex dental issues.

- Read books about the dentist and role play. Information can allay kids' fears about the dentist. Read books together about dental visits and act out possible scenarios with your kids. Give kids toy dental health tools and have them practice exams on you and vice-versa.

- Be supportive and instill trust. Avoid telling your child that everything will be okay. If a procedure is needed, this could affect his or her trust in you and make the dental office an even greater source of anxiety. Simply be supportive and offer a hand to squeeze or a hug if your child needs you.

- Consider using your dentist. Some parents like to take their children to a pediatric dentist, but it may not always be necessary. Many family practices cater to patients of all ages, and the familiarity of the office may

Turn To DENTIST page A11

Using nature to work with your body

These days, half of any drug commercial that you see tells you about side effects that you may not actually want. We at Your Health Matters believe using nature to work with your body is a smarter approach than resorting to manmade chemicals which force your body to work a certain way.

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David Termine, Co-Owner
Your Health Matters
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Feel your best starting with your stomach



Yogurt is a dietary source of probiotics, healthy bacteria and yeasts that may improve overall health.

Did you know that they key to personal health may begin in the core of the body? Doctors and researchers are learning more and more about how the immune system and other functions of the body are tied to microscopic players housed in the stomach and intestines. Improving this digestive environment can benefit the body in various ways.

UNDERSTANDING PROBIOTICS

Bodily bacteria outnumber body cells by 10 to one, offers the health and wellness resource Healthline. Most of the bacteria in the body are harmless, and many of them in the gut actually are linked to numerous health benefits, such as weight loss, enhanced immune function, reduced risk of disease, and improved digestion. Unfortunately, bad bacteria also vie for space in the gut. If the good bacteria and yeasts, or probiotics, are not in abundance to push out the bad bacteria, like salmonella and E. coli, those bad bugs can proliferate, causing problems. It is essential to keep an abundance of probiotics available to stay healthy and maintain the "good vs. bad" balance in the gut.

GETTING PROBIOTICS

While the body can be healthy without the addition of probiotics, having more can be beneficial. The Cleveland Clinic says that food and supplements containing probiotics assist the good bacteria already present in your gut. When a course of antibiotics wipes out

both good and bad bacteria, for example, probiotic-rich foods and supplements can more readily replace what's lost.

Dietary sources of probiotics include some yogurts, cheeses, kefir, sauerkraut, miso, kimchi, pickles, and beverages like kombucha, a fermented tea. Getting probiotics from foods is the most natural way to supplement good gut bacteria, as the foods meld with the probiotics in ways that doctors may never understand to deliver the most benefits.

The downside is it's impossible to measure just how many probiotics can be acquired from foods. That is what makes supplementation so handy. Capsules and tablets are loaded with a variety of different active bacteria and yeast cultures to aid the digestive system in measurable ratios. Some tout anywhere from one to 30 billion active colony-forming units (CFUs) per serving.

SIDE EFFECTS

Probiotics are generally healthy for people to consume in amounts found in foods, advises the Mayo Clinic. Most healthy adults can safely add foods or dietary supplements that contain probiotics to their diets. Introducing probiotics may cause temporary and mild flatulence, discomfort and bloating.

Probiotics can be yet another tool to improve overall health at any age, but especially for adults looking to minimize illness risk.

DENTIST

continued from page A9

help make children feel more comfortable. Speak with your dentist about the ages they see.

• Steer clear of negative words. Michael J. Hanna, DMD, a national spokesperson for the AAPD, suggests using positive phrases like "clean, strong, healthy teeth" to make the visit seem fun and positive rather than scary and alarming. Let the office staff come up with their own words to describe processes that won't seem too frightening.

By employing these techniques, kids' dental visits can be more pleasant for all involved, paving the way for a lifetime of healthy teeth.

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Outdoor improvements that boost home value

Whether home improvement projects are designed to improve the interior or exterior of a house, focusing on renovations that make the most financial sense can benefit homeowners in the long run. The right renovations can be assets if and when homeowners decide to sell their homes.

So how does one get started? First and foremost, speak to a local real estate agent who is knowledgeable about trends in the community. While a swimming pool may be something coveted in one area, it may impede sales in another. It also helps to study generalized trends and data from various home improvement industry analysts to guide upcoming projects.

The following outdoor projects are just a few renovations that tend to add value.

- Fire pit: A fire pit is a great place to gather most months of the year. Bob Vila and CBS news report that a fire pit realizes a 78 percent return on investment, or ROI.

- Outdoor kitchen: Many buyers are looking to utilize their yards as an extension of interior living areas.



Cooking, dining and even watching TV outdoors is increasingly popular. Outdoor living areas can be custom designed and built. In addition, prefabricated modular units that require a much smaller commitment of time and

money are available.

- Patio: Homeowners who do not already have a patio will find that adding one can increase a home's value. Patios help a home look neat, add useable space and may help a home to sell

quickly. The experts at Space Wise, a division of Extra Space Storage, say that refinishing, repairing and building a new patio offers strong ROI.

- Deck: Deck can be as valuable as patios. A deck is another outdoor space that can be used for entertaining, dining and more. Remodeling magazine's 2018 "Cost vs. Value" report indicates that an \$11,000 deck can add about \$9,000 in resale value to the home, recouping around 82 percent of the project's costs.

- Door update: Improve curb appeal with a new, high-end front door and garage doors. If that's too expensive, a good cleaning and new coat of paint can make an old door look brand new. These easy fixes can improve a home's look instantly.

- New landscaping: The National Association of Realtors says an outdoor makeover that includes well-thought out landscaping can net 105 percent ROI. Installing a walkway, adding stone planters, mulching, and planting shrubs are ideas to consider.

Many different outdoor projects can add value to a home.

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The basics of mulching

Mulch is available in various forms. Like other land and garden products, mulch can go a long way toward helping plants thrive.

Mulch comprises just about any material that is spread over the surface of soil. Its purpose is primarily to help soil retain moisture. In addition, mulch can staunch weed growth, keep soil cool, improve the aesthetics of garden beds, and even improve soil nutrient composition. When the right mulch is chosen, it can reduce the amount of time homeowners spend watering and weeding their gardens and insulate plants from dramatic changes in weather.

Gardeners may not realize that mulch also can prevent garden soil from becoming overly compacted, according to HGTV. This can mean beneficial earthworms can move easily through the soil, creating channels for water and depositing their nutrient-rich waste products.

Gardeners can choose organic or inorganic mulch. Organic mulches are derived from natural materials that will decompose over time, lending organic matter as well as various nutrients to the soil. Organic mulches also may contain beneficial microorganisms that can fight against plant diseases. Inorganic mulches may be made of stones, landscape fabrics and plastic. Both types will need to be amended or replaced as they degrade. Those who want the most environmentally-friendly mulching materials can choose all-natural mulches instead of synthetic alternatives.

To work effectively, mulch should be applied in a two- to three-inch layer of material, state the experts at Old World Garden Farms. This is the ideal amount to retain soil moisture and suppress weed growth without choking plants. Also, mulch that is too thick may make it impossible for water to penetrate, or it may prevent the soil from airing out, causing continuously wet conditions that lead to root and stem rot.

The University of Connecticut Home & Garden Education Center says mulch should not be placed directly against plant crowns or tree bases, as this can promote the development of disease. It may also serve as a habitat for bark- and stem-eating rodents. The center also suggests watering newly installed bark or wood mulches to prevent fungi from colonizing in dry mulch and causing problems like a water-repellent surface on the mulch.

Home landscapers considering mulch types may find that compost, manure and grass clippings (from nonpesticide-treated lawns) can be inexpensive and versatile in garden beds. The home advice site The Spruce notes that newspaper may also be effective. Many newspapers have switched over to organic dyes, especially for their black and white sections. Newspapers are an inexpensive way to suppress weeds and act like organic mulch in beds. They can be covered with other organic mulch, like shredded bark, for more visual appeal.

Mulch can be a versatile asset when doing gardening projects around home landscapes. And the benefits are more than just aesthetic.

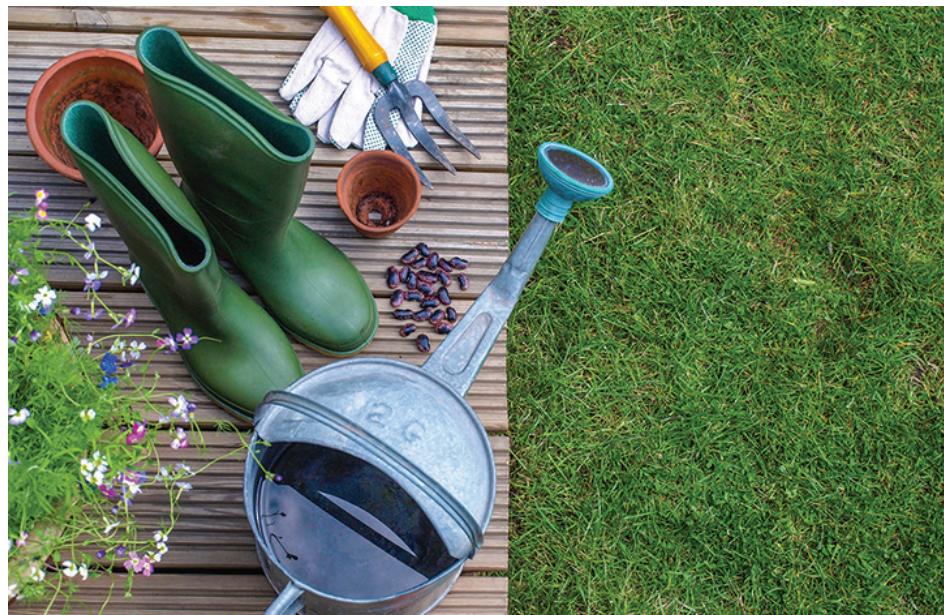


Get ready: Early spring landscaping tips

During the cold months of winter, many people stare longingly out of the window dreaming of spring and time spent outdoors. For those with green thumbs, images of tending to the garden and other aspects of their landscapes no

doubt dominate such daydreams.

Draw inspiration from those budding crocuses and daffodils pushing through the last remnants of snow and employ these tips to prepare for the upcoming gardening season.



- One of the first steps is to apply a preemergent weed killer to get a head start knocking out weeds that can plague the lawn during the growing season. Killing weeds at the roots early on can mean far fewer hassles in spring and summer, and may prevent new generations of weeds from cropping up each year.

- While it may be tempting to take a prematurely warm day as a sign that spring is in full force and purchase a bunch of annuals, it's better to know the last of the possible frost dates (check "The Farmer's Almanac"); otherwise, you may waste time and money planting flowers or vegetables only to have them die. Amend the soil so that it is the right consistency — just crumpling when lifting it. Soil that is too muddy after spring thaw can harden, making it difficult for plants to flourish later on. Speak with representatives at a local lawn and garden center about which types of amendments you can add to the soil in your particular area to enrich it.

- Lawn and garden experts at The Home Depot suggest filling in bare patches of lawn now by mixing a few shovels

- fuls of soil with grass seed. Then apply this patch to the bare areas, water, and continue to care for the area until the spot fills in.

- Spend a day in the garage or shed tending to the lawn mower and other gardening equipment. Clean all tools and ensure that everything works, repairing parts as needed.

- Give outdoor entertaining spaces a good scrubbing, clearing away dirt and grime that may have accumulated over the winter. Use a leaf blower to blow away any leftover leaves.

- Check if the front porch, railings or decking need painting and/or staining. Tackle these projects when the weather is cooler so everything will be ready for those peak spring days.

- Think about any annuals you might want to plant in the landscape this year that will complement any existing shrubbery or perennials. Come up with a theme so that the entire yard is cohesive.

Before homeowners know it, winter is gone and it is time to once again enjoy long days spent outdoors. Get a jump start on spring lawn prep as soon as you can.

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Must-haves for an amazing kitchen remodel

Kitchen remodels are among the most popular home renovation projects, whether they consist of swapping out cabinet hardware or doing major demolition.

Due to the sheer amount of time families spend in the kitchen, not to mention the number of tasks performed in this space, it is easy to see why Remodeling magazine consistently ranks kitchen renovations as projects that will enable homeowners to recoup a high percentage of their investments. In the magazine's 2018 "Cost vs. Value" report, midrange major kitchen remodels costing an average of \$63,829 recouped 59 percent of that investment.

When investing in a kitchen project, it is important to incorporate items that are coveted.

- Deep, double sinks: Having a double sink enables you to soak dishes in one side and then wash on the other. It also makes it easy to wash and prep produce for meals.

- Kitchen island and bar stools: Even though many meals are enjoyed around the table, there's something to be said for the convenience of a kitchen island and some well-placed bar stools for quick breakfasts or snacks.

- Smart kitchen storage: Work with a contractor to include storage solutions built into cabinetry and the pantry. Slide-out shelving,

nooks for a paper towel roll and custom-designed areas to store stand mixers and other necessities can make kitchens more functional.

- Outdoor access: If possible, design a kitchen so it is easy to access the backyard via sliding doors. This can make outdoor entertaining or even coffee on the deck much easier.

- Under-cabinet lighting: Fixtures installed under cabinets provide both ambient lighting and task lighting. Such lighting makes it easier to see what you're working on as well, as even well-placed overhead lighting can fail to illuminate dark corners and spots on the counters.

- Convenient warming drawer: This appliance provides backup to the oven. It's a slide-out drawer that can keep prepared foods out of the way and warm until they are ready to be served. This is particularly handy for holidays and other entertaining.

- Beverage station: Designate one area of the kitchen to beverages, such as coffee and tea. Or make the area an informal bar. This can limit traffic in the kitchen to a single area.

Kitchen remodels are exciting to envision, and several choices can make these high-traffic spaces even more coveted.



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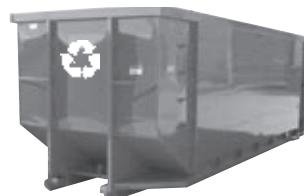


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Preparing Your Deck for Staining

Remove as many items as you can (planters, hoses, outdoor furniture, light fixtures) and cover other items (steps, plants, sidewalks/paths) with drop cloths.

Examine the deck for surface wear, cracked boards, and popped nails.

Make any necessary repairs before you stain your deck.

Applying the Stain Decks are often subjected to extreme environmental conditions (direct sun, cool damp shade, etc.) as well as heavy foot traffic. Proper care of your deck will help ensure the longevity of the finish.

Step 1 After properly preparing the wood, select an inconspicuous place on the actual wood you will be staining and test the stain to be sure you will be pleased with the final color results.

Step 2 First stain the vertical sections of the deck, such as the rails and posts, so that drips will not land on previously finished areas.

Step 3 Once the vertical surfaces are completed, proceed to the deck surface. For deck boards, stain two to three boards at a time to avoid lap marks. Do not stop in the middle of a board, or you will risk developing lap marks. Make sure to wipe up any excess stain.

Deck-Staining Tips

The best way to apply deck stain is to use a roller or spray, followed by back-brushing to even out the stain.

Do not let stain puddle on the surface of the deck.

Stain does not stay mixed the same

way paint does. You will need to stir the stain frequently during application.

To ensure proper stain penetration and even drying results, avoid applying stain in direct sunlight.

Soak the bottom of the deck posts in Benjamin Moore Alkyd Primer (366). This will give the posts added protection from the kind of ground moisture they are subjected to, and will help extend the life of the posts.

Learn about all of our wood stains by visiting NALS Paint Center or www.benjaminmoore.com, and find the one that is right for you.

How to save up for your first home

Home ownership is a dream for people across the globe. Many people save for years before buying their first homes, squirreling away every dollar they can with the hopes they can one day become homeowners.

But thanks to factors beyond their control, even the most devoted savers can sometimes feel like their dream of home ownership may never come true. According to the Pew Research Center, American workers' paychecks are larger than they were 40 years ago, but their purchasing power is essentially the same. Things aren't much different in Canada, where analysis from Statistics Canada and the Bank of Canada has shown that, since 2015, wage growth in Canada has been weaker than in the United States.

Various challenges can make it difficult to buy a home. However, some simple strategies can help prospective home buyers build their savings as they

move closer to the day when they can call themselves "homeowners."

- Determine where your money is going. If you're finding it hard to grow your savings, audit your monthly expenses to determine where your money is going. Using exclusively debit or credit cards can simplify this process, as all you need to do is log into your accounts and see how your money was spent over a given period. If you routinely use cash to pay for items, even just to buy coffee on the way to work, keep a notepad handy so you can jot down each expense. Do this for a month and then examine how you spent your money. Chances are you will see various ways to save, and you can then redirect that money into your savings account.

- Become a more savvy grocery shopper. Another great way to save more money is to alter something you already do each month: grocery shopping. If you haven't already, sign up for discount

clubs at your local grocer. This is a largely effortless way for shoppers, especially those buying food for families, to save considerable amounts of money. Shopping sales at competing grocery stores also can save money.

- Dine in more often. The U.S. Department of Agriculture says that Americans spend, on average, 6 percent of their household budgets on food. However, the USDA also notes that Americans spend 5 percent of their disposable income on dining out. If these figures mirror your spending habits, you can nearly cut your food spending in half by dining out less frequently. That might be a sacrifice for foodies, but it can get you that much closer to buying your own home.

Saving enough money to purchase your first home is a worthy effort that can be made easier by employing a few budget-friendly strategies.



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