Free by request to residents of Webster, Dudley and the Oxfords

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Friday, October 18, 2019

# Local NFL draft pick bonored in Dudley



Jason Bleau Photos

Atlanta Falcons 2019 First Round Draft Pick Chris Lindstrom visits with selectmen in his hometown of Dudley.

BY JASON BLEAU CORRESPONDENT

DUDLEY – Only a select few athletes from Worcester County have had the opportunity to represent their communities in the big leagues of American sports. However, no local athlete has ever been a first round draft pick which is what makes Dudley native and Boston College graduate Chris Lindstrom's journey to the NFL so special.

A Shepherd Hill Regional High School alum, Lindstrom was drafted with the four-

teenth pick in the 2019 NFL entry draft by the Atlanta Falcons where he quickly established himself as the team's starting offensive guard. Lindstrom returned to the town that raised him on Oct. 7 where he was honored by the Dudley Board of Selectmen for his success with a special proclamation presented by selectmen.

Surrounded by family and friends and a select group of residents and other town officials Lindstrom said being honored by

Please Read **LINDSTROM**, page **A10** 

# Property valuation procedures in Dudley

DUDLEY — The Board of Assessors, along with the Assessing Department, is responsible for valuing all real and personal property fairly and equitably in the town of Dudley under Massachusetts General Laws Chapter 59. The Assessing Department collects, records and analyzes all information pertinent to residential, commercial and industrial properties. This information is collected in several ways:

-Inspection of all building permits.

-Inspection of all properties that are being sold to determine whether they are arm's length sales (an arm's length sale is a sale of property from one party to another at fair market value. An example of a property that is not arm's length would be a foreclosure sale, estate sale, divorce, sale from one family member to another, etc.).

-Mailing of sales questionnaires.

-Interim inspections (every year in between the Mass-Revaluation).

-Mass Re-Evaluation (every five years).

-Cyclical Inspections (every 10 years).

When a building permit is issued, the Assessing Department must complete a physical inspection and sign off on the building permit card.

The Assessing Department is required to complete an interior/exterior inspection, including a complete measure of all properties in town every 10 years by our vendor. This is conducted over a three-to-five-year period of time (cyclical inspections).

The Assessor's office accompanies the fire department during home sale smoke/carbon monoxide inspections for the convenience of the buyer/seller so no separate inspection appointment is needed. (These inspections are required by the Massachusetts Department of Revenue to ensure that all data you are being assessed for is 100 percent accurate so you are not over- or under-assessed.)

It is the right of the taxpayer to refuse access to the property. In a case of refusal, the Assessing Department will have to estimate all aspects of the property, not limited to, but including square footage, heating, cooling, bath count, condition, etc. Without access, the estimate may not be 100 percent accurate, and may overvalue your property. To ensure a totally accurate valuation, you should allow the Assessing Department access.

If there are any questions regarding our department's activities, feel free to contact us at lisab@dudleyma.gov.

# Native symbols reflect, honor cycles of nature

BY GUS STEEVES CORRESPONDENT

WEBSTER – "Everything we do is a circle, honoring life."

If there could be a single phrase describing the Native American philosophy of life, this is it, and Stephen Quiet Wolf Bachand referred to it repeatedly during his exploration of Eastern Woodland traditions last Saturday. Bachand is the third of five speakers in the Grace Kelly Library's Native speaker series, running through October

Since humans are connected to everything and other beings need to live, too, "it is wrong to take everything. We always leave berries," he noted as an example.

"We're always giving back. You never take it all. Just let Nature do its thing," Bachand added.

Bachand's talk focused particularly on certain sacred items that symbolize such circular connections to Nature: the dreamcatcher, medicine wheel, talking stick and medicine bag.

Please Read **NATIVE**, page **A12** 



Gus Steeves Photo

Steve Quiet Wolf Bachand and his wife Del, organizer of the Kelly Library's month-long series on Native American concepts, stand outside the library.



Jason Bleau Photo

udley Reserve Officers Mariano Conte and Elizabeth Wojnar shake hands with selectment following their formal appointments.

# Conte, Wojnar officially join reserve officers

BY JASON BLEAU CORRESPONDENT

DUDLEY – Dudley has confirmed the appointment of two police reserve officers who will remain with the force to the remainder of 2019.

The Dudley Board of Selectmen heard from Police Chief Steve Wojnar during a meeting on Oct. 7 where the chief requested that selectmen consider affirming the hire of Mariano Conte and Elizabeth Wojnar to the force as police reservists.

"Back in August, the board made some conditional appointments to the reserve force. Both officers have completed the steps so far to this point," the chief said. "I'll think they'll both be great additions to the

department, and they'll begin their training and be out working on their own probably yery soon"

very soon."
Conte and Wojnar were among four names brought to selectmen for consideration in August. At that time selectmen approved their appointments on the condition that they complete training. Both officers have completed Police Reserve Academy training and will be taking part in field training with the Dudley Police Department. At the October meeting selectmen voted unanimously to formally appoint them to the police force to serve on the streets for the remainder of the year. The appointments run until Dec. 31 of 2019 at which time the police department will submit annual reap-

Please Read RESERVEO OFFICERS, page A10



Are you ready for a JOB CHANGE?
Looking for NEW JOB?

Check out your local source of job and career opportunities.

See **Section B** of your newspaper and find out who's hiring in your area.

"Opening Doors: Achieving Success

In 2001, at the age of 27, Chad's life

changed in an instant when a 2,000

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leaving him a quadriplegic – but, Chad's

dreams were not paralyzed that day. Instead he became an example of what

Enjoy wonderful conversation and

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help pick! Copies of the current book

Monday,

Webster Book Group

is possible.

October 21

6:30 PM

in School and Life" by Chad Hymes Monday, October 21 6:00PM - 7:30PM



### Pearle L. Crawford Memorial Library

40 Schofield Ave., Dudley, Ma 01571 508-949-8021

Online registration available at www. crawfordlibrary.org

Follow the Library on social media! crawfordlibrary Facebook: Instagram: @thedudleypearle Twitter: @thedudleypearle

TODDLER TIME Tuesdays 10:30AM-11:30AM

Come for songs, books, and crafts! Geared for ages birth through 3, but siblings are always welcome. Free. No registration required. Children under 12 must be accompanied by an adult.

POKEMON CLUB

Tuesdays 3:30PM-4:30PM

Pokémon Fans! Kids ages 7 to 14 are welcome. Bring your Pokémon cards! No registration required. Children under 12 must be accompanied by an adult.

LEGO CLUB

Wednesdays 3:30PM-4:30PM

Come build with Legos! Different challenge every week, and your creation will be put on display for others to see. Free. No registration required. Children under 12 must be accompanied by an adult.

PRESCHOOL POWER

Thursdays 10:30AM-11:30AM

Come enjoy songs, books, and crafts! Geared for ages 3 through 5, but siblings are always welcome. Free. No registra-

tion required. Children under 12 must be accompanied by an adult.

KNIT & CROCHET @ THE PEARLE Thursdays 5:30PM-7:30 PM & Fridays 10:00AM - 12:00PM

Knitters, crocheters and all other fiber artists are welcome. No registration required. Children under 12 must be accompanied by an adult.

THE LIBRARY WILL BE CLOSED OCTOBER 12-14 FOR THE COLUMBUS DAY HOLIDAY

FRIENDS OF THE LIBRARY FALL **BOOK SALE** 

October 18-19, during Library hours The Friends will hold their Fall book sale at the Library, Friday October 18 10:00AM-5:00PM and Saturday October 19 10:00AM-2:00PM. Special preview for Friends members is Thursday October 17 from 5:00PM-8:00PM. Children's books, paperbacks, DVDs, cookbooks, fiction and nonfiction of all kinds.

UKELELE WITH JULIE

Monday October 21, 6:00PM-7:00PM

Want to try an instrument that is fun and easy to play? Join Julie Stepanek as she shows the fundamentals of ukulele playing. You'll learn how to tune, strum and read chords. After a short lesson, you'll be able to play songs. No experience necessary. Bring your own ukulele or borrow one of hers. Ages 8-12. Free. No registration required. Children under 12 must be accompanied by an adult. Sponsored by the Hugh W and Harriet K Crawford Foundation.

YOUTH ADVISORY COUNCIL

Monday October 21, 5:00PM-6:00PM Hey teens! What would you like to see in the library? What kinds of programs do you want? Come help us plan and enjoy free pizza and drinks. Free. No registration required.

CHAIR YOGA: FALL SESSION Wednesday October 23, 10:30AM-11:30AM

> Chair yoga modifies some of the basic poses to make them more accommodating for those who gain strength from a seated, more stable position. Dress comfortably. Free. No registra-Sponsored by the Friends of the Library.

GENEALOGY GROUP: "RESEARCHING ΑТ

HISTORICAL **SOCIETY** 

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Seema Kenny will present the ins and outs of doing research at a historical society. Free. No registration required. Sponsored by the Friends of the Library.

DROP IN SLIME MAKING: SPOOKY

Friday October 25, 3:00PM-4:00PM Drop in and make your own spooky

slime to take home! One slime per person, please. Free. No registration required. Children under 12 must be accompanied by an adult.

FOODS THAT **FIGHT** INFLAMMATION

Tuesday October 29, 1:00PM-3:00PM Tri-Valley nutritionist Mary Brunelle will present an informative program on "Foods that Fight Inflammation." Chronic inflammation is linked to cancer, heart disease, diabetes, depression, arthritis, Alzheimer's, and more. Learn how to fight inflammation and eat healthy! Free. Seating is limited. Registration required.

CHAIR YOGA: FALL SESSION Wednesday October 30, 10:30AM-11:30AM

Chair yoga modifies some of the basic poses to make them more accommodating for those who gain strength from a seated, more stable position. Dress comfortably. Free. No registration. Sponsored by the Friends of the Library.

FRIENDS OF THE LIBRARY BAUBLES AND BLING SALE

Saturday December 7, 10:00 AM-2:00 PM The Friends of the Library will hold a sale of costume jewelry, jewelry boxes, and other surprises. Have some gently used jewelry or jewelry boxes that you don't know what to do with? Bring them to the Library before December 1st and donate them to the Friends!

## Gladys E. Kelly Library

2 Lake St., Webster 508-949-3880 www.gladyskellylibrary.org

Native Plants for Healing Saturday, October 19, 12:00 noon

Discover the wild "weeds" that are in abundance right in our own backyard. Learn the many benefits of these plants, used by generations of Native Americans, for everything from relieving the itch of poison ivy to balancing your sugar levels. Del Bachand, native herbalist specializing in plants indigenous to New England.

Yoga with Julie, Saturdays, 9:30AM – 10:45AM

The practice of yoga on the mat helps us to be better yogis "off the mat" through breath, movement, and meditation. Bring a mat, two blocks and/or a yoga strap if you own them already. There will be some available on a firstcome first-served basis. All levels are welcome.

> \$10 drop in class or \$40 for 5 classes

Storytime Mondays and Tuesdays, 10:30 AM

An introduction to books and the library for your preschooler. Please just drop in no registration required.



**CHECK OUT THE SPORTS ACTION!** 

# Ida Mierzejewski Born 10-19-1919 Lived in Webster most of her life. Now lives in New Hampshire with her daughter and son in law.



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EDITOR: E-MAIL: news@stonebridgepress.news OR send to Webster Times, PO Box 90, Southbridge, MA 01550

TO SUBMIT CALENDAR ITEMS: E-MAIL: news@stonebridgepress.news OR send to Webster Times, PO Box 90., Southbridge, MA 01550

Southbridge, MA 01550 TO SUBMIT A LETTER TO THE EDITOR:

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selection are always available. For more information please see a librarian at the Circulation Desk.

Literacy Volunteers, Tuesdays, 6:00 - 8:00 PM

Volunteers are needed to provide oneon-one tutoring at no cost.

-Tutoring in English language skills for adults whose native language is not

-Tutoring in basic literacy skills for adults whose reading and writing ability levels are below the eighth grade level. Please contact Holly Christo during office hours if interested in volunteering.

Lego Club, Tuesdays, 5:30 - 6:30 PM For ages 3 - 18 years. Come build and have fun. All supplies are provided and no sign up required.

Raise a Reader, Wednesdays, 10:00 AM

Children ages 2 - 5 years and siblings with their parents/caregivers are invited to explore and engage through storytime, free play, and activities. Registration is required at sccpartnership.wixsite.com/mysite.

Monster of the Week, Thursday, October 24 at 5:30PM

Join us in this tabletop RPG night to investigate a mystery in a game world inspired by shows like Buffy the Vampire Slayer and The X-Files. Space is limited, please stop by the reference desk orcontact Peter at parsenault@ cwmars.org. No experience necessary.

Children's Author, Emily Cutler Friday, October 25, 11:00ÅM - 12:00PM Author of "Addison Goes to First

From being a college assignment and lifelong dream to something children and adults of all ages can enjoy and relate to.

# ALMANAC

# REAL ESTATE

WEBSTER

\$1,150,000, 34 Westwind Dr, Sroczenski, Lee S, and Didonato-Raymond P, and Faucher, Lisa J.

\$254,900, 24 Whitcomb St, Mcgeary, Joel E, and Mcgeary, Maryann C, to Neguisse, Eden, and Woldeyesus, Leterberhan.

\$133,333, 50 Bates Point Rd, Zalewski, Daniel, to Zalewski, Phyllis A.

\$100,000, Killdeer Island Rd, Killdeer Island Road RT, and Neiduski Family RE LLC Tr, to Lake Life Consulting LLC.

**DUDLEY** 

\$400,000, 81 Schofield Ave, Flynn, Rosemary, to Wang, Jinguang, and Ke, Yimei. \$375,000, 8 Sayles Way, Leblanc,

Michael J, and Leblanc, Tina, to Dubreuil, Jacob, and Dubreuil, Laura. \$335,000, 269 Dudley Southbridge

Rd. Hill. Thomas, and Hill. Dana. to Banach, Sarah, and Sweet, Timothy. \$302,000, 10 Center Rd, Godino,

Jamaris, and Godino, Michael J, to Gadoury, Vanessa K. \$110,000, 83 Oxford Ave,

Bogdanowicz John A Est, and Canty, Laura, to Morgan, Medhat, and Massoud, Beshoy.

**OXFORD** 

\$425,000, 155 Leicester St, Ragsdale RT, and Ragsdale, George M, to Hillcrest Worship Center.

\$320,000, 277 Main St, Morin, Donald P, and Morin, Suzanne T, to Nadreau, Jonathan.

\$260,000, 5 Daniel Dr #5, Mahoney, Thomas, to Reece FT

2017, and Reece, John D.

\$237,000, 3 Maid Marion St, Marcinkus, Joseph, and Marcinkus, Dawn, to Krula, Victoria B, and Iwaniuk, Ryan A. \$217,000, 158 Main St, Roy

Anthony Est, and Roy, Robin, to Collard, Jay, and Collard, Tamara. \$143,250, 54 Leicester St, Velocity Commercial Cap, and US Bank NA Tr, to US Bank NA Tr.

\$117,000, 32 Thayer Pond Dr #10, Hartwig, Robert J, and Hartwig, Rachel A, to Wilson, William, and Wilson, Lucy A.

\$70,000, 66 Old Webster Rd, Laconto, Carolyn M, and Laconto, Paul J, to Laconto, Carolyn M.

# The Class of '69

Courtesv Photos

Bartlett High School's Class of 1969 recently gathered for its 50th reunion, which brought together members of the football team — seated, from left to right: Paul Zurawka, Billy Millette, and Bob Minarik. Standing, left to right are: Fr. Paul Bomba, Robert Miller, Mark Puliafico, Ted Avlas, Russell Sinni, and Arthur Plouffe.



# WEBSTER | TIMES

## **ACCURACY WATCH:**

The Webster Times is committed to accuracy in all its news reports. Although numerous safeguards are in place to ensure accurate reporting, mistakes can occur. Confirmed fact errors will be corrected in a timely manner on page A3. We cannot run corrections based upon differences of opinion or unconfirmable facts. We will, however, print letters to the editor from area residents who wish to add their comments to our news coverage. If you find a mistake, please email news@stonebridgepress.news or call (508) 909-4111. During non-business hours, leave a message in the editor's voicemail box.



Webster Masonic Lodge

Top Row, L to R: Charles H.

LaMarche, Mark A. Swierzbin, Jonathan C. Way, III, Jay R. Spahl,

Paul H. Horan, Paul A. Davidson.

Bottom Row: Juan R. Jimenez, Don

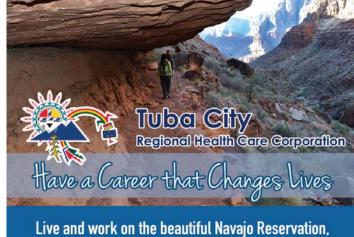
J. Davidson, Mike Chiler, District

Deputy Grand Master 24TH

Masonic District, R.W. James J.

Courtesy Photo

installs new officers



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# \*\* Friday's Child \*\*\*



Age 10

Hi! My name is Fayth and I like donuts!

Fayth is an active girl of African American/Caucasian and Cape Verdean descent. Like most children Fayth's age, she loves to play and run around! She enjoys opportunities where she can get her face painted and donuts are her favorite snack. Fayth is an excellent student who does very well in school.

Fayth is legally free for adoption and would do well in a loving, structured home environment with a single mother or two-parent family. Fayth currently lives with a female child who is the same age as her and they are doing very well together. Interested families should be able to maintain the Open Adoption Agreement with Fayth's birth

mother, and the connection she has with her two sisters. They should also be open to supporting Fayth's needs when it comes to her hearing loss.

### Who Can Adopt?

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

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

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



Gonyea, Incoming Master R.W. Windsor H. Bigelow, III, Richard P. Clark, Kenneth M. Wilson, Jr. Freemasonry provides an opportunity for men to

meet and enjoy friendly companionship. In the spirit of helpfulness and

brotherly love and guided by strict moral principles, it encourages goodwill

toward all mankind. Freemasonry is of a personal nature in its private cer-

emonies. Its ritual dramatizes a philosophy of life based on morality. It pro-

motes self-improvement. The tools of operative masons are used to symbol-

ize and teach the basic principles of brotherly love, charity, and truth which Masons are encouraged to practice in their daily lives. Charity is a tangible way in which Masons help those whose circumstances in life fairly warrant

it. Nationwide Masons donate nearly \$3 MILLION per day to charity!

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# SENIOR CORNER

### **Webster Senior Center**

5 Church St. (508) 949-3845

Open Monday – Friday, 8 a.m. – 4 p.m. Email: SeniorCenter@Webster-ma.

Like the Webster Senior Center Facebook page to view our photos, news and announcements.

Tri-Valley Lunches: Served Tuesday, Wednesday, Thursday, and Fridays at 11:30 am. Please call (508) 949-3845 at least 48 hours in advance to reserve your meal or to cancel a reserved meal.

The Webster Senior Center offers a SHINE Counselor. Dates and times may vary. Please call The Webster Senior Center (508) 949-3845 to make an appointment.

FREE Blood Pressure Screening on the second Thursday of every month at 10:30 am. Sponsored by Webster Manor.

SNAP: A representative from SNAP (Supplemental Nutrition Assistance Program) will be at the Webster Senior Center every Tuesday. The representative will be here from 10:00 am-11:00 am.

NEW: Scrabble group will begin meeting Mondays from 12:00pm-2:00pm and they are looking for new members. Call or stop by the senior center for more information.

Mondays: Knitting/Crocheting Social 10:00 am- 12:00 pm

Monday: Exercise Classes with Forty Arroyo – Chair Dancing 10:00-11:00 am. Move While U Groove (dance fitness) 11:30 am-12:30 pm. Cost: \$3.00 each class

Wednesday: Exercise Classes with

Forty Arroyo - Chair Dancing 10:00-11:00 am. Move While U Groove (dance fitness) 11:30-12:30 pm. Cost: \$3.00 each

Friday: Exercise Classes with Forty Arroyo - Chair Dancing 10:00-11:00 am. Move While U Groove (dance fitness) 1:00 - 2:00 pm. Cost: \$3.00 each class.

Bingo: Every Tuesday, starts at 1:00 pm promptly. Please plan to arrive by 12:45 pm to allow time to buy your bingo sheets. Our bingo group is looking for volunteers. Stop by the front desk or call (508) 949-3845 for more information.

Progressive Pitch: Every Monday and Wednesday at 1:00 pm. No need to commit to a league, come and play when vou can make it.

Mahjongg Group: Interested in learning how to play Mahjongg? We have players that are willing to teach you

how! They meet on Wednesdays at 1:00 pm. Call or stop by the Senior Center for more information.

13-Card Pitch: Thursdays at 1:00 pm 9-Card Pitch: Fridays at 1:00 pm

Cribbage Group: Fridays at 1:00 pm.

S.C.M. Elderbus Inc. Passengers: Please note that you need to call 1-800-321-0243 at least 48 business hours (2 days) in advance to schedule a ride.

\*The Webster Senior Center will gladly accept gently used medical equipment (NO commodes) in good condition that's CLEANED prior to being donated. Please call the senior center before dropping off items.

Please call the Senior Center at (508) 949-3845 or stop in and pick up our monthly newsletter for a complete list of additional activities and upcoming

### Webster police log

WEBSTER — The Webster Police Department reported the following arrests during the week of Sept. 29 to Oct. 5.

Joseph N. Bottis, age 36, of Webster was arrested on Sept. 29 in connection with several warrants.

Frank Anthony Stefanik, age 60, of Webster was arrested on Sept. 29 in connection with a warrant.

CliffordL. Regimbal, age 41, of Dudley was arrested

on Sept. 30 for Trafficking in Heroin, Morphine, or Opium in an amount totaling 18 Grams or More, but Less Than 36 Grams. Yusaf Harris, age 44, of Clinton was arrested during the same incident for Conspiracy to Violate Drug Law and Possession of a Class B Drug. Also arrested during this incident was David L. Rush, age 29, of Webster for Possession of a Class B Drug and Conspiracy to Violate Drug Law.

Keith Berthiaume, age 40, of Webster was arrested on Oct. 1 in connection with two warrants.

Jesse Gevry, age 37, of Webster was arrested on Oct.

2 in connection with a warrant.

## **Dudley police log**

DUDLEY — The Dudley Police Department reported only one arrest during the week of Oct. 4-11.

Jacqueline L. Paul, age 43, of Webster was arrested on Oct. 6 for Disorderly Conduct, Disturbing the Peace, Vandalization of Property, and Attempting to Commit a Crime.

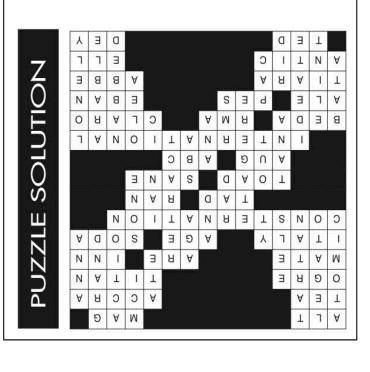
### **CLUES ACROSS**

- 1. Computer key
- 4. Periodical (abbr.)
- Hot beverage
- 8. Capital of Ghana 10. Shrek is one
- 12. Behemoth
- 13. Good friend 14. Form of "to be"
- 16. Where travelers rest
- 17. European country 19. Everyone has one
- 20. Pop
- 21. Feelings of anxiety
- 25. Small amount
- 26. Moved quickly 27. Common name for a type
- of frog
- 29. Free from psychological disorder 30. 8th month (abbr.)
- 31. Basics
- 32. Transcending national boundaries 39. Natives of Kashmir
- 41. Returned material
- authorization (abbr.) 42. Cigar wrapper
- 43. Brew
- 44. Popular video game series
- 45. Abba \_\_, Israeli politician
- 46. Jewelled headdress
- 48. French cleric 49. Bizarre
- 50. Unit of measurement 51. Foul-mouthed Hollywood bear
- 52. "Partridge Family" actress

### **CLUES DOWN**

- 1. Type of bomb 2. Smooth
- 3. Clothing pattern
- 4. Defunct phone company
- 5. Something to take
- 6. Type of piano
- 8. Consumed 9. "Pitch Perfect" actress
- Kendrick
- 11. Ray-finned fish
- 14. Heat storage stove 15. Shrink back
- 18. Yukon Territory
- 19. Connects words
- 20. Sound unit
- 22. Furniture with open shelves
- 23. Cool!

- 24. 007's creator
- 27. Source of the Nile River
- 28. Not safe, but ...
- 29. Helps little firms 31. Comedienne Gasteyer
- 32. Conceptualize
- 33. Root mean square (abbr.)
- 34. Integrated circuit 35. Evergreen trees and shrubs genus
- 36. Apprehended 37. Suitable for growing crops
- 38. Isolated 39. Footwear company
- 40. Electronic intelligence gathering 44. Political action committee
- 47. Free of



# Support Oxford Library at turkey dinner fundraiser

STURBRIDGE - The Friends of the Oxford Free Public Library will hold a Turkey Dinner Fundraiser at the world famous Publick House in Sturbridge that will delight food lovers and library lovers alike.

Two seatings are available, from 4:30 to 6:15 p.m. and from 6:30 to 7:30 p.m. Dinner will be buffet all the trimmings. No one will go home hungry!

style. This is an all-you-can-eat turkey dinner with Adult tickets are \$14, and a limited number of Children's tickets are available for \$5. Tickets can be purchased at the Circulation Desk at the

Library.

Transportation via a Council on Aging van and driver will be available for Oxford residents who are homebound and/or handicapped. They will need to sign up for this, as the seating in the van is limited especially for people in wheelchairs

The Oxford Free Public Library, at 339 Main St. in Oxford Center, is a member of the C/W MARS network and is open to all residents of Massachusetts. The Friends of the Library are volunteers who support the Library with fundraising and promotional activities. Hours and library news can be found at http://oxfordmapubliclibrary.org.

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# Gobi to talk about farm

DUDLEY - Concerned or just curious about where the law regarding farming be it dairies or hemp, development or conservation - is headed?

Come get your questions answered Tuesday, Nov. 12, at 7 p.m. at the Dudley Grange, 139 Center Rd., Dudley, as State Sen Anne Gobi talks about what's working its way through the Legislature this session. This event is free.

There are dozens of such bills. Two would create study commissions to examine long-term farm resilience in the face of economic and/or climate changes and livestock housing needs. Several change various aspects of farm tax laws, including exempting urban farms. Others change pesticide and forest-harvesting laws, allow raw milk delivery and shared ownership of cows, create an agricultural disaster relief fund, define hemp and/or marijuana as allowable crops under Chapter 61A and/

or Chapter 128, and many other things. Democratic government only works when the people participate. Other local representatives and senators have been invited to attend. For more information, call 508-764-8042 (ask for Gus or Maureen).



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# New brochure guides visitors through Dudley's Historic District



Clourch in the great Dudley Hill Fire of 1990.

Below is the Black Tavers. This inset image is a photo





(1892). The building is now the Nichols College



Wm. Allen House (c.1840) Dudley Southbridge Road.

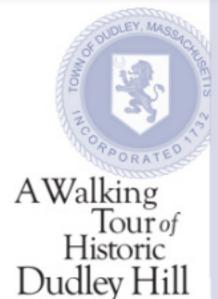
he information in this brochure was obtained from the proposal for the Dudley Hill Historic District, voted by the Massachusetts Historical Commission on September 11, 2019 for submission as a Registered National Historic District. A copy of the full proposal is available at the Pearle L. Crawford Memorial

A good source for Dudley history is Early History of Webster, Dudley, and Oxford, by Paul J. Macek and James R. Morrison (2000).

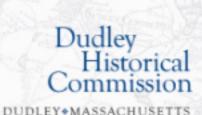
#### Dudley Historical Commission 2019

provided by a grast from the Dudley Cultural Couna local agency that is supported by the Mass Cultural Council, a state agency.

> Brochure dougn provided by Studio K Design, Dudley, Massachuse



he Town of Dudley was established in 1732, by act of the General Court, after families living in the area petitioned to have their own church "convenient" to them. Prior to that time, local inhabitants were part of Oxford and required to travel along the "Woodstock Trail" north to Oxford center or south to Woodstock to a place of worship. That "pathway" is still used today and on Dudley Hill is named Center Road.





BY JASON BLEAU

DUDLEY - The town of Dudley officially has a historic district in place and the town's Historical Committee has wasted no time putting resources in place to help both residents and visitors appreciate the properties included in that district.

In October, the town released a new document that has been in the works for much of 2019, a self-guided walking tour brochure that takes participants

from the Town Common down to the Carter House at the corner of Ramshorn Road and Dudley Oxford Road. Historical Committee Chair Ed Bazinet revealed details about the finished brochure during the committee's meeting on Oct. 8.

"It does start you right out at the common and works you down the hill to see the old stone school that's there and then it gets you back up on the road and it discusses the various houses that are there and walks you up to the Village Cemetery and then eventually the Carter House," said Bazinet.

Funded through a grant provide by the Dudley Cultural Council and designed by Studio K. Design, the brochure is directly inspired by the proposal for the Dudley Hill Historic District which was approved by the Massachusetts Historical Commission on Sept. 11. For Bazinet and the rest of those involved in the project, it's a big step forward to drawing attention towards this newly designated district that has been years in the mak-

"We were pleased to have our self-guided walking tour of the new district," said Bazinet. "I think it's nice. People can get a copy of this if they go to the town clerk's office. I think we have them at the tax collector's office. The selectmens office has a few. You can get them right up at the common if you go to Black Tavern."

The map takes participants through seventeen different locations, providing a brief description of the historical significance of each. The town

common and Black Tavern are, of course, included on the tour. Other sites included are the Congregational Church, District One "Old Stone" School, Grange Hall, "Dudley Hill Grammar School, Moses Barnes Store, Moses Barnes House, Leavens Boarding House, Leonard and Polly Baker House, H.W. Pratt home, the Ruel Moffitt House, the Williams Hancock-Cady Webster House, the Village Cemetery, Town Pound and finally the Carter House.

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# LEARNING

# St. Joseph students learn about safety with Officer Phil

Courtesy Photos

WEBSTER — On Tuesday, Oct. 1, St. Joseph School students received a special visit from Officer Phil. The purpose of the Officer Phil Program is to teach children how to stay safe, make smart choices, and be better members of the community.

During the presentation, the St. Joseph School Kindergarten through Grade 4 students were entertained by magic, games, and ventriloquism. Topics such as stranger danger, the effects of bullying, and internet safety were discussed in a fun and informative way that made a lasting impression on the students. The program also encouraged positive behavior like honesty and friendship.

Building on the foundation of the Officer Phil assembly, St. Joseph School Pre-K through Grade 3 students had a special meet and greet opportunity on Thursday, Oct. 10 with Webster Fire Chief, Brian Hickey and members of his Fire and Rescue Team. During their time with the students, the fire fighters discussed the importance of fire drills at home and school, what to do during a fire, and other safety tips focused on the use of candles in the home and campfires. In addition,

the fire fighters put on their gear so that the young students could experience how the firefighters would look and sound should they need to be rescued during a fire. The visit culminated with a tour of Webster's Engine #1 and pictures with Chief Hickey.

St. Joseph School would like to thank the Webster Police Department, Webster Fire and Rescue, and all first responders for their dedication to the communities they serve. We love and appreciate you and we're always praying for you.









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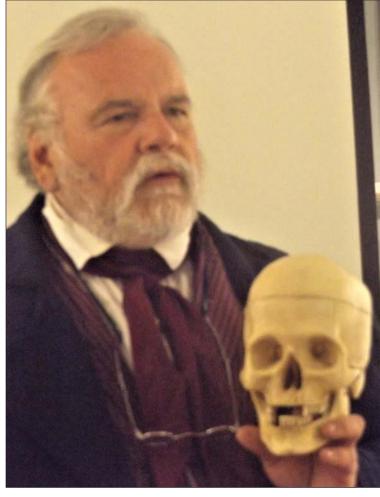








# Program examines phrenology craze of 19th century



Gus Steeves Photos

Tom Kelleher holds up a plastic human skull, one of several he used to demonstrate the locations of various phrenological "organs."

BY GUS STEEVES CORRESPONDENT

SOUTHBRIDGE — Local resident Maureen Doyle got her head examined last Wednesday, as a voluntary guinea pig for Tom Kelleher's talk on the pseudoscience of phrenology.

Based on the natural tiny bumps of her skull, Kelleher said users of the 19th century precursor to modern psychology would have claimed Doyle had a "good sense of order," hopefulness and a high level of "suavitiveness" (friendliness), but below average senses of direction, acquisitiveness and "adhesiveness."

Of course, he also noted that various practitioners of phrenology came up with a widely varying number of spots on the skull that they labels "organs" for dozens of personal qualities over time. But it was the first attempt to localize brain functions in a systematic manner, although inaccurate when compared to what we now know of actual neurobiology.

For most of human history, Kelleher said, people believed the brain was largely the body's thermometer, not the source of emotions, because we "feel things physically more than we do in our heads." A lot of that time, the dominant Western "medical" idea was based on the "four humors," with illness being an imbalance among them treated in various ways to restore that balance.

Phrenology "first saw the light of day" in the 1790s, when then-teenager Franz Josef Gall thought the people around him with "prominent eyes" were better students, and started observing other physical features he thought correlated with various personal traits. As an adult, he read "thousands of heads" by touching the skull's subtle bumps and valleys, a practice he termed "craniology." His partner Johann Spurzheim coined the term "phrenology" and popularized it with a lecture series in which the Boston elite were "hanging on the great doctor's every word," Kelleher said in the character of Central Mass phrenologist Nelson Sizer.

Although not the first American phrenologist, Spurzheim became famous for it. He didn't get to enjoy fame much, since he died of typhoid fever soon afterward. His Boston funeral was the biggest event in decades, and his autopsy "was accompanied by a phrenological lecture, given by someone else, of course."



2. Tom Kelleher examines the "mental organs" of Maureen Doyle.

But nobody knew what to do with his body after they preserved his skull, brain and heart, since appeals to Europe to claim it fell on deaf ears.

The fact the two men had been kicked out of their native Austria fell right into the hands of a couple of entrepreneurs trying to promote the idea of the country's first park-like "rural" cemetery, Mt. Auburn in Cambridge. They convinced Boston brahmins to donate for a big headstone there, and used it to sell a lot of gravesites.

To most Americans of that day, phrenology was mostly a curiosity at first

"We Americans are above all else a practical people," Kelleher said as Sizer. "We need to know what good is it to me, what value is it, what use can I put it to?

They answered that question with the idea that "through knowing the brain, you can know the mind," and phrenology became a major root in the self-help movement. Using it, proponents claimed, you could know "which cards you're holding, so you can play the game," Kelleher/Sizer noted. By studying it, they thought people could identify if politicians were honest, a business partner was good with money, servants would be good workers, and spouses would be loyal, among countless other things.

"It will put each person ...

into the place where they'll achieve their greatest success," he said. "... It has the greatest potential in the rearing of chil-

"Size is the measure of power. Size is strength. Size matters," he said, using the blacksmith's arm vs that of a scrivener (writer) as an example. Both, however, can change depending on how they're used, "and so it is with mental organs.'

He said phrenologists applied the idea to much of the animal world as well, using three common examples. Beavers, he said, show no development of the organ for religion, but are notable for their "twin organs of constuctiveness," groundhogs for theirs of "inhabitiveness," and squirrels for theirs of "acquisitiveness," although "acquisition, not memory, is the squirrel's strength."

The field peaked in the 1840s, largely due to the work of three men, Kelleher said, leaving the Sizer character behind. George Combe, a Scottish lawyer who toured America 1838-40, wrote The Constitution of Man "reflecting on man through the principles of phrenology.' It "outsold Darwin more than seven to one" in the 19th century. Only two books outsold it – the Bible and Pilgrim's Progress. About the same time, brothers Orson and Lorenzo Fowler founded the American Phrenological Institute, which

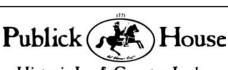
published hundreds of books, articles and journals on the concept and "how to live your life" using it. They became famous for moral and medical

Ironically, it was real medicine that helped spark the concept's rapid decline. In the late 1840s, railroad worker Phineas Gage suffered an accident in which a metal bar was blown through his head. He survived, but his personality was radically changed in ways that had nothing to do with the alleged "organs" phrenology identified in the brain. More than a century later, modern neurology would show why Gage changed due to the damage to parts of his frontal cortex.

Phrenology "was discredited by a lot of things," Kelleher said. Among them were real science, the fact the concept had "no strong second generation" to promote it, and the fact it was used by "a lot of racists in their 'proof' of Aryan racial superiority." It still exists as "a sideshow" at carnivals and a way "to meet people at parties by feeling their heads," he added.

The famous phrenological diagram of the head, though, is still commonly used to depict all kinds of things, often in political cartoons or ads

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



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Frank G. Chilinski STONEBRIDGE PRESS PRESIDENT AND PUBLISHER

> Brendan Berube EDITOR

# **EDITORIAL**

# Healing through

At a time when our country seems more divided than ever, and tempers are quick to flare over such hotbed issues as the border war, gun control, human rights violations and climate change, it's become increasingly common to hear our peers speak of strange times and an undefined feeling of malaise. Interpersonal violence has been on the rise, and an overall sense of disconnectedness has led many to feel isolated and fearful.

The international playing field seems full of land mines, both literal and metaphorical, and each day brings unpredictable media headlines. As the national stage normalizes disrespect of others and that behavior seeps into everyday interactions, it becomes more necessary than ever for all of us to practice goodwill toward others. The opioid epidemic touches a growing number of families. Many people hide behind their social media personas; quick to fire volatile opinions they would otherwise be unable to say in face-to-face interactions. We hear that climate change isn't real, while also being told that a mass extinction is underway and life as we know it will end in thirty years. Every day we send our children to school, secretly questioning whether they will be safe.

Some days, the problems of the world feel insurmountable. While there is no simple one-solution-fits-all approach to the issues swirling around us, sometimes the best way to make sense of the world is simply by helping others. Rosalynn Carter summed it up best when she said, "Do what you can to show you care about other people, and you will make our world a better place." Volunteering provides countless benefits to both the giver and the recipient. Uplifting others, even sometning as simple as making another person smile, can change the path of an entire day if not a life. We are well aware of the gift of service and how it benefits others who may be less fortunate. But we do not often consider the impact volunteering can have on our well-being.

As we each consider our path to wellness, we would be wise to include community engagement alongside cardio and strength training. Research has shown that volunteering not only increases self-confidence and combats depression, it also helps us stay physically healthy and lowers mortality rates. Through community service, we form tangible bonds with others and our social and relationship skills improve. And just maybe, each charitable act we perform will help offset that malaise that hangs in the air.

As civil rights leader Dorothy Height once said, "Without community service, we would not have a strong quality of life. It's important to the person who serves as well as the recipient. It's the way in which we ourselves grow and develop."

# THE DEADLINE to submit letters to the editor and commentaries for next week's newspaper is Friday at noon. SEND ALL ITEMS to Editor Brendan Berube at THE WEBSTER TIMES — news@stonebridgepress.news

THE DEADLINE to submit letters to the editor and commentaries for next

# LETTERS TO THE EDITOR Celebrate Webster — A tasting event

**POSITIVELY** 

**SPEAKING** 

By Gary W.

MOORE

To the Editor:

How does a town celebrate?

Our town celebrates by pulling together the entire community to enjoy an evening of good food, good music and

It is because of our generous community that 'Celebrate Webster' - the first annual fundraiser for the benefit of the Gladys E. Kelly Public Library - was such a huge success. Over one hundred fifty tickets (a sellout) were sold for a net profit of over \$5,000.

But, such a successful event does not happen in a vacuum; successful events are the result of many people working together and 'Celebrate Webster' was indeed a community effort.

A sincere thanks to the Webster restaurants that donated staff and food

Thanks to these restaurants for their hard work and support: Big Belly Café, Bistro Eighty Ates, Cappellini's, Del Ray Docs, Eastern Pearl, Food Fit4U, Golden Greek, Lake Pizza, The Lodge, Mama's Kitchen, Point Breeze and The Rose Room.

And of course, thanks to all of the members of The Friends of the Gladys E. Kelly Public Library for their time and effort. I am so proud to be part of such a wonderful organization.

Sincerely, Thomas Klebart

FRIENDS OF THE GLADYS E. KELLY PUBLIC LIBRARY Webster

# Country music finds beauty in our imperfections

I just finished watching the final of eight episodes of the Ken Burns Country Music documentary. Last week, I wrote of how Country Music was the soundtrack of my life. Every Country song up until a specific date in my life triggers a memory for me. As

is life, some memories are happy and others not, but in almost every moment of my life until 1983, a Country song was playing in the back-

My dad was a devoted Country Music fan. His favorite artists were Merle Haggard, Waylon Jennings, Willie Nelson, Ernest Tubb, Bob Wills and many others, but Merle Haggard topped his list. He knew all the words and after a beer or two on a Saturday night he'd begin singing them.

My sisters and I idolized our father for many reasons. He was always there for us regardless of the problem. He always had a kind and encouraging word and could make us laugh at the drop of a hat. We loved Country Music because he did.

I can name the specific moment that I pushed Country Music out my life. It was 6:15 PM on May 13, 1983. My dad died suddenly and unexpectedly of a massive heart attack and for me, Country Music died with him. The music I grew up listening to became representative of the loss of the pillar of our family. I shut it off. Every musical memory included my father and he was now gone. Ken Burns brought me back to the music of my youth and I am grateful.

And I have a lot of catching up to do! So many new artists came after that date and I missed them all. I find myself especially attracted to the music and sound of Dwight Yoakam. To me he's a country music newcomer even though he's been around for thirty years. It's as if I turned off the radio and fell asleep for over three decades and I'm hearing many of the stars and their music for the first time ... and loving it.

None among us is perfect. Not one.

What is it about this enduring musical genre that captivates millions around the globe? I think that Country Music finds beauty in our imperfections. Death, addiction, divorce, pain, loss, failure ... it doesn't matter which of life's problems are featured, Country finds a way of creating acceptance. It let's us know we are not alone, and others have experienced the same and suffered with us. It shares that as bad as things may be, 'the music' understands and will stay by our side as it helps us sort through the pain and find a way to overcome. Country Music is more than notes on a page or organized sounds, it is a friend when you need one the most.

Country Music is also respect. I've never heard of a Country star trashing his or her hotel room or cursing at fans. I have not seen

a Country star give his fans the finger or walking off stage during a temper tantrum. Country Music stars genuinely seem to understand they are nothing without the people who buy tickets or download their songs. I always am touched by their respect.

Arlene and I were at a business meeting in Branson, Missouri in 1993 and was having breakfast on our last day. I looked aver after we were seated, and I saw Merle Haggard sitting at a table talking to a younger band member. He was telling the younger that it is okay to make mistakes if you learn from them. He was coaching a younger musician about something that had happened. I remember the kindness in his voice.

I asked our server to please give me his check, which she did. After a while, Haggard stood and asked his server for his check and she pointed over to our table and said we had paid it. He walked over and thanked us then asked, "Why'd you want to buy our breakfast?

"My dad loved your music and you made him happy for many years. He died in 1983 and he never got the chance to thank you himself. So, this is his son's way of thanking you on his behalf." He responded, "Thank you. I'm sorry I never had the opportunity to meet him." We exchanged a few other pleasantries and he turned to leave the restaurant, then he stopped, turned back and laughed. "Where will you be for lunch?"

It was a beautiful experience for me to be able to thank Merle Haggard for his music, and I was genuinely touched by his kindness.

I think most importantly for me, Country Music is forgiving. I dropped it without notice and left thirty-five years ago and didn't look back. But now, that I have returned. Country Music has welcomed me back with opened arms and only responded with the title of the Kathy Mattea hit song ...

"Where've you been?"

Gary W. Moore is a freelance columnist, speaker and author of three books including the award-winning, critically acclaimed, "Playing with the Enemy." Follow Gary on Twitter @Gary WMoore 721 and at www.garywmoore.com.

# Halloween safety tips



CORNER **STEVE** 

WOJNAR

Trick or Treat in Dudley is sched-uled for Thursday, Oct. 31 from 5:30 to 7:30 p.m. Please note that due to the EEE threat in our area, the times may be subject to Please change. stay tuned to social media or the local news for updates as it gets closer. In the meantime, I wanted to remind

everyone participating in this activity of some important safety tips.

It is important to remember to have plenty of illumination when out at night. Carry a flashlight and use reflective tape on costumes, especially those that are dark in color. Adjust any mask or hood in such a way to maintain clear vision. This will not only protect you from cars but also limit accidents on unfamiliar property. Also, stay on the sidewalks and away from traffic. If there are no sidewalks, walk along the road shoulder facing traffic. Never go out alone. Younger kids should always be accompanied by an adult. Older children, not accompanied by an adult, should be in a group and inform their families where they will always be. Since most people have access to a cell phone, keeping in contact should not be an issue. Children should never enter any home when they do not know the person. Wait outside and let the people bring the items to the door.

All candy must be inspected by an adult before the kids "dig in." Accept only wrapped items and reject anything such as fruit or loose candy. If there is even a slight possibility of candy having been tampered with, discard it. There will certainly be enough left for everyone to enjoy. The evening is designed to be fun for children. Officers will be out during these times assisting everyone in having a happy and safe Halloween.

Finally, remember to respect those home owners who do not participate or may have run out of candy. A home without outside lights on can be a good indicator of one of these circumstances. Try to avoid these locations out of respect for their privacy. In addition, it is unsafe to walk in a location which is not known and not well lit. There could be hazard spots present which can cause an accident or injury. Thank you in advance for your cooperation with these many tips and try to keep this a fun and safe night.

As a reminder, on Saturday, Oct. 26 from 9 a.m. to 1 p.m., the Dudley Police Department and the Drug Enforcement Administration (DEA) will conduct another prescription drug "Take Back" event. The public can safely dispose of expired, unused, and unwanted prescription drugs. The service is free and anonymous. During our previous events, large quantities of prescription medications were taken in. In addition, a needle drop box will also be available for those who need to safely dispose of medical sharps. Several communities in our area will also be participating in this event. If you are not from Dudley. check with your local police for a participating location near you. I encourage everyone to mark their calendars and take advantage of this opportunity.

Thanks again for your questions and comments. Please send them to me at the Dudley Police Department 71 West Main St., Dudley, MA 01571 or email at swojnar@dudleypolice.com. Opinions expressed in this weekly column are those of Chief Wojnar only and unless clearly noted, do not reflect the ideas or opinions of any other organization

# Be creative when withdrawing from retirement accounts

Like many people, you may spend decades putting money into your IRA and your 401(k) or similar employer-sponsored retirement plan. But eventually you will want to take this money out – if you must start withdrawing some of it. How can you make the best use of these funds?



FINANCIAL Focus

**DENNIS ANTONOPOULOS** 

you do with the RMDs? If you need the entire amount to help support your lifestyle, there's no issue - you take the money and use it. But what if you don't need it all? Keeping in mind that the withdrawals are generally fully taxable at your personal income tax rate, are there some particularly smart ways in which you can use the money to help your family or, possibly, a charitable organization?

Here are a few suggestions:

Help your grown children with their retirement accounts. Your grown children may not always be able to afford to "max out" on their IRAs. You might want to help them with any excess funds from your own retirement accounts. You can give \$15,000 per year, per recipient, without incurring any gift taxes an amount far higher than the current annual IRA contribution limit of \$6,000 (or \$7,000 for individuals 50 or older).

Help your grandchildren pay for college. You might want to contribute to an investment specifically designed to build assets for college. A financial professional can help you choose which investments might be most appropriate. Of course, if your grandchildren are already in college, you are free to simply write a check to the school to help cover tuition and other expenses.

Help support a charitable organization. Due to recent changes in tax laws, many individuals now claim a standard deduction, rather than itemizing. As a result, there's less of an incentive, from a tax standpoint, for people to contribute to charitable organizations. But if you'd still like to support a charitable group and gain potential tax benefits,

you might want to consider moving some, or all, of your required distributions from your IRA to a charity. You can transfer up to \$100,000 from your IRA in this type of qualified charitable distribution, thus meeting your RMD requirements without adding to your taxable income. Furthermore, this move might keep you in a lower tax bracket. (Before making this transfer, though, you will need to consult with your tax advisor.)

Your RMDs can contribute greatly to your retirement income, but, as we've seen, they can do even more than that – so use them wisely.

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

To begin with, here's some background: When you turn 70 and a half, you need to start withdrawals – called required minimum distributions, or RMDs – from your traditional IRA and your 401(k) or similar employer-sponsored retirement plan, such as a 457(b) or 403(b). (A Roth IRA is not subject to these rules; you can essentially keep your account intact for as long as you like.) You can take more than the RMD, but if you don't take at least the minimum (which is based on your account balance and your life expectancy), forget these withdrawals. then, Here, is the question: What should

you'll generally

be taxed at 50%

of the amount

you should have

taken - so don't

# A perfect time to be outdoors





THE GREAT OUTDOORS **RALPH** TRUE

This past weekend was just perfect to be outdoors for most activities. The Uxbridge Rod & Gun club opened their pond to fishing after a healthy stocking of trout in the club pond. Very few took advantage of the trout stocking, with only a hand full of members fishing at the noon time opening. The rainbow and brown trout were nice size, and will provide some great fishing in the coming weeks.

This writer fished Wallum

Lake in Douglas this past week, and was rewarded with some impressive rainbow trout. The rainbows were not hitting flys I was using, so I switched over to a couple of Repala stick baits, and was having some fast action on two rods. Shore fishermen were also doing very well using the popular power bait. Because Wallum Lake is under Rhode Island regulations, anglers are able to retain five fish daily .

Duck & Goose hunting opened under ideal conditions this past Monday in Massachusetts. Some local marshes held many birds for hunters this year, and it should only get better in the next couple of weeks. The big blow that we had last week stated the migration of ducks and geese, bringing some great shooting



for the season opener.

Pheasant hunting opened a couple of weeks ago at the Uxbridge Rod & Gun Club under their preserve permit. Turnout of members was great, and they did very well harvesting pheasant. This week's first picture shows Frank and Joyce Dagineault taking a break during one of the hunts. Enjoying the fall colors and some bird hunting prior to the opening of deer hunting in Rhode Island, the pair still get out and do as much hunting as possible being in there 80's, although they will tell you that they are slowing down a bit. We all are.

Tautog fishing Rhode Island waters is heating up with reports of some impressive fish being caught daily. If you have never gone tautog fishing, you need to go now. Catching tautog on green crabs, using light tackle is a blast. Eating the fish is one of the best tasting fish in the ocean, if you use the simple following receipt: Cut the fillets into medium to large size chunks.

Drop them in a pan of boiling water that has a couple of table spoons of white vinegar added to it. When the boil returns the fish only need to cook another couple of minutes or until it flakes apart with a fork. Do not overcook. Strain the fish and drop the fish chunks into some hot butter. Salt & pepper to taste. It taste better than lobster. This week's picture shows a world record tautog, also known as blackfish.

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# Put Fall leaves to work in your landscape



GARDEN Moments **MELINDA MYERS** 

Raking fall leaves can seem like a chore and a never-ending one, at that. Reduce time and effort spent managing fall leaves by putting this valuable resource to work in your landscape.

Use your mower to recycle leaves right where they fall. As you mow the grass, you'll shred the leaves into smaller pieces. If they are the size of a quarter or smaller, your lawn will be fine. As these leaf pieces decompose, they add organic matter and nutrients to the

Another option is to attach a bagger to shred and collect the leaves with every pass of the mower. Only use grass clippings collected from lawns that have not been treated with a weed killer this fall. Or burn a few extra calories and rake the leaves into a pile. Shred with a leaf shredder or mower and spread them over the soil surface around perennials. Leaf mulch helps insulate plant roots, conserve moisture, suppress weeds and improve the soil as it breaks down.

Bag shredded leaves you want to save for next season. Tuck them out of sight for winter under trees or around the foundation of your house for added insulation.

Dig extra shredded leaves into vacant annual flower and vegetable gardens or incorporate them into the soil as you prepare new planting beds. They will break down over winter, improving the drainage in heavy clay soils and the water-holding ability in fast-draining soils.



Melinda Myers Photo

Shred and collect fall leaves with every pass of the mower. Then place a layer in flower beds to insulate perennial plant roots, conserve moisture, suppress weeds and improve the soil as it breaks down.

Create compost with shredded leaves and other landscape trimmings. Do not use meat, bones or dairy that can attract rodents. Avoid diseased, trimmings insect-infested and weeds that can survive in compost piles that don't produce enough heat to kill these unwanted pests.

Start with a compost pile that's at least three feet high and wide for efficient decomposition. Place a mixture of shredded fall leaves, grass clippings free of herbicides, vegetable scraps and other landscape trimmings in an 8- to 10-inch layer. Cover with compost and sprinkle with a low nitrogen. slow release fertilizer.

Repeat the layers until the pile is the desired height. Then moisten until it's the consistency of a damp sponge. Turn the pile occasionally, moving the material in the center to the outer edge and the less decomposed trimmings to the hotter center. It's a great workout and speeds decomposition. Or pile the materials in a heap and let nature do the work; it just takes longer.

Oak and large maple leaves both make great mulches and additions to the compost pile but are slow to break down. Shred them with your mower or leaf shredder first for better results. Avoid black walnut leaves that contain juglone, a compound which is toxic to many plants. Once the leaves are fully decomposed the compost is safe to use.

As you begin putting fall leaves to work in your landscape, you'll start considering them a gift versus a curse from nature especially as you see the

results of your efforts - a more beautiful landscape.

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

# Painting Tips

If your surroundings are looking a little drab this season, the solution could be as simple as adding color to your space. Whether you plan to completely renovate a tired room or just focus on a wall or two, nothing spruces up a room like paint. Best of all, paint products and ideas available today make it easier than ever to be a do-it-yourselfer! The following tips offer some smart solutions to cut your next project down to

To tell if bargain paint is a true deal, rub a little between your fingers. if it feels perfectly smooth, it's a quality paint. If it has a gritty feel, the paint's not up to par.

Want to get the best price on paint? Consumer groups claim April is the best month to purchase paint at a dis-

Be sure to check out the "oops" gallons of paint at your favorite paint or home store. When consumers return mixed paints or don't accept them once the colors are blended, they are often sold at a fraction of their original price. Even if you can't find a color you

like, remember a light color can often be used as a primer to cut costs.

And if you're lucky you can alter the hue a little to better suit your needs, as some stores will even re-tint these bargain paints.

Flat paint is a top choice for ceilings, but quality differs. Here's how to tell the good from the bad. Buy tiny samples of flat paint, then place a spoonful of each on a flat surface. Put a drop of food coloring on the paint blobs. The one that

TAKE THE HINT **KAREN TRAINOR** 

spreads the least is the best quality paint. Want to repaint but

you're not sure if that dried paint surface is latex or oil based? Here's a trick to test: Scrub a small painted area clean and dry well. Soak a cotton ball in rubbing alco-

hol and rub over the cleaned spot. If traces of paint come off, it's latex and should be repainted with the same. If it doesn't come off, it is oil based.

Don't know what to paint first?: Experts advise painting in this order: ceiling, walls, trim, cabinets, and doors.

When painting new plaster, or a similar porous surface, paint on a solution of water mixed with PVA glue first. This will seal the surface and stop the paint from soaking into the plaster. Not only does it give a much better finish, but the paint will go further too.

To prevent paint peels on cement floors, wash them down with full strength white vinegar before you paint them. Once dry, apply the paint. It will adhere and prevent future peels. This trick also works to help paint adhere to galvanized metal finishes.

When painting with a brush, always keep a wet edge as you paint, and work away from that wet edge. If you paint over a dry edge, you will get overlap marks.

If you are painting a baseboard heater or radiator with enamel paint (made for this purpose) the finish will last longer if the surface is warm. The enamel will "bake" on the metal for a chip-proof

Are your paintbrush bristles "shedding" on a freshly painted surface? Even the best of brushes sometimes come loose. To prevent this, try soaking a new brush in linseed oil overnight before using it. As a bonus, the pre-treated brush will last longer and be

easier to clean!

To remove varnish or oil-based paint from hands easily, try spraying them with a laundry pre-treat solution, such as Spray and Wash. Rub hands together and rinse well. This does the job without harsh chemicals such as turpentine.

After cleaning brushes, place a rubber band around the tip of the bristles until dry. It will keep the shape of the bristles and prevent them from fanning out during drying.

Avon Skin So Soft cleans paint brushes easily, and as a bonus, leaves the brushes soft and silky.

Instead of tossing out that old rubber spatula, why not store it with your painting supplies? When pouring paint the spatula helps you get every bit out of the pan. There is no waste and less mess!

Win Dinner for Two at the Publick House

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

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

### LINDSTROM

continued from page 1

his community was a great moment of

"This means a lot to me because there have been so many great people in my life. One thing you learn from being with the guys in the NFL is there are so many different backgrounds to get people there and that level of success. It really comes from their support system, whoever that is," Lindstrom told selectmen. "I could not be where I am today if it wasn't for the town and the community. There are so many people that help and support you and you come back and it's a privilege."

Selectmen called Lindstrom a "credit to the town," with each member of the board offering their congratulations and thanking Lindstrom for being a

powerful role model and spokesperson for the town of Dudley and its young athletes. Lindstrom said he takes those responsibilities to heart and is proud to represent his community in Atlanta.

"One thing (my father) always said was you're an ambassador of the game and an ambassador of your family. That's what I really try to bring to everything I do - When I'm down in Atlanta I'm an ambassador of Dudley," Lindstrom said. "I'm really proud to be from this town and this area.'

Lindstrom also stressed the importance of academics in his success explaining that while playing college football he had to maintain his grades while also committing to the sport he loves. He thanked the staff and leaders at Shepherd Hill Regional High School for heling students like himself and the future players prepare to navigate that difficult road to success.



Dudley selectmen pose for a photo with Dudley native and NFL Offensive Guard Chris Lindstrom of the Atlanta Falcons.

### RESERVE OFFICERS

continued from page 1

pointments for all reserve officers. Wojnar of Grafton and Conte who recently just moved to Dudley both expressed excitement for serving the Dudley community. "I can't wait to start. I'm definitely excited and looking forward to it," Elizabeth

"I'm grateful for the opportunity. It's a great department, very diverse. It's going to be great to serve the community that I live in," Conte said.

The Police Chief has stated that he is interested in bringing a few more names forward for consideration to fill gas in the towns police reserves.

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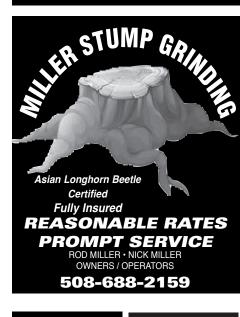


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#### **NATIVE**

continued from page **1** 

Although they were not originally used by all tribes, they've become very common across the continent because of the intermingling of tribes in the wake of colonial and US expansion.

In Eastern tribes, he said, the dreamcatcher is often associated with Grandmother Nokomis, who watched a spider weaving his web in her lodge over a few days. When her grandson came over and wanted to kill it, she stopped him. Spider thanked her and gave her a gift, weaving a web through which moonlight "glistened like silver."

"This gift will capture all the bad energy that comes in the night," Spider said. "The hole in the middle will let in the good."

Among the Lakota, the energy flow is reversed, with good being caught by the web and bestowed on the person through the feathers, while evil is sent on its way, he noted.

Either way, the dreamcatcher itself is a sacred personal item. Traditionally, the mother's mother will make one out of willow for a child to be born, giving it only a bead (for the spider) and a small feather for the child (owl for girls, eagle or hawk for boys, representing the breath of life). As they age and go through life's lessons, the person adds other feathers and items to it for such events as their first successful hunt. Sometimes, married couples unite their dreamcatchers so they point in all four directions.

Bachand said there are several symbolic numbers involved in their creation. Some have eight places where the web connects to the wooden ring, representing the spider's legs. Others

use seven, symbolizing the seven generations to come or seven Native shaman-prophets (one of whom predicted non-Natives "will destroy themselves and the land will return to the Natives," he noted). Still others have 13 points, reflecting the 13 lunar cycles per year.

Coincidentally, Bachand was speaking on the day of the Harvest Moon (a.k.a. Hunters' Moon), when local Nipmucs gather to celebrate harvest and exchange what they grew in their gardens, he noted. Such moon ceremonies are open to the public; a listing of dates and locations is available at www. nipmuck.org.

The medicine wheel is a large wooden hoop with two crossed arrows, a dream-catcher and other items attached to it that essentially consolidates symbols of Native spirituality. "You're getting the medicine of everything" from one of these, he noted. (A different kind of medicine wheel exists in the northern plains, where some tribes built large stone circles for communal ritual purposes. Most tribes had sacred stone structures or natural sites of various kinds, however.)

Speaking of stones, Bachand said Natives see stones as "the grandfathers."

"They're the oldest things on the planet," he said. "Most stones were made when the planet was made, so they have a lot of knowledge and power."

Small stones are frequently gifts Natives put in their personal medicine bags, small leather bags worn on a thong around the neck. Other items held therein can be almost anything meaningful to the wearer – animal claws, tobacco, shells, seeds – that "keep you grounded." By carrying them, you honor them, and they honor you.

"It doesn't have to be huge. You don't want a backpack," he said. "...This protects me from a lot of things."

Regarding the talking stick, Bachand said most tribes use some version of it, sometimes just a feather. Among local tribes, it's often topped with a redtailed hawk head or skull (the Lakota use eagles) and ends in a talon because birds of prey are messengers of the Great Spirit. (Under federal law, only Natives can possess parts of birds of prey.)

"They're high on the totem of things we can connect to the Creator," he said. "... The words you speak will be seen and heard by the eagle and hawk and be translated to Creator. You must speak truth."

In practice, the holder of a speaking stick is the only person allowed to speak at any given time in a family meeting or communal gathering. Others must wait and listen until the holder is done, and even if the holder asks for a response, they wait until they hold the stick, he noted.

"As you grow up in that [culture], you don't necessarily need to be in ceremony, you just learn to listen," he said. "There might be something that's good for you."

Indeed, a key part of Native culture is listening to everything. Bachand noted people ask permission to take branches from trees to make dreamcatchers, to hunt an animal for food and so forth, and honor them for their gift afterward by using all parts of it. They don't cut trees and season them for firewood, instead using the deadfalls and dead limbs that are common in the forest.

"They honored everything, and everything they did had a reason to it," he said, also noting animals and Natives both had to know their environment because they lived in it. "They knew everything had a spirit."

"A lot of legends are combined" today because conquest forced people to "succumb to a certain belief and discard your spirituality" or run, he said.

Over the course of centuries, many people "sought safety with other tribes" and shared spiritual ideas and stories with their hosts.

One example is that of the use of sage as incense in the ceremonial cleansing process (called smudging). The plant is native to the West, but has become a continent-wide practice. Originally, Natives of our area used sweetgrass and cedar, and sometimes still do. Modern research has shown all of them have natural antibiotic properties, some-

"When I step out in the woods, I am not civilized anymore," Bachand said. "I'm civilized because I have to be."

thing Natives knew long ago.

To him, that means setting aside our learned fear of nature and distance from other beings we share Earth with. He told a few stories of encounters with animals, including one in which he briefly walked alongside a black bear. Others in the audience shared similar experiences.

"Animals pick up on your energy and know if you're out there to harm them," he said.

The two remaining events in the series will happen the next two Saturdays, both at noon at the library. On Oct 19, Del Bachand talks about Native healing plants. On Oct 26, Craig Standing Bear will tell Native stories and play the flute.

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

# TRIPS OFFERED

The "Trips Offered" section is for non-profit organizations and will run as space allows. Mail your information to Trips Offered, c/o Brendan Berube, PO Box 90, Southbridge, MA 01550; fax to (508) 764-8015 or e-mail to news@stonebridgepress.news.

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

### DUDLEY SENIORS

Dudley Seniors presents a Branson Show Extravaganza, Saturday, May 2 through Sunday, May 10, 2020, \$905 per person, double occupancy. Incredible price includes motorcoach transportation, eight nights lodging including four consecutive nights in the Branson, Mo. Area, 14 meals (eight breakfasts and six dinners), admission to seven fabulous Branson shows, including New Jersey Nights, Amazing Acrobats of Shanghai, Doug Gabriel, Presley's Country Jubilee, "Noah the Musical," and the Hughes Show; and one dinner show on the Showboat Branson Belle. For pictures, video and information, visit www.GroupTrips.com/dudleyseniors. Departure point: Dudley Town Hall, 71 W. Main St., 8 a.m. Saturday, May 2, 2020.

For more information, please call Evelyn at (508) 764-8254.

FRIENDS OF THE STURBRIDGE SENIORS

Tuesday, Dec. 3 to Thursday, Dec. 5 Overnight Trip 3 Days/2Nights. Prices are \$459 for Double Occupancy and \$559 for Single Occupancy. On Wednesday see the Spectacular Awe Inspiring Special Effects and complete with Live Animals "Miracle of Christmas Show " at the Milenium Sight and Sound Theater. Following the The Miracle Show is Dinner at the always delicious Plain and Fancy Restaurant. Also included in this trip and happening on Tuesday is a Dinner Show production of Irving Berlin's Musical "Holiday Inn" featuring thrilling dance numbers, laugh out loud comedy and a Parade of Irving Berlin's Hit Songs. Thursday features a visit to Hershey's Chocolate World and Milton Hershey School and Founders Hall before we head home with rest stops on our way back. This Trip includes 2 nights Lodging, 2 Breakfasts, 2 Dinners, Tickets to The Miracle of Christmas and Tickets to the Holiday Inn Show and a Full Commentary Back Country Tour of the Farmlands of Lancaster Country.

Dec. 31 New Years Eve "DAY" at the Lake Pearl at the Lake Pearl in Wrentham, Mass. Let's Celebrate the New Year during the "DAYTIME". Featuring the dynamic Tom LaMark Orchestra as they cover original classics from the Swing Era, the Best in Ballrooom Dancing, our Favorite Line Dances, and on up to the Best songs from the '50's, '60's and '70's. Sing along, Dance along and Party strong to this Live Band. For \$89, enjoy Deluxe Motorcoach Transportation, Salad, Breads, Choice of Entree, Potato, Vegetable, N.Y. Style Cheesecake, Coffee/Tea and let's not forget a CHAMPAGNE TOAST.

May 15, 2020 to May 22, 2020 Cruise 8 Days/7 Nights Boston to Bermuda aboard the Norwegian Cruise Lines "GEM" SHIP. Leave Boston Friday, May 15 and return Boston Friday May 22. Included are All of the Following, Roundtrip Transfers from Sturbridge to Boston and back. The Ultimate Beverage Package, The Ultimate 4 Night Dining Package, Specialty

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LEICESTER SENIOR CENTER.

Wednesday, Nov. 13: Indian Head Christmas Spectacular and Luncheon. Bus leaves at 8:30 a.m. Cost is \$89.

Friday, Jan. 17, 2020: Foxwood Casino. Free lunch buffet or \$10 food voucher and \$10 casino slot play. Cost is \$30.

Friday, Feb. 14, 2020: Foxwood Casino. Free lunch buffet or \$20 food voucher and \$10 casino slot play. Cost is \$30.

Friday, March 20, 2020: Foxwood Casino. Free lunch buffet or \$10 food voucher and \$10 casino slot play. Cost is \$30.

MARY QUEEN OF THE ROSARY PARISH

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

USA: SPLENDORS OF THE NORTHWEST: Wonders of Northern California Redwoods, Oregon & Washington Aug. 3-16, 2020

JAPAN: March 26 to April 9, 2020

JAPAN & CHINA: March 26 to April 22, 2020 SPAIN & PORTUGAL: September 9-24, 2020

SOUTHBRIDGE SENIOR CITIZENS ASSOCIATION

Contact Jim Julian at the Casaubon Senior Center Monday, Wednesday, or Friday 9-10 a.m. or call (774) 922-4049 or e-mail jimtrips@yahoo.com.

Trips are open to the public! Make checks payable to the Southbridge Senior Citizens Association, payment due at sign up:

SOUTHBRIDGE SENIOR CITIZENS 2019 TRIP SCHEDULE

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

Contact Jim Julian at the Casaubon senior center Monday, Wednesday or Friday mornings from 9:00 to 10:00 AM or call 774 922 4049, or e-mail me jimtrips@yahoo.com

FRIENDS OF STURBRIDGE SENIORS

We are proud to announce the following upcoming Bus Trips which are open to everyone age 21 and over. The following One Day Bus trips are 92.00 which includes a Deluxe Bus Transportation, Delicious Lunch, Tax, Gratuity and Fabulous Entertainers.

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Wednesday August 28th Tribute Show hear Songs of Neil Diamond, Carole King, Johnny Cash, Janis.

We also have the following 2 to 5 Day Overnight Trips for Singles and Double Occupancy. Saturday June 29 to Wed

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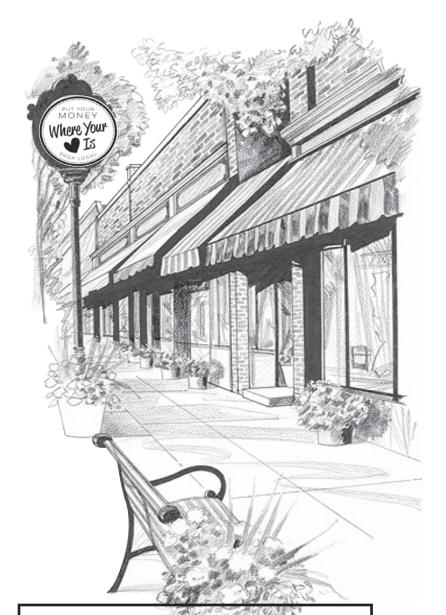
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For more information, please contact Dick Lisi at 508 410 1332 or at lisirichard15@ yahoo. com

Sturbridge Recreation

New York City Holiday bus trip: Saturday, Dec. 14; depart from Burgess Elementary School at 7 a.m. on our Lizak charter. Arrive approximately 10:30 a.m. (a rest stop will be made along the way) for a day to do as you please in the wonderful Big Apple! Ice skate at Rockefeller Center, take in a show on Broadway, do some Christmas shopping, marvel at the light displays, and more! Drop off will be as close to Rockefeller Center as possible. Depart from the city at 6:30 p.m. and enjoy a peaceful ride home. Arrive back home in Sturbridge by 10 p.m. Cost: \$50 per person. Contact the Sturbridge Recreation Departmetn at (508) 347-2041 or recreation@town.sturbridge. ma.us for more information.

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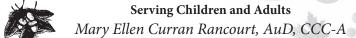
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# Wolverines score early, often to take down Bartlett



Photos courtesy Lisa Kontoes

Bartlett's Jesse Dunphy hangs onto the ball while trying to wrestle free from a Leicester



Donald Speight of Bartlett employs a stiff-arm maneuver on a Leicester defender while carry-



Alex Nunez of Bartlett runs with full speed ahead against Leicester.

#### BY KEN POWERS

WEBSTER — Dan Mero and Jack O'Neill connected on a pair of long touchdown passes and Stephen Olsen added two rushing scores to lead the undefeated Leicester High varsity football team and its high-octane offense to a 42-6 victory over Bartlett High on Saturday, Oct. 12 at Memorial Athletic

Mero, who completed 9-of-13 passes for 180 yards, hooked up on the first play from scrimmage with O'Neill (five catches, 127 yards), the completion going for 53 yards and a touchdown. Nolan Power tacked on the first of his five extra points following the score to give Leicester (5-0 overall, 2-0 in the Southern Worcester County League B Division) a 7-0 lead just 13 seconds into

"I have to give it up to my blockers. Our line played pretty good today," Mero, a senior, said. "When my linemen — centers Nik Dagostino and John Nichols, left guard Chris Miranda, left tackle Jack Larson, right guard Joe Barbato, and right tackle Andrew Zawalich — are blocking for me and I



can get the ball out to my receivers, it's a good game. It gives me a lot of confidence going forward."

Olsen (11 carries, 95 yards) helped extend the Wolverines' lead to 14-0 on their next possession, finishing off a short four-play drive by plowing up the middle for a 17-yard touchdown run. The drive was set up when Bartlett quarterback Logan Paranto was intercepted by Power.

"We knew Stephen was going to help us this year, but he has been better than we expected," Leicester head coach Tim Griffiths said. "He is a good battering ram, which helps our offense because we got O'Neill and some other kids on the edge and then we can run him right at you.

The Wolverines extended their lead to 21-0 with 7:08 left in the first half, Mero hitting O'Neill with a 35-yard scoring strike.

'Jack is just such an athlete. He can make every play on the field. He can catch everything," Mero said of his fellow senior. "It doesn't even matter if it's a very high ball; he jumps over his defender to get it. He's an all-around playmaker. I can rely on him to go get any pass I throw to him.'

Xavien Rosario and Olsen added rushing touchdowns for Leicester in the third quarter, after which the Wolverines led, 35-6. Rosario scored on a three-yard run, while Olsen found the end zone on an 11-yard run.

"[Olsen] hits the hole very hard. As much as he is a bigger back, he can still juke," Mero said of his backfield mate. He runs into everytning that is in iront of him and he just doesn't go down. He doesn't go down without eight kids tackling him."

When asked after the game about his production in the Leicester run game, Olsen flashed a what's-the-fuss look before answering.

"I just keep trying to go forward until they get me on the ground. I don't stop running until the defense makes me stop running," Olsen said. "Our O-line opens the holes and I run through them. We could have fit a pickup truck through the holes they opened up for me today."

Mero said he is pleased the Wolverines have started out 5-0, but he believes the team still has much work to do.

"We're playing well, but we can always

play better," Mero said. "Penalties are killing us right now. If we clean up that sloppiness I think we're going to be

Griffiths said the tables have turned on the Wolverines since the beginning of the season.

'We went from the hunter to the hunted by starting out 5-0. That's a different role for our kids and they're adjusting to that," Griffiths said. "Leicester is a football town, so our fans are starting to come out of the woodwork because we've gotten off to such a fast start. The momentum is building in town.'

Bartlett (3-2 overall, 1-2 in league action) scored its lone touchdown in the third quarter on a 36-yard touchdown pass from Paranto to Jesse Dunphy.

'Our kids played hard. Sometimes when you're out there against a good team you've got to play perfect and we didn't play perfect today," Indians' head coach Dane Laboissonniere said. 'We're on to Oxford.'

# SPORTS BRIEFS

### Ski or snowboard at **Wachusett Mountain**

Are you interested in having a lot of fun while also helping to make the winter fly by? Any students in grade 3 and up, parents or teachers from any of the surrounding towns and states can ski or snowboard eight consecutive Saturday nights at Wachusett Mountain for just \$158 through the Southbridge Ski Club. You drive to Wachusett Mountain on your own. The eightweek program begins on Saturday, Jan. 4 and ends Saturday, Feb. 22. Ski or snowboard rentals as well as lessons are also available at a very reasonable cost. You may also be able to ski or snowboard for free through your health insurance coverage. Also, anyone (students or non-students) can purchase Gold, Silver and Bronze Season Passes at a lower discounted price through our Club. For more information, please contact Dick Lisi at (508) 410-1332 or at lisirichard 15@yahoo.com.

## Softball pitching lessons available in Southbridge

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

# **Dudley Charlton Women's** Basketball to hold pickup games

On Monday evenings at the Heritage School from 7-9 p.m., you will find women playing pickup basketball. We play every Monday from September to June based on the school schedule. There are no set teams or fees. Ages 18 and older are welcome. Come for some fun exercise. Contact Deb at (508) 248-3600 for more information.

# Mohegan Bowl fall leagues, week ending Oct. 13

Monday Men's Business Single — Steve Poisant 152, Michael Kustak 150, Mike Marrier 140 Series — Mike Marrier 406, Steve Poisant 386, Michael Kustak 381 Mike Series over average — Marrier +73

Ten Pin City

Single — Joanne LaBonte 186, Sara LaMountain 175, Natalie Wood 172 Series — Joanne LaBonte 467, Shirley Smith 458, Natalie Wood 455

Tuesday Chet's Social

Single—Ryan Pelletier 123, Richard Girouard and Darren Mello 116, Erin Van Dam 119, Marsha Kallgren 112, Susan Giles 108

Series — Ryan Pelletier 343, Richard Girouard 313, Ben Allaire 303, Erin Van Dam 297, Marsha Kallgren 296, Ellen Fugatt 276

 $Series\ over\ average\ --\ Darren\ Mello$ +27, Marsha Kallgren +35

Wednesday Women's Industrial Single — Annie Boulos 120, Noelle Gorski 114, Lynne Smith 113

Series — Lynne Smith 320, Annie Boulos 314, Marie Piegorsch 288 Series over average — Annie Boulos +53

Summit Tenpin Single — Division 1: Lola



LaMountain 193, Todd Fischer 187, MEC Hashey 171

Division 2: Dave Curboy 173, Robin

Altiery 171, Max Gullickson 170 Series — Division 1: MEC Hashey 472, Timothy O'Brien 469, Todd

Division 2: Max Gullickson 466, Donald Altiery Sr. 435, Roy LaMothe

Thursday AM Coffee Single — Lorraine Brezniak 116, Pat Blake 113, Carol Kondratowicz and Marsha Kallgren 105

Series — Pat Blake 316, Tammy Moran and Lorraine Brezniak 294 Series over average — Gen Lariviere +39

Thursday Men's Industrial Single — Steve Poisant 166, Bo Gauvin 147, Bill Sgariglia 143 Series — Steve Poisant 426, Bo Gauvin 399, Scott Gauvin 370 Series over average — Steve Poisant and Mike Taft +69

Thursday Mixed Tenpin

Single — Chris Wong Kam 169, Tim Johnson 167, Bob Bourget 158, Ann Hebert 178, Carol Chausse 142, Jeanne Carita 139

Series — Tim Johnson 431, Chris Wong Kam 429, Sean Blake 415, Ann Hebert 469, Carol Chausse 399, Jeanne Carita 358

Saturday Youth

Single — Jake Muscara 83, Jacob Pillsbury 82, Isabella Mathieu 73 Series — Jake Muscara 229, Jacob Pillsbury 221, Isabella Mathieu 197

Series over average — Morgan Minor +44

Sunday Mixed

Single — Brian Pilesky 183, Paul Nault 130, Brian Lavallee 127, Loda Blackmer 118, Karen Dupuis 97, April White 94

Series — Brian Pilesky 399, Brian Lavallee 369, John Dupuis 349, Loda Blackmer 288, Karen Dupuis 277, April White 268

Series over average — Brian Pilesky +72, April White +34

# Wing brothers and company ground and pound Oxford past Panthers



Oxford's Joseph Szela creates separation from David Prouty's Justin Falletti as he tries to make the reception.

BY KEN POWERS

OXFORD — The Wing brothers took flight during Oxford High's Homecoming varsity football game against David Prouty Regional on Saturday, Oct. 12, combining to rush for 242 yards and help lead the Pirates to a 28-0 shutout of the Panthers.

Junior Sam Wingled the team and family effort against David Prouty, gaining 208 yards on 17 carries. Freshman Ben Wing

added 35 yards, which included a two-yard touchdown run Oxford's first TD of the game on eight carries.

snapped a two-game losing streak and improved to 3-2 overall and 1-0 in Southern Worcester County League B Division play. The Panthers fell to 1-4 overall, 1-4 in league play with the loss.

"As a team we just came out trying to get out of the funk

With the win the Pirates

we've been in; we've lost our



Oxford's Sam Wing runs away from a multitude of David Prouty defenders.

last two games," Ben Wing said. "We wanted to get rolling again. Now we want to win our last three games and make the

Oxford rolled up a total of 361 yards on the ground against David Prouty on 46 rushing attempts. Eight different players had at least one rushing attempt for the Pirates. Ben Wing said every running back on the team knows there is one certainty in successfully running the football — at any level.

When we have success in the running game it's because of our offensive linemen," Ben Wing said. "They do every-thing for us. When we have a good run we have to thank the linemen — Alex Green, Nick Geragonis, Jacob Sund-Lucier, Jacob Sullivan and Teegue Olson — because they're the reason why. Those guys are my boys. Because of them I thought we came out and dominated today."

Oxford head coach Jeff Clarkson said he is pleased with the progress Ben Wing has made this year.

"Ben is a good kid. He's always striving to be a better player," Clarkson said. "He's one of those guys who wants to improve as a football player every time out; every practice and every game. Everything he does seems to involve getting better as a football player.'

Clarkson said the game was much more competitive than the final score might indicate.

"It was a good win. They definitely challenged us," Clarkson said. "The whole game they were one pass away from taking off on a big play. They're a big-play team. Our defense played decent."

Oxford extended its lead to 14-0 with nine seconds left in the first quarter, junior Tyler Jacques (eight carries, 34 yards) plowing in from four yards out. The Pirates took a 21-0 lead into the locker room at halftime, junior quarterback Devin Audette and senior captain Nick Sellig connecting on a four-yard scoring strike with 4:09 left in the second quarter.

Oxford closed out the scoring in the fourth quarter, freshman Chris Best recovering a David Prouty fumble in the end zone to push the Pirates' lead to 28-0.

David Prouty may not have gotten into the end zone against Oxford, but it wasn't for a lack of trying, especially from junior quarterback Zack Paine. Paine completed 21 of the 40 passes he attempted, gaining 239 yards in the process.

"I thought Zack had a phenomenal game," David Prouty head coach Pat Rossi said. "We put some trust in him to make some calls and he took control of our offense. He made a lot of very good decisions with the ball."

Junior Vincent Clarizio was Paine's favorite target against the Pirates, Clarizio catching eight passes for 107 yards. Sophomore Stephen Ceccarini had seven catches for 63 yards.

"I thought we left some points out on the field," Rossi said. "I was really happy with the way we played together and competed with Oxford, a team with a lot of seniors, for the entire game, even though we're mostly sophomores and juniors. I feel like this was a positive step for us and we're coming together. I think we'll be a different team in the second half of the season."



Tyler Mello of Oxford sees plenty of running room down the sideline while carrying the ball.

# 'Fighting' Indians give top-ranked Millbury a tough contest



Bartlett's Isabella Mello serves the ball against Millbury.

BY NICK ETHIER SPORTS STAFF WRITER

WEBSTER — Over the recent years the Millbury High varsity volleyball team has had quite a strong run winning the Central Mass. Division 3 Tournament in 2016 and advancing to the District Final again last fall — while Bartlett High is still in its infancy stage, as this is just the Indians' fourth year competing at the varsity level.

Still, Bartlett gave the Woolies all that they could handle in their opening set on Wednesday, Oct. 9. Millbury rallied, though, and finished off a 3-0 victory. Set scores were 25-23, 25-14, 25-11.

"I was extremely happy with how they played the whole game," said Peter Twiraga, the Indians' first-year head coach after serving a season as the JV coach. "Millbury's one of the best teams in the state. As we've been talking about all season, let's focus on the point that's in front of us. That's how we've been



Bartlett's Chaya Lipman-Tessicini hustles over toward the ball, looking to keep the

rolling and that's how we definitely rolled in that first set. We wanted to fight and make them compete, and that's what we did."

Bartlett held slim leads of 13-9, 15-11 and 18-14 in that first set. Then, after the Woolies regained the lead at 19-18, the Indians' Imani Washington spiked two kills to give Bartlett a 22-21 lead. A Millbury kill then tied the score at 22-22, but a Woolies' error gave the advantage back to the Indians, 23-22.

Bartlett then made an error to tie it up, 23-23, and from there Millbury's Isabella Bertrand served back-to-back aces to put the set away.

"We kind of caught them off guard, and I knew we were ready today, Twiraga said of battling so hard against the Woolies.

And although Millbury won the second and third sets in relatively easy fashion — at least on the scoreboard -



Nick Ethier photos

Breanna Ward of Bartlett races over to a dipping ball in order to return the serve.

Twiraga was proud of the way his team never gave up.

"We were still fighting out there, it was just that they had some great serves. We were still fighting, which was the most important thing," Twiraga said.

Millbury improved to 10-4 overall and a perfect 9-0 inside the Southern Worcester County League (SWCL). Bartlett slipped to 4-8 and 3-7 in the SWCL.

For the first time in the program's history, the Indians had a different goal at the beginning of the season compared

to the autumns of 2016, '17 and '18. "Our focus had been to try to make Districts," Twiraga said of qualifying for the Central Mass. Division 3 Tournament. "At this point we've won four games, the most we've had [last season Bartlett won twice]. The team has been making a lot of progress in the last year. They've put in a lot of work."

And although the loss to Millbury officially eliminated Bartlett from District contention, Twiraga is still excited about the games ahead to end the season.

"We have some games down the stretch where we will absolutely fight and compete," he said of a potential stepping stone situation heading into next year.

# Rams continue to win, this time over Tantasqua



Nick Ethier photos

Shepherd Hill's Annaka Lindstrom serves the ball over to Tantasqua's side of the court.

BY KEN POWERS SPORTS CORRESPONDENT

**STURBRIDGE** Senior Kiley Wong-Li recorded five aces, four digs and three kills, plus several long service runs

to help lead the Shepherd Hill Regional girls' varsity volleyball team to a 3-1 victory over Tantasqua Regional on Tuesday,

With the win over the

Warriors and a 3-1 victory against Nashoba Regional the following day, Shepherd Hill improved to 9-4 on the season and qualified for the postseason. Since beginning 1-2, Shepherd Hill has won eight of the 10 matches it has since played. Tantasqua's record stood at 8-6 following the loss to the Rams.

Shepherd Hill won the first two sets of the match by the same score, 25-19, before dropping the third set to the Warriors, 25-13. The Rams rebounded, however, closing out the match with a 25-18 win in the fourth game of the best-of-five format.

Shepherd Hill took control of the first set of the match, turning a 12-11 deficit into 21-13 lead, behind Wong-Li's serv-

Sophomore Gabrielle Eberhart (four kills, four digs) then opened the second set with a powerful spike to give the Rams a quick 1-0 lead and Wong-Li added four service points to help increase the lead to 9-4, but Tantasqua battled back, tied the set, 14-14, and took a brief lead (16-14) before the Rams roared back behind the serving of Wong-Li (four service points), junior Samantha Katz (three service points) and Eberhart, who closed the set with a pair of aces.

Tantasqua's third set win featured the play of junior captain Morgan Smith, who had four service winners — including two aces — two kills and two blocks. The Warriors never trailed in the set, which was tied twice, at

3-3 and 4-4.

In the fourth set Tantasqua scored the first point, but Shepherd Hill came back to tie the game and then take the lead, 2-1. The Rams never trailed or were tied in the set again, leading by as many as eight points, at 18-10, before settling for the seven-point win. Wong-Li had five service winners in the fourth set, while Katz and Emily Waterhouse each had three service winners.

Katz. Waterhouse and senior Madi Hughes all finished the game with two aces for the Rams. Waterhouse also had six digs and sophomore Alyse Biron added four digs and two kills.

"I'm happy with the win, but we've got a lot of work to do. We didn't play our best game today. We should be a lot better. We can be much better than we were today," said Shepherd Hill assistant coach Tony Wong-Li, again filling in for head coach Chris Lindstrom, who Wong-Li said was out of town on business. "Our ball control was not good today.

"In order for us to run our plays we need to pass the free balls," Wong-Li continued. "We have to have ball control and pass the ball. Today we did not do that very well, so we couldn't run our offense. We did enough to win, but we did not control the ball and pass the ball as much as we have in other games this

Tantasqua was led in the match by Smith, who had 11 kills and six aces. Addie Ellithorpe added



Kiley Wong-Li of Shepherd Hill reaches her arms out to return a Tantasqua serve.

four kills and two aces, while Sophie Law had four kills. Briana Myran led the Warriors with an eye-popping 21 assists.

"This was a good us," matchup for Tantasqua head coach Danielle Twarowski said. "I think we could have beaten them; we're evenly-matched verv teams. A game like this comes down to errors; which team is going to make the least amount of errors and which team is going to get the most earn points. We've worked on that in practice — minimizing our errors and trying to up the ones that we earn.'

Twarowski said the Warriors that got her attention in the match were defensive specialist

Emily Fritze, Smith, a middle hitter and Myran, the team's setter.

"Emily played well of the bench. She got my attention because I know what she's been working on. Her defense was better today than in any other game we've played," Twarowski said. "With Mo [Smith] we've been working with her on making smarter choices so she's not making unforced errors. She did really well on kills and aces today, and she had a ton of blocks today. Briana did a great job setting today; she's been working her butt off and it showed in her play today."

# Shrewsbury narrowly beats much improved Shepherd Hill



Nick Ethier photos

Shepherd Hill's Katie Lavoie whacks the ball down the field.

BY NICK ETHIER

SHREWSBURY — When the season started for Shepherd Hill Regional's varsity field hockey team, they hosted Shrewsbury High on Sept. 9. And the Colonials took it to the Rams, winning

Fast-forward a month later to Thursday, Oct. 10, and The Hill and Shrewsbury met again, this time at David J. Adams Memorial Field at Central One Federal Credit Union Stadium. And although the result was the same — the Colonials won — this time the Rams lost by a mere 2-1 final.

That example of progress has been seen all season long by Shepherd Hill second-year head coach Katie Dunn.

"We've done a 180, completely," she said. "We always have positive thoughts, but it's making the girls realize that [reaching the postseason is] reachable and that they can actually do this. That's a mentality that hasn't been with the program for a while.'

The Rams are now 5-6-2 and hope to reach the Central Mass. Division 1 Tournament for the first time since

"We've got to win three games out of our remaining five and that's something that we can accomplish," said

The Colonials, meanwhile, improved to 6-2-4 and are on the verge of also qual-

ifying for the CMass D1 Tourney. Shepherd Hill struck first against Shrewsbury, taking advantage of their third penalty corner with 17:45 remaining in the first half. There, junior Claudia Bonaventura serviced the ball into play, where senior Katie Lavoie grabbed the pass. Lavoie then stick-handled the ball into the circle and wristed a long shot past Colonials' defender Alix Barry and then past junior goalie Nora Frederick for the score.

"She's my only senior," Dunn said of the goal-scoring Lavoie. "We're working on consistency and not overdramatic corners."

Shrewsbury seemed to have gotten angry about the fact that a team they had beaten by six goals was now beating them, and they turned up the aggressiveness. The Colonials then tied the score at 1-1 with 10:29 to go until halftime when junior Claire Mullen curled into the crease and popped a shot up and over Shepherd Hill sophomore goalie Patrysia Rivera Kwiatkowska.

The game entered the second half still

deadlocked at 1-1. But Shrewsbury controlled the possession for much of the second half, and they were rewarded with the game-winner with 13:35 to play. Mullen serviced a great pass into the scoring circle, and from there junior Elaina Trippi received the ball and shot it past Rivera Kwiatkowska.

The Rams didn't go down without a fight, though, as they received a corner with 35 seconds to go. Bonaventura serviced the ball to Lavoie, and she and sophomore Alec Leduc had a give-andgo exchange to set up a scoring opportunity. Shrewsbury's defense cleared the ball out of the zone, though, to end the game.

The match statistics were nearly identical, as both teams had four penalty corners and both goalies finished with four saves.

"I'm proud of that game, they played so well," Dunn said about her team's efforts. "I was worried because I lost six seniors last season."

But The Hill has responded with a junior-heavy roster, having already won five games this fall compared to just three all of last season. The Rams tied Leominster High this year, 1-1, when usually it has been a loss; and they defeated Groton-Dunstable Regional earlier in the week, 4-1, after losing 3-0 a season ago.

"To have that change within a season is remarkable," Dunn concluded.



Hannah Cushing of Shepherd Hill gives chase to a loose ball.



Shepherd Hill's Katie Lavoie lifts a shot up and over Shrewsbury's Alix Barry, where it eventually found its way into the back of the cage for a goal.

# Annual St. Joseph School Golf Tournament a smashing success

The 20th annual St. Joseph School Golf Tournament was held on Saturday, Sept. 28 at Dudley Hill Golf Club. It was a beautiful day for golf and a great day for the St. Joseph School Athletic Program. Thank you to our generous sponsors, golfers and volunteers.

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\$100 Program Sponsors: The Dery Family, C. Richard Piasecki, CPA, and the St. Joseph Women's Club. First Place Winner: Steve Keller

Team — \$260 and a dozen St. Joseph School Golf Balls

Longest Drive: Steve Keller Closest to the Pin: Coach Jeff Grupposo

Closest to the Line: Maria Reed The event concluded with drinks, col-

lege football and a delicious steak dinner at the Daniel and Catherine Parish

Center at St. Joseph School. Thank you to Keith Lukasek for preparing the meal and Cynthia Bourbeau for assisting with the food service and drinks. We'd also like to thank everyone who donated raffle items: The Kohut Family, The Boudreau Family, Dudley Hill Golf Club, The Weaver Family, The Lefebvre Family, The Obrycki Family, Bistro Eighty Ates, The Duquette Family, and Coach Angela Siegmund.

The 20th annual St. Joseph School Golf Tournament Committee included Beth Boudreau, Michael Hackenson, Coach Al Cieszynski, and Athletic Director Joey Boudreau. In addition, we'd like to thank parent volunteer Diane Obrycki, who assisted with registration, as well as Sr. Jeanne Marie Akalski, and Sr. Mary Ann Papiez, who assisted with raffle sales.

If was a great effort by all! Thank you for supporting the St. Joseph School Athletics Program.











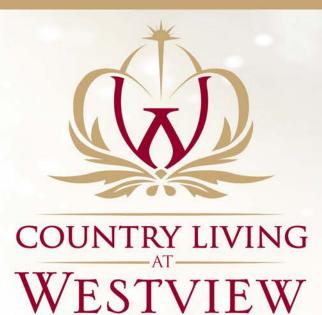












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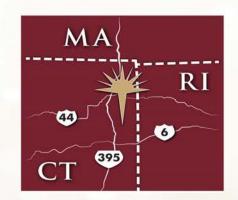
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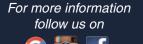
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# **UBITUARIES**

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# Barbara J. Barrie, 83



OXFORD – Barbara J. Barrie, 83, of Beverly Street, died Monday, October 14, 2019, at Lanessa Extended Care in Webster. She was predeceased her husband of 51 years, David I. Barrie

who died in 2008. She is survived by three daughters, Susan G. Rys of Wethersfield, CT, Sheryl A. Parker of Oxford, and Sally L. Belanger-Metzger of South Grafton; her brother, Wayne R. Hall and his wife Suzzane of Worcester; two sisters-in-law, M. Patricia Barrie of West Boylston and Anna Barrie of Murrells Inlet, SC; seven grandchildren, eight great-grandchildren, and two nephews. She was predeceased by a son, Scott D. Barrie who died in 2010.

She was born in West Bridgewater, daughter of the late Dwight and Helen M. (Ackerman) Hall, and lived in Holden and Worcester before moving to Oxford in 1968. She graduated from Worcester Girls Trade High School.

Mrs. Barrie owned and operated Big Daddy Tours / Little Daddy Limousine Service in Oxford for 20 years. She enjoyed playing bingo and trips to the

A graveside service will be held at 2:00 p.m. on Friday, October 18, 2019, at North Cemetery, Main St., Oxford. There are no calling hours. In lieu of flowers, memorial contributions may be made to the Alzheimer's Association, 309 Waverly Oaks Rd., Waltham, MA 02452. Paradis-Givner Funeral Home in Oxford is directing the arrangements.

paradisfuneralhome.com

# Marilyn M. Buck



Marilyn M. Buck of 36 Vina Lane. Apt 405, Brooklyn, CT, died peacefully at her home on October 9th. She leaves her husband of 65 years, Ernest M. and 3 children, Ernest of Santa Cruz, CA, Michael and

wife Carol of Savannah, GA and Susan Lloyd and husband Ned of Woodstock, CT. Marilyn was predeceased by her daughter Mary-Lynn Costas. She also leaves her 7 treasured and well loved grandchildren and her great grandson,

Marilyn was born May 5, 1932 in Hartford, CT to Daniel and Janet (Avlotte) Mercer. She was a graduate of Mount St. Joseph Academy in West Hartford and the Class of 1953 St. Francis Hospital School of Nursing. She was devoted to raising her children as well as work in the nursing profession that she loved. At various times she worked at Mt. Sinai Hospital

in Hartford, as a school nurse in Shutesbury, MA and at several group homes in the Amherst, MA area that specialized in reacquainting deinstitutionalized clients with the community. In keeping with her passion to help others, she was also employed by the Salvation Army for several years.

The career at which she excelled and loved the most was that of Mom, Grandma and Wife. Her kind and gentle heart will be greatly missed.

A Mass of Christian Burial will be celebrated on Saturday, November 2nd at 11:00 a.m. at Our Lady of LaSalette Church, 25 Providence Rd., Brooklyn, CT. Burial will be private.

Those wishing to remember Marilyn may make a donation in her memory to Day Kimball Hospice Home Care, 32 S. Main St., Putnam, CT 06260.

The Shaw-Majercik Funeral Home, 48 School St., Webster, MA has been entrusted with her arrangements. A guest book is available at www. shaw-majercik.com where you may post a condolence or light a candle

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# **UBITUARIES**

# Elin I. Anderson, 102



DUDLEY- Elin I. (Carlson) Anderson, 102, passed away Friday, October 11, 2019 at Lanessa Extended Care in Webster. Her husband of 52 years, Carl Erick Hemming

Anderson died November 2, 1989.

She leaves a daughter, Susan E. Anderson and her husband Jerry Kessler of North Andover, a son, Erick H. Anderson and his wife Judy Fontaine of West Dudley, a grand-daughter, Dawn Twombly of Salem, New Hampshire.

and a great grand-daughter, Amanda Twombly.

Elin was born November 15, 1916 a daughter of the late Gabriel E. and Carolina (Hendrickson) Carlson and lived in Dudley most of her life. She was also predeceased by a sister, Mildred Lawrence.

She was a member of the Dudley First Congregational Church and past deacon, the Ladies Benevolent Society and past president, the Dudley Grange,

the Black Tavern Historical Society, a registrar for the Town of Dudley,

Citizen of the year in 2000, taught Tai-Chi classes and enjoyed oil and water color painting that were printed in books and journals and was also a published poet.

Elin worked for 11 years at Gentex Corporation in Dudley before retiring. Calling hours were Tuesday, October 15, 2019 from 5-7 PM at the ROBERT J.

MILLER FUNERAL HOME and LAKE CHAPEL, 366 School St., Webster.

Funeral Services were Wednesday, October 16, 2019 at 10 AM at the Dudley First Congregational Church 135 Center Rd., Dudley, followed by burial at Worcester County Memorial Park in Paxton.

In lieu of flowers, Memorial contributions may be made to: Dudley First Congregational Church, 135 Center Rd., Dudley, MA. 01571 or to the Activities Fund at Lanessa Extended Care, 751 School St., Webster, MA. 01570.

dolence, please visit: RJMillerfunerals. two daughters, Catherine LaForte

# Laura L. Evans, 50



WEBSTER - Laura L. (Feid) Evans, 50, Wednesday, died October 9, 2019 at home.

She leaves 2 daughters, Lee A. Evans and Lisa N. Evans, both of Pawtucket, RI; 2 grandchildren,

Blaire Lee Evans and Cyrus James Maslowski; a brother, Paul Feid of Hazel Green, Alabama; a sister, Lynn Lotfy and her husband John of North Attleboro, MA; and her companion for the last 9 years, Steven Burns.

in Franklin, a daughter of Charles Kondratowiz, Jameson Kondratowiz, and Janice (Smith) Feid. She lived in Isabella Pettinelli and Logan Pettinelli; Blackstone and Dudley before mov- and 1 great granddaughter, Rhiannon ing to Webster. She attended Tri Dugan. He was predeceased by two County Regional Vocational School in brothers, Alfred LaForte and Donald

Laura worked as a postal carrier for the United States Postal Service in Webster several years ago. She liked to make jewelry, gardening and read Stephen King books.

Visiting hours were held on Sunday, October 13, from 2:00 to 4:00 PM in Scanlon Funeral Service, 38 East Main Street, Webster.

# Sandor Harmat, 78

SOUTHBRIDGE - Sandor Harmat, 78, passed away at home on Monday October 8, 2019; He is survived by his wife: Priscilla (Doyle) Harmat; four sons: Sandor Harmat III of Dudley. Jeffry Harmat of FL, James Harmat of Charlton, and Louis Masse of Charlton; one daughter: Tammi Toland of Sturbridge; several grandchildren; many relatives and friends.

Sandor was born in Esztergom, Hungary on January 14, 1941 son of

Sandor and Ilona (Hanuska) Harmat; He worked as a rehabilitation Counselor at the Worcester State Hospital for many years before retiring.

Private funeral arrangements have been entrusted to the care of the Shaw-Majercik Funeral Home, 48 School Street Webster, MA. A guest book is available at www.shaw-majercik.com where you may post a condolence or light a candle of remembrance.

# Thomas J. Kaczynski, 79



Thomas Kaczynski, 79, died peacefully with his loving family at his Wednesday, October 9, 2019 at his home in Dudley. He was born in Webster son of the late Florian and the late Yvonne

(Lebeau) Kaczynski.

He is survived by his wife Ruth Heard, his son Anthony Kaczynski and his wife Marybeth, his daughters Angela Jenkins, Anne-Marie Orn, Thomasina Caplette and her husband Timothy, Amanda Fournier and his eleven beloved grandchildren. He is also survived by his sisters, Linda Poplawski, Carol Manzi and her husband Freddy, Susan Gerth and several nieces and nephews. He was predeceased by his wife of 46 years, Connie and a sister Constance Dion.

T.K. proudly served in the Navy during the Vietnam war era. He worked 37 years as a machinist at Norton Co. He received his bachelors degree from Nichols College in 1993.

TK was a member of the American Legion Post 184. He loved golf, his night Wednesday pitch league and was an avid Bruins fan.

He treasured the past few years traveling with his wife, Ruthie and loved spending time with his family. His generosity toward others will be greatly missed.

The funeral was held 10 AM on Monday, October 14 at Bartel Funeral Home & Chapel, 33 Schofield Ave. Dudley immediately followed by military honors provided by the Webster -Dudley Veterans Council. Calling hours were Sunday, October 13 from 4 to 8 PM at the funeral home.

In lieu of flowers, memorial donations may be made, in his name, to JHC Home Health and Hospice 646 Salisbury St., Worcester, Ma 01609.

www.bartel funeral home.com

# Dorothy J. Shanks, 83



"Dot" (Latour) Shanks, 83, formerly of Webster, died Saturday, October 12, 2019 at Holden Rehab & Nursing Center after a period of declining health. Her husband of 9 years,

Rev. A. Rex Shanks, died in 2006.

She leaves her daughter, Catherine M. Przybylek and her husband Robert of Webster; 2 grandsons, Jason P. Przybylek of Millbury and Paul R. Przybylek of Webster; a brother, Henry Latour, Jr. of Southbridge; a sister, Shirley Luce of Roanoke, VA; and several nieces and nephews. She was preceded in death by her sister, Marcelene

She was born and raised in Southbridge, a daughter of Henry Latour, Sr. and Emma (Chouinard) Latour. She lived in Webster for 48 years before moving to Holden in 2012. She attended a bible school in Virginia.

Dot worked full time in the kitchen at Hubbard Regional Hospital for several years and part-time as a sales clerk at the Hebert Candy Company in Sturbridge. She was a faithful member of the Holden Chapel. She was an avid jigsaw puzzle maker and enjoyed reading her bible. A highlight of her life was a two-week pilgrimage to the Holy Land.

With Dot, everything was about faith and family. She had a natural ability to minister to others.

Visiting hours will be held Thursday, October 17, from 4:00 to 6:00 PM in the Sitkowski & Malboeuf Funeral Home, 340 School Street, Webster, where a service will be conducted at 5:30 PM. Burial will be private in the Mass. Memorial Veterans Cemetery, Winchendon. Donations in her name made to The Holden Rehab & Nursing Center Activities Committee, 32 Mayo Drive, or to the Holden Chapel, 279 Reservoir Street, both in Holden, MA

www.sitkowski-malboeuf.com

# Ida Corngold, 102

MANHATTAN - Ida Corngold, 102, passed away peacefully on Thursday October 10, 2019;

She was born in Manhattan on March 27, 1917, daughter of the late Sam and Jenny (Herman) Smolek. Ida worked, for many years, as a clerk for the Department of Environmental Protection.

Private interment services will be

held at the Massachusetts National Veteran's Cemetery in Bourne, MA. Funeral arrangements are under the care of the Shaw-Majercik Funeral Home, 48 School Street Webster, MA.

A guestbook is available at www. shaw-majercik.com where you may post a condolence or light a candle of

# Paul A. "Hawk" LaForte, 84



CHARLTON- Paul A. "Hawk" LaForte, 84, passed away on Thursday, Oct. 10th, in the Rose Monahan Hospice Home, Worcester, after a long illness. He leaves his wife

W. LaForte; his two sons, Paul M. To leave an on-line message of con- LaForte and Mark A. LaForte; his Ledoux, Melissa LaForte Caissie; two step daughters, Lori J. Whitney and Jean N. Cunnane; three brothers, Carl LaForte, Robert LaForte and Ronald Driscoll; his sister Elizabeth Driscoll Lindsev of Charlton: 4 grandchildren, Michelle Dugan, Stephanie LaForte, Daniel Caissie, Jr. and Alex She was born in Milford and raised LaForte; 4 step grandchildren, Julian

of 23 years, Eljay

LaForte. He was born in Worcester the

son of Alfred J. and Margaret (Cleveland) LaForte. He was a US Navy Veteran of the Korean War.

Hawk was the Vice President and co-owner of NED Corp. in Worcester for many years, a company that



produced diamond saw blades for the granite industry. Hawk was a life member of the Shannon Dorothy American Leigon Post in Rochdale; a life member of the Charlton Beagle Club; a senior member of the Singletary Rod and Gun Club in Oxford; and a member of the Elks Club in Auburn. He loved to ride his Harley Davidson Motorcycle. He enjoyed hunting and fishing. He also loved his camp in Caratunk, ME.

Hawk's graveside service in West Ridge Cemetery, Charlton, will be private. There are no calling hours.

The Daniel T. Morrill Funeral Home, 130 Hamilton St., Southbridge, is directing arrangements.

www.morrillfuneralhome.com

# Richard A. Bouvier, 58

DUDLEY- Richard A. Bouvier, 58, passed away at home while surrounded by his loving family;

He is survived by his wife of 34 years Kerrie (Barrett) Bouvier; his mother Beatrice T. (Lefebvre) Bouvier; two sons: Joseph Bouvier and his wife Brittany of Auburn and Bob Bouvier of Dudley; his sister Cindi B. Kinder of Portland, Oregon; he also leaves many relatives and friends. Richard was predeceased by his father Anthony J. Bouvier and his sister Michelle Parker.

Richard was born in Webster, MA on March 7, 1961; he was very active with Webster-Dudley sports teams being a

coach in both pop warner and little league for many years; he was also active in the Army National Guard.

All are welcome to join with Richard's family in celebrating his life at a Memorial Mass in St. Louis Church, 15 Lake Street Webster, MA on Friday October 18, 2019 at 10:00 am.

Funeral arrangements have been entrusted to the care of the Shaw-Majercik Funeral Home, 48 School Street Webster, MA.

A guest book is available at www. shaw-majercik.com where you may post a condolence or light a candle of remembrance

# Valerie G. Noyes, 76,



AUBURN - Valerie G. (Jones) Noyes, 76, of Kateri Way, died Wednesday, October 9, 2019, at the Life Care Center of Auburn. She is survived by four children, Deborah A. Noyes of South

Hadley, Michael P. Noyes and his wife Vanessa of Charlton, Kathryn Noyes-LeBlanc of North Grosvenordale, CT, and Audra E. Jones of Leicester; her brother, Christopher M. Jones and his wife Murad of New York; eight grand-children, Clyde Wayshak, Michaela Wayshak, Paige Jones, Alex LeBlanc III, Cecilia LeBlanc, Guy Jones, Nathaniel Noyes, and Abigail Noyes; and two cousins, Ed McLaughlin and Kathy Jones. She was born in Carmel, CA, daughter of the late Robert R. and Elizabeth T. (Peat) Jones, and lived in Auburn for many years. She gradu-

ated from Carmel High School in 1959. Ms. Noyes worked at BJ's Wholesale Club in Auburn for over 10 years, retiring in 2011. Previously, she worked at Shaw's Supermarket in Auburn along with various other food service positions. She had a great interest in art and music. She enjoyed traveling back

to her California home, visiting beaches in California, and spending time with her family on Cape Cod. She was profoundly devoted to Captain Jack Sparrow, Daryl Dixon, Jamie Fraser, Ned Stark, and her two cats, Apollo and Calling hours were Tuesday, October

15, 2019, from 4-6 p.m. at Paradis-Givner Funeral Home, 357 Main St., Oxford. A service of remembrance was held at 6:00 p.m. at the conclusion of calling hours. In lieu of flowers, memorial contributions may be made to the M.S.P.C.A., 350 South Huntington Avenue, Boston, MA 02130. paradisfuneralhome.com

# Walter P. Therrien, 68



WEBSTER-Walter Therrien age 68 passed away suddenly Friday, October 11, 2019. He is survived by his wife of 48 years. Marie M. (Sciarappa) Therrien, a son Dana M. Therrien and

his wife Linda of Randolph, VT, a daughter Jessica L. Therrien of Webster. He also leaves two sisters, Barbarajean Conant and her husband Michael of Oxford and Doris Angelo and her husband Tom of Spencer. Walter also leaves Brother-inlaw Tony Pisani and sister-in-law Lee Pisani and several nieces and nephews. He was predeceased by two brothers, Laurence Therrien of Webster and Larry K. Therrien of Melbourne, Florida and a sister Valerie Therrien Mathieu of Springfield, MA. He was born in in Randolph, VT son of the late

Lawrence Therrien and Laura (Perry) Therrien and lived in Webster most of his life. He was a US Army Veteran of the Vietnam Era. Walter owned and operated Webster Lake Service Center since 1983 prior to that working with his father for many years. Walter enjoyed cars, woodworking, antiques, socializing with long conversations with friends and family. He was known for creating something from nothing. He was proud of his family and country. A Celebration of life will be held Friday, October 18, 2019 in the Shaw-Majercik Funeral Home, 48 School St., Webster, MA from 5 PM – 7PM. Private burial with military

honors will be in Mt. Zion Cemetery. Please omit flowers and donations may be made in his memory to the Webster-Dudley Veterans Council, Webster, MA 01570 guest book is available at www.shaw-majercik.com where you may post a condolence or light a candle

Send all obituary notices to Stonebridge Press, PO Box 90, Southbridge, MA 01550, or by e-mail to obits@stonebridgepress.news



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Updated Bath! 3rd Flr w/Eat-in Kit! Liv Rm! Bdrm! Full Bath! Long Term Tenants! Sep Utilities! Vinyl Sided! Laundry Hook Ups! Freshly Painted Hallways! \$259,900,00

**WEBSTER** – 27 N. Main St! 3 Family! 5/5/3 Rms! 3/3/1 Bedrooms! 1st Flr w/ Eat-in! Liv Rm! 3 Bdrms! Updated Bathrm! 2nd Flr w/Kit w/Din Area! Liv Rm! 3 Bdrms!





**DUDLEY** — 90' WATERFRONT! 12 Lakeview Ave! Full Recreational Merino Pond! 12 Rms, 4/5 Bdrms, 3.5 Baths Total! 2 Complete Residences, Single

**DUDLEY** - 9 Nellies Way! TOBIN FARM ESTATES! 10 Rm Colonial Set on 1.2 Acres! Applianced Dine-in Granite Kit! 3 **DUDLEY** - 7 - 9 West Street! Brick 4 Family plus a 2 Family! Side by Season Sun Rm off Kit! Din Rm, 2 Story Fam Rm w/Pellet Stove, Bdrm, Full Bath w/Laundry & Gleaming Hrdwds Round Out 1st Flr! 2nd Flr Features an Open Balcony to the Liv Rm! Plenty of Space for an Office, Playroom or Reading Area, Use Your Imagination! Master w/Tray Ceiling & 3 Closets! Master Bath w/Dual Sinks, Shower, Whirlpool Tub & Makeup Counter! 2 Additional Bdrms & Full Bath! Huge Finished Walk-out Lower Level Perfect for Entertaining! Wet Bar w/Wine Cooler & Fridge! Half Bath w/Tile Flr! Irrigation! Shed! JD Riding Mower! Don't Miss Out!







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



Side! All with 5 Rooms and 2 Bedrooms! Gas Heat! All Separate Utilities 2 Car Detached Garage! The 4 Family with Beautiful Natural Woodwork! All Apartments are Empty and Work is Needed in Several Apartments! Excellent



DUDLEY - 61 Townfarm Rd! Charming 7 Rm Cape Set 1.9 Acres! This 3 Bdrm Home Completely Renovated 2015! Updates Include - Roof, Windows, Siding, Kitchen, 2 Baths, Furnace, Electric Panel, Well, Septic, Driveway & More! Ideal Open Flr Plan! Cabinet Packed Granite Kit w1sland & SS Appliances! 1st Flr w/Beautiful Hrdwds! Frplc Liv Rm! 1st Flr Master Bdrm! Office or 4th Bdrm! Custom Tiled Bath w/Laundry! Upstairs 2 Spacious Bdrms w/Hrdwds & 2nd Full Bath! Large Paver Patio! Shed! Gorgeous Views! **\$299,900.00** 



SUTTON - LAKE SINGLETARY WATERFRONT! 5 West Sutton Rd! 8 Rm Cape! 3 Bedrooms! Screen House at Waters Edge! Gradual Access to the Water! Well Maintained! Kit, Formal Dining Rm! Spacious Fireplace Living Rm! Den! Sun Rm! Updated Windows! Brand New Furnace w/Hybrid Hot Water System & New Septic Just Installed! Quick Closing! \$449,000.00



**NEW LISTING** 

OXFORD - 27 Rocky Hill Rd! Move Right Into this 6 Rm Ranch! Bright, Fresh Kitchen!

Dining Rm! 20' Living Rm! 3 Comfortable Bedrms! Nice Bathm! Deck wAwning! All the Work has been Done! Roof, Siding, Windows & Insulation 2016! Gas Furnace & AC

2015! Front Porch Windows, Door, Living Rm Floor & Skylights 2017! Kitchen, Bath &

Dining Rm Floors 2018! 2 Bedrm's Wall to Wall Carpeting & the Interior Freshly Painted

Set on 5.47 Acres! Stone Wall Entry Leads Up the 700+' Driveway! Nestled in the Woods! 6 Rms of Gorgeous Cedar! Applianced Granite Kit w/Soft Close Hickory Cabinets! Ideal Open Flr Plan w/Soaring Beamed Cathedral Ceilings w/Skylights! Gleaming Hrdwds! Liv Rm w/Spectacular Stone Frplc w/ Pellet Insert! 1st Flr Master w/Full Whirlpool Bath & Walk-in Closet! 3 Bdrms



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





WEBSTER LAKE - 250 Killdeer Island Rd! North Pond's Sandy Shore! 9 Rm Ranch in Meticulous Condition! Absolutely Beautiful 100' Waterfront Lot! Stainless Applianced Kitchen w/Cherry Cabinets, Granite Counters, Hrdwd Floor & Dining Area w/Slider to Deck! Formal Dining Rm w/Hrdwds! Front to Back Living Rm Overlooking the Lake w/Cathedral Ceiling, Custom Built Cabinets, Gas Frplc & Hrdwds! 1st Flr Lake Facing Master Bdrm w/Slider to the Deck & Access to the Screened Hot Tub. w/Walk-in Closet, Full Bath w/Whirlpool Tub, Separate Shower & Commode Closet! 1/2 Bath & Separate Laundry Rm Nearby! the Patio/Lake! Full Bath! Oversized 2 Car Garage! LP Gas Heat/Hydro Air! Generator! Private Boat Ramp! Docks! Don't Delay! \$899,900.00







CHARLTON - GLEN ECHO LAKE! 3 Sunset Dr! Western Exposure = Beautiful Sunsets! Fantastic 105' Waterfront! Ideal 15,941' Gently Sloping Lot! Comfortable 9 Rm Ranch! Stainless Appliance Eatin Granite Kit! Din Rm w/Hrdwd Flr! Lake Facing Liv Rm w/Panoramic Water Views! 4 Bdrms, 3 Lake the Spacious Master! Full Hall Bath! Enjoy the Sun Rm w/Lake Views! Walk out Lower Level Frplce Fam Rm w/Wet Bar & Convenient Half Bath! Nicely Landscaped Front &



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





WEBSTER LAKE - 50 West Point Rd! Killdeer Island! 4.700' Entertainers Dream! Magnificent Sunsets! Built 2016, Has It all! 2 story Foyer! Granite Kit w/Center Isl, Dble Oven, High End Appliances & Walkin Pantry! Din Rm w/
Wet Bar, Sliders to 14x30' Deck! Bright & Airy Liv Rm w/Lake Views, Custom Built Cabinets, Gas Frple! 1/2 Bath + Laundryl An ELEVATOR to Service All 3 Floors! Upstairs leads to 3 Spacious Bdrms each w/Private Baths! Master w/
Tray Ceiling, Walk-in Closet + Private Balcony! Master Bath, Soaker Tub & Large Tile Shower! Walk-up Attic w/Expansion Possibilities! Lower Level w/Full Kit. 1/2 Bath, Lake Facing Fam Rm, Media/Exercise Rm + Lake Facing Bdrm w/Frplc & Private Bath! Slider to Patio! 13 Zones! Oversized 2 Car Garage! Loaded w/Quality & Detail! \$1,175,100.00







Cathedral Ceiling & 2 Sliders to its Private Deck! 2 Full Baths! Central Air! Composite Decks & Flag Stone Pa

tio for Your Enjoyment! 7,405' Lot with 50' on the Water! Sorry, Closing not before 9/10/2019! \$624,900.00





WEBSTER LAKE — 68 W Point Rd! Western Exposure - Spectacular Sunsets!
75 Waterfront w/Expansive Views! 6 Rm Yr Rd Ranch! Ideal 2nd Home! Renovate or Enjoy As Is! Open Fir Plan! Applianced Cabinet Packed Kit! Lake Facing Din & Liv Rms w/Water Views! Sliders to Screen Enclosed Porch! Master w/Ceiling Fan w/Dbla Closett Full Bath off Hall! Fir Lower Level w/25' Fan Rm w/Door to Lakeside Patio, Bdrm, Full Bath & Utility Storage Rm! 3 Bdrms, 2 Baths Total! Oil Heat! Covered Entry Ramp & Electric Chair Lift! Shed! Dock! Summer Will Be Back - Don't Delay! \$499,900.00



WEBSTER LAKE – 603 Treasure Island! 1,874' Townhouse! 6 Rms, 2 Bdrms, Master Bath, 2.5 Baths Total! Recent Maple & Corian Kit wSS Appliances! Din Rm w/ Sliders to Deck! Frpicd Fam Rm! Patiol Newer C/Air, Heat & Hot Water! Garage! 2 Slips! Pool! Beach! Listed by Another –

"SOLD" by C21 Lake Realty! \$355,000.00



WEBSTER LAKE - Steps Away From! 110 S. Shore Rd! Killdeer From! 110 S. Shore Rd! Killdeer Island! Access to Swimming & Boating w/Killdeer Island Club Assoc Membership! Perfect 1st Home or Summer Retreat! 7 Rms! 2 Bdrms! Garage! Don't Delay! \$249,900.00



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Cape gutted to the studs and remodeled, 3 Br, 1 bath; 1.7 acres. New kitchen cabinets w/granite counters and center New electrical/plumbing. Large Gambrel Post & Beam. 2 bay garage w/loft. New septic. \$264,900

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### WOODSTOCK, CT - 64 LYON HILL RD Then I letter SORRY, SOLD!

Dulit. Open floor plan, ash flooring throughout Grantle and six appli-anced kitchen! Large master bedroom, coffered ceiling, master bath, Wyletted tub! Walk in closets. Two car garage. Radiused cahwalk on upper level! A walk up attic. Walk out lower level! The third garage is accessed from the lower level. Generator hookup. One beautiful prop-

**WEBSTER - 3 STEFANIAK AVE.** 



Cute 2 Bedroom Ranch! All hardwood Floors. gas Fireplace living room! 2 baths. Appliances included. 2 zone heat. Large deck! Young asphalt roof. Walk out lower living level. Town Wa-

## **DUDLEY - 71 EAGLE DRIVE**



Wow! Young 8 room Center Hall Colonial! Better than new! 3 bedroom, 3 full baths! 23' X 23' Cathedral ceiling Family Room! Hardwood & Ceramics throughout. Heat by forced hot air/oil, Central air! 2880 Sq Ft of living area. In one of Dudley's finest developments with underground utilities!

### CHAPLIN, CT - 74 FEDERAL HILL RD



Gorgeous Move In Ready young Ranch on 2+ acre private lot bordered by trees & stone walls! 5 Rms. 3 BRs, 2 Full Baths, 1374 SF+/-, covered front porch assisted sale \$234,900 att'd garage.

## **SOUTHBRIDGE - 79 N.WOODSTOCK RD**



FRESHLY PAINTED 3 REDROOM BANCH HAS SO MUCH TO OFFER! SPACIOUS OPEN LAYOUT! BEDROOMS WITH DOUBLE CLOSETS! CORNER LOT WITH SIDE GARAGE UNDER! CLOSE TO SHOPPING AREA AND MAJOR AMENITIES. Town Water. New Price \$214,900

#### WEBSTER/DUDLEY/DOUGLAS LAND! **Dudley** - Marshall Terrace 12,000 +/- Sq, Ft. Possible potential for a 2 family to be built! Town Water, Sewer, City Gas! Nice level lot. \$70,000 Douglas-Mount Daniels Lot #2-2.5 Acres of flat land

that abuts Douglas State Forest \$132,900 Webster - 3 Lots Cooper Rd. Attention Developers! 3 abutting house lots, potential to divide into 5-6 Buildable lots! Lake Residential area, water/sewer access

Highly possible to be subdivided.

1/2 bath Family owned gem for 60+years!

\$129,400 Oxford- 4 Leicester St. approx. 8.47 acres! River frontage!

\$119.900

### **OXFORD - 66 CHARLTON ST**



ANCED KITCHEN, UPDATED BATHROOM WIJACUZZI TUB AND SHOWERI BRAND.
NEW FORCED HOT AIR HEATING SYSTEM & HOT WATER TANK! PECENT 200 AMP
CIRCUIT BREAKERS. ONE YEAR OLD WOOD STOVE! ENCLOSED SIDE PORCH

# WEBSTER - 34 EASTERN AVE UNIT A ON DEPOSIT

AN AFFORDABLE LIVING OPPORTUNITY PRESENTS ITSELF! This 20 Unit Condo Complex is tucked away at the very end of Eastern Ave, fenced in & private, Easily accessible I395,! There's a lot to love about Webster! Unit 34 A is an 1,037 SF<sub>4</sub>/= RND UNIT. Large living room w/picture window, an eat-in kitchen, access to rear deck, 2 spacious bedrooms, 1-1/2 baths, full basement! **NEW PRICE \$154,900** 

### **WEBSTER - 212 SCHOOL ST**



Large 4 Family! 3 car garage! Off street parking. 2 bedrooms each unit! Walk-up attic with a lot of potential! Solar panels!! Fully \$369,900.

### **WEBSTER LAND - COOPER RD**



Attention Developers! 3 abutting house lots, potential to divide into 5-6 Buildable lots! potential to divide into 5 5 beliases Lake Residential area, Water/Sewer access \$129,400.

**ATTENTION** 

**DEVELOPERS** 

## On the shores of Lake Chargoggagoggmanchauggagoggchaubunagungamaugg



### **WEBSTER LAKE - 118 POINT BREEZE RD**

Excellent Opportunity to Finally Own Your Own Webster Lake Waterfront Property! Prime Location, 5,697+/- SF Lot, 50' Rd & Water Frontage at a Great Price! Contemporary Ranch offers 996+/-SF of living area w/2 BRs & 2 full baths. Plus, convenient, indoor access to Walkout Lower Level w/tremendous potential for additional living area. Main level features Open Floor Plan w/sliders to

full front deck! Spectacular Westerly views across Middle Pond! Additional land & shore front-**NEW PRICE \$299,900** age available

**WEBSTER LAKE - 54 KILLDEER RD** HUNIN

SORRY, SOLD! KILLDEER ISLAND! A RARE OPPORTUNITY ON WEBSTER LAKE! ABSOLUTELY THE WATERFRONT PROPERTY YOU'VE BEEN WAITING/LOWING FOR! 2.45+/- Acres! 345+/- road front, 336/334+/depth, 275-y-Lakefront! Mature landscape provides unprecedented privacy
& a friendly level to lat water's edge - like very few waterfront properties! The
3700 SF+/- Mid-Ceritury Modern Home is unique wyfrassive modern windows 180 panoramic views across the lake to stunning Western sunsets. 5 spacious BRs that overlook the rooms below. A 30x32+/- det'd garage w/summer kitchen

### WEBSTER LAKE - 32 JACKSON RD



AN INTRIGUING OPPORTUNITY TO OWN AN EXTREMELY UNIQUE 3.32 ACRE WEBSTER LAKE WATERFRONT PROP-ERTY! Charming, year-round, 2 BR, 2 bath Ranch, located at the Southern most end of Webster Lake's South Pond beyond Cedar Island! Extremely private w/direct Lake access. The home offers a full finished LL w/walkout access, a screened-in 18x20 patio,18x26 det'd garage & 8x8 storage shed. Park like grounds! New Price \$375,000

# 

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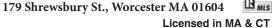






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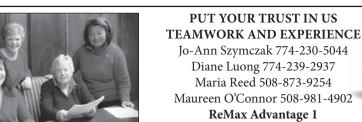


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**SPENCER, MA - \$259,900** 24 Bay Path Road 3 Bdrm Ranch **Immaculate Condition** 

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









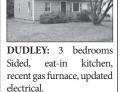
fireplace, gas heat, central air, hardwood floors

6 Francis Dr ~ \$419,900



W. BOYLSTON: Offers! 3 bedrooms, town services, 50 yr. roof, recent windows, HW floors, updated kitchen.

44 Central St ~ \$300's



7 Daniels St ~ \$199,900

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WEBSTER, MA - \$289,900 90-A Sutton Rd. 3 Bedroom, Raised Ranch. Come Choose



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



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28 Kanatha Street sgl fam, 1,386 sf liv area, 0.29 ac lot, 6 rm, 4 bdrm, 1 bth, Worcester(Worc): Bk 36000, Pg 373 TERMS: \$5,000 cash or certified check at the

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### SATURDAY, OCTOBER 19

**DUDLEY** 

71 Mason Rd 10-Noon \$359,900 ReMax Advantage 1 / Maria Reed 508-873-9254

5 Fairview Ave 12:30-2 \$249,900 Re/Max Professional Associates/

Patrick Sweeney 774-452-3578 WEBSTER

90-A Sutton Rd 11-12:30 \$289,900 Re/Max Professional Associates/ Patrick Sweeney 774-452-3578

#### **SUNDAY, OCTOBER 20**

**DOUGLAS** 

417 NE Main St 1:30 -3 \$349,000 Re/Max Town & Country / Deb Hackett

491-774-4891

**SOUTHBRIDGE** 

483 Alpine Noon-2 \$289,900 Aucoin Ryan Realty 508-765-9155

POMFRET, CT

280 River Rd \$264,900 Hope Real Estate Group / June Cazeault Noon-3





SOUTHBRIDGE: Impeccably maintained Cape Cod Style home! 6 rooms 4 bedrooms 2 baltis. Beauthful kitchen with appliances. Wonderful heated sur room with deck for barbeuring. Hardwood floors. Central Air. Updated boiler and hot water. Professionally landscaped yard. Located at the end of a dead end street. \$259,900. long term rentals. Fully gutted & renovated building w/ post & Beam & cathedral ceilings. insulated. Sprinkler system. Updates include w



SOUTHBRIDGE: Celebrate the holidays in this Custom Built Gambrel style home! Pretty & inviting 7 rooms 4 bedrooms 1 ½ baths. Kitchen Post Pacific Submitted (1997) and the footness of the footness keep you warm. Cozy three season sun room which leads to patio/deck and a large flat yard. Vew roof in 2019. \$289,900 Level yard. \$224,700.

4-zone Hyper heat & Air system. 1.22 acres with Barn \$299,900.

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





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196 Hill Rd, Thompson \$435,000 NEW LISTING One of the most stunning Antique homes in NECT. Alpheus Russell House circa 1795. Comnodeled, exceptional architectural detail.



dition, motivated! Immediate occupancy

# OPEN HOUSE SAT 10/19 12:00-1:30

Hird



245 Westford Road Eastford \$339,000 NEW PRICE fillside contemporary home abutting Bigel rook! Includes extra building lot! Great in-

# OPEN HOUSE SAT 10/19 10:00-11:30

69 Lyon Hill Road stock \$254,900 NEW PRICE culate 3 BR, 2 BA Cape. 1st floor bedroo John Downs 860-377-0754

# OPEN HOUSE SAT 10/19 10:00-11:30

87 Ragged Hill Rd. Pomfret \$739,900 Rare opportunity to own one of the finest homes in NECT. This reproduction features authentic historic details & custom craftsmanship. John Downs 860-377-0754



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antique barn!

Gelhaus Realty Group Vivian 860-455-5363



Robert Viani 401-741-2432





41 acres to ride, hunt, and fish. Huge heated barn for all your toys and a workshop.

Maryann Miller 860-949-6130



a bed & breakfast!! Gelhaus Realty Group Kristen 860-377-0118



Glassed in front w/the most beautiful iews. Open living, wood floors, fireplace wine room, front patio.

Rachel Sposato 860-234-1343



Association fees pay for snow removal, lawn & trash Mary Collins 860-336-6677

### Ashford \$374,900



2002 Sturbridge Village Freeman Farm House replica. 3 BR, 2 BA, Ash flooring, 2 FPS, Robert Viani 401-741-2432

### Thompson \$277,000 NEW PRICE

center island, fieldstone fireplace,

Rachel Sposato 860-234-1343

sunroom, sauna w/show



inThompson w/2 acres! Quiet country road, yet close to amenities. Motivated seller! Kathy Durand 860-208-3934

# Putnam \$165,000



floors. Private drive w/a detached 2 car

garage & shed. Gelhaus Realty Group: Vivian 860-455-5363

Putnam \$2,000/mo. Commercial Lease



SF or rent individually. Offices, waiting rooms already set up! Lease per unit is \$2000. Triple net lea Rachel Sposato 860-234-1343

## Land for Sale

Eastford \$125,000 Build your dream home on this 7.5 acre parcel that abuts Yale Forest. Private, peaceful & picturesque. Enjoy country living at its best! Gelhaus Realty Group: Vivian 860-455-5363

Putnam \$125,000

#### .27 acres. Commercial land, close to 395 on Kennedy Drive Build your business location. Near medical offices! Rachel Sposato 860-234-1343

Canterbury \$59,900 Buildable 2 acres, beautiful lot on Raymond Schoolhouse! Build your dream home
Rachel Sposato 860-234-1343

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# **CALENDAR**

### Mondays, September 9-November 11 and Tuesdays, September 10-November 12

OUR BRIGHT FUTURE INC. RESENTS "INTRODUCTION PRESENTS TO ROBOTICS — BUILD ME UP PROGRAM: First Session (grades 3, 4, and 5) 3:30-5:30 p.m., second session (grades 6, 7, and 8) 3:30-5:30 p.m., Gladys E. Kelly Library, 2 Lake St., Webster. Sign up at www.ourbrightfutureinc. org. Financial assistance will be offered to those who qualify. Please e-mail ourbrightfutureinc@gmail.com for further information.

### Saturday, October 19

BOOK SIGNING & POETRY READING: 1-3 p.m., Booklovers Gourmet, 55 East Main St., Webster. A book signing and poetry reading with Sky Blovin, who will be selling her full collection of poetry, as well as limited copies of original artwork. For more information, call (508) 949-6232 or e-mail deb@bookloversgourmet.com.

ROAST TURKEY DINNER: The First Congregational Church of Dudley, 135 Center Rd., is having a Roast Turkey Dinner on Oct. 19. Come and enjoy food and fellowship with friends and neighbors. The menu will include: Roast Turkey, Mashed Potatoes, Gravy, Stuffing, Turnip, Butternut Squash, Cranberry Sauce, Apple Nobly Cake. Servings will be at 5 and 6:15 p.m. Adults: \$12, Preteens: \$6. Children 5 and under FREE. Handicapped accessible. For Reservations CALL 508-943-7320, When prompted press \*2. Leave the time of the seating you want, your name, telephone # and the number in your party. Call backs will only be made if there is a question about your reservation. We look forward to seeing you!

### Sunday, October 20

JAZZ BRUNCH: 11 a.m.-2 p.m., Point Breeze Restaurant, Webster. Fundraiser for the United Way of Webster & Dudley. Music by the Jerry Seeco Jazz Trio. \$30 donation requested. For tickets, call Janet at (508) 943-7500.

Dudley PTO Fall Festival: 2-4:30 p.m., 16 School Street, Dudley. Get out your costume and join us for a fun filled day! We will have the following activities for all to enjoy: trunk or treat, scarecrow making station, bounce house, 1K mummy monster dash, pumpkin decorating station (pumpkins available for purchase and decorating at event), balloon animals, concessions and more. Additional parking at the Boys and Girls Club. Tickets will be sold for each event the day of.

### Monday, October 21

WEBSTER MASONIC LODGE: 7:30 p.m., Masonic Building, 27 Brandes Street, Webster. All members of Webster Lodge are urged to attend. Any man interested in Freemasonry is welcomed. Freemasonry is part of a rich tradition of men striving to improve both their own lives, and the lives of others. We believe that the search for knowledge is the most noble pursuit there is. Webster Lodge, 161 years strong in 2019, is the oldest active fraternal organization in the Webster/Dudley area. For more information, please visit: http:// massfreemasonry.org.

Tuesday, October 22

AMESTYINTERNATIONAL: 7-8 p.m., Booklovers Gourmet, 55 East Main St., Webster. Local Amnesty International Group #356 meets to advocate for human rights issues worldwide. New members welcome! For more information, visit our Facebook page www.facebook.com/AI356 or call 508-949-6232.

Thursday, October 24

WHAT HAPPENS AFTER THE PAYCHECKS STOP? A RETIREMENT INCOME PRIMER: 6 p.m. (registration begins at 5:45 p.m.), Gladys E. Kelley Library, 2 Lake St., Webster. If you are nearing or entering retirement and are interested in a strategy designed to help build an income stream and make your retirement income last, join us for this seminar where we'll explore how to budget for retirement expenses, examine potential sources of retirement income and identify ways to address potential risks. Presented by Dennis Antonopoulos, local Financial Advisor for Edward Jones.

DUDLEY LIBRARY GENEALOGY/ HISTORY GROUP: The next meeting of the Dudley Library Genealogy / History Group will be held Thursday, Oct. 24, 6 to 7:30 p.m. at the Pearle L. Crawford Memorial Library, 40 Schofield Ave., Dudley, Mass. For registration, please call the library at 508-943-8021. Seema Kenny, president of the Massachusetts Society of Genealogist, Inc. will do a presentation on Researching at an Historical Society. We all need to do Genealogical Research away from the computer. Looking at the real items in an Historical Society she will explain how the story they can tell will help create the story of your ancestors' lives. After all, not all the information we want is on paper - three dimensional

items can tell an even bigger story!

# Saturday, October 26

FLEA MARKET WITH CAFÉ AND BAKE SALE: 9 a.m.-2 p.m. (café open from 11 a.m. to 1 p.m.), United Church of Christ, Federated, Fellowship Hall, 4 Church St., Webster (across from Town Hall). A portion of the proceeds will be donated to disaster relief funds.

ANNUAL HARVEST DINNER: 5-6:30 p.m., Oxford United Methodist Church, 465 Main St. Turkey with all the fixings, dessert and assorted beverages. Cost is \$12 for adults and \$5 for kids. For additional questions, contact the church office at (508) 987-5378 or Nancy Bouchard at (508) 328-8839.

#### Wednesday, October 30

MONTHLY BOOK GROUP: 6:30-8 p.m., Booklovers' Gourmet, 55 East Main St., Webster. The group will discuss "The Witch Elm" by Tana French. Space is limited, so please call Deb at (508) 949-6232 to register.

### Saturday, November 2

OXFORD VFW POST 5663 GRAND RE-OPENING EVENT AND ANNUAL CHICKEN BARBECUE: 1-4 p.m., 20 Federal Hill Rd., Oxford. \$10 donation. There is a limited number of tickets, available at the post beginning at 1 p.m. on Oct. 21. Thanks in advance for your faithful, continued support of our post!

#### Tuesday, November 5

OXFORD WOMAN'S CLUB: 7 p.m., Oxford Senior Center (behind town hall). The program for the evening will be Chief Saad of the Oxford Police Department. Our Community Project for the month will be food donations for the Oxford Food Shelf. All are welcome to come to our meeting and see what we do for our community.

#### Tuesday, November 12

VETERANS APPRECIATION LUNCH: Noon, Point Breeze Restaurant. For veterans of any military branch residing in Webster, Dudley, and Oxford. RSVP by leaving a message at (508) 949-8798. Seating is limited.

### Friday, November 15

WOMEN'S SPONSORS "FUNNY 4 FUND\$ COMEDY NIGHT": DWC's second comedy fundraiser will be held at Point Breeze Restaurant in Webster. Doors open at 6:30 p.m., show starts at 7:30. Cost is \$20 per person. Tickets can only be obtained by visiting www.funny-4funds.com/events. There will be basket raffles and a 50/50 drawing! For more information please contact Jackie at (508) 905-9075. Come join us for a hilarious evening of "over 18, adult" comedy featuring top local comedians!!!! If your business is interested in being a \$100 SPONSOR for this event. you will be recognized in several ways: Funny4Funds website event page, tabletop sponsor list, stage banner sponsor list on event night business cards and or promotional items placement on tables. Visit the website to sign up or call Jackie for assistance.

# Saturday, November

CRAFT FAIR: Holy Trinity Church will be hosting a vendor and craft fair 9 a.m. until 3 p.m. at the American Legion Post 184 in Webster, located at the corner of School Street and Houghton Street.

There will be handmade crafts as well as vendors present. Come purchase some home baked goodies or try a chance at our raffles. The kitchen will be open serving homemade soup and food. Admission is free, but we ask that you consider donating a non-perishable food item to us to help out our local food

ST. ANN CHURCH FALL FAIR: 9 a.m.-3 p.m., St. Ann Church, 652 Main St., North Oxford. St. Ann Church is having a Fall Fair with an indoor flea market featuring jewelry, women's accessories, household items and more. The fair will also have Thanksgiving and Christmas gift items, Santa's workshop with crafts for children, seasonal food and raffle baskets. Parking is available behind the fire station.

HOLY ROSARY SODALITY CHRISTMAS BAZAAR: 10 a.m.-5:30 p.m., St. Andrew Bobola Parish, Dudley. There will be vendors of all kinds at our annual Christmas Bazaar, baked goods, a lottery raffle, indoor flea market, Thanksgiving basket etc. New this year is a money raffle. Any questions, please call Joyce Plotczyk at (508) 943-1689.Crafters wanted; please call Joyce at (508) 943-1689 or send e-mail to crafting01@hotmail.com to reserve a space.

FALL FAIR AT ST. ANN CHURCH: Oxford's St. Ann Church is holding a Fall Fair with an indoor flea market featuring jewelry, women's accessories, household items and more. The fair will also have Thanksgiving and Christmas gift items, Santa's workshop with crafts for children, seasonal food and raffle baskets. Located at 652 Main Street, North Oxford. Open from 9 a.m. to 3 p.m. Parking is available behind the fire station.

ALL YOU CAN EAT SPAGHETTI SUPPER: A spaghetti supper will be held at the Webster Lodge of Masons, Brades Street, tonight from 5-7 p.m. Tickets are \$12 adults, \$6 for preteens (ages five to 12); under five are free. Drinks and dessert are included in the

### Sunday, November 17

ROSARY SODALITY CHRISTMAS BAZAAR: 8:30 a.m.-12:30 p.m., St. Andrew Bobola Parish, Dudley. There will be vendors of all kinds at our annual Christmas Bazaar, baked goods, a lottery raffle, indoor flea market, Thanksgiving basket etc. New this year is a money raffle. Any questions, please call Joyce Plotczyk at (508) 943-1689. Crafters wanted; please call Joyce at (508) 943-1689 or send e-mail to crafting01@hotmail.com to reserve a space.

### ONGOING EVENTS & INFORMATION

COMMUNITY MEALS: Blessed Brigade Community Backpack Fellowship Meal served from 5-6 p.m. American Legion Hall, 9 Houghton St, Webster. Please note there is no handicapped access, but we will have volunteers to provide you with assistance. Free hot meals to anyone in need. Everyone is welcome. Join us for great food, fellowship, and fun! For more information, or to donate or sponsor a meal, call Lauri Joseph 774-230-8988. Blessed Backpack Brigade Community Fellowship Meals are served the 1st and 3rd Wednesday of each month at the American Legion on Houghton Street, Webster.

ALZHEIMER'S SUPPORT: Webster Alzheimer's Support Group meets the second Monday of each month at Webster Manor, 745 School St., from 6-8 p.m. Anyone in the area who feels they are in need of help, doesn't know what to do, or is a caregiver for someone with Alzheimer's, is invited to attend and express their concerns regarding the care for their loved one. The members of the group will discuss the ways, means, and the help you will need as your loved one progresses in this disease.

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. Each month we have a simple dinner with dessert and refreshments just prior to our meeting, which allows us time to socialize too. Fourth Wednesday of each month at 6:30 p.m. in the Oxford Senior Center located at 323 Main St., the building directly behind Oxford Town Hall. For information contact Dick Lisi at (508) 410-1332 or lisirichard15@yahoo.

HELP FOR HELPERS: Do you have a family member struggling with addiction or alcoholism? You are not alone. Join Families Helping Families Support Group. Meetings at Dudley Senior Center every first and third Monday of the month, 6:30-8 p.m. We spend so much time with our addicted loved one, that we become victims ourselves. Join us. It's informal, confidential, with tough love advice from the heart, sharing of resources, hope and hugs.

HOLISTIC HEALTH: Chair Yoga and so much more every Tuesday from 10:30 to 11:30 a.m. at The First Congregational Church, 135 Center Road, Dudley (please park and enter through the right side basement entrance). Class Fee: \$5/ class voluntary contribution (Cancer patients always free). Proceeds donated to the First Congregational Church of Dudley. Instructor: Joanne LaLiberte, Holistic Health practitioner..

KNOWING KNITTERS: Come join the Drop In Knitting Group from 5:30 to 7:30 p.m. Thursday evenings and 10 a.m. to noon on Fridays at the Pearle L. Crawford Memorial Library, Schofield Avenue, Dudley. All ages and levels, from beginner to expert, are welcome. For more information, call Mary Kunkel at (508) 943-8107.

GOT FOOD? The Bread of Life Food Pantry, Calvary Assembly of God, located at 105 Southbridge Road, is open Mondays from 10 a.m. to noon and Thursdays from 5 to 7 p.m. They are closed on holidays. They can be reached at 508-949-3711.

SUPPORT: The Cancer Support Group meets from 6:30 to 8 p.m. on the second Monday of every month in the Boardroom on the 4th floor at Harrington Hospital, 100 South Street, Southbridge. Call (508) 764-2400 for more information.

POKEMON CLUB: Tuesdays, 3:30-4:30 p.m., Pearle L. Crawford Library, 40 Schofield Ave., Dudley. Pokemon fans! Kids ages seven to 14 are welcome. Bring your Pokemon cards! No registration required. Children under 12 must be accompanied by an adult. For more information, call 949-8021.

LIVE ENTERTAINMENT FRIDAY NIGHT

AT SALEM CROSS INN 260 West Main St., W. Brookfield, MA 508-867-

2345 salemcrossinn.com

THE CENTRAL MA CHAPTER OF TROUT

meets the first Monday of

UNLIMITED

every month from September through May.
We discuss a variety of conservation programs

to improve the local cold water fisheries, local fishing opportunities. Our annual High School Fly Fishing Championship (open to all MA high school students) And our annual fund raising

HEXMARK TAVERN

Auburn Sportsman's Club

50 Elm St., Auburn, MA

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

SATURDAY OCTOBER 19 3RD ANNUAL AMERICAN LEGION

AUXILIARY HANDMADE CRAFT FAIR 9am-2pm. Crafters featuring their handmade wares, raffles, and bake tables Serving Lunch

American Legion Gaudette Kirk Post 138 175 Main Street Spencer, MA 01562

FINANCIAL FRAUD & THE ELDERLY

WEDNESDAY, OCTOBER 23

What to Know and How to Avoid It 1:30-2:30. Kim Brown Branch Manager, North Brookfield Savings Bank
Tea & Refreshments will be served

Limited seating Quaboag Rehabilitation & Skilled Care Center 47 East Main Street West Brookfield, MA RSVP 508-867-7716

SUNDAY, OCTOBER 27. MURDER MYSTERY DINNER

An interactive dinner theater The Fashionable Murders. 6:30 pm Join us for a laugh-filled night, a great dinner, and a mystery we need help solv-ing. Advance ticket sales required salemcrossinn.com or call

508-867-2345. 260 West Main Street West Brookfield, MA 01585

ACOUSTIC FRIDAYS AT 308 LAKESIDE New England Weather 308 Lakeside 308 East Main Street, East Brookfield, MA



MONDAY, OCTOBER 28 MIDDLE AND UPPER SCHOOL PREVIEW

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

WEDNESDAY, NOVEMBER 13

HOW TO MOVE ON - CREATING A BRIDGE TO A NEW LIFE 1:30-2:30. Barbara Perman, President, Moving

Tea & Refreshments will be served Limited seating Quaboag Rehabilitation & Skilled Care Center 47 East Main Street West Brookfield, MA RSVP 508-867-7716

**SUNDAY, SEPTEMBER 29** SUNDAYS AT 308 LAKESIDE

308 East Main Street, East Brookfield, MA 01515 774-449-8333 **SUNDAY, NOVEMBER 15** 

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

West Brookfield, MA 01585 **SATURDAY NOVEMBER 16** 

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

gift raffle. St. Andrew Bobola Church 508-943-

**SUNDAY NOVEMBER 17** 

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

**SATURDAY, DECEMBER 7** Mary Queen of the Rosary Christmas Faire

Vendors, Crafts, Raffles, Baked Goods, and so much more! In the Church Hall 9am-2:30pm. 7 Church

Street, Spencer, MA. If you'd like info on being a vendor at this Christmas craft fair, please Email susan.terkanian@gmail.com ONGOING



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

MARIACHI BAND

TRIVIA SATURDAY

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









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#### **ARTICLES FOR SALE**

#### 010 FOR SALE

**ABOVE GROUND OVAL POOL** used 12 seasons

15 x 24 all aluminum. Walk around deck, patio. privacy fence. All equipment included, including electric heater. Needs liner and bottom rail.\$1,200 Call 508-476-1467

**BOSE STEREO SPEAKERS** Reflecting 6.2 Everywhere Speakers 4 Speakers 2 Left and 2 Right Asking \$80.00 Each Call 1-508-347-3145

Bunn My Cafe single cup brewer \$75 Oak bookcase 3"x3" 3 shelves \$50 508 320-7230

#### **CANON CAMERA** AE-1 MANUAL

With Lens and Flash 52 mm UV 35 mm 52 mm Zoom II 62 mm UV model 202 35-70 mm 1007773 Asking \$180.00 of BEST OFFER 1-508-347-3145

CHINA FOR SALE 8 place settings of Golden Peony by Princess. interested please call between

9am-6pm 508-764-8870

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

DUCK STAMP RW#1.\$150. got stamps?. Call Ron 413-896-3324 stamps wanted.

DUCK STAMP RW#1.\$150. got stamps?. Call Ron 413-896-3324 stamps wanted.

ENTERTAINMENT **CENTER** 

3 Pieces Each 6 ft 2 inches Tall

31 Inches Wide Adjustable shelves for TV's ect... Cabinets for storage **BEST OFFER** Call 1-508-347-3145

#### 010 FOR SALE

#### **FIREWOOD**

3/4 Seasoned/standing dead hard wood custom cut to your specs. Delivered to your home. 12"-14" \$300 per cord. 16-18" \$260 per cord. Call: 508-282-0232

### **FIREWOOD**

Seasoned/standing dead hard wood custom cut to your specs. Delivered to your home. 12"-14" \$300 per cord. 16-18" \$260 per cord. Call: 508-282-0232

FOR SALE Brand new8ft Leers Cap. Fits a 8ft bed for 2016 under. \$850 call 508-909-6070

#### FOR SALE

Janome Sowing/ Embroidery Machine. Includes: all feet. Hoops software, \$3,700, Call 860-774-5714 and leave a mes-

FOR SALE MAKE A OFFER: kitchen table with four chairs and a side table. Inversion Table and Ellipticle and 3 book cases. Call 508885-

FOR SALE Remote control Airplanes some with motors. Eagle Magna 3 plus Fish locator, Still in box. Panasonic Base with speakers. 774-241-0027

FURNITURE FOR SALE dinning room set with HUTCH like new perfect condition. Bar with 3 stools. Must See. Stereo Equipment Love seat and chairs and

Misc items. 508-234-7252

**GENERAC GP500 Gasoline** Generator-Unboxed, never used. Original manual + warranty card. Provides 5500 watt power supply. Asking \$575. 203-209-6418

**SEWING** HOME SUPPLIES including a large assortment of fabrics in both prints and solids to choose from. Also includes choices of a variety of laces, trims, sequins and beads etc. Please 413-436-5073.

#### 010 FOR SALE

ITEMS FOR SALE Air conditiontioner-\$50. wirlpool refrigerater-\$100 Water Heater-\$600, Table saw-\$40, Pool table-\$400, Air Hookey table- \$400, Verfiene Fridge- \$500. Kitchen stove-\$100, windows/door: Triple casement: \$150. Double hung \$50, Dead light-\$100, Pitcher window-

0 0 Teratone door-\$100, Double Hung-\$150. Casement-\$50. Double Hung Replacement \$25. Dump trailer 5kCall 757-7055106.

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

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

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.

# 010 FOR SALE

REESE 16K SLIDING FIFTH WHEEL HITCH \$375 BO. ALSO WEIGHT **DISTRIBUTION HITCH, for** class C receiver on car or truck \$300 or BO. call john

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

508 244 9699

STEREO EQUIPMENT **RECEIVER** ONKYO AV HT R8230Digital Dolby Wrat Wide Range Amplifier Tech.**TEAC** W-450R Stereo Double Reverse Cassette Deck Dolby-BC NR HXPRO Auto Reverse **SONY** Mega Storage 300 CD High Density Linear Converter System Asking \$300.00 for ALL Call 1-508-347-3145

### TRAC VAC

Model 385-IC/385LH Used Once Best Offer

#### **BEAR CAT VAC-N-CHIP PRO** & VAC PRO

Models 72085, 72285, 72295 **Used Twice** Best Offer

**CALL** (508)765-5763 **TO SEE COME TO** 22 TAFT ST. 2ND FLR SOUTHBRIDGE. MA

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

TWO DBL HUNG VINYL **CLAD WINDOWS** glazed white; 30 3/8 by 56 3/4 inches; dbl pane; removable sash & screen; \$85.00 each call Jim @ 508-

#### 010 FOR SALE

TREES/FIELDSTONE: Trees-Evergreens, Excellent Privacy Border. Hemlocks-Spruces-Pines (3'-4' Tall) 5 for \$99. Colorado Blue Spruce (18"-22" Tall) 10 for \$99. New England Fieldstone Round/Flat, Excellent Retaining Wallstone. \$25/Ton

**VERMONT CASTINGS** WOOD STOVE Black enamel model vigilent Great condition CALL 508-943-5352

(508) 278-5762 Evening

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.

#### **100 GENERAL**

#### 107 Misc. Free

Free construction wood and kindling wood; beams, plywood, 2x4x, 2x6s, 2x8s, good for woodstoves, not for building. Clean. Delivery possible. Ask for J.D. 413-262-5082

#### 110 NOVENAS

THANK YOU St. Jude for answered prayers.

#### 130 YARD SALES

ONE MOTHER OF A YARD SALE! 106 MASON RD DUDLEY

Saturday 10-19 \*8am My crap can be your crap! If we don't have it, you don't need it!

#### **200 GEN. BUSINESS**

#### **205 B**OATS

MIRROCRAFT 12 FOOT"V" BOTTOM. MINNKOTA 40 POUND MAXXUM VARIABLE THRUST. DRIVE, VERY LOW HOURS. 3 SEATS WITH PEDESTALS .OARS,ANCHOR,TRAILER SPARE TIRE . ALL VERY GOOD CONDI-TION.\$1500.00.CALL 508-987-0386 LEAVE MFSSAGE

#### 265 FUEL/WOOD

SEASONED FIREWOOD: Cut, Split & Delivered. Green Wood Lots Wanted, Call Paul (508) 769-2351

#### 298 WANTED TO BUY

LEE'S COINS & **JEWELRY** \$ BUY & SELL \$ ALL **GOLD & SILVER ITEMS** Specializing in NUMIS-MATIC 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

WAR RELICS & WAR SOUVENIRS WANTED: WWII & EARLIER CA\$H WAITING! Helmets, Swords, Daggers, Bayonets, Medals Badges, Flags, Uniforms, etc Over 40 Years Experience. Call 1-(508)688-0847. I'll Come To

(508)341-6355 (cell)

#### **300 HELP WANTED**

#### 310 GENERAL HELP WANTED

**FIVE STAR AUTO** EXPERT SERVICE

508.756.0257

NOW HIRING! Full Time Mechanic Looking for experienced Me-CALL (508)637-1698 chanic. Must have own tools.Mon.-Fri. 401k Plan. Health Benefits. Must apply in person. 580 South St., Southbridge

#### 310 GENERAL HELP WANTED

FOSTER **PARENTS** WANTED: Seeking Quality Homes Throughout Central MA To Provide Foster Care To Children In Need, 24/7 Support, Generous Reim bursement, \$1000 Sign-Or Bonus, Call For Details Devereux Therapeutic Fos ter Care. (508)829-6769

ADVANCED BEHAVIORAL HEALTH

#### 325 Professional HELP WANTED

BASED IN North Brook field: Home Every Night Class A Driver And/Or General Mechanic For 18-Whee Trailer Trucks

Contact H.R. Salem Transport, LLC.(508) 867-3235

#### **400 SERVICES**

#### 433 CLEANING

HOUSE CLEANING AVAIL-ABLE Reasonable rates. Weekly, bi-weekly or monthly times available. Bonded- Call Wendy for a FREE estimate at: 774-262-9166

#### 448 FURNITURE

RECTANGULAR DINING TABLE about 35 yrs old in sturdy condition but could use a light sandon top ing

refresh Asking \$75.

CALL (508)637-1698

SOLID OAK RECTANGULAR DINING TABLE about 35 yrs old in sturdy condition but could use a light sanding on top refresh Asking \$75.

#### **454 Home IMPROVEMENT**

FURNITURE DOCTOR: Have your furniture Professionally restored at reasonable rates. Furniture face lifting, painting, striping to Refinishing, caning and repairs. ANTIQUE DOCTOR, Daniel Ross (508) 248-9225 or (860)382-5410. 30 years in business!

### **500 REAL ESTATE**

#### **505** Apartments for RENT

**APARTMENT** FOR RENT 2 Bedroom apt. in Southbridge Good location. Nice location. First and last. \$800 a month. First & last month deposit. Call: (508)764-2293

DUDLEY - 2-BEDROOM APT. Hardwoods, country setting, offstreet parking, heat, hot water, rubbish and hook-ups included. Starting at \$995. 1st, last, security. No dogs. Single family available. CT. 860-935-9105

#### **530 Houses for Sale**

PARK MODEL MOBILE HOME - Highview Campground, West Brookfield. Season begins April 15th and closes Oct. 15th. New windows, furnace, refrigerator, and kitchen floor. Call 508-873-6312.

#### **546 CEMETERY LOTS**

WORCESTER COUNTY MEMORIAL PARK, Garden of Valor, Paxton, Mass, 2 lots for sale, \$2000 for both lots, Call Alan at 508-885-4381

#### **575 VACATION RENTALS**

#### **CAPE COD DENNISPORT** Clean 2 bedroom Cottage

Cable TV, Wifi, Close to Beaches, Golf, Bike Trail, Shopping, Restaurants and Amusements Sorry, No Pets

Large Private Lot. Great for Children!

\$700.00 A Week 508-280-8331 rwo12@aol.com

# Automotive

### **700 AUTOMOTIVE**

# 715 Auto Services

\$100 CASH FLAT RATE for any Junk Vehicle No title/no keys OK. Free pick up. Call 401-648-9300

### **725 AUTOMOBILES**

1987 BMW 325i Convertible. red with black leather interior. 153.000 miles and in good condition, no rust, newer top, needs a tune-up. \$4100 or B/O. Adam

2003 MERCURY GRAND MARQUIS GS

508-377-8729

fully modified. Call or email for details and photos. 508-476-2293. savianojohnt@yahoo.com

2016 CHEVY CRUZE LT. 79,000 miles. 1.4 liter engine, blue, remote start, Weather tech mats. \$9000. Call 508-234-

### 725 AUTOMOBILES

Like New 21712 miles.

2006 MUSTANG GT-50k, 5sp

1995 Cadilac Fleetwood brougham Florida car. Needs water pump and AC compressor. \$1000 Call

FOR SALE

**725 AUTOMOBILES** 

508-789-8230 PLACE MOTORS

2014 FORD F150 Crew cab STX 4X4 tow package bluetooth and more \$23919 STK#9077A

2017 FORD EXPLORER XLT 4X4 leather roof, 7 pass stk# 9130a \$28923

Call (508) 943-8012

## 725 AUTOMOBILES

**VEHICALS FOR SALE 1999** F150 118k miles. 4x4 single cab stepside capt. chairs Loaded Red with Cap \$4,000. 2002 Chevy Silverado 2500 HD black long bedloaded with plow. Low millige. 67 thousand. \$7500. Would consider partial trade.

# 740 Motorcycles

Call Mike 508-752-7474.

2014 Victory Vision Tour Loaded with options Only 2,000 miles, not even broken in Paid \$20,000. Asking \$13,500. Call 774-200-6387 email

# 740 Motorcycles

2014 HARLEY DAVIDSON (low rider). Accessories added:

windshield, crash bar, saddle 5300 bags. care. Silver metallic. Recorded 100% mechanically sound by Sheldon's of Auburn. Bike is truly condition. 508-414-9134 for showing. Firm \$12,000 as

bike is MINT!

### 740 MOTORCYCLES

**HARLEY** 2014 DAVIDSON

(low rider). Accessories added: windshield, crash bar, saddle 5300 bags. babied care. Silver metallic. Recorded 100% mechanically sound by Sheldon's of Auburn. Bike is truly condition. new 508-414-9134 Call for showing. Firm \$12,000 as

bike is MINT!

### 740 Motorcycles

BMW MOTORCYCLE, rare K75 (4-stroke in-line 3 cyl motor), 1995. Mileage 10,800 (tires have about 1K wear) color: silver (#705). Asking 65,200. Accessones: 3rd ger eration saddlebags with keys and insert bags, tail rack Monoshock upgraded to YSS dialed to 250 lbs. Adjustable all documents. Original toolset and bike manual. OEM windshield, Corbin low seat, Trickle charger, heated handgrips. This bike was stored in a garage for many years and is in like-new condition. Cruises between 60-80 with no effor

seconds. A true 3-seasor 508-943-1790 or ndc0001@charter.net-

and accelerates 0 to 60 in 4.5

### 760 VANS/TRUCKS

2000 GMC 2500 SIERRA 4door cab & 1/2, 4-wheel drive, no rot, with plow + truck mount slide-in Fleetwood Alcorn camper (2001) w/bath, fridge, a/c. kitchenette, \$5100 508-341-6347

\$3000 B.O 413-824-9807, call: must see in Douglas

**SIERRA** 

205K

2006

1500

**GMC** 

miles.

7.5

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Call Now! 401-648-9300.

# moehagerty@msn.com

18-031577

October 18, 2019

(SEAL)

508-735-4413

COMMONWEALTH OF MASSACHUSETTS **LAND COURT DEPARTMENT OF** THE TRIAL COURT 18 SM 002341

**ORDER OF NOTICE** To: Michael M. Kozlowski

Teisha M. Vincent

of the Servicemembers Civil Relief Act, 50 U.S.C. c. 50 §3901 (et seq): Wells Fargo Bank, National Association as Trustee for Option One Mortgage Loan Trust 2007-1, Asset-Backed

and to all persons entitled to the benefit

Certificates, Series 2007-1 claiming to have an interest in a Mortgage covering real property in Webster, Unit No. 2 of the 38 Elm Street Condominiums, numbered 38 Elm Street, given by Michael M. Kozlowski and Teisha M. Vincent to Sherwood Mortgage Group Inc., dated October 13, 2006, and recorded in Worcester County (Worcester District) Registry of Deeds in Book 39962, Page 311, and now held by the Plaintiff by assignment, has/have filed with this court a complaint for determination of Defendant's/Defendants' Servicemembers

status. If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at Three Pemberton Square, Boston, MA 02108 on or before November 11, 2019 or you may lose the opportunity to challenge the foreclosure on the ground of noncompliance with the Act.

Witness, GORDON H. PIPER, Chief

Justice of this Court on September 25, 2019. Attest: Deborah J. Patterson Recorder

**Commonwealth of Massachusetts** The Trial Court **Probate and Family Court Worcester Division** Docket No. WO19P3314EA Estate of: Michael T. O'Neil Date Of Death: July 12, 2019 **INFORMAL PROBATE** 

**PUBLICATION NOTICE** To all persons interested in the above captioned estate, by Petition of Petitioner Colleen M. Hight of Worcester, MA

A Will has been admitted to informal probate. Colleen M. Hight of Worcester, MA

has been informally appointed as the Personal Representative of the estate

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

any, can be obtained October 18, 2019

# CAL ~ StonebridgePress.com















# **LEGALS**

# MORTGAGEE'S NOTICE OF SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain Mortgage given by Wilburn E. White and Deborah E. White to Mortgage Electronic Registration Systems, Inc., as nominee for GN Mortgage, LLC., a Wisconsin Limited Liability Company, its successors and assigns, dated July 22, 2005 and recorded with the Worcester County (Worcester District) Registry of Deeds at Book 37022, Page 225 as affected by a Loan Modification recorded on March 10, 2017 in Said Registry of Deeds at Book 56836, Page 234, subsequently assigned to JPMorgan Chase Bank, National Association by Mortgage Electronic Registration Systems, Inc., as designated nominee for GN Mortgage, LLC, beneficiary of the security instrument, its successors and assigns by assignment recorded in said Worcester County (Worcester District) Registry of Deeds at Book 54145, Page 62, subsequently assigned to Federal National Mortgage Association by JPMorgan Chase Bank, National Association by assignment recorded in said Worcester County (Worcester District) Registry of Deeds at Book 54145, Page 59, subsequently assigned to U.S. Bank Trust, N.A., as Trustee for LSF11 Master Participation Trust by Federal National Mortgage Association by assignment recorded in said Worcester County (Worcester District) Registry of Deeds at Book 60115, Page 328 for breach of the conditions of said Mortgage and for the purpose of foreclosing same will be sold at Public Auction at 10:00 AM on October 25, 2019 at 25 Michael Lane, Dudley, MA, all and singular the premises described in said Mortgage, to wit:

The land with the buildings thereon in Dudley, Worcester County, Massachusetts bounded and described as follows: LOT 11 Beginning at a point at the southwest corner of tract herein described on the westerly side of Wayne Terrace, formerly Wayne Avenue, at the northeast corner of Lot #12; Thence N 65 degrees 44' 32" W along Lot #12 a distance of one hundred forty-six and eighty-nine hundredths (146.89) feet; Thence N 44 degrees 45' 42" E along Lot #10, plan for Daedalus Realty Trust, dated February 25, 1986, a distance of one hundred eighty-nine and sixteen hundredths (189.16) feet to a point on the southerly side of the 1948 Worcester County Highway layout of Charlton Road; Thence S 55 degrees 22' 10" W along the southerly side of Charlton Road a distance of fifty-five and no hundredths (55.00) feet; Thence running easterly and southerly along the southerly side of Charlton Road on a curve to the right having a radius of 25.00 feet and a length of 45.57 feet to a point on the westerly side of Wayne Terrace; Thence running southerly along the westerly side of Wayne Terrace on a curve to the left having a radius of 179.05 feet and a length of 120.21 feet; Thence S 10 degrees 36' 00" W along the westerly side of Wayne Terrace a distance of eleven and seventy-six hundredths (11.76) feet to the point of beginning. The above described tract contains an area of 19,343 square feet. See plan recorded in Plan Book 560, Plan 118. Being all and the same premises conveyed to the Mortgagors by deed dated 11/16/90 and recorded with the Worcester South District Registry of Deeds at Book 13111, Page 326.

The premises are to be sold subject to and with the benefit of all easements, restrictions, encroachments, building and zoning laws, liens, unpaid taxes, tax titles, water bills, municipal liens and assessments, rights of tenants and parties in possession, and attorney's fees and costs.

TERMS OF SALE:

A deposit of FIVE THOUSAND DOL-LARS AND 00 CENTS (\$5,000.00) in the form of a certified check, bank treasurer's check or money order will be required to be delivered at or before the time the bid is offered. The successful bidder will be required to execute a Foreclosure Sale Agreement immediately after the close of the bidding. The balance of the purchase price shall be paid within thirty (30) days from the sale date in the form of a certified check, bank treasurer's check or other check satisfactory to Mortgagee's attorney. The Mortgagee reserves the right to bid at the sale, to reject any and all bids, to continue the sale and to amend the terms of the sale by written or oral announcement made before or during the foreclosure sale. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney. The description of the premises contained in said mortgage shall control in the event of an error in this publication. TIME WILL BE OF THE ESSENCE.

Other terms, if any, to be announced

U.S. Bank Trust, N.A., as Trustee for LSF11 Master Participation Trust

Present Holder of said Mortgage, By Its Attorneys, ORLANS PC PO Box 540540 Waltham, MA 02454 Phone: (781) 790-7800 18-002873 October 4, 2019 October 11, 2019 October 18, 2019

# NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Allinton G. Silcott to Bank of America, N.A., dated June 16, 2008 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 42972, Page 327, of which mortgage the undersigned is the present holder, by assignment from: Bank of America, N.A. to Specialized Loan Servicing, LLC, recorded on February 23, 2018, in Book No. 58471,

for breach of the conditions of said mortgage and for the purpose of fore-closing, the same will be sold at Public Auction at 12:00 PM on November 5, 2019, on the mortgaged premises located at 37 Henry Marsh Road, Dudley, Worcester County, Massachusetts, all and singular the premises described in said mortgage,

TO WIT:

at Page 107

The land in Dudley, Worcester County, Commonwealth of Massachusetts and being shown as Lot 28 on a certain plan of land entitled "Misty Meadow Estates" and recorded with Worcester District Registry of Deeds in Plan Book 597, Plan 107 and bounded and described as follows:

BEGINNING: at a point on the northeast corner of tract herein described on the westerly sideline of Henry Marsh Road at the southeast corner of Lot 29; THENCE S. 08°00'34" W. along the westerly sideline of said Henry Marsh Road a distance of one hundred fifty and twenty one hundredths (150.21) feet to a point;

THENCE N. 81° 59' 26" W. along Lot 27 a distance of two hundred ninety and no hundredths (290.00) feet to a point;

THENCE N. 08°00' 34" E. along Lots 41 and 42 a distance of one hundred fifty and twenty one hundredths(150.21) feet to a point;

THENCE S. 81°59' 26 E. along said Lot 29 a distance of two hundred ninety and no hundredths (290.00) feet to the point of beginning.

CONTAINING 43,561 square feet of land.

Being the same premises conveyed to the Mortgagor by Deed dated 6-6-, 2008 and recorded with the Worcester District Registry of Deeds in Book 42972 Page 325.

For mortgagor's(s') title see deed recorded with Worcester County (Worcester District) Registry of Deeds in Book 42972, Page 325.

These premises will be sold and conveved subject to and with the benefit of all rights, rights of way, restrictions, easements, covenants, liens or claims in the nature of liens, improvements. public assessments, any and all unpaid taxes, tax titles, tax liens, water and sewer liens and any other municipal assessments or liens or existing encumbrances of record which are in force and are applicable, having priority over said mortgage, whether or not reference to such restrictions, easements, improvements, liens or encumbrances is made in the deed. TERMS OF SALE:

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

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

SPECIALIZED LOAN SERVICING

LLC
Present holder of said mortgage
By its Attorneys,
HARMON LAW OFFICES, P.C.
150 California St.
Newton, MA 02458
(617)558-0500
14658
October 4, 2019
October 11, 2019
October 18, 2019

### LEGAL NOTICE

Notice is hereby given by S.H Auto repair .llc 120 schofield ave unit 8 Dudley ma 01571 pursuant to the provision of G.L.c.255, Section 39A that on October 25, 2019 @ 5PM at:S.H Auto Repair .llc 120 Scofield ave unit 8 Dudley

ma 01571 The following motor vehicle will be sold at a private sale to satisfy the garage keepers lien thereon for storage, towing, charges, care and expenses of notices and sale of said vehicles:

Vehicle:Vin#1LNHM97V5YY760334; 2000 LINCOLN CONTINENTAL OWNER:DAVIS JENNIFER L ,30 RAC-ICOT AVE WEBSTER MA 01570 VEHICLE:VIN#4S3BH806417621853; 2001 SUBARIO LEGATON 100 LOW

OWNER:KRIS A FITTON ,108 LOW-ER GORE RD WEBSTER MA 01570 VEHICLE:VIN#1D4GP2433B307345; 2003 DODGE CARAVAN OWNER: RIVAS ERASTO L , BX 623

SOUTHBRIDGE MA 01550 THIS NOTICE HAS BEEN GIVEN UN-DER THE PROVISION OF G.L.c255 , Section39A

October 4, 2019 Otober 11, 2019 October 18, 2019

# NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

Premises: 6 Boyden Street Extension, Webster, Massachusetts

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Galen Holmes, III and Danyle Holmes to Mortgage Electronic Registration Systems, Inc., as Nominee for The New York Mortgage Company, LLC and now held by Wilmington Trust, National Association, not in its individual capacity but solely as successor trustee to Citibank, N.A., as Trustee to Lehman XS Trust Mortgage Pass-Through Certificates, Series 2006-9, said mortgage dated December 28, 2005, recorded at Worcester County (Worcester District) Registry of Deeds in Book 38155, Page 183, as affected by a Home Affordable Modification Agreement dated November 27, 2010 and recorded with said Deeds in Book 47001, Page 200, as affected by an Assignment of Mortgage dated June 10, 2013, and recorded with said Deeds in Book 51069 at Page 296, as affected by an Assignment of Mortgage dated November 16, 2017, and recorded with said Deeds in Book 60453 at Page 141, of which mortgage the undersigned is the present holder, for breach of the conditions in said mortgage and for the purpose of foreclosing the same will be sold at Public Auction on November 1, 2019, at 10:00 AM Local Time upon the premises, all and singular the premises described in said mortgage, to wit:

A certain parcel of land with the building thereon of every nature and description and all the privileges and appurtenances thereto belonging, situated in the Town of Webster, County of Worcester, Commonwealth of Massachusetts and on the northerly line of Boyden Street, and being shown as Lot I and I A on plan entitled "Land in Webster, Mass. Being conveyed to Pasquale DiDonato dated September I S, 1979, Henry A. Racicot, L.S. and recorded with Worcester District Registry of Deeds, Plan Book 469, Plan 24, further bounded and described as follows:

BEGINNING at the southeast comer thereof at an iron pin on the northerly line of said Boyden Street, said pin being one hundred ninety-two and five tenths (19 2.5) feet westerly of Webster highway bound marking the intersection of the northerly line of Boyden Street and the westerly line of Myrtle Avenue; THENCE South 81° 56' 40" West, by the northerly line of said Boyden Street, one hundred six and 00/l00ths (106.0) feet to an iron pin at other land of Pasqale D. Di Donato, now or formerly; THENCE North 18° 08' 20" East by other land of Pasquale D. DiDonato, now or formerly, for a distance of one hundred eleven and sixty-four hundredths (111.64) feet to an iron pin at land or Airielio DiPierdomenico;

THENCE North 79° 58' 01" East by land of said DiPierdomenico for a distance of forty

and 00/100ths (40.00) feet to an iron pin;

THENCE North 80° 37' 46" East by land of said DiPierdomenico for a distance of sixty six and 00/lO0ths (66.00) feet to an iron pin at land of Richard LaPlante; THENCE South 16° 38' 12" East by land of said LaPlante for a distance of one hundred fourteen and sixty-hundredths (114.60) feet to the point of beginning. The description of the property contained in the mortgage shall control in the event of a typographical error in this publication.

For Mortgagor's Title see deed dated August 31, 2005, and recorded in Book 37222 at Page 379 with the Worcester County (Worcester District) Registry of Deeds.

TERMS OF SALE: Said premises will be sold and conveyed subject to all liens, encumbrances, unpaid taxes, tax titles, municipal liens and assessments, if any, which take precedence over the said mortgage above described.

TEN THOUSAND (\$10,000.00) Dollars of the purchase price must be paid in cash, certified check, bank treasurer's or cashier's check at the time and place of the sale by the purchaser. The balance of the purchase price shall be paid in cash, certified check, bank

treasurer's or cashier's check within forty five (45) days after the date of sale. Other terms to be announced at the sale.

Marinosci Law Group, P.C. 275 West Natick Road, Suite 500 Warwick, RI 02886

Attorney for Wilmington Trust, National Association, not in its individual capacity but solely as successor trustee to Citibank, N.A., as Trustee to Lehman XS Trust Mortgage Pass-Through Certificates, Series 2006-9
Present Holder of the Mortgage Telephone: (401) 234-9200
MLG File No.: 14-07702

MLG File No.: 14-07702 October 11, 2019 October 18, 2019 October 25, 2019

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Division
Worcester Probate and Family
Court

225 Main Street
Worcester, MA 01608
Docket No. WO19P3249PM
CITATION GIVING NOTICE OF
PETITION FOR APPOINTMENT OF
CONSERVATOR OR OTHER
PROTECTIVE ORDER PURSUANT
TO G.L. c. 190B, §5-304 & §5-405
In the matter of:

In the matter of:
Bernadette M Noga
Of: Webster, MA
RESPONDENT

(Person to be Protected/Minor)
To the named Respondent and all other interested persons, a petition has been filed by Ellen J Norris of Woodstock, CT

in the above captioned matter alleging that **Bernadette M Noga** is in need of a Conservator or other protective order and requesting that Ellen J Norris of Woodstock, CT (or some other suitable person) be appointed as Conservator to serve **Without Surety** on the bond. The petition asks the court to determine that the Respondent is disabled, that a protective order or appointment of a Conservator is necessary, and that the proposed conservator is appropriate. The petition is on file with this court.

You have the right to object to this proceeding. If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 A.M. on the return date of 10/29/2019. This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail to file the written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date.

### IMPORTANT NOTICE

The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.

WITNESS, Hon. Leilah A Keamy First

Justice of this Court. Date: October 02, 2019

Stephanie K Fattman Register of Probate

October 18, 2019



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Experienced cook to work part time (22-25 hours per week) at a residential school in North Brookfield.

Schedule includes weekday and weekend hours, as well as some holidays.

Must be able to work independently.

Please send resume to: k.beatson@valleyviewschool.org

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McCurdy Investments, LLC is looking for a

Part-Time Financial Planner in Sturbridge, MA. Will train the right person, flexible hours.

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field. Must be willing to complete the

CFP certification.

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Investments

MCURDY

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# WEBSTER Lot(s) for Sale

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

\$45,000

Call /Text 774-241-6614

View on isoldmyhouse.com

#### **PART-TIME PRODUCER**

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Email resumes to: damccurdy@ mccurdyinsurance.com





#### ISSN - INFORMATION SUPPORT SERVICES & NETWORKING INSTRUCTOR **Bay Path Regional Vocational Technical High School**

Apply for this job online at http://www.schoolspring.com

#### Job Details

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

#### Job Description

Vocational Instructor, Full Time, permanent position, school year (184) days, Secondary Vocational School. Must be licensed by MASS DESE as an "Information, Support, Services & Networking Instructor" **OR** possess the necessary criteria to become licensed. Associates Degree or higher related to subject matter and skills to be taught, 4 years recent full time experience [within the last 7 years] directly related to ISSN. Teaching experience preferred but not required.

#### **Job Requirements**

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

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

Bay Path Regional Vocational Technical High is an Equal Opportunity Employer

Vocational Director: dmontville@baypath.net



Phone: (508) 909-4105

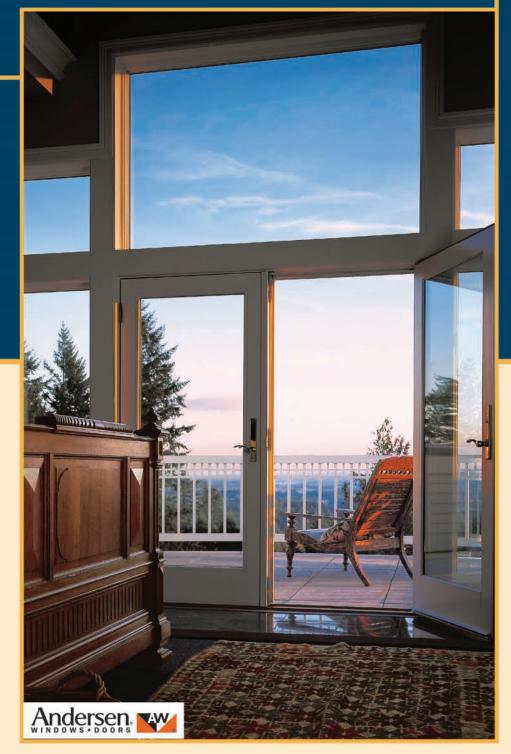


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Now until November 3rd

**SAVE 20%** 

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**SAVE 20%** 

on every patio door1

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

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MASTER

DETAILS OF OFFER: Offer expires 11/3/2019. Not valid with other offers or prior purchases. Get 20% off your entire purchase and 12 months \$0 down, 0 monthly payments, 0% interest when you purchase four (4) or more windows or patio doors between 9/29/2019 and 11/3/2019. Subject to credit approval. Interest is billed during the promotional period, but all interest is waived if the purchase amount is paid before the expiration of the promotional period. Financing for GreenSky® consumer loan programs is provided by federally insured, federal and state chartered financial institutions without regard to age, race, color, religion, national origin, gender or familial status. Savings comparison based on purchase of a single unit at list price. Available at participating locations and offer applies throughout the service area. See your local Renewal by Andersen location for details. License number available upon request. Some Renewal by Andersen locations are independently owned and operated. "Renewal by Andersen" and all other marks where denoted are trademarks of Andersen Corporation. ©2019 Andersen Corporation. All rights reserved. ©2019 Lead Surge LLC. All rights reserved

# Free Educational Speaker Series At Quaboag Rehabilitation And Skilled Care Center

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WEDNESDAYS • 1:30 - 2:30 PM QUABOAG REHABILITATION AND SKILLED CARE CENTER 47 E Main Street West Brookfield, MA 01585 Tea and Refreshments will be served.



OCTOBER 23RD FINANCIAL FRAUD & THE ELDERLY What To Know

AND How To Avoid It Kim Brown, Branch Manager, North Brookfield Savings Bank

NOVEMBER 13TH How To Move On - Creating A BRIDGE TO A NEW LIFE Barbara Perman, President, Moving Mentor

Limited seating; RSVP to our **Admissions Department at** 508-867-7716.



47 E Main Street West Brookfield MA 01585

508-867-7716

www.quaboagonthecommon.com

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# HEALTH

# Breast cancer signs and symptoms

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

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

• Changes in how the breast or nipple feels: The NBCF says nipple tenderness or a lump or thickening in or near the breast or underarm could indicate the presence of breast cancer. Some women may notice changes in the skin texture or an enlargement of the pores in the skin of their breast. In many instances, skin texture has been described as being similar to the texture of an orange peel. Lumps in the breast also may indicate breast cancer, though not all lumps are cancerous.

• Change in appearance of the breast or nipple: Unexplained changes in the size or shape of the breast; dimpling anywhere on the breast; unexplained swelling or shrinking of the breast, particularly when the shrinking or swelling is exclusive to one side only; and a nipple that is turned slightly inward or inverted are some signs and symptoms of breast cancer that can affect the appearance of the breast or nipple. It is common for women's breasts to be asymmetrical, but sudden asymmetry should be brought to the attention of a physician.

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

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

# Occupational therapy has many benefits



People may be familiar with physical therapy, which many are prescribed after suffering a sports-related injury or being injured in an accident. But less may know about occupational therapy, a form of therapy that can help individuals live full, happy lives even if they're dealing with permanent disabilities or chronic conditions.

The American Occupational Therapy Association, Inc., says that occupational therapy helps people perform daily tasks to reach goals. This can include helping children or adults with disabilities participate fully in work or school. Occupational therapy also may intervene during or after a physical or mental illness so that one can regain lost skills. Occupational therapists tend to focus on treating people who need assistance with a physical, sensory or cognitive disability. OT practitioners address psychological, social and environmental factors that can impact a person's ability to function.

Even though one may think OTs primarily treat adults, especially aging seniors, this is not the case. The health and wellness resource KidsHealth, from Nemours, indicates that children also benefit. Occupational therapists can work with children after surgery or help those with behavioral problems.

OTs also help children recover after suffering traumatic injuries, and can even help kids with developmental delays.

Occupational therapy differs from physical therapy. While physical therapy deals with pain, range of motion, endurance, and strength, among other things, the AOTA notes that OT tries to hone fine motor skills, visual-perception skills and cognitive skills and to lessen sensory-processing deficits. Very often OT is used in conjunction

Occupational therapy can be a rewarding career with many different opportunities. Therapists work in various settings, including schools, hospitals, rehab facilities, nursing homes, and even in independent practices. In addition, new specialities, such as assisting those with low vision or helping workers adapt to ergonomic tools, enable even more specialized concentrations.

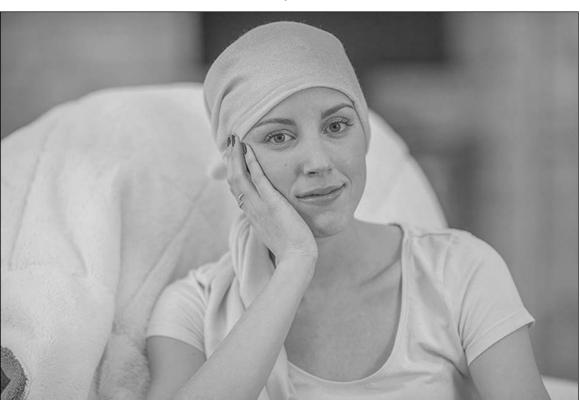
People who think they can benefit from occupational therapy should first consult with a primary care physician or a discharge team from a hospital to find out which OT services may benefit

# Potential treatment options after a breast cancer diagnosis

A breast cancer diagnosis is something no one wants to receive. But the burden of breast cancer is substantial. In fact, the World Health Organization notes that breast cancer is the most commonly occurring cancer in women worldwide.

Thankfully, breast cancer survival rates are high in many parts of the world, particularly in developed countries such as the United States, Canada and Japan. While survival rates are lower in developing countries, it is encouraging to know that the average five-year survival rates are as high as 90 percent in some nations. That suggests that the strategies used to successfully fight breast cancer in developed nations may one day prove as effective in developing nations, potentially leading to a sharp decline in global breast cancer deaths.

Upon being diagnosed with breast cancer, patients will be educated about a host of potential treatment options. The Centers for Disease Control and Prevention note that breast cancer is treated in several ways, and the course of treatment a doctor recommends will depend on the kind of breast cancer and how far it has spread. In addition, accord-



ing to Breastcancer.org, breast cancer is made up of many different kinds of cancer cells, which often necessitates the use of various types of treatments to get rid of the cancer.

The following are some treatment options doctors may discuss with breast cancer

patients.

• Surgery: Breastcancer.org notes that surgery is typically the first line of attack against breast cancer. The CDC says the goal of surgery is to cut out cancer tissue. Some common breast cancer surgeries include lumpectomy, in which the tumor and a small amount of surrounding tissue is removed, and mastectomy, in which all of the breast tissue is removed.

• Chemotherapy: Chemotherapy is used to treat various types of cancer and involves the administration of special medicines to shrink or kill existing cancer cells. Breastcancer.org notes that chemotherapy is sometimes administered prior to surgery in an attempt to shrink the cancer.

• Radiation therapy: Radiation therapy aims to kill cancer cells using high-energy rays that are similar to X-rays. Sometimes referred to as "radiotherapy," radiation therapy is overseen by a radiation oncologist who specializes in this type of treatment.

• Hormonal therapy: Estrogen makes hormone-receptor-positive breast cancers grow, and hormonal therapy, which may be referred to as "anti-estrogen" therapy, aims to reduce the amount of estrogen in the body and block its action on breast cancer cells.

• Targeted therapies: These therapies, which Breastcancer. org notes are generally less likely than chemotherapy to harm normal, healthy cells, target specific characteristics of the cancer cells. Cancer cells can have many characteristics, so there are various types of targeted therapies.

Breast cancer treatments can be highly effective in the fight against breast cancer, particularly when the disease is caught in its early stages.

# HEALTH

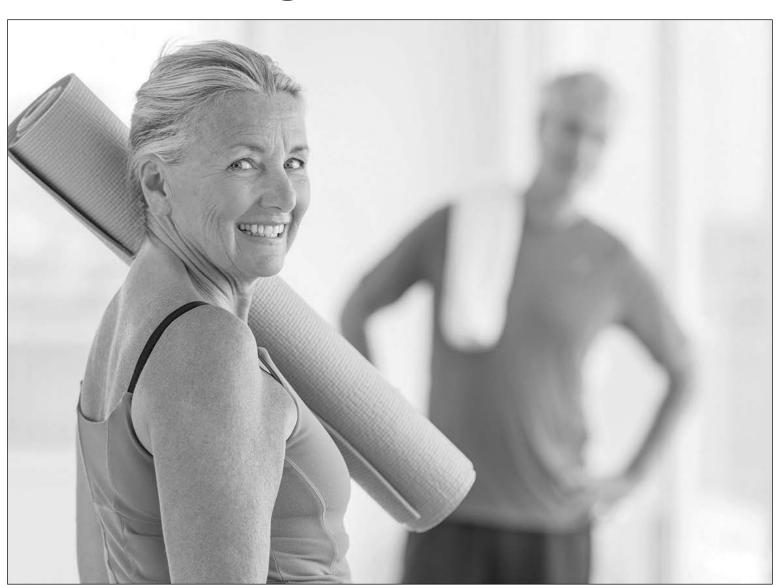
# Exercise and aging: How to work out safely after 50

In an ideal world, people young and old exercise each day. But as men and women age, finding time to work out is not so easy.

Commitments to work and family often take precedence over daily exercise. As a result, many people 50 and over might not have exercised regularly or at all in many years. But as children grow up or even move out, people facing down their golden years are often compelled to get back in the gym. That's a wise decision that can increase a person's chances of being healthy and happy in retirement. But before beginning a new exercise regimen, men and women over 50 should take heed of the following safety tips to ensure their efforts are not derailed by accident or injury.

· Speak with your physician. The National Institute on Aging notes that even people with chronic conditions such as heart disease, diabetes or arthritis can be physically active. However, anyone with such a condition and even those who don't fall into those categories should consult with their physicians and receive a full physical before exercising. Such a consultation and checkup can shed light on any unknown issues, and physicians can offer advice on how to safely manage any problems that may arise.

• Begin with low-intensity exercises. Even if you feel great and have maintained a healthy weight, don't push yourself too hard at the start. Your body needs time to adjust to physical activity, so choose low-intensity exercises like walking and light strength training so



your muscles, tendons and ligaments can adjust. Initially, exercise every other day so your body has ample time to recover between workouts.

• Choose the right places to exercise outdoors. Exercising outside provides the best of both worlds for many people, providing a chance to get healthy all while enjoying the great outdoors. When exercising outdoors, choose areas that are not remote and where others can see you and offer help if you suffer an injury or have an accident. Boardwalks, public parks and outdoor gyms are safer places to work out than wooded areas or other places

well off the beaten path.

• Stay hydrated. The NIA notes that many people lose their sense of thirst as they age. But just because you aren't thirsty does not mean you don't need water, especially while exercising. Water regulates body temperature and lubricates the joints, thereby

decreasing your risk of injury during exercise.

Exercising after 50 can help people live healthy well into retirement. But caution must be exercised when aging men and women return to exercise after a long break.

# 3 tips to overcome everyday aches and pains



Pain is a significant concern for many people. Estimates from the International Association for the Study of Pain suggest that one in five adults across the globe suffer from pain.

Pain can affect anyone, even people who have not been in an accident or suffered an injury while playing a sport or performing another physical activity. For example, lower back pain, which can be caused by sitting at a desk for long stretches of time, is the most common type of chronic pain in the United States. Such pain may be unavoidable, but that does not mean it and other types of everyday aches and pains cannot be overcome.

1. Begin a well-rounded exercise regimen.

Regular exercise that includes both strength training and cardiovascular exercise increases blood flow and helps build a strong core. A strong core supports the spine and reduces the pressure on it, making it less likely people who sit for long stretches at a time will end their days with lower back pain. Routine exercise also helps other areas of the body by keeping muscles loose and flexible. Before beginning a new exercise regimen, men and women, especially those with existing aches and pains, should consult their physicians about which exercises they should do and which they might want to avoid.

2. Employ RICE. RICE, which stan

RICE, which stands for rest, ice, compression, and elevation, can help men

and women overcome the aches and pains that result as the body ages and tendons begin to lose some of their elasticity. RICE might be most helpful for people who have been diagnosed with tendinitis. Athletes over 40 who engage in activities that require repetitive motion might need to take more days off between rounds of golf or other competitive and/or repetitive activities. If tendinitis flares up, take some time away, icing any sore areas, wrapping them in bandages, and elevating them while resting. Athletes rarely want to sit on the sidelines, but a few days off can go a long way toward alleviating the pain associated with tendinitis.

3. Recognize your body may develop some limitations.

Age should not prevent you from being physically active, and numerous studies have touted the benefits of continuing to exercise into your golden years. However, as the body ages, muscle fibers become less dense, resulting in a loss of flexibility that increases the risk of injury and/or soreness. As men and women grow older, they shouldn't abandon activities like gardening or strength training. But they may need to scale back on the intensity with which they perform such activities. Doing so can prevent the kinds of muscle strains associated with aging.

Pain affects more than one billion people across the globe. But some simple strategies can help people overcome pain and enjoy a rich quality of life.



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