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Clinical Study Manager







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Friday, October 25, 2019

Go For Life Walk brings generations together



Laura Koblich, left, with her five-year-old daughter, Isabella, and North Brookfield Senior Center Director Diane Nichols.

BY KEVIN FLANDERS

NORTH BROOKFIELD - After their original event was postponed due to rain earlier this month, Senior Center and school leaders employed some creative thinking to bolster an intergenerational program.

The original Go for Life Walk, a debut event uniting seniors and students, was called off earlier this month due to downpours. But

rather than hold the event indoors or next spring, organizers saw an opportunity to make it even bigger and better this fall.

After receiving approval from school leaders, Senior Center Director Diane Nichols was able to couple the Go for Life Walk with the district's annual anti-bullying walk. The result was a big success, officials said, with seniors and students walking together on

Please Read GO FOR LIFE, page A4

Home of the Brave 5K supports veterans in need

BY KEVIN FLANDERS

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

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

The cost is \$20 per person for those who register in advance; the race day registration fee is \$25 per person. Participants who register in advance will be given event T-shirts while supplies last. Awards will be given to the overall male and female winners, as well as the firstplace veteran and the first-place Sturbridge resident. Additional awards will be given in several youth age groups.

Sponsored by the town's

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

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

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

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

Please Read 5K, page A4

Spencer resident preserves stories of WWI servicemen

BY KEVIN FLANDERS

SPENCER-Just over a century after the end of the First World War, a local man is bringing the stories of fallen Spencer servicemen

Last month. Spencer resident Jim McLoughlin traveled overseas to visit the sites where several Spencer soldiers lost their lives during World War I. McLoughlin did

extensive research on the soldiers prior to his trip, and he was joined on the journey by his cousin, Mick McLoughlin, a Londonbased historian and battlefield guide.

After arriving

McLoughlin previously lived before moving to Spencer, he and his cousin crossed the English Channel into France to begin their expedition. They eventually visited several French towns that occupied a lengthy trench line during the First World War. Many of the Spencer residents who died during the war sacrificed their lives in defense of the

Please Read WWI, page A6



North Brookfield students take a stand against bullying



Kevin Flanders Photo

BY KEVIN FLANDERS STAFF WRITER

NORTH BROOKFIELD - Students of all ages took a stand – and a walk – against bullying during a district-wide event last week.

On Oct. 18, North Brookfield Public Schools held its second annual Run, Walk, Roll Against Bullying event. In a show of solidarity, students, staff, and family members walked together to demonstrate that bullying has no place in North Brookfield. State Rep. Donald Berthiaume, Police Chief Mark Smith, and selectmen were also in attendance to show their support.

The event was especially meaningful for students and staff members who have personally endured or witnessed a bullying incident. Technology has expanded opportunities for cyber-bullying, and both school and police officials are urging students to act with kindness and responsibility in all venues.

"It's so important for kids to hear about the need to respect each other and speak up for each other," said School Committee member Maria Tucker, who was bullied when she was in school. "We want all of our students to be kind to each other."

The event included speeches from several school and local leaders. Among the speakers was Rosemary Ford, who established the 365Z Foundation in honor of her son, Zachary Ford, who committed suicide at age 20. The organization provides several resources to local communities and encour-

Please Read BULLYING, page A4



Local inspirational speaker Rosemary Ford addresses students.

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brownies, cookies and much more. Find that special gift at

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es (chicken, egg, and ham salad) and apple crisp. Find that

a.m.-2 p.m., Christ Memorial Episcopal Church, located at 133

North Main St. (corner of Main and Spring streets) in North

Brookfield, will host its annual Red Door Fair.

Think Pink

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

unique Christmas gift!

Breast cancer signs and symptoms

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

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



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

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

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

Change in appear-

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

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

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

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

Educating young women about breast cancer

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

The majority of women who receive a breast

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

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

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

Proud to support Breast Cancer Awareness Join us for Ladies Night Thursday, Nov 7 5:30-7:30pm. First 50 people to receive a free gift

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Debunking common myths associated with breast cancer

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

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

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

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

• Myth: Lumps indicate breast cancer. The National Breast Cancer Foundation, Inc.® says that only a small percentage of breast lumps turn out to be cancer. However, abnormalities or changes in breast tissue should always be brought to the attention of a physician.

Myth: Mammograms cause breast cancer to spread. This myth is rooted in the incorrect notion that breast compression while getting a mammogram causes the cancer to spread. However, the NBCF insists that cannot happen. In fact, the National Cancer Institute touts the benefits of mammograms while the ACS recommends women between the ages of 45 and 54 get mammograms every year. For additional breast cancer screening guidelines, visit the ACS at www.cancer.org.

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

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







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Millennium Magic Chorus wins gold in competition



Courtesv Photo

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

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

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

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

Millennium Magic takes great pride in being a self-directed chorus, the only one of its kind in this global organization. Meaning, they don't have a front-line director, depending instead on personal mastery, owner-ship and teamwork. They are ordinary women who have achieved extraordinary results with this approach. The package theme song, "Hello," was masterfully arranged by member Laurel Strielkauskas, a founding member of Millennium Magic, which served as the premise of their mini Broadwaylike production with theatrical development, scripting and characterization by member Andrea Pierce.

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

Millennium Magic chorus welcomes new members year-round, but the chorus will be conducting an open risers event beginning Oct. 22 through Dec. 1. During this time, participants are invited to join the "open risers" where women singers of all ages attend 5 rehearsals, where they can experience

ACCURACY WATCH

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

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

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

instruction in the Barbershop singing style and vocal coaching...and it's free! The Event culminates in a performance with this international champion chorus at their annual Holiday Concert being held on December 1st, at 4PM, at the Bethlehem Lutheran Church on 345 Main St., Sturbridge.

View Millenniums Award Winning Performance on YouTube at https:// www.youtube.com/watch?v=0g3yzPJC-

To learn more about the chorus, the open riser's event and holiday concert, please visit Millennium Magic on Facebook, or contact Anne Wilson at Bariannie@aol.com, or call 413-320-3355.





Fully Insured

Central Mass. Postcard Club Show returns Nov. 2

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

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

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

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

an annual calendar with classic scenes from central Massachusetts towns.

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

"Longtime postcard collectors come to the show from as far away as Connecticut, Rhode Island, Vermont, and New Hampshire to shop with us, while beginning collectors have a chance to come to a show that is not in or near an unfamiliar city," said Greene, who founded the club in 1983 along with North Brookfield's Eugene Caille and other members. "Beginners can discover the wonderful diversity of postcard collecting, with the chance to find old views of their hometown, maybe even the school or church they attended, or the factory or store their

parents worked in. Or, they can find postcards picturing their favorite oldtime movie star or U.S. president.'

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

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

SPENCER - Local families will once again be treated to a spook-tacular

The annual Oct. 31 party is set for

party, as the Halloween Bash will take

6:30-8 p.m. Following their trick-or-treating sessions, all of the young witches,

ghouls, vampires, superheroes, zombies, and princesses are invited to enjoy a fun night at Town Hall (157 Main St.).

place at Town Hall.

house, a DJ, treats and apple cider,

costume contests, and games, among other activities. All goodies and

activities are free of charge, and town officials can often be found

volunteering and

serving up some Halloween-themed

Even the parents and grandparents are encouraged to bring their favorite costume to this spooky party. The event is geared for the entire family. Local

thank all volunteers who make the event happen each

year, especially

State Rep. Donald

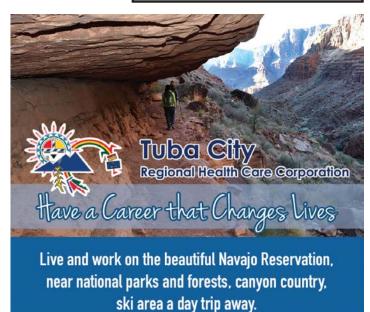
Berthiaume and

his family for orga-

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treats.



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WWW.TCHEALTH.ORG

Local police rescue Halloween party planned for local families in Spencer SPENCER - Local families will on again be treated to a spook-tacul party as the Halloween Back will to



Courtesy Photo

Police officers worked to free a trapped hawk last week.

LEICESTER – Officers from the Leicester Police Department teamed up with Becker College Police last week to rescue an

Police received reports on Oct. 15 of a hawk that was stuck in the grill of a vehicle. The LPD animal control unit worked with Becker College officers to carefully free the hawk.

The bird was taken to Tufts Animal Hospital in North Grafton for treatment. It is expected to make a full recovery.

The event will include a bounce **Evershine**

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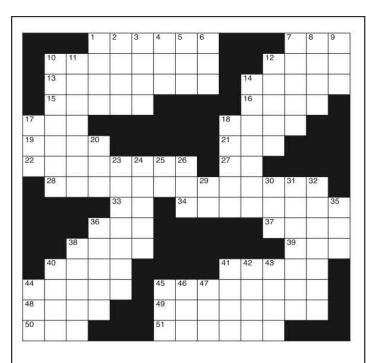




Craft fair planned at Holland Elementary

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

This is a major fundraiser for the Friends, who provide programs, equipment, and support to the Holland Community Center year round. We will have 40 vendors with everything from 31 bags, Paparazzi Jewelry and Pampered Chef, to homemade jewelry, soaps, plaques, ornaments, and knitted and crocheted items. We will also have a raffle with an item from each vendor being donated to our raffle. If you have any questions on the craft fair, please email Kathy at FriendsofHolland@gmail.com.



CLUES ACROSS

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

CLUES DOWN

- 1. Grenade
- 2. Off-Broadway theater award 3. Small, immature herring
- 4. __-fi (slang) 5. 007's creator
- 6. Liquefied natural gas 7. Cleanse thoroughly
- 8. Handle of a knife 9. Perform diligently
- 10. Drink pourer 11. Extreme greed
- 12. Southern Russia river 14. Type of cracker
- 17. Single Lens Reflex
- 18. Barely sufficient
- 20. Slick

JUNE SIMAKAUSKAS

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- 23. Reference books
- 24. Federally recognized native peoples
- 25. Manganese
- Senior officer
- 29. Atomic #18 (abbr.) 30. Tax collector
- 31. World wonder __ Falls
- 32. Origins
- 35. Car mechanics group
- 36. MMA fighter Urijah 38. Gland secretion
- 40. Gelatinous water creature
- 41. Good friend 42. Arab ruler
- 43. Capital of Belgian province
- Hainaut 44. English broadcaster
- 45. Soviet Socialist Republic
- 46. Affirmative
- 47. Trigonometric function (abbr.)

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B A C E B S

GO FOR LIFE

continued from page 1

The combined event also enabled participants of all ages to celebrate community kindness and staying active. The walk brought out families and even a few four-legged friends.

"This was a great collaborative event with the schools, and a nice intergenerational event to promote wellness," Nichols told the New Leader.

The walk was made possible by a grant from the Massachusetts Council on Aging. Volunteers

from the Rotary Club of the Brookfields provided snacks and waters, and town officials were on hand as well. State Rep. Donald Berthiaume and Police Chief Mark Smith even dropped by to greet students and seniors.

For school officials, it is always a thrill to have a chance to organize events between students and seniors. Wearing bright orange T-shirts, residents of all ages showed community solidarity during their walk.

"We were very glad to include the Go for Life Walk in our event. It is great to bring youth

continued from page 1

ages acts of kindness.

During her speech, Ford

spoke about the difference

between random acts of

kindness and making a con-

certed effort throughout each

day to help others. She also

encouraged guests to visit

her organization's Web site,

www.365z.org, to learn more

about how small kindnesses

kindness makes a huge dif-

ference in people's lives,'

'Committing yourself to

School leaders recognize

that it takes an entire com-

munity to counteract bully-

ing. They hope to continue

to spread the message of pro-

moting positivity in school

ticulated bullying policy,

but it is important to bring

awareness so we can work as

"Our district has a well-ar-

can have big impacts.

Ford told students.

and online.

BULLYING

and seniors together," said Mark Minnucci, the director of student services for North Brookfield Public Schools.

Senior Center and school officials thank everyone who took part in the event, as well as the many volunteers who offered support. Youngsters were awarded certificates acknowledging their participation and commitment to staying active.

"We love getting involved and helping children in all of the communities we serve," said Lynn Duffy-O'Shea, a member of the Rotary Club of the Brookfields.

dent services.

the district's director of stu-

Students were also able to sign a pledge against bully-

ing and take part in crafting

activities during the event.

Meanwhile, Chief Smith and

other town officials were on

hand to discuss the commu-

nity component of the dis-

trict's anti-bullying policy.

Officials want students to

know that there are many

channels available if prob-

lems arise in school or online.

Students were also remind-

ed to act responsibly behind

the screen and report any

inappropriate incidents they

and Chief Smith are very

approachable. Don't ever be

afraid to approach them if

you are having a problem,"

Select Board Chairman Dale

School officials thank

everyone who attended the

event and joined the mission

Kiley told students.

"Our police department

encounter on social media.

5K

continued from page 1

able to obtain information and connect with groups offering various services.

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

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to keep North Brookfield a community to prevent bulschools free of bullying. lying," said Mark Minnucci, SPENCER ALMANAC REAL ESTATE

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Ann M. and Lemon. Michelle E. to Pike, Glenn P.

\$10,000, Lake Ave #28, Lemon, Ann M, and Lemon, Michelle E, to Pike, Glenn P.

BROOKFIELD

None.

EAST BROOKFIELD

\$164,900, 104 Mechanic St, Duquette, Craig R, and Perrin-Duquette, Joanna, to Eccleston, Bryan, and Boucher-Eccleston, Nicole.

\$100,000, 109 Gleason Ave, Winstone, Michael, to RR Real Estate Group LLC. \$100,000, 212 Harrington St,

Furnace Pond RT, and Gaumond, Francis G, to Furnace Pond RT, and Gaumond, Gerard B.

NORTH BROOKFIELD

\$255,000, 16 Fullam Hill Rd, Brote, Dennis N, to Burgos, Predo, and Burgos, Kimberly.

WEST BROOKFIELD

\$267,000, 30 Cross St, Dejessa, Holly R, to Oliver, Joshua S.

\$228,000, 32 West St, Zicolella, Dolores, and Zicolella, Dwayne, to Hassett, Daniel J.

LEICESTER

\$277,000, 298 Rawson St, Mccahill, Brendan E, and Mccahill, Lori S, to Markarian, Nathaniel, and Kupfer, Bridget L.

\$265,000, 175 Henshaw St, Jaillet, Jason, and Jaillet, Angela, to Novia, Michael L, and Novia, Stacey L.

\$230,000, 11 Fairview Dr, Lacroix, Richard D, and Shugrue, Margaret M, to Gibbs, Angel K. \$130,000, 75 Huntoon Memorial

Hwy #5-5, Johnson, Michael, to Stimpson, Kevin B, and Stimpson, Mary E. \$123,000, 12 Carleton Rd, Leader,

Barbara M, and PNC Bank NA, to Diep, Larry.

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CLASSROOM CORNER

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

ATLANTA, Ga. — The Commission of the Council on Occupational Education (COE) has granted to continue accreditation of Southern Worcester County Regional Vocational School District's Bay Path **RVTHS** Practical Nursing Academy. Announcement of the action was made by Dr. Gary Puckett, Executive Director. The effective date of continued accreditation is Sept. 15.

The award of continued accreditation status is based on an evaluation to demonstrate that the institution meets not only the standards of quality of the Commission, but also the needs of the students, the community, and employers.

The Commission's evaluation process includes an extensive self-study by the institution and an intensive review by a visiting team of professional educators representing the Commission's member institutions from other states.

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



Courtesv Photo

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

Mr. Billy Clark.

The Council on Occupational Education, based in Atlanta,

Ga., offers quality assurance services to postsecondary technical education providers

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

Bay Path Practical Nursing Academy is located at 57 Old Muggett Hill Road, Charlton. It is a postsecondary school that offers intensive and accelerated Practical Nursing. In addition to its COE accreditation, Bay Path Practical Nursing Academy is approved by the Commonwealth of Massachusetts Executive Office of Health and Human Services Department of Public Health Board of Registration in Nursing (239 Causeway St., Boston, MA 02114). For more information visit their website www.baypath.net or contact Gretheline Bolandrina MSN Ed, RN, CRRN, Academy Director. 508-248-5971, ext. 1675 or at GBolandrina@baypath.net.

Local author-illustrator visits New student representatives elected at Bay Path East Brookfield Elementary



Courtesy Photo

Aja Johnson St. Val and Alyssa Misiano.

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

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

Each year, two students are elected

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

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

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

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

St. Val and Misiano will bring student issues up, participate in governance, and focus on not just current students but may include alumni and possibly incoming students in conversations and activities.

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

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



EAST BROOKFIELD – Students at East Brookfield Elementary School recently enjoyed a day of fun and learning courtesy of a local author-illustrator.

Ralph Masiello visited the school earlier this month to discuss all things books and illustrations. A children's book author and illustrator from Thompson, Conn., Masiello spent an entire day speaking to students in pre-k through grade

The entertainer even illustrated a few creations to demonstrate the process.

Courtesy Photo

Author-illustrator Ralph Masiello recently visited students at East Brookfield **Elementary School.**



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LETTERS TO THE EDITOR

Who is our real ally?

To the Editor:

I don't know about anyone else, but if I was being accused of a crime or even an inappropriate act and I was innocent, totally innocent, I would say emphatically that "There's no truth in that." It's strange that whenever a Democrat is accused of anything, they always say (with a smirk) that there's no evidence of any wrongdoing. If it was untrue, there would obviously be no evidence. However, if it was true, there may not be any evidence available at the time. Call me crazy, but if it's not true, I would much rather deal with the lack of truth than the lack of evidence unless of course I know that it is true and I'm very good at covering it up - especially with the help of the media.

My first Letter to the Editor back in August 2017 was about the use of big words. Now I'm writing about a small four-letter word - ally. The more people talk about our "allies" the more confused I become. Is Turkey, as a member of NATO, our ally? Are the Kurds an ally? When President Trump spoke of leaving NATO or reducing our commitment to the members who were not paying their fair share, political leaders from both sides of the aisle condemned the very thought of abounding our friends – our allies.

It is a fact that Turkey is officially our ally. If a country were to take military action against Turkey, the other members of NATO would be obligated to support Turkey militarily, including us. The Kurds are not an ally, and historically have never been an ally. They have been fighting side-by-side with us to protect their land and are happily accepting our assistance. They are fighting for their own interests not the interests on the USA. We have not been fighting for them, but rather against ISIS. If there is a conflict between Turkey and the Kurds, or that matter Syria, and it escalates into a war, we would be obligated to support Turkey, not the Kurds. I believe that's the real reason why we are withdrawing. do not want to take military action against the Kurds, and certainly don't want to be forced to support Turkey without the full participation of NATO. That is the truth, and there's plenty of evidence to support it.

To Richard Taylor: I bravely say that President Trump is Great – Democrats are Bad. Enjoy!

JIM REID SPENCER

Please Turn to A8 & A9 for more Letters to the Editor

Gut shots to American democracy

To the Editor:

"Big Papi," beloved sports hero David Ortiz, recently took a "Gut Shot." The bullet damaged and contaminated internal organs like kidneys and stomach.

In ambulance, he pleaded "Don't let me die." Thanks to excellent Dominican doctors and care in Boston, "Papi" did survive.

Recently, the United States took two self-inflicted gut shots that badly weakened us and strengthened our enemies.

The first involved valuable allies, the Kurds, and enemies-ISIS, Syria, Turkey, Iran, and Russia

Oct. 11, President Trump gave Turkish autocrat Erdogan the "green light" to attack and "clean out" the Kurds, that is practice ethnic cleansing. He further indicated American soldiers would not interfere, but withdraw.

The attack began very soon thereafter, with Russian troops also moving.

The 30-40 million Kurds, make up the largest population in parts of Syria, Turkey, Iraq and Iran. Promised nationhood by the West in 1920 they have lived here for thousands of years. For decades, they served as trusted partners against; ISIS, other militants and Saddam. They also protected, women, Christians and other minorities.

Most importantly, unlike others, with American support, they successfully battled ISIS, losing 11,000 soldiers compared to our 12. They then took responsibility for guarding 10,000-20,00 captured soldiers/supporters. Following the "Green Light," some have escaped

The Kurds receive high marks for bravery, fighting ability, intelligence, integrity and sense of honor. These facts caused Trump appointed Secretary of Defense General Mattis and his diplomatic colleague Bret McGurk to resign and for Special-Ops Commander McRaven to write "Our Republic Is Under Attack from the President"- (Google it!)

It also caused "shame" and outrage among those Americans soldiers who served alongside the Kurds. (Google the haunting video "I Joined The Army To Prevent Genocide, Not Pave the Way For One".)

In this, we should not have pride in President Trump. Rather like Mitch McConnell, we need to fear the consequences of;

abandoning a brave ally, allowing ISIS to resurge, and strengthening our enemies, especially Russia

The second gut shot involved Ukraine. Here Trump and his cronies

pressured the new government to investigate election opponent Biden(s), and a non-existent Democratic computer server, while withholding badly needed military aid for Ukraine's defense against Russian attacks,

used Ukraine "pipelines" for Russian money supporting 2016 Republican candidates, including Trump - four associates of the President's personal lawyer Rudy Giuliani have been indicted or arrested,

forced out an outstanding professional ambassador because Giuliani thought she stood in the way of his objectives and crooked partners. Her replacement, Bill Taylor said "this is crazy"

(A personal note; my son, partly educated in Spencer, has worked alongside Taylor, McGurk, and Kurds. He highly respects all.)

In the Oct. 11 edition of the New Leader, a partly titled letter "....banana republic " appeared.

Regarding Ukraine, it called a whistleblower complaint "laughable"-in fact it has been verified,

indicated a Ukraine transcript was "stored appropriately"-in fact, it was hidden.

endorsed "the need for other countries to step up"-in fact European Countries have contributed billions more than the USA.

said Russia has not shown "impulses" toward the Ukraine since President Trump- in fact in 1918 alone more than two hundred Ukrainians were killed by Russians etc.. It remains an active war, and

told us "no crime or cover up" or "quid Pro Quos"in fact see the "Giuliani4" plus Manafort/ Gates indictments and the Mulvany press conference.

The "Banana" letter also

implies that Trump is loyal to the Constitution- in fact he is not, see "separation of powers,"

indicates most Americans don't support impeachmentmost do , including more Republicans,

says "any Trump supporter should be proud" in fact, he has shamed and endangered our country, and

says we will not become a "banana republic" (like, for example Honduras). Comparing the USA to small tropical military dictatorships makes no sense. Instead consider how similar Trump compares to autocrats in Turkey, Hungary, Poland, and Russia- where Trump's "bestie" Putin rules.

The few facts "Banana" letter distracts from the increasing danger and chaos of Trump's

KEVIN KANE SPENCER

WWI

continued from page 1

trenches that ran for roughly 530 miles.

Before even arriving in France, McLoughlin's research revealed several well-known names in town who served in the war. Two of the Spencer servicemen who died in World War I were Joseph Gaudette and Frank Kirk, whose names were selected to comprise the Gaudette-Kirk American Legion Post in town. Many other memorial names and sites throughout town can be traced back to those who laid

down their lives in World War

"I had known a lot about the Second World War, but not much about the First World War," said McLoughlin, who identified a total of 13 soldiers from Spencer who were lost during the war. "After I retired, I wanted to learn more about the war and those who served."

Looking ahead, McLoughlin plans to continue his research over the winter and return to France in May to search for additional memorial sites of Spencer soldiers. He was able to identify a handful of memorials during last month's trip, but further research is needed

to locate the elusive battlefield memorials for others.

McLoughlin's research also confirmed that one of the Spencer soldiers lost his life at sea, while others died of disease. The longer he has researched World War I and the local soldiers who took up arms, the more fascinated he has become with their lives.

Ultimately, McLoughlin hopes to be able to comprehensively share their stories with residents. At a time when many historical happenings have faded from the forefront, McLoughlin's goal is to convey Spencer's World War I stories to people of all ages.

"I am going to do a lot more research. I'd like to be able to share the stories of their lives so they are not forgotten," McLoughlin told the New Leader.

In May, McLoughlin will visit Bel Air Farm in France, which was occupied by a German fortification during World War I. McLoughlin has already been in communication with the farm's owner, and he looks forward to documenting and photographing the site in the spring.

McLoughlin took hundreds of photographs during his trip last month, and he is interested in connecting with local historians who might be able to advance his knowledge on Spencer servicemen in the war. For a few of the Spencer residents lost during the war, he only has meager information on their enlistment and service.

"I plan to do a lot more dig-

"I plan to do a lot more digging. It is amazing to see these places for yourself and learn about who these people were," McLoughlin said.

As part of his research, McLoughlin has read several books, articles, online sources, and maps of Europe. He even visited the National World War I Museum in Kansas City, Mo.

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A Mixed Bag of Tips

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

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

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

Here's a refreshing tea you can flavor with fresh garden

Lime Mint Iced Tea:

To do: Mix four (regular Lipton type) tea bags, one quarter cup sugar and about a cup and a half of fresh mint leaves in a quart of boiling water.

Allow to steep for 15 minutes. Strain out tea bags and leaves. Chill and add a quarter cup of lime juice. Serves 4.

Dust Bunnies run for their lives when you make your own dusting oil that rivals commercial brands. Just mix three parts light mineral oil with one part corn oil. Then add a drop of lemon or clove oil for a pleasant scent. Put this on your dust mop or dust rag and store in a plastic bag. When the mop or rag becomes dirty, simply wash in warm water and reapply.

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

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



TAKE THE HINT

KAREN TRAINOR

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

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

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

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

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

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

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

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

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

Win Dinner for Two at the Publick House

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

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.

Optimism is a key to quality education

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

Avon has a tax base challenge as it is a communi-

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

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

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

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

Does optimism make a difference?

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

Take as an example the Marching Arts program. Both the Avon Marching Band and Color Guard are nationally recognized as "top notch." I enjoyed the privilege of meeting and spending time with Dean Westman, Performing Arts Chair and Daniel Wiles, Visual Program and Winter Guard Director.

POSITIVELY SPEAKING

By Gary W. MOORE

Together, these educators have amassed numerous national championship awards. What was the first thing that came to mind when I met them? They were optimistic. Optimism generates enthusiasm and enthusiasm generates positive actions. And of course,

positive actions create positive results. It all begins with optimism.

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

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

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

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

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

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

My message to Boards of Education,

Teachers and taxpayers is simple; If you are not teaching and formulating an optimistic environment within your student's heart and mind, stop wasting vour money on technology.

Optimism is the key to success in education.

Optimism is the student's super-pow-

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

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Deanna Age 16

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

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

Deanna is currently a high school student whose favorite aspect of school is earning good grades. Deanna has been active-

ly participating in her school's vocal jazz band. She has plans for her future which include going to college to become a brain surgeon. Deanna has learned that to achieve this goal, she may be in school for 12+ years! She looks forward to this opportunity.

Deanna is a child that has blossomed in an environment that has structure, predictability and nurturance. Deanna will continue to strive with a loving home that has time for one on one attention, predictable routines and stability. Deanna is legally free for adoption and is open to any family that may be interested in learning more about her. It is very important to Deanna that she is able to maintain the relationship she has with her sister once a placement is identified.

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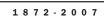
Can you provide the guidance, love and stability that a child needs? If you're at least 18 years old, have a stable source of income, and room in your heart, you may be a perfect match to adopt a waiting child. Adoptive parents can be single, married, or partnered; experienced or not; renters or homeowners; 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 617-54-ADOPT (617-542-3678) or visit www.mareinc.org. The sooner you call, the sooner a waiting child will have "a permanent place to call HOME."





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Frank G. Chilinski

PRESIDENT AND PUBLISHER

Brendan Berube

EDITOR

EDITORIAL

A film that teaches us all to be neighbors again

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

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

watching the documentary. The film takes us on the set and gives

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

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

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

To no one's surprise, Rogers gave children as well as his own peers, the hope that there would always be a champion in their corner. His strength of character was so much so that he was not afraid to openly show love and kindness to those who were scorned by others simply for being themselves. Francois Clemmons, who played a police officer Turn To **EDITORIAL** page **A9**

THE BID THAT

CAN'T BE MADE

BY MARK DI'BENEDETTO

Hope of success dims and fades. As Marion, bids and plays eight of spades.

All faces with pain and wracked.

Does she even have the Jack? No worries, success is in the sack. For Marion's luck, knows no

black Bid is made holding no jack. Could you ask for more? Just put us down for four!!!

Opinion and commentary from Spencer, Leicester and the Brookfields

LETTERS TO THE EDITOR

It's time for Catholic Democrats to question their party's stance on abortion

To the Editor:

When perusing the Letters section of the New Leader each week, I always read anything the Editor prints from me to see that he caught all my misspellings, the fractured grammar, the run-on sentences, the extravagant and pretentious use of vocabulary, and all the rest of it. He polishes well.

This past week, I was scanning my interminable jeremiad on "Banned Books Week" and liberals in the American Library Association, when, oddly enough, I awoke to find my chin on my chest. "Well," I thought, "that was a nice little nap. Where'd that come from?" I like naps, don't you?

The soporific state in which I found myself, however, vanished completely upon reading Brother Reid's cri de coeur (cry from the heart) regarding the ever-volatile subject of abortion, and in particular, the horrific matter of late term abortion.

Mr. Reid, who, after having read all of his offerings to the paper, I might describe as being "more Catholic than the Pope" (with the current Pontiff, that might not be too difficult a status to reach), surprised and impressed me with his categorical repudiation of his Catholic brethren (and sistren) who happen to be liberal Democrat (!) politicians completely unable or unwilling to dissociate themselves from the abortion industry and always to be counted on for their support of even the most wicked and indefensible of abortion atrocities. Not being a Catholic myself, I always felt an awkwardness in writing on the subject of Catholic political support for something their church unequivocally condemns, especially the gruesome business of terminating the life of a fully-formed baby, ready-to-issue his or her first lusty cry and get on with the business of beginning their young and promising life.

When I read this proud Catholic unabashedly calling out his co-religionists for their perfidy, I found myself thinking, "Preach it, brother!! Amen...and Amen!" We've all seen it: the Kennedy's, the Bidens, the Kerry's, the entire Massachusetts Congressional delegation (and that of all the rest of New England, for that matter), the local and state Democrat (!) pols---all of them. The "Old Reliables," always there when the ghouls at Planned Parenthood need their vote or more taxpayer money.

Yet, be sure you'll see these pols making their way to the front of the church to take communion at funeral masses where there are lots of voters in the pews watching.

Is there a Democrat (!) politician anywhere in the country, on this issue, who hasn't sold his or her soul for a mess of pottage? Every Democrat (!) in the New York State Legislature was on his or her feet high-fiving each other while roaring approval of their new demonic law permitting the snuffing out of a precious baby's life at any point in the pregnancy. The Democrat (!) Governor of Virginia, Ralph Wortham, probably not a Catholic, just an Episcopalian--and also a doctor, God help us--with a straight face says in the case of a baby surviving a botched abortion attempt, and lying there on the table as alive as anyone else in the room, it will be up to the mother and the doctor to decide whether to let the little guy/girl have its life. They--mom and the "doctor"--are the spectators in the Coliseum giving a thumbs up or down to the defeated gladiator. None dare call it murder. Other Virginia gentlemen and Episcopalians like George Washington, Patrick Henry, Thomas Jefferson, et al, would have been horrified by such a demented man as Governor Ralph Wortham. Oh, and did I mention, he's a...Democrat?!

Those of you reading this who are true believing Catholics and Democrats (!) ought to ask yourself, how bad can this get before I will finally have to say goodbye to this shameful, sorry excuse for a political party? And when they (your Catholic Democrat (!) office holders or seekers) come soliciting your vote and/or your campaign contributions, have the intestinal fortitude, please, to look them right in the eye and ask, "Where do you stand on the murder of babies about to be born or, actually, having already been born?" Don't let them weasel out of it; no man or woman can serve two masters, for they will love the one and hate the other. "Choose ye this day whom ye shall serve," the church and faith in which you were raised, or the temporal gains to be made by standing with the Dark Side.

Thanks to the old Leatherneck, Reid, for opening the door for this rant. Semper Fi, Brother.

> JOHN MCRAE EAST BROOKFIELD

An inquiry is not an impeachment

To the Editor:

Having just returned from a European Vacation — no, not with Chevy Chase — I am happy to be back in the good ole USA. As interesting and unique as the nations of Europe are, they do not compare to our Grand Republic. It is truly good to be back

While away, many things have happened. Among them is the impeachment drums of the Democrats.

Let's remember that an "inquiry" is not Impeachment, and the Democrat leadership knows this, and yet they continue to play word games with most of the mainstream media playing along. It's sort of like a Police Officer telling a motorist: "I may give you a ticket someday for speeding." This doesn't happen in reality. You are either issued a ticket or not. You are either impeached or not.

Nancy Pelosi can stop the nonsense and call a vote to impeach. But I think she won't, as I think she is a coward

along with her political allies. The fact is, the president has done nothing rising to the level of impeachment. It's fake news people. The Democrats and their allies having been trying to get rid of Trump before he was even elected. They have thrown and have tried everything they could think of, at Trump, in a shameless attempt to invalidate his election.

Nancy along with Adam Schiff and many others, continue to play games at the expense of our Republic. While they all could be tackling some of our more persistent problems, they continue to pursue an "Inquiry to Impeachment." They prove themselves to be cowards and creatures of the Swamp.

Come 2020, I hope people will wise up and rise up. Throw the cowards and swamp creatures out of their cushy offices.

With that being said, it is still good to be home.

> RICK BELTON SPENCER

Halloween in the Early 1930's

To the Editor:

When I was a little girl, Halloween was not only a "trick-or-treat" solicitation from 6 to 7 p.m. It was almost an all-night of vandalism. The teenage boys tipped over the "out houses" and brought them down the road, as well as anything else they were able to move. A bar of soap was used to rub on store front windows. Eggs and tomatoes were thrown at the side of buildings. Many yards of toilet paper

were used to decorate the trees. Quite a sight to wake-up to!

I particularly remember the Halloween my sister, Pauline wore a tall paper witch hat, it had orange tissue fringe for hair. We carried Jack-O-Lantern pumpkins with a lighted candle inside. This night was the most dangerous, yet, exciting!

> Joan G. Bedard EAST BROOKFIELD

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



FINANCIAL Focus

As you're well aware, we've seen some sudden and sizable drops in the financial markets in 2019.

market volatility is nothing new, the recent plunges happened during a period of general political and economic unease. Still, it can be harmful to overreact to such events – especially if it means making radical changes to your 401(k).

And yet, many people do just that.

During market downturns, investors

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

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

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

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

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

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

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Please contact Jeff Burdick, your local Edward Jones Advisor in Sturbridge at 508-347-1420 or jeff.burdick@edwardjones. com.

LETTERS TO THE EDITOR

God's love will love us into hell if that is our choice!

To the Editor:

The question I often hear! If God is a loving God, how can God send anyone to hell?

We must realize and understand that God's nature is holy, His nature is perfect love, perfect justice. is Omniscient, God knows everyone heart perfectly, and God knows our sincerity and that everyone has failed to live up to God's moral law, and it started with the fall of Adam and Eves disobedience, sin against God's instructions, and, we today are descendants of Adam and Eve, we have inherited Adam and Eve's sinful nature [Genesis

3] and today through Jesus the Son of the living God and second Adam, we have a second chance, opportunity for a new life through Jesus. God, Jesus is just, God's justice is pure, truth, and God's eternal law is absolute. God's justice exposes mankind's inadequacy, every person has failed to live up to God's moral law, we all stand guilty before God. None of us is righteous we have all sinned. [Romans 3: 10]

To all of you who are reading this, we must not be deceived; God cannot be mocked, we reap what we saw. The one who sows to please his or her sinful nature the consequence

is destruction, death, hell. The one who sows to live to please God's Holy Spirit the consequence is eternal life, heaven [Gal. 6: 7-8].

God has been warning mankind for hundreds of years through different prophets, people [Ezekiel 18: 4] and in the new Covenant through Paul we learn that the wages of sin is death [Romans 6: 23] God's justice is eternal, and you, me, us will reap what we saw. Choice is our responsibility a gift from God to us, freedom to commit our lives to God's mercy, through Jesus or to the ways of the world. Even if we choose the worlds

ways God will still love us and God's justice says to us, I, God, have no pleasure in the death of the wicked, the wicked must turn from their wicked ways, for why have you chosen evil? For you will die! [Ezekiel 18: 23-32, & 33: 11].

God was pleading with the people yesteryear and pleading with us today to turn back from our self-destructive ways, sin. God is not willing that any should perish. We must, we need to repent. [1 Timothy 2: 4] [2 Peter 3: 9].

God is justice and holy. God's justice punishes sin and rightly so because God is holy, God cannot be in the

present of sin and God is love and mercy, which demands reconciliation and forgiveness. Love, justice and mercy are essential to God's nature, God's character. God does not condemn us, send us to hell, we condemn our self by living in disobedience to God, Jesus and by rejecting Jesus, His sacrifice and gift of life Jesus gave us from the cross. The only obstacle to our eternal salvation is us, the choice we make. Heaven or hell, your choice!

ROLAND BLAIS BROOKFIELD

EDITORIAL

continued from page A8

on the show beginning in 1968, was the first African American to have a permanent role on a children's show.

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

During the last taping of the show, Rogers ended it with his usual, "You make every day a special day just by being you, and I like you just the way you are." Rogers was looking right at Clemmons when he said it. Clemmons asked Rogers if he was talking to him when he said it. Rogers said, "Yes, I have been talking to you for years, but you heard me to-day." Rogers was referencing the fact that he knew Clemmons was gay, and was showing his acceptance of his longtime friend.

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

Rogers, who attended Dartmouth College during the 1940's, gave the 2002 commencement speech at the school, just one year prior to his passing.

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

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

During the speech, a point that was mentioned in the film was one point at which Rog- ers wanted to offer the students at Dartmouth an invisible gift — "A gift of a silent minute to think about

those who have helped you become who you are to-day. Some of them may be here right now. Some may be far away.

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

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

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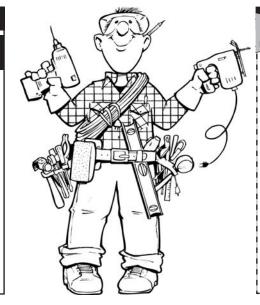
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Which to do first, hunt or fish?



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

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

Open covers in the valley

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

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

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



Senator to get the crossbow bill

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

Archery season started this past Monday Oct. 21, in Zones I-9 in Massachusetts. Opening day had clear skies and light winds, that made sitting in a tree stand somewhat bearable. This past week had numerous car deer collisions reported. Drivers need to use extreme caution on the roads for the next two months. as the deer's rutting season will be in full swing. Deer darting out into the traffic can be fatal to the deer, but also to the passengers in the vehicle. Just imagine the car deer accidents, if hunters did not harvest more than 10,000 deer annually in Massachusetts!

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

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

Take A Kid Fishing & Keep Them Rods Bending!

Decorate and extend the life of your carved pumpkin



GARDEN Moments **MELINDA MYERS**

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

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

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

Coat the cuts with petroleum jelly or vegetable oil to seal in the moisture and prolong your display. Take it one step



Melinda Myers Photo

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

further and use a commercial preservative or peppermint oil to keep your jack-o'-lantern looking its best for as long as possible.

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

Don't give up when your

jack-o'-lantern begins to shrivel. Give it a cold bath to freshen up its appearance.

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

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

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

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

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

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

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

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

Antique and auction news

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

Salvagers uncovered pristine gold coins from the wreckage of a South Carolina ship that sank in 1840 "while carrying millions of dollars worth of currency." The Daily Mail reported that the Steamship North Carolina collided with its sister ship, the Governor Dudley, 20 miles off the South Carolina coast. Passengers

and crew were able to escape to the other their initial visit." More importantly, ship, but its cargo was lost, including a they found some of the large cache of hoard of gold coins. Many factors have



ANTIQUES, COLLECTIBLES & ESTATES

limited salvage efforts since the ship sank. Treasure recovery efforts during the 1990's yielded \$700,000 of valuables before the operation ceased due to a number of limiting conditions. The ship is 65 feet deep and buried by 10 feet of sand. There are unpredictable currents and the area is said to be "popular with sharks." Blue Water Ventures International (BWVI) and **Endurance Exploration Group** recently began a new effort to salvage items from the wreck. The Daily Mail stated that "div-

WAYNE TUISKULA ers recovered marble, dinnerware and brass spikes used in the ship's construction during gold coins. The coins were covered

by a large sheet of copper that kept them protected from exposure to salt water and from being buried beneath the shifting sands. Some of the coins they found are in pristine condition and were minted in Dahlonega, Georgia. The Dahlonega Mint opened in 1838 and operated only until 1861 when the Confederates seized it during the Civil War. Coins from this short-lived mint are popular with collectors.

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



An auctioneer in France spotted a painting on a 90-year old woman's wall that she recommended be brought to an art expert, according to Business Insider. A Paris gallery determined that it is the work of 13th-century Florentine artist Cimabue. Business Insider reports that "the unsigned tempera on poplar panel depicts one of the

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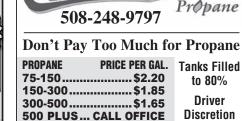
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Wolverines fall short against strong Holy Name squad

WORCESTER — The Leicester High girls' varsity soccer team has been battle-tested this season — defeating Shrewsbury High and Shepherd Hill Regional, and tying Grafton High and Tantasqua Regional — and that trend of facing tough competition continued on Thursday, Oct. 17 when the Wolverines squared off with Holy Name High at Glodis Field. But the Naps were too much in this one, defeating Leicester by a 3-1 final.

Holy Name got first-half goals off the feet of Hayley Houston and Erin Duncan to take a 2-0 lead. The Wolverines battled back, though, and cut the deficit in

half when Grace Guinee targeted the far upper-corner of the net off her free kick from 25 yards out with about 20 minutes to play for a beautiful goal.

But the Naps ended things with 10 minutes to go when Houston tacked on her second goal of the game.

Leicester put eight shots on Holy Name's net, while Wolverines' keeper Alexa Dufries finished with seven

The Naps are now 11-2, while the Wolverines slipped to 7-5-2. The two could see each other again, as both will participate in the Central Mass. Division 3 Tournament.



Nida Orloff of Leicester prepares to cut inside while dribbling on a Holy Name defender.



get to the ball while Holy Name's keeper slides in.





Leicester's Maddie Hippert, left, dives in with her left foot in an effort to steal the ball away from a Holy Name player.



Leicester's Zoe Rice follows through upon the release of her long kick down the field.

SPORTS

Quail Hollow Golf and **Country Club Results**

Pit's Crew

First place: Stan Nolin, Howard Tilotson, Al Petkus, Dennis King; -6 Second place: Bill Babineau, Hector Vasquez, Henry Hernandez, Dick Morse; -6

Third place: Rick Nolin, Brian Shorten, Lou Naples, Ernie Messier;

First Wolverine Invitational and Community Race at **Burncoat Park**

The Leicester cross-country team will be hosting its first Middle School Invitational meet on Nov. 2 at Burncoat Park in Leicester. After the middle school races and awards are completed, there will be a community 3K race over the same course. Younger runners may also choose to run a shortened 1K kids race as well. If you would like to spectate the middle school races before the community race, those will be held from 10 a.m. to 11:20 a.m. The community race will

start at noon. The entry fee is \$10 to run in the race and an additional \$20 if you would like to purchase the race shirt. All proceeds to back to the Leicester Boosters Club. Checks must be made payable to "LHS Athletic Boosters Club." All runners under age 14 will be given a finishers certificate. The course is a wheel measured 3K course through Burncoat Park and will mostly consist of trails. Plenty of cones will be used to mark the course.

Volunteers will be used to direct run-

ners at every course turn. With parking limited, there will be a shuttle from Walmart to Burncoat Park.

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 eight-week program begins on Saturday, Jan. 4 and ends Saturday, Feb. 22. Ski or snowboard rentals as well as lessons are also available at a very reasonable cost. You may also be able to ski or snowboard for free through your health insurance coverage. Also, anyone (students or non-students) can purchase Gold, Silver and Bronze Season Passes at a lower discounted price through our Club. For more information, please contact Dick Lisi at (508) 410-1332 or at lisirichard15@yahoo.com.

Softball pitching lessons available in Southbridge

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

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



David Prouty's Gabe Girourd is all smiles while beginning the Southern Worcester County League Cross-Country Championships.

BY NICK ETHIER

STURBRIDGE — For those who

don't realize how much of a team sport

cross-country is, take a look at the

Uxbridge High boys' varsity squad at

the Southern Worcester County League

Championships, held Monday, Oct. 21

The Spartans secured the team title

at Old Sturbridge Village.

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

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

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

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

And the impressive results showed. "That's the training from June until now," Caso said. "Our coach [Walter

Berkowicz] really pushed us in the sum-

mer to do the training and do it well." The Spartans now hope for a strong postseason.

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

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

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

Sturbridge Village.

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

"I did try to start out slow, keeping pace with the top Uxbridge girl. I dropped her off at the hills," said

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

"I do want to come in the top 20 for Districts and get to States," she said. Full team and top-10 individual

results are to follow. The top-10 finishers all earned a medal for their achieve-

BOYS' TEAM RESULTS

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

BOYS' INDIVIDUAL RESULTS

- 1. Aidan Gilmore, 16:20.9
- 2. Avinash Bissoondia, 16:25.4 3. Marcus Reilly, Northbridge, 16:31.4
- 4. Keegan Gleason, Millbury, 17:00.1
- 5. Colin Caso, Uxbridge, 17:27.5



- 6. Aidan Ross, Uxbridge, 17:27.8 7. Stephen Sanches, Uxbridge, 17:38.6
- 8. Carl Gallawan, Uxbridge, 17:39.1 9. Thomas Burke, Uxbridge, 17:42.5
- 10. Jason Fournier, Leicester, 17:52.1

GIRLS' TEAM RESULTS

1. Grafton, 31 2. Uxbridge, 61

Aja Mercer of Quaboag finished 16th at the SWCL Cross-Country Championships at Old

- 3. Tantasqua, 71
- 4. Millbury, 93 5. Auburn, 131
- Quaboag, 147 7. Northbridge, 199
- 8. Leicester, 213

GIRLS' INDIVIDUAL RESULTS

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



Quaboag's Tyler Jovic hustles out of the

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



Tantasqua's Ethan Kenyon was his team's top finisher at Old Sturbridge Village, placing



Molly Segatore of Tantasqua placed 10th at the SWCL Cross-Country Championships.



Jason Fournier

The Leicester High seventh grader was the top local finisher at the Southern Worcester County League Cross-Country Championships at Old Sturbridge Village on Monday, Oct. 21. Fournier placed 10th with a time of 17:52.1, beating 57 other competitors.

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Cougars continue to climb standings after defeating North Brookfield



North Brookfield's Connor Morse boots the ball past a Quaboag player and down the field.

BY KEN POWERS

NORTH BROOKFIELD - Senior Callahan "Cal" Wheeler and junior Cabot Lacey each scored a pair of goals to lead the visiting Quaboag Regional boys' varsity soccer team past North Brookfield High, 7-0, on Monday, Oct. 21.

With the win the Cougars improved to 7-6-2. Under traditional circumstances Quaboag would still need two more points (teams are awarded two points for a win and one point for a tie) in its final three games, but the Cougars have already qualified for the Central Mass. Division 4 Tournament.

"We're in because of the Sullivan Rule. We're 5-0-1 in Division 4 with two Division 4 games left." Quaboag head coach Scott Foley said. "We just have to finish with a .500 record or better in our Division 4 games. We qualified last week with a win over St. Peter-Marian.'

Sullivan Rule

states that in leagues where a team's schedule is comprised of 70 percent or more of higher division schools, and there is no small and large breakout, all Massachusetts Interscholastic Athletic (MIAA) Association league and MIAA nonleague contests played against equal and/or lower divisions may solely be considered in the 50 percent qualifying criteria. And Quaboag, David Prouty, Leicester and Oxford are the only Division 4 teams in the Southern Worcester County League, so the Cougars play percent of their SWCL schedule against higher-division

The Cougars started quickly, Wheeler putting Quaboag ahead, 1-0 in the third minute of the game. Senior Dominic Huard set up the goal with an accurate lead pass that Wheeler picked up in stride just past midfield. Wheeler then dribbled toward the goal, inducing North Brookfield goalie Carl Quilitzsch to come

opponents.

out and play the ball.

Wheeler, however, got to the ball first and poked it past Quilitzsch into the right side of the wide open net.

Quaboag doubled its lead to 2-0 in the 16th minute, senior Justin Howard's right-to-left rocket of a shot from about 15 yards out going into—and through—the left side of the net just inside the far post. Four minutes later the Cougars went ahead 3-0 on Lacey's first goal of the game, which was a carbon copy of Howard's goal. Senior Liam Grueter assisted on Lacey's goal.

Senior Perry Pultorak put Quaboag ahead, 4-0, at halftime, scoring with three minutes left in the first half on an assist by Chris Laprade.

Wheeler, Lacey and junior Austin Lourake all scored in the second half. Chris Paquette assisted on the Lourake goal.

"We got off to a quick start, which was good to see, and I was happy we carried it through," Foley said. "We're really com-

ing into our own in the second half of the season. We're starting to get into tournament form. Our ball possession is getting a lot better and so is our scoring. We're definitely more balanced, scoring-wise."

As happy as Foley is with his team's ball possession and balanced scoring, he's is just as pleased — if not more so with the play of his defense in general and and junior Adam Bolaske in particular.

Our back line is very good; it's helped us win a lot of games," Foley said. "Dominic, Chris, Adam and Chris are my starting back four and they are the backbone of everything we do as a team."

North Brookfield (4-10-1) head coach Kevin Nosek said his team still has an outside chance to qualify for the postseason by finishing second



Huard, Paquette, Laprade Jake Standrowicz of North Brookfield rears back before throwing the ball back into play.

in the Worcester County League. The Indians, 3-3 in league play, are currently in third place behind Trivium (4-1) and Sizer (4-3). North Brookfield's league match is against Trivium, which won the teams' first meeting, 5-1.

"We'll just have to see how it plays out," said Nosek, who felt Quaboag's fast start was too much for his team

to overcome. "We're very young. To start the year I had three seniors and the rest of the team were freshmen and middle school kids. I got one sophomore to join about halfway through the year, but that's it. This is a little bit of a rebuilding year. We're just trying to build toward the future at this point.'



Quaboag defender.



Quaboag's Gage Lane sprints toward the loose ball ahead of North Brookfield's Pat Toomey.



North Brookfield's MJ Bokis tries to dribble through two Quaboag defenders.



Perry Pultorak of Quaboag follows through after booting a deep kick down the field.



Ouaboag's Evan Allen looks around the field for teammates while a North Brookfield defender looks on.

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



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



Bay Path's Sadie Smith kicks the ball out of harm's way as Blackstone Valley Tech's Brianna Brothers and



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

BY KEN POWERS

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

With the tie the Minutemen (8-3-1 overall, 4-3-1 in the Colonial Athletic League) moved to within a point of qualifying for the Central Mass. Division 3 Tournament. Bay Path earned that point and qualified for the postseason the next day when it tied Tri-County Regional, 1-1, in a nonleague game to improve to 8-3-2 overall.

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

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

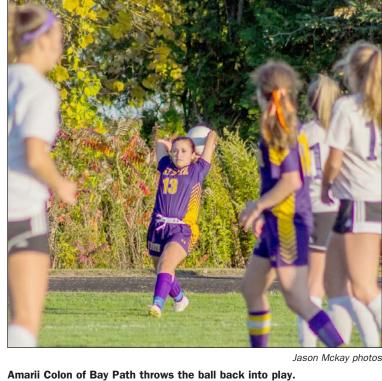
"I had no idea, honestly,

when I kicked it that it might go in; I just kicked it," Graham said. "I saw an opportunity and I hit it. As I watched it go I realized it might have a chance

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

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

"The majority of my strikers are pretty dependable," Legere





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

said. "Abby saw the net and she wanted it."

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

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

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

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

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

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

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

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

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

"We're just not working well together right now, as a team," Porter continued. "We've struggled the last couple of games. We're trying to figure out what's wrong, what the funk is. We've been going backward versus forward. We have a lot of work ahead of us before postseason comes. Hopefully we can figure it out before then."

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

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

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

High School Notebook

Monday, Oct. 14

Tantasqua 166, Leicester 180 — On a perfect day for golf, the Warriors defeated the Wolverines at Leicester Country Club. Tantasqua, now 9-7 and eligible for postseason play, was led by Will Pieczynski, who carded a 1-over par 37 on the back-nine. Grace Farland shot a 41 for the Warriors.

Tuesday, Oct. 15

Nipmuc 185, Tantasqua 187 — In a very close matchup played at Shining Rock, Tantasqua's golf team lost to Nipmuc in the battle of Warriors. The Warriors' Will Pieczynski was the medalist, though, after carding an

even par 36 that featured an eagle and two birdies. Tantasqua is now 9-8.

Tantasqua 2, Quaboag 2 — In boys' JV soccer action, the Warriors and Cougars tied. Ryan Huettman and Jack Leland scored for Tantasqua, with Mark Matton providing an

Thursday, Oct. 17

Tantasqua 1, Shepherd Hill 1 -Jack Leland scored via a penalty kick to help the Warriors' JV boys' soccer team tie the Rams. Tantasqua's defense played an outstanding game, highlighted by keeper Matt Schirm.

Friday, Oct. 18

Quaboag 7, Doherty 0 — Kiarra Dorman led the charge with two goals and an assist as the Cougars' girls' varsity soccer team easily dispatched the Highlanders. Kassidy Nielsen, Kirah Czub, Jenna Duff, Addy Ford and Maddy Huard also scored for Quaboag, who improved to 9-3-2.

Tantasqua 158, Grafton 180 — In the last match of the regular season, the Warriors' golf team defeated the Indians at Hemlock Ridge in cool and windy conditions. Tantasqua's Grace Farland shot a two-under par 34 to earn medalist honors, with Will Pieczynski not too far behind at 38.

The Warriors finished the regular season at 10-8.

Saturday, Oct. 19

Doherty 40, Tantasqua 21 -Dominic Brown had two touchdowns — one on a 5-yard run, the other on a 75-yard kickoff return — and Ryan Sears added a 3-yard touchdown run, but it wasn't enough for the Warriors' varsity football team in a losing effort to the Highlanders. Doherty trailed at the half, 21-14, but they won second-half scoring, 26-0.



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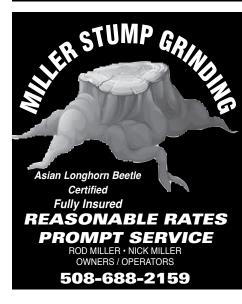


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For a brochure and complete itinerary, please contact Lori Douthwright at (508) 248-5971, ext. 1715.

A Country Christmas in Nashville, Tenn. at the Gaylord Opryland Hotel 4 days/3 nights Dec. 6-9

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

Standard view room \$1,899pp double occupancy, \$2,249pp single occupancy
Atrium view room \$1,999pp double

occupancy, \$2,399pp single occupancy. For a brochure and complete itinerary, please contact Lori Doughwright at (508) 248-5971, ext. 1715.

Wine Country Pacific Coast Cruise 9 days/8 nights April 6-14, 2020

What's included: Roundtrip Motorcoach transfers, roundtrip airfare from Logan Airport, one night precruise stay in Los Angeles, 8 day/7 night cruise on board Princess Cruises-The Star Princess, visiting Los Angeles, Santa Barbara, San Francisco, Astoria Oregon, Victoria, B.C., Vancouver, B.C., winery tours, all meals on board ship, and more!

*A valid passport is REQUIRED for this trip

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

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

CHARLTON SENIOR CENTER

Trip Coordinator Dotti Murphy -Please call 978-424-7010

Sign up sheets & flyers available at the Senior Center / Flyers also available on our web page www.townofcharlton.net Click on Departments then click

on Council on Aging/Senior Center Pick up is from St. Joseph's Church 10 H Putnam Rd. Ext., Charlton 2019 Day Trips

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

Dec3(Tues) Johnny Mathis Christmas Tribute - Ultimate tribute to Johnny Mathis with Christmas songs and some of his biggest hits - Davensport Yacht Club -\$92.00

2019 OVERNIGHT TRIPS

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

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

DAUGHTERS OF ISABELLA

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

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

DOUGLAS SUNSHINE CLUB

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

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 Hershev 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 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 Ballroom 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 Restaurants for Free, Exclusive Best of Times Cocktail Party, All Luggage Handling Fees, Drivers Gratuities and Best of Times Professional Tour Director. Early Booking Discount for those people who Book a Balcony Cabin by October 1st. vou will receive a 1 Category Upgrade & Special On Board Credit, Prices start at \$1,199 Double Occupancy for an Inside Stateroom, \$1,399 for an Oceanview Porthole Window, \$1,899 for a Balcony Stateroon on Deck 9, \$1,949 for a Balcony Stateroom on Deck 10, and \$1,999 for Balcony on Deck 11. ALSO Add \$400 for Taxes, Transfers, and Gov't Fees. Single Occupancy is Avaiable upon request. Please contact Dick Lisi at 508-410-1332 or at lisirichard15@vahoo.com for questions or information on any of the above Trips.

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

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 OPEN TO PUBLIC PAYMENT DUE AT SIGN UP

November 12, 2019 – Tuesday – Foxwoods \$25 - 10 - AM bus.

For \$25 You get a deluxe motor coach ride to the casino You will have 5 hours at the casino as the bus will leave Foxwoods at 4 PM. You will receive \$10 for gaming and \$15 meal voucher.

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

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.

UNION SAINT-JEAN-BAPTISTE CHAPTER 12

Union Saint-Jean-Baptiste, Chapter #12, Southbridge, is sponsoring a variety of excursions for all to enjoy in 2019. We are a non-profit family oriented Franco-American fraternal society since 1900. As always, you do not have to be a member to participate in any of the scheduled events. All are welcome. Gift certificates purchased in any amount can be used by the recipient to any event at face value. For information or reservations contact Ted at (508) 764-7909.

2019

2019 is the Society's 27th anniversary in providing members and non-members alike the opportunity to experience excursions of a day or extended days. All are welcome to travel with our organization.

Nov. 16 — "Do As You Wish Day in New York City" – shop for Christmas, do some sightseeing, visit a museu, attend a Broadway matinee, dine at a special restaurant, a visit to the aircraft Intrepid, visit the 911 Memorial complex. There is much to do and enjoy. Departure is 6:30 a.m. from the Southbridge RMV parking lot, and the return departure from New York City is 6:30 p.m. Included are rest stops to and from New York City. Cost is \$59 per person. The reservation deadline is Nov. 6. For information and reservations, call (508) 764-7909. To avid disappointment, call early.

Dec. 14 — "Festival of Christmas Lights" at Our Lady of La Salette Shrine, seasonal concert with Fr. Pat, the singing priest, visit the International Museum of Creches, Gift and Book Shop, Chapel of Light, a Bistro for refreshments and snacks, a Carousel for the children, an optional trolley ride for a small charge to view the display of more than 400,000 lights and a complete inclusive luncheon at Wright's Farm Restaurant. Cost is \$54 per person, \$44 for children three to 10, under three free. Departure is 10:45 a.m. from Southbridge and 11:15 a.m. in Webster, with the return about 7:45 p.m. Reservation deadline is Dec. 5.

UXBRIDGE SENIOR CENTER

All trips leave from the Whitinsville Walmart and the Stop & Shop at 32 Lyman St, Westboro. Make sure to include entree choice, phone # (esp. cell) and an emergency # when sending payment. "Like" us on FacebookThe Silver Club and The Uxbridge Senior Center. Please call Sue at (508) 476-5820 for more information.

The Silver Club BUS TRIPS for 2019 Please call Sue at 508-476-5820 for more information. The Uxbridge Senior Center and its Silver Club travelling group is offering the following trips for 2019:

Nov. 12~ Aqua Turf Club ~ lunch & show, "Crooning the 70's". \$79. Family style meal of Penne ala Vodka, Beef Burgundy, & Salmon

It's not too early to think about Christmas! Join the Silver Club for Boothbay Harbor, "Christmas by the Sea" in Portland, ME, or Reagle Players Christmas Show for Christmas 2019!

Nov. 21-22~2 day Boothbay Harbor w/lunch at the Harraseeket Inn in Freeport. -- 2 days w/"Gardens Aglow" (beautiful light show at the botanical garden) at the Boothbay Harbor Botanical Gardens. 1 lunch, 1 breakfast. \$199. double occupancy, \$259. single.

DEC.5-6 THE TRAPP FAMILY LODGE CHRISTMAS: \$379. dinner & breakfast at the Lodge; Quechee and Montpelier, meet w/a family member to hear the history, etc.

Dec. 8 - Reagle Players Christmas show.... TBA

DEC 13-14: CHRISTMAS BY THE SEA: \$329. 1 breakfast, 1 elegant holiday buffet lunch, 1 dinner. "Magic of Christmas" Portland Symphony Orchestra plus Ogunquit's "Christmas by the Sea" celebration

All trips leave from Whitinsville Walmart, 100 Valley Parkway, Whitinsville. Make sure to always include entree choice, phone # (esp. cell) and an emergency phone number. Please call Sue at 508-476-5820 for more information or to reserve.

The Silver Club of the Uxbridge Senior Center invites you to join them on a couple of Christmas trips.

There is a trip to Boothbay Harbor, Maine for the Gardens Aglow on Nov. 21 and 22 for the great price of \$199. After traveling along the Maine Coast, we'll arrive in Freeport, Maine to explore this quintessential Maine village. There will be time for shopping at the dozens of brand-name outlets, flagship L.L. Bean Store, and local boutiques housed in historic brick buildings; then enjoy an included late lunch buffet at the Harraseeket Inn. We will arrive in Boothbay Harbor in the late afternoon and check in to the Flagship Inn. This evening we'll experience Gardens Aglow; walk through the Coastal Maine Botanical Gardens' dazzling, outdoor display of 650,000 lights illuminating their meticulously cared for gardens. You'll also have a chance to peruse the visitor's center & gift shop and get a bite to eat. We will stop in the village of Boothbay Harbor afterwards to experience "The Festival of Lights." After breakfast we will head home with a stop in Kennebunkport for lunch and shopping. *Please note this tour includes periods of outdoor walking on dimly lit, potentially uneven surfaces, and overnight accommodations that require walking up and down stairs.

On December 5 and 6th there is a trip to the Trapp Family Lodge and it includes one dinner and one breakfast both at the lodge, glassblowing at Simon Pearce Company, a meeting with a member of the Von Trapp family, a stop in Montpelier, and of course the luxury of being at the Trapp family Lodge! It is \$379 for the double occupancy per person and \$499 per person for a single

Capture the Christmas spirit as we enjoy a little of Austria and a lot of Vermont on this memorable getaway. Situated on 2,500 acres in Stowe, Vermont, the Trapp Family Lodge serves as our magnificent home away from home. Enjoy great shopping, superb dining and exceptional hospitality on this great Christmas holiday tour.

On Wed, Dec. 18 we will travel to the Newport Playhouse to see "A Christmas Cactus" For \$79, you will enjoy a great play, a bountiful buffet and the Christmas Cabaret.

Show Synopsis: Christmas Eve is tough for private investigator Cactus O'Riley, a white-hot redhead with the holiday blues. She is trying to lure her secretary Fred away from his protective mother, dodging the affections of Deputy D.A. Windsor, and considering closing her business. She doesn't need the added aggravation of two fugitives who burst into her office looking for iustice and a dead detective named Jake Marley. Cactus also doesn't need Fred's mother, who arrives to take Fred home but decides to stay because she thinks this is the Christmas murder mystery party she has always dreamed of attending. Christmas turns into a dickens of a holiday for Cactus as she solves mysteries, delivers small miracles and takes a second chance on love and sleuthing.

All trips leave from the Whitinsville WalMart. Call Sue at 509-476-5820 for more information.

ANTIQUES

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stages of the Passion of the Christ and is thought to be part of a larger polyptych the artist painted in 1280." The painting will sell at auction on Oct. 27, and is estimated to bring around \$6.6 million.

Forbes reports that the first diamond formed within a diamond was found in a Siberian mine. It is not very large at 0.62 carats. There are no plans for the rare diamond yet or estimate of value. The diamond is aptly named the "Matryoshka" diamond after the Russian nesting dolls.

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

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

POLICE REPORTS

Spencer Logs

WEDNESDAY, OCTOBER 9

12:00-2:57 a.m.: buildings checked, secure; 3:53 a.m.: medical/general (Mechanic Street); 6:46 a.m.: medical/ general (Washburn Drive); 7:39 a.m.: lost/found (West Main Street), check found; 7:57 a.m.: mv stop (Paxton Road); 8:03 a.m.: mv stop (Chestnut Street); 8:45 a.m.: mv stop (Bond Street); 9:01 a.m.: m stop (Main Street); 9:31 a.m.: disabled mv (Main Street), assisted; 9:48 a.m.: lost/found (West Main Street), lost wallet; 10:27 a.m.: mv stop (Charlton Road); 11:18 a.m.: officer wanted (West Main Street), spoken to; 11:23 a.m.: officer wanted (G.H. Wilson Road), warrant of apprehension; 11:51 a.m.: officer wanted (West Main Street), Worcester PD bolo; 11:54 a.m.: animal complaint (West Main Street), loose dog; 12:16 p.m.: 911 call (West Main Street), no contact; 12:38 p.m.: mv lockout (Main Street), assisted; 1:41 p.m.: medical/general (West Main Street); 2:07 p.m.: 911 call (West Main Street), Harrington CT down; 3:43 p.m.: LTC issued (West Main Street), assisted; 4:12 p.m.: juvenile matter (Mechanic Street), spoken to; 4:19 p.m.: 209A service (Mechanic Street); 4:24 p.m.: accident (Main Street), report taken; 5:43 p.m.: medical/general (West Main Street); 6:11 p.m.: medical/general (Cranberry Meadow Road); 6:57 p.m.: medical/general (Maple Street); 7:25 p.m.: mutual aid (Main Street), Leicester PD bolo; 8:17 p.m.: mutual aid (West Main Street), missing person/Woburn; 9:02 p.m.: mv stop (Water Street); 11:22 p.m.: buildings checked, secure; 11:36 p.m.: open door (Main Street), secured; 11:55 p.m.: buildings checked, secure.

THURSDAY, OCTOBER 10

12:03-12:46 a.m.: buildings checked, secure; 12:48 a.m.: suspicious mv (Ash Street), spoken to; 12:59 a.m.: building checked, secure; 1:10 a.m.: medical/ overdose (North Brookfield Road); 8:46 a.m.: mv stop (Main Street); 8:56 a.m.: mv stop (West Main Street); 8:57 a.m.: mv stop (Main Street); 9:23 a.m.: mv stop (Main Street); 9:32 a.m.: 911 call (West Main Street), misdial; 9:52 a.m.: fire alarm (Main Street), services rendered; 9:52 a.m.: offcer wanted (West Main Street), spoken to; 11:40 a.m.: officer wanted (Paxton Street), lost license; 11:46 a.m.: mv stop (Meadow Road), Katie A. Gunnard, 25, 57 Smithville Road, Spencer, op w/suspended registration, uninsured mv, unregistered mv, registration not in possession, disturbing the peace, arrest; 2:20 p.m.: disturbance (Church Street), unwanted party; 2:48 a.m.: mv complaint (Main Street), tailgating; 5:10 p.m.: officer wanted (Main Street), mv struck; 7:02 p.m.: disabled mv (South Spencer Road), assisted; 7:09 p.m.: fire alarm (Main Street), services rendered; 7:14 p.m.: threats (Bixby Road), services rendered; 7:14 p.m.: accident (Main Street), report taken; 8:16 p.m.: disturbance (Mechanic Street), domestic issues; 8:37 p.m.: parking complaint (Chestnut Street), investigated; 8:48 p.m.: officer wanted (West Main Street), spoken to; 9:25p.m.: abandoned 911 call (West Main Street), non-emergency; 11:18-11:59 p.m.: buildings checked, secure.

FRIDAY, OCTOBER 11

12:04-1:28 a.m.: buildings checked, secure; 1:31 a.m.: suspicious mv (Valley Street), spoken to; 1:32-2:14 a.m.: buildings checked, secure; 2:34 a.m.: mv stop (Route 49); 2:53 a.m.: building checked, secure; 4:41 a.m.: officer wanted (Main Street), info taken; 5:55 a.m.: officer wanted (Marble Road), info taken; 6:18 a.m.: mv stop (West Main Street); 7:24 a.m.: medical/general (Linden Street); 7:33 a.m.: elderly matter (West Main Street), info taken; 7:59 a.m.: mv stop (Main Street); 8:10 a.m.: mv stop (Main Street); 8:29 a.m.: medical/general (Church Street); 9:48 a.m.: DPW call (Sunset Lane), tree on wires; 10:00 a.m.: mv lockout (Deer Run Road), assisted; 10:02 a.m.: 209A service (West Main Street); 10:11 a.m.: officer wanted (Water Street), accidental alarm: 10:28 a.m.: officer wanted (Church Street), escort requested; 11:00 a.m.: 209A service (Kingsbury Road); 11:06 a.m.: officer wanted (Pond Street), info taken; 12:12 p.m.: 911 call (West Main Street), hang-up; 12:30 p.m.: officer wanted (West Main Street), Harrington CT down; 1:07 p.m.: medical/general (West Main Street); 2:10 p.m.: officer wanted (Main Street), accident; 2:11 p.m.: officer wanted (Treadwell Drive), unwanted party; 2:46 p.m.: medical/general (Maple Street); 2:51 p.m.: medical/general (Howe Village); 3:01 p.m.: building checked, secure; 3:35 p.m.: mv complaint (R. Jones Road), issue w/school bus; 3:50 p.m.: mv lockout (West Main Street), assisted; 3:54 p.m.: fire/woods/ grass (Old East Charlton Road), services rendered; 4:12 p.m.: multiple LTC issued/6 (West Main Street), assisted; 4:49 p.m.: 911 call (West Main Street), open line; 5:12 p.m.: officer wanted

(West Main Street), info given; 5:36 p.m.: animal complaint (Thornberry Circle), loose dog/aggressive; 7:56 p.m. medical/general (Ash Street); 9:55 p.m.: buildings checked, secure; 10:05 p.m.: suspicious mv (Howe Road), spoken to; 11:30-11:56 p.m.: buildings checked, secure.

SATURDAY, OCTOBER 12

12:55-2:20 a.m.: buildings checked, secure; 2:37 a.m.: mv stop (Ash Street); 2:59-5:53 a.m.: buildings checked, secure; 9:19 a.m.: medical/general (North Brookfield Road), Reynaldo Albi Gonzalez, 26, 51 North Brookfield Road, Spencer, warrant, arrest; 9:19 a.m.: mv stop (Smithville Road), 9:34 a.m.: fire alarm (Sunset Lane), services rendered; 2:16 p.m.: officer wanted (Roys Road), spoken to; 2:27 p.m.: officer wanted (Brooks Pond Road), info taken; 3:04 p.m.: juvenile matter (North Spencer Road); 3:14 p.m.: accident (Wilson Street), report taken; 4:36 p.m.: disabled mv (North Spencer Road), assisted; 4:49 p.m.: juvenile matter (West Main Street), custody swap; 4:59 p.m.: fire alarm (Main Street), services rendered; 5:16 p.m.: juvenile matter (Cranberry Meadow Road), info taken; 5:24 p.m.: 911 call (Main Street), accidental; 5:36 p.m.: juvenile matter (West Main Street), info taken; 6:31 p.m.: officer wanted (Cherry Street), water line leak; 7:39 p.m.: officer wanted (Mechanic Street), spoken to; 7:54 p.m.: mv stop (Charlton Road); 8:16 p.m.: building checked, secure; 9:19 p.m.: officer wanted (South Spencer Road), info taken; 9:52 p.m.: medical/ general (Jolicoeur Avenue); 10:29 p.m.: building checked, secure.

SUNDAY, OCTOBER 13

1:20-2:52 a.m.: buildings checked, secure; 2:58 a.m.: mv stop (Smithville Road); 3:16-3:21 a.m.: buildings checked secure; 3:35 a.m.: suspicious mv (West Main Street), spoken to; 3:42 a.m.: suspicious mv (Browning Pond Road), investigated; 6:05 a.m.: 911 call (West Main Street), hang-up; 6:28 a.m.: entire incident redacted from police log; 8:13 a.m.: 911 call (West Main Street), accidental; 9:18 a.m.: disturbance (Maple Street), fight; 9:28 a.m.: officer wanted (Pleasant Street), welfare check; 11:15 a.m.: juvenile matter (Chickering Road), info taken; 12:06 p.m.: disabled mv (Charlton Road), assisted; 12:09 p.m.: officer wanted (Charlton Road), info taken; 12:34 p.m.: commercial alarm (South Spencer Road), services rendered; 12:36 p.m.: suspicious mv (Paxton Road), info taken; 12:49 p.m.: officer wanted (Maple Street), neighbor dispute; 1:06 p.m.: parking complaint (West Main Street), info taken; 1:49 p.m.: medical/general (Meadowbrook Road); 2:46 p.m.: medical/general (Earley Street); 4:23 p.m.: DPW call (Grove Street), sewage in basement; 4:32 p.m.: medical/general (Adams Street); 4:45 p.m.: officer wanted (West Main Street), custody swap; 4:51 p.m.: residential alarm (Clark Road), services rendered; 5:13 p.m.; suspicious persons (Main Street), info taken; 5:49 p.m.: officer wanted (Chestnut Street), spoken to; 6:11 p.m.: disturbance (Chestnut Street), Joseph R. Perron, 51, 8 Chestnut Street, Spencer, disorderly conduct/subsequent offense, disturbing the peace/ subsequent offense, assault and battery, arrest; 6:26 p.m.: suspicious mv (Main Street), info taken; 6:49 a.m.: RV complaint (Main Street), dirt bikes/ noise; 7:53 p.m.: medical/general (Elm Street): 8:02 p.m.: my lockout (Main Street), assisted; 8:03 p.m.: officer wanted (Main Street), spoken to; 8:27 p.m.: disabled mv (Main Street), assisted; 8:33 p.m.: juvenile matter (West Main Street), spoken to; 10:51 p.m.: animal complaint (Holmes Street), loose dog.

MONDAY, OCTOBER 14 1:43-3:29 a.m.: buildings checked, secure; 3:19 a.m.: parking violation (Chestnut Street), ticket issued: 3:29 a.m.: building checked, secure; 4:26 a.m.; animal complaint (Main Street), info taken; 4:55 a.m.: medical/general (Elm Street); 7:06 a.m.: medical/sudden death (Delude Avenue); 8;07 a.m.: medical/general (Jones Street); 8:51 a.m.: animal complaint (Holmes Street), bobcats in area; 9:49 a.m.: mv complaint (McCormick Road), speeding; 10:07 a.m.: officer wanted (West Main Street), assisted; 10:43 a.m.: animal complaint (Collier Circle), squirrel in chimney; 10:45 a.m.: medical/general (Washburn Terrace); 11:32 a.m.: medical/mental health (Jolicoeur Avenue), threats; 11:47 p.m.: fraud (Chestnut Street), SS scam calls; 12:07 p.m.: fraud (Spring Street), computer issue; 12:17 p.m.: fire/woods/grass (North Street), services rendered; 1:14 p.m.: vandalism (Main Street), info taken; 1:39 p.m.: abandoned 911 all (West Main Street), no contact; 2:08 p.m.: accident (Meadow Road), report taken; 2:39 p.m.: juvenile matter (West Main Street), custody issue; 6:37 p.m.: medical/general (Northwest Road); 7:27 p.m.: animal complaint (Northwest Road), loose dogs; 7:37 p.m.: lost/found (Main Street), found wallet; 8:48-9:44 p.m.: buildings checked, secure; 9:47

p.m.: officer wanted (Mechanic Street), info taken; 10:19 p.m.: 911 call (West Main Street), accidental; 11:43-11:47 p.m.: buildings checked, secure.

TUESDAY, OCTOBER 15 12:05-12:21 a.m.: buildings checked, secure; 12:42 a.m.: medical/general (Thompson Pond Road); 1:17-1:25 a.m.: buildings checked, secure; 6:52 a.m.: mv stop (West Main Street); 7:34 a.m.: abandoned 911 call (Main Street), no contact; 7:39 a.m.: officer wanted (Dale Street), neighbor issue; 8:20 a.m.: mv stop (Main Street); 8:24 a.m.: mv stop (Greenville Street); 8:34 a.m.: mv stop (Main Street); 10:26 a.m.: officer wanted (Lake Avenue), welfare check; 10:56 a.m.: medical/general (Northwest Road); 11:02 a.m.: trespassing (Marble Street), neighbor issue; 11:39 a.m.: fire alarm (Lincoln Street), services rendered; 12:25 p.m.: mv stop (Charlton Road); 12:47 p.m.: animal complaint (Hastings Road), rabid raccoon; 1:18 p.m.: 911 call (West Main Street), Harrington CT down; 1:21 a.m.: 209A service (West Main Street); 1:57 p.m.: suspicious mv (Vine Street), info taken; 2:11 p.m.: suspicious mv (Main Street), info taken; 2:47 p.m.: juvenile matter (West Main Street), school bus issue; 3:27 p.m.: LTC issued/2 (West Main Street), assisted; 4:01 p.m.: officer wanted (West Main Street), info given; 4:38 p.m.: medical/general (Sullivan Street); 5:24 p.m.: DPW call (Main Street), water main issue; 5:30 p.m.: mv complaint (Main Street), spoken to; 5:36 p.m.: juvenile matter (West Main Street), custody exchange; 5:47 p.m.: animal complaint (South Spencer Road), loose horses; 7:07 p.m.: DPW call (Cherry Street), water line broken; 8:53 p.m.: officer wanted (West Main Street), spoken to; 9:12 p.m.: mv stop (Bixby Road); 10:05 p.m.: DPW call (Cherry Street), broken water line; 10:23 p.m.: mv stop (Main Street); 11:06 p.m.: disturbance (Chestnut Street), spoken to.

Leicester Logs

THURSDAY, OCTOBER 3

12:18 a.m.: mv stop (Main Street), verbal warning; 6:18 a.m.: ambulance (Henshaw Street), transported; 7:42 a.m.: mv stop (Pleasant Street), citation issued; 7:45 a.m.: mv stop (Main Street), citation issued; 8:09 a.m.: mv stop (Stafford Street), mv towed; 8:17 a.m.: ambulance (Auburn Street), transported; 8:50 a.m.: debris in road (Stafford Street), removed; 9:32 a.m.: ambulance (Winslow Avenue), transported; 11:36 a.m.: suspicious person (South Main Street), spoken to; 12:20 p.m.: assist citizen (South Main Street); 1:44 p.m.: assist citizen (South Main Street); 1:50 p.m.: investigation (Soojians Drive), services rendered; 3:43 p.m.: mv stop (Main Street), verbal warning; 3:53 p.m.: mv stop (South Main Street), citation issued; 4:12 p.m.: mv stop (McNeil Highway), citation issued; 4:50 p.m.: mutual aid (Main Street, Spencer), transported to hospital; 5:55 p.m.: shoplifting (Soojians Drive), name and address redacted from police log, shoplifting by price tag tempering, criminal application issued; 7:39 a.m.: assist citizen (Henshaw Street); 9:21 p.m.: mv stop (Main Street), verbal warning; 9:26 p.m.: mv stop (Main Street), no action required; 9:55 p.m.: investigation (Soojians Drive), services rendered; 10:11 p.m.: assist citizen (Mannville Street).

FRIDAY, SEPTEMBER 27

2:04 a.m.: mv stop (Main Street), verbal warning; 9:37 a.m.: ambulance (Towtaid Street), transported; 9:40 a.m.: mv stop (Main Street), verbal warning; 9:53 a.m.: illegal dumping (Waite Street), assisted; 11:55 a.m.: fraud (Pleasant Street), assisted; 12:29 p.m.: mv fire (South Main Street), assisted; 12:37 p.m.: accident (Stafford Street), report taken; 12:53 p.m.: assist citizen (Main Street); 3:54 p.m.: mv stop (Main Street), written warning; 4:06 p.m.: mv stop (Main Street), written warning; 4:14 p.m.: mv stop (Main Street), citation issued; 5:19 p.m.: erratic operator (Mayflower Road), spoken to; 6:15 p.m.: ambulance (Winslow Avenue), transported; 6:58 p.m.: ambulance (Sunset Drive), transported; 8:08 p.m.: mv stop (South Main Street), verbal warning; 8:17 p.m.: suspicious activity (Baldwin Street), investigated; 9:12 p.m.: parking complaint (Main Street), citation issued.

SATURDAY, SEPTEMBER 28

6:13 a.m.: ambulance (Pleasant Street), transported; 9:14 a.m.: ambulance (Main Street), transported; 9:17 a.m.: ambulance (Deer Pond Road), transported; 10:23 a.m.: assist citizen (South Main Street); 12:32 p.m.: summons service (River Street), served; 2:34 p.m.: missing person (South Main Street), report taken; 3:17 p.m.: noise complaint (Main Street), unfounded; 4:26 p.m.: suspicious person (Towtaid Street), services rendered; 4:51 p.m.: mv stop (Paxton Street), Robert Paul

Marcioni, 34, 318 Pakachoag Street, Auburn, op w/suspended license, arrest; 5:57 p.m.: mutual aid (Water Street, Worcester), transported to hospital; 6:43 p.m.: mutual aid (Temple Street, Spencer), transported to hospital; 8:06 p.m.: ambulance (Auburn Street), transported.

SUNDAY, SEPTEMBER 29

12:37 a.m.: disabled mv (Paxton Street), gone on arrival; 1:27 a.m.: mv stop (Main Street), verbal warning; 1:46 a.m.: domestic disturbance (Henshaw Street), report taken; 10:18 a.m.: mv stop (Stafford Street), verbal warning; 10:30 p.m.: mv stop (Paxton Street), verbal warning; 11:15 p.m.: assist citizen (Market Street), peace restored; 11:57 p.m.: ambulance (Pleasant Street), citation issued; 1:52 p.m.: welfare check (Auburn Street), spoken to; 2:06 p.m.: mv stop (Pleasant Street), citation issued; 2:56 p.m.: ambulance (Whittemore Street), transported; 3:22 p.m.: mv stop (Main Street), Michael A. Ramirez, 22, 13 Erie Avenue, Worcester, op w/suspended license, op w/revoked registration, unregistered mv, arrest; 3:55 p.m.: noise complaint (Main Street), peace restored; 5:13 p.m.: ambulance (Salminen Drive), transported; 5:34 p.m.: shoplifting (Soojians Drive), name and address redacted from police log, shoplifting by asportation, criminal application issued; 6:42 p..: assist citizen (South Main Street), investigated; 7:09 p.m.: mutual aid (Chickering Road, Spencer), transported to hospital: 7:50 a.m.: assist other PD (Main Street, Oxford), unable to locate; 8:06 p.m.: shoplifting (Soojians Drive), name and address redacted from police log, shoplifting by asportation, criminal application issued; 8:42 p.m.: fraud (Hemlock Street), report taken; 9:02 p.m.: suspicious mv (Main Street), no action required.

MONDAY, SEPTEMBER 30

12:08 a.m.: assist other PD (Main Street), services rendered; 4:18 a.m.: assist citizen (Main Street), transported; 7:54 a.m.: ambulance (Siaini Road), transported; 8:29 a.m.: mv stop (Stafford Street), verbal warning; 10:35 a.m.: welfare check (Main Street), gone on arrival; 10:51 a.m.: parking complaint (Soojians Drive), citation issued; 11:08 a.m.: mv stop (Main Street), spoken to; 11:22 a.m.: summons service (Clark Street), unable to serve; 11:33 a.m.: suspicious person (Pleasant Street), spoken to; 12:16 p.m.: animal complaint (Moosehill Road), unfounded; 1:03 p.m.: mv stop (Stafford Street), spoken to; 1:18 p.m.: mv stop (Stafford Street), citation issued; 2:20 a.m.: threats (Main Street), assisted; 3:59 p.m.: welfare check (Main Street), unfounded: 4:25 p.m.: my stop (Main Street), citation issued; 4:38 p.m.: investigation (South Main Street), name and address redacted from police log, uttering a false check, larceny over \$1200 by single scheme, conspiracy to commit larceny, criminal application issued; name and address redacted from police log, larceny over \$1200 by single scheme, conspiracy to commit larceny, criminal application issued; 7:19 p.m.: investigation (South Main Street), services rendered; 11:42 p.m.: ambulance (Rawson Street), transport-

TUESDAY, OCTOBER 1

10:11 a.m.: residential alarm (Burncoat Lane), false alarm; 4:55 p.m.: mv stop (South Main Street), citation issued; 5:28 p.m.: mv stop (Main Street), written warning; 5:49 p.m.: mv stop (Main Street), written warning; 6:10 a.m.: ambulance (Salminen Drive), transported; 6:12 p.m.: mv stop (South Main Street), written warning; 7:02 p.m.: erratic operation (Main Street), unfounded; 8:27 p.m.: mv stop (Huntoon Memorial Way), no action required; 9:21 p.m.: mutual aid (Roys Drive, Spencer), transported; 10:49 p.m.: mv stop (Pine Street), verbal warning.

WEDNESDAY, OCTOBER 2

2:37 a.m.: mv stop (Pleasant Street), verbal warning; 2:53 a.m.: ambulance (Stafford Street), transported; 9:13 a.m.: suspicious person (Paxton Street), unable to locate; 10:15 a.m.: disturbance (Paxton Street), peace restored; 10:40 a.m.: investigation (Talnglewood Road), services rendered; 10:54 a.m. illegal dumping (Waite Street), investigated; 11:41 a.m.: mv stop (Main Street), verbal warning; 12:13 p.m.: welfare check (Main Street), peace restored; 1:15 p.m.: mv stop (Stafford Street), mv towed; 1:41 p.m.: assist citizen (South Main Street), advised civil action; 1:48 p.m.: welfare check (Main Street), investigated; 2:47 p.m.: ambulance (Towtaid Street), transported; 3:38 p.m.: disturbance (Collier Avenue), services rendered; 3:44 p.m.: ambulance (Collier Avenue), transported; 5:07 p.m.: ambulance (Waite Street), transported; 6:22 p.m.: disturbance (Towtaid Street), unfounded; 6:25 p.m.: shoplifting (Soojians Drive), Dawn Sweeney, 54, 52 Cherry Street, Spencer, shoplifting by asportation, arrest; 8:37 p.m.: ambulance (Henshaw Street), transported.

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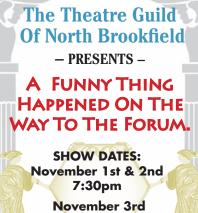
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Section

Friday, October 25, 2019



2:00 pm In the

North Brookfield Elementary School Auditorium **TICKETS:** \$17.00 for adults

\$12.00 for seniors and 12 and under Tickets can be purchased from the cast or by calling Joe at 508-331-9031



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Look inside this section for Stuff! Write The

URRY – LAST DEADLINE OCTOBER 31

BUSINESS, COMMUNITY, & RESTAURANT GUIDE

Spencer, Leicester, & The Brookfields



Special Pages for East Brookfield's 100th Anniversary Celebration. Place a Congratulatory Advertisement! (Sizes & prices below)

OUR 38th EDITION Since

Published by the Spencer New Leader & Stonebridge Press

This updated guide will include: **Business Yellow & Color Glossy Pages** Community Pages filled with information on each town **Restaurant Guide Green Coupon Pages**

Contacts For: Local and State Government Church Directory Social Services Information Pet Shelters

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Plus... Beautiful photos submitted by our readers

Mailed to every household and business in January with the Spencer New Leader – **Total market coverage week!**

> **View our current guide** at 508local.com **ADVERTISING DEADLINE:** October 1

All advertising must be paid for by October 31.



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1 with 1/8 page; 2 with 1/4 page; 3 with 1/2 page; 4 with full page

SIZE	ACTUAL SIZE	COST		
1/8th Page*	3.25"x2"	\$300		
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Full Page	7"x8.5"	\$900		

Color advertisement on back, inside back, inside front covers add \$150 to these prices.

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Add a coupon on our Coupon pages for just \$30 when you place an advertisement in this guide.

To place your advertisement, or for more information, please contact June at 508-909-4062 or email jsima@stonebridgepress.news



Hard to believe it's the last Friday of the month and guess what?...only eight more Fridays till Christmas! Yikes! Remember to shop local for

the holidays!

Please take a moment to check out our Breast Cancer Awareness page this week. Thank you to the sponsors for helping us get this information out. Early detection saves lives. Fear-not getting checked. Fear what might happen if you don't.

I'd like to welcome "Ware Your Neighbors" to our Community Connection page. Two very interesting shops and a men's clothing shop are joining us! TALK OF THE TOWN is an eclectic shop of antiques, shabby chic, crystals and gemstones, essential oils, incense, health products and so much more. Here you'll also find psychic readings, classes, circles, and talks. A delightful scent welcomes you when you enter, LOST & FOUND is also a great shop of goods, gifts, furniture and "found" objects, handmade soaps, clothing, décor, and also so much more. They offer creative workshops, paint workshops, group and private classes, and offer commission refinishing. NAT FALK is a men's clothing store with all the brands you love at great prices...like Carhartt, Levis, Haggar, Rockport, Carolina, Van Heusen, Izod, Dockers, Florsheim shoes, and more! Need a dress shirt and tie for a special occasion? Here's your store! They are also a scouting distributor and offer free alterations. See the ad for a \$10 off of \$75 coupon (I use this every Christmas!). Ware...it's closer than you think!

If you suffer from rheumatoid arthritis, I invite you to check out the ad on the top of the front page this week which details some clinical trials with novel mediations going on by the CLINICAL PHARMACOLOGY STUDY GROUP, 25 Oak Avenue, in Worcester. Dr. Charles Birbara is the principal investigator who has been a rheumatologist for many years in Worcester. The goal of these trials is for more complete relief of pain and stiffness and markedly decreasing the likelihood of joint deformities. The treatments are sponsored by major pharmaceutical companies and there is no charge for medication and care. If you suffer from RA, give Mary a call at 508-755-0201 for more info.

There's still time to advertise in the 2020BUSINESS, COMMUMITY & RESTAURANT GUIDE. Ads start at \$300 and the 2020 Guide will be delivered to EVERY household in Spencer, Leicester & The Brookfields. It's a keeper! You'll want to be in here!! Deadline is October 31.

Save the date for November 1, 2, 3 for THE THEATRE GUILD OF NORTH BROOKFIELD'S presentation of A Funny Thing Happened on the Way to the Forum. The show is in the North Brookfield Elementary School's Auditorium, Tickets can be purchased from the cast or by calling Joe at 508-331-9031.

Have a great week! June Simakauskas 508-909-4062

jsima@stonebridgepress.news



CALENDAR

Saturday, October 26

CHANCE ANIMAL SECOND HALLOWEEN BARKTACULAR: Halloween event bringing families and pets together to benefit Second Chance. Indoor and outdoor event activities including trickor-treating for kids and pets, haunted hayrides, pony rides, indoor Kid Zone with carnival games, bouncy castle by Central MA Jump, dog massages and agility 'Try Its,' music, food & craft vendors and other Halloween fun for families and pets. Special featured events include a Costume Contest judged by the Barktacular King & Queen, Your Dog Can Paint with CC Lowell and an indoor RC racetrack sponsored by Turn4 HobbyTown. Free admission! Families and pets are welcome!

Tuesday, October 29

"GHOSTS & LEGENDS" WITH JEFF BELANGER: 6:30 p.m., West Brookfield Library. Jeff Belanger is back with all new stories. This multi-media adventure will take you on a journey through your backyard, and around the world. Join one of New England's premiere storytellers for a trip through the unusual and the unexplained. Be sure to stop by or call the Library to reserve your seat!

Saturday, November 2

CHRISTMAS FAIR: 9 a.m.-2 p.m., St. Joseph's Parish Hall, 296 Main St., North Brookfield. Bake sale, handmade crafts, flea market, and raffles. Lunch is served from 11 a.m.-1 p.m., featuring homemade soups, great sandwiches, and delicious apple pie. Come one, come all!

11THANNUALWESTBROOKFIELD ELEMENTARY VENDOR CRAFT FAIR: The West Brookfield Elementary Parent Teacher Group will be holding their 11th Annual Vendor and Craft Fair from 9 a.m. to 2 p.m. Nov. 2 at West Brookfield Elementary School, 89 North Main Street. There will be crafters, vendors, raffles, and more. Food will be available for purchase. Admission is free, all are welcome to attend.

Saturday, November 9

STRAWBERRY HILL FAIR: 9 a.m.-2 p.m., Leicester First Congregational Church, 1 Washburn Square. Handmade knitted items, secondhand treasures, holiday decorations, doughnuts & hot dogs, baked goods, gift baskets, raffles, crafts, a café, and more!

ST. JOHN'S HARVEST THYME CRAFT FAIR: 9 a.m.-2 p.m., St. John's

Church Hall, 131 Blaine Ave., East Brookfield. Come and enjoy the variety of crafts, baked goods, a silent auction, gift basket raffles, and a lottery tree raffle! A delicious café-style lunch will also be served. Bring your family and friends to this wonderful annual event! For more information, please call (508) 867-3738 or visit www.stjohnssebma.org.

FALL FAIR: 9 a.m.-2 p.m., George Whitfield United Methodist Church, 33 West Main St., West Brookfield. Baked goods, candy, homemade jams & jellies, handiwork table, children's activity table, Gram's Attic Treasures, Mission Table. Luncheon available featuring soups, sandwiches & desserts. We welcome you. Please come join us.

ANNUAL RED DOOR FAIR: 9 a.m.-2 p.m., Christ Memorial Episcopal Church, 133 North Main St. (corner of Main and Spring streets), North Brookfield. The bake table is always impressive; jammed with our famous apple, pumpkin and fruit pies as well as breads, brownies, cookies and much more. Find that special gift at the craft, "exquisite" and Christmas tables. The raffles are always the best! Sit down to a homemade luncheon served by church youth. Menu: clam chowder, cabbage soup, sandwiches (chicken, egg, and ham salad) and apple crisp. Find that unique Christmas gift!

TACO NIGHT: 4:30-7 p.m., New Braintree Town Hall, 20 Memorial Dr. Oakham Boy Scout Troop 144 invites everyone to their first ever Taco Night. Tickets will be pre sold by your local Scouts of Troop 144 priced \$10 for adults and seniors and \$5 for kids 10 and under, and if you want tickets you can also contact Erin at Erin.labarre@ gmail.com. Limited tickets will be sold at the door so get some while you can. The dinner will include all you can eat beef tacos with all the fixings including dessert and drinks as well. All proceeds will be going to Troop 144's Seabase Trip in the Florida Keys. For any additional information, please contact Erin at Erin.labarre@gmail.

Thursday, November *14*

FAMILY DINNER: 7 p.m., Knights of Columbus, 91 Manville St., Leicester. Menu features a choice of stir fry or baked fish. Cost is \$12, and includes salad, rolls, entrée, coffee, and dessert. Call for reservations by Wednesday morning, Nov. 13, at (508) 892-4528.

Saturday, November 23

ANNUAL MEAT RAFFLE: 6 p.m. (doors open at 5 p.m.), Spencer Country Inn, 500 Main St. Cash only. Open to the public. Bring your friends! Early bird tickets available. Bring an unwrapped, brand new toy to be donated to the Toys for Tots program

and receive free tickets good for any table! Grand prize raffle for a Green Mountain portable grill/smoker with cover, utensils, and a \$50 gift card to Ed Stearns in Charlton!

ONGOING EVENTS

ECONOMY SHOP: The First Congregational Church's Economy Shop invites you to come in and see our Holiday items and our weekly specials. Our shop hours are Wednesday 8 a.m.-Noon, Thursdays 8 a.m.-2 p.m. and 6-8 p.m. and Fridays 8 a.m.-noon.

DEJA NEW: Art, Antiques & Collectibles Marketplace which is open in the St. Joseph's Rectory building at 759 Main Street Leicester. Hours are Tuesday 5-7 p.m., Wednesday 9 a.m.noon, Thursday 3-6 p.m. and Saturday 9 a.m.-noon, all proceeds going back into the town's Food Pantries, Hearts for Heat and programs for the needy. We are non-profit and run on volunteers. We are open May into December.

EAST BROOKFIELD LIBRARY PROGRAMS: The East Brookfield Public Library is currently conducting their fall registration for children's programming. Rhythm and Rhyme is for toddlers aged 18 mos. to 3 years. This program runs from 9:45 a.m. to 10:45 a.m. and includes lots of music, finger plays, physical activities and a story with a related craft.

Preschool story time is geared for children aged 3 to 5 years old. It runs from 10:30 a.m. to 11:30a.m. Seasonal songs, poems, and gross motor activities are part of this program, as well as a story and craft that encourages fine motor skills. Both programs are held on Thursday mornings. Parents and caretakers are asked to remain with their children. For more information or to register by phone call (508) 867-7928. You can also like us on Facebook and visit our website @ www.eastbrookfieldLibrary.com. We look forward to seeing you!

VFW MEETING: The Rochdale VFW Post 7556 will hold their monthly business meeting at 7:00 p.m. at the post at 713 Pleasant Street, Rochdale on the 2nd Wednesday of each month.

ALZHEIMER'S SUPPORT GROUP: On the third Wednesday of each month, 6-7 p.m. at the Overlook Independent Living Building, fourth

Turn To CALENDAR page B10











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OBITUARIES

Betty Brennan, 93

EAST BROOKFIELD-Betty (Hitchcock) Brennan, 93, of East Main Street, died Monday, October 14 under the loving and compassionate care of the health care professionals at St. Mary's Health Care Center, in Worcester.

Her loving husband, David Brennan died in 2008, after 60 years of marriage. She leaves a son Jim Brennan, and his wife Janice of the The Villages, FL. She was predeceased by a son Steve Brennan in 2012. Betty is also survived by her daughter-in-law Karen Brennan of East Brookfield.

Betty leaves 5 grandchildren (Katelyn, Michelle, Danny, Terry, and Geoff), as well as 7 great-grandchildren (Andrew, Ben, Sarah, Casey, Jordyn, Deklyn, and Penny).

Betty was born in East Brookfield. daughter of Milton and Medeana (Murdock) Hitchcock. Betty stayed at home for several years to care for her children, and later retired as an office worker from the State Mutual Life Assurance Company, headquartered in Worcester. She was a longtime member of the East Brookfield Baptist Church and and was for many decades their organist. Betty was a standout high school athlete, starring in both basketball and softball. Betty was also an avid golfer.

A Graveside Service will be held on Friday, October 25 at 11:30 AM in Evergreen Cemetery, East Brookfield. There are no calling hours. A reception will be held at the East Brookfield Baptist Church at Noon. J. HENRI MORIN & SON FUNERAL HOME, 23 Maple Terr., Spencer is directing funeral arrangements.

www.morinfuneralhomes.com

Gary W. Olds, 59

BROOKFIELD- Gary W. Olds, 59, passed away on Thursday, October 10, 2019. Gary was born on June 7, 1960 in Worcester MA, the son of Thomas G. Olds and Virginia T. (Slate) Olds.



Gary is vived by his fiancé Robin Shays; mother Virginia Olds; a daughter Monique Kimball her husband Michael Crowley; grandchildren William Kimball, Anthony Kimball, and Zachary Russell;

a brother Ronald Suffill & his wife Cathy Suffill; Robin's children Nicole Johnson, Matthew Johnson, Kelly O'Neill, and grandchildren; many other family and friends. He is preceded in death by his father Thomas Olds. Gary loved with all his heart; it is

hard to put into words how truly wonderful he was. He was a socialite, that liked to joke around, and laugh. He enjoyed goose hunting, fishing, four wheeling, and listening to music. His passing leaves us heartbroken, but his memories will remain with us forever! Gary will be greatly missed.

A graveside service for Gary will be held on Saturday, October 26,2019 at 2pm in Brookfield Cemetery in Brookfield. All friends and family are welcome to attend. A celebration of Gary's life will follow in the hall at Wagon Wheel mobile home park in Brookfield MA. Pillsbury Funeral Homes 3 West Brookfield Rd Brookfield is directing arrangements

Rachael E. Geren, 25

SPENCER- Rachael E. Geren, 25, of North Brookfield Road died Saturday, October 12 in St. Vincent Hospital.



She leaves her parents Michael Geren of Casey, Iowa and Staci Geren-Tallman and her husband Michael of Spencer, a daughter Kayli E. Geren and her father Sean Murray of Webster, a brother Noah Geren

of Spencer, two sisters; Hannah Geren and Madison Tallman both of Spencer, a niece and two nephews.

Rachael was born in Evansville, Indiana, She was a Certified Nursing Assistant and previously worked at Overlook Masonic Home and Quaboag Nursing Home. She enjoyed cooking, music and her phone. She was very artistic and loved all animals. She was happiest when she was spending time with her family especially her daughter Kayli.

A Funeral Service was held on Friday, October 18 at 5:00 PM in J. HENRI MORIN & SON FUNERAL HOME, 23 Maple Terr., Spencer. Calling hours preceded the Service from 2:00-5:00 PM in the funeral home. In lieu of flowers memorial donations may be made to Second Chance Animal Services, Inc., P.O. Box 136, East Brookfield, MA

www.morinfuneralhomes.com

Robert J. Heman, Jr., 92

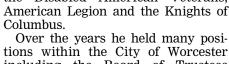


Robert J. Heman, Jr., 92 of Spencer, formerly of 143 Lovell Street, Worcester died Monday, October 14th at home. His wife of 52 years. Constance A. "Connie" (Bodwell) Heman died in 2007. He leaves two daughters, Roberta Fisher

of Herndon, VA and Dawn Milewski and her husband, William with whom he lived; a son, Kevin J. Heman and his wife, Maryanne of Princeton; eight grandchildren and six great grandchildren. He was predeceased by a sister, Gertrude (Heman) Howell.

He was born in Graniteville, MA the son of Robert J. Heman, Sr., and Ethyl (Pentz) Heman. Robert was a veteran of the United States Navy serving during World War II. Robert owned Acme Blue Print Company for over 20 years, retiring in 2009. Robert was a longtime member of the Worcester Elks Lodge 243, where he held many positions including Past Exalted Ruler and Past District Deputy. On the state level some of his positions include

MA State Secretary and State President of the MA Elks Association. On the National Level he held the office of Grand Lodge Committee and Grand Lodge Inner Guard. He was also a member of the Disabled American Veterans,



including the Board of Trustees Worcester Public Library, Worcester Beautification Committee and Target Worcester to mention a few. His funeral is Saturday, October

26th with a service at 10:00 AM in O'CONNOR BROTHERS FUNERAL HOME, 592 Park Avenue, Worcester. Burial will follow in Worcester County Memorial Park, Paxton. Calling hours are Friday, October 25th from 5:00 until 8:00 PM in the funeral home with the Elks funeral Ritual at 7:00 PM. In lieu of flowers memorial contributions may be made to the Elks National Foundation, 2750 North Lakeview Avenue, Chicago, IL 60614-2256.

Michael Egan, 63



W E S BROOKFIELD Michael J. Egan, 63, of West Brookfield died on Sunday, October 20, 2019 after a hard-fought battle with cancer. He died at home with his loving family by his side.

He leaves his wife of 37 years, Anita A. (Houde) Egan of West Brookfield; his two daughters, Bridgett Ethier and her husband William Jr. and their son Logan of Uxbridge, Kathleen Connolly and her husband Robert of Palmer; his brother, Leo Egan, Jr. and his wife Kim of North Brookfield and sister Beryl "Cissy" Henderson and her husband David of Wheelwright and numerous extended family members who he loved. He is predeceased by his parents Leo and Beryl (Thompson) Egan and his brother Richard Egan.

Mike spent his early years logging in Maine where he met his wife Anita. He was a lifelong truck driver, which he loved. His greatest joy was waking up early to catch the sunrise and listen to the waves of the ocean, where he loved spending time with his wife and family. He will be remembered for his love of Star Trek, grilling on his Weber & Miller High Life.

Calling hours will be held Tuesday, October 29, 2019 from 5-7PM, at Varnum Funeral Home, 43 East Main Street, West Brookfield. In lieu of flowers, memorial donations may be made in memory of Michael Egan, to the American Cancer Society, 3 Speen Street, Framingham, MA 01701.

Varnum Funeral Home, Inc., 43 East Main St., in West Brookfield is assisting his family with arrangements

An online guest book is available at varnumfuneralhome.com

Peter K. Raymore



Colonel Peter Kent Raymore passed on September 23rd, 2019 and left our world. Born on September 26, 1946 in Worcester, Massachusetts William (Hodgerney) Lois Raymore, he flour-

ished in a quintessential New England upbringing. He attended North Brookfield High School and graduated from the University of Massachusetts Class of 1968 followed by his commissioning as an Air Force officer embarking on his lifelong military career.

Timing is everything; Pete cut his chops in the Southeast Asian theater when ground control of tactical combat aircraft was being born and he spent a professional lifetime literally inventing, honing, and advancing the art. His was a distinguished career shaping the cold war TACCS in Europe and Ground Environment in NORAD prior to his first command in the Northern reaches of Alaska. His very youthful appearance there allowed him to be lovingly referred to as the Boy Commander. Thereafter he served his Headquarters time in the Pacific Theater and Staff time at the Pentagon with a curriculum at the Air War College in-between. It was during this time that he began shaping the Air Force leadership's perception of the role and capabilities of the traditional Air Weapons Controller such that Pete was given command of the new 605th Test Squadron where he gave birth and credibility to the current day Air Battle Manager. Even in retirement after



26 years active-duty service, Pete continued another 20 to influence the upcoming leaders of the Command & Control career field and improve the technical capabilities of the system as a Defense Department consultant. More to the point however are the many many lives he touched along the way not only as Commander but as mentor, big brother, dear friend, and on occasion guiding angel. While his departure leaves a great hole in those many lives, his love and friendship left this world a better place than he found it. Peter is survived by his beloved sister; Jean Raymore of North Brookfield, Massachusetts. She, and most who read this, will miss him more than can be said.

A Graveside service with Military Honors will be held at Walnut Grove Cemetery in North Brookfield on Tuesday, October 29, 2019 at 1:30 and will open to any who wish to pay their

Varnum Funeral Home, Inc., 43 East Main St., in West Brookfield is assisting his family with arrangements

An online guest book is available at varnumfuneralhome.com

Richard W. Hope 65

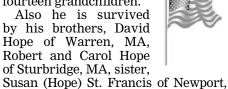


RICHFORD-Richard W. Hope 65, died October 6, 2019 at the Northwestern Medical Center in St. Albans, VT after a long battle with cancer.

Richard was born September 29, 1954 in Ware, Massachusetts

to Henry and Evelyn (Minckler) Hope. Richard was an Army Vietnam war veteran. Later in life, he moved from Massachuetts to Vermont and was employed in manufacturing. He was later employed under Bernie Gage in the oil heating and repair business and then self-employed under Ultramar, Trono Fuel, and Patterson Fuel.

Richard was survived by his wife, Christine (Lilley) of Richford, VT, children, Joseph and Alicia Hope, Gerald Hope all of Stewartstown, NH, Adam and Ashley Kingsbury of Barre, VT, Catherine (Neill) and Matthew Creigh of Marysville, PA, Anna (Neill) and Joshua Burroughs of Colchester, VT and his fourteen grandchildren.



RI. and many nieces and nephews. In addition to his parents Richard

was predeceased by his sisters, Barbara Collette, Betty Ann Rozzen and Jean A memorial service will be held on

Saturday, November 16, 2019 at 12pm to 5pm at the American Legion, 5 Ware Street, West Brookfield, MA.

For those who wish, contributions in Richard's memory may be made to the Hope Lodge - American Cancer Society, 237 East Avenue, Burlington, VT 05401-3412.

Condolences may be sent to 1739 St Albans Road, Richford, VT 0547

William J. Wall, Sr., 86



LEICESTER-William J. Wall, Sr., 86, of Main St., died Monday, Oct. 21 in Jewish Health Care Center, Worcester. He leaves his wife

of 65 years, Joan H. (Adams) Wall, his sons William J. Wall, Jr. and his wife Deborah of Spencer, Richard R. Wall and his wife Lori of Shapleigh, ME., and Kenneth P. Wall and his wife Lisa of Leicester, his daughter Debra Nicol of Kent Lakes, NY.,

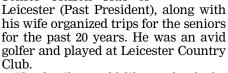
two brothers Robert Wall and his wife Joyce of Spencer and Thomas Wall and his wife Loretta of Douglas, his sister Mary Ann Pogorek of Worcester, 13 grandchildren; Ryan, Juliana, Kristy, Stephanie, Stephen, Alex, Nick, John, Andrew, Sarah, Katie, Mike and Chris, 7 great grandchildren; Kaelyn, Ava, Jameson, Myles, Ashleigh, River and "Baby Ring", many nieces and nephews. He is predeceased by brothers James and

Edward Wall. Bill was a purchasing agent for Ostrow Electrical Contractors in Worcester for over 40 years,

retiring in 1996. Born Worcester, he was the son of John J. and Mary (Loftus) Wall and graduated from St. John's High School in Worcester. He later served his country with the U.S. Navy during the Korean War. He was a member of the Cherry Valley American Legion Post 443 (Finance Officer) and the Rochdale VFW Post 7556.

Bill was a longtime member of the Town's Recreation Committee, coached

umpired both Little League and Senior League Baseball in Leicester, and was a member of the former Leicester Lion's Club. An active member of the Senior Citizen Club of



The family would like to thank the nurses and staff at J.H.C.C. for their compassionate care of Bill while he was a resident at the facility.

The funeral will be held on Friday, Oct. 25 from the MORIN FUNERAL HOME, 1131 Main St., Leicester with a funeral Mass at 10 a.m. in St. Pius X Church, 1153 Main St., Leicester. Burial with Military Honors will follow in Worcester County Memorial Park, Paxton. Calling hours were Thursday from 4 to 7 p.m. in the funeral home. In lieu of flowers, contributions may be made to the Senior Citizen Club of Leicester, P.O. Box 143, Leicester, MA. 01524.

www.morinfuneralhomes.com



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

the deadline is Friday noon for the following week.

(Memoriams will run on the Obituary pages)

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

To send by mail, please mail or drop off to June Simakauskas, P. O. Box 90, 25 Elm St., Southbridge, MA 01550.

Personal checks, Visa, Master Card, Discover and AMEX are accepted.

For more information, please call June at 508-909-4062 or email jsima@stonebridgepress.news and she'll be happy to help!





All Ages Welcome! Open topics.

Please share your creative writing and thoughts with us!

Thank you to our writers this month and to LAMOUREUX FORD for sponsoring this special section each month! I'd like to invite teachers and students, including home schoolers, tweens and teens, adults and grandparents to share your thoughts, funny anecdotes, poems, short stories, and essays.

For those of you who prefer suggested topics, here are a few for November:

- 1. November is National Gratitude Month What are you thankful for?
- 2. November is Adopt a Senior Pet Month Tell us about your pet.
- 3. November is National Novel Writing Month Write a short fictional story about a turkey.
- 4. Topic of your choice.

THE NEXT WRITE STUFF WILL BE PUBLISHED ON NOVEMBER 29. Deadline is

Wednesday, Nov., 20. Please email your submission to jsima@stonebridgepress.news. If sending your submission by mail, please send by November 15 to

The Write Stuff, P. O. Box 90, Southbridge, MA 01550. Thank you.

A BIRTHDAY PARTY MY FAMILY WON'T FORGET SUBMITTED ANONYMOUSLY

Many years ago, I decided to give a Halloween Birthday Party for my daughter. Invitations were sent out. I got busy decorating our barn which was about 200 years old. Perfect for party and the ideas grew and grew. Hung up skeletons from the rafters. Arranged stuff in the attic so that my helper could walk around making a lot of noise.

On the first floor I had my helper hide under the old piano which was stored under the stairs covered in black Tested piano out. The weird sound that came from it was very scary! That noise would give anyone the shivers. Now that was taken care of, on to the windows, Volunteers decorated the windows with scary faces. The hardest part was putting up thread and yarn over the doorways to make cobwebs. It hung down just at the right spot. Tested, creepy.

The night finally arrived and it sure was a scary time. Helpers were in place so.... Imagination please.

Wow, can you imagine the screaming coming from the girls as I led them through the barn (forgot my earplugs). Of course the barn was dark, only the flashlight to shine on the windows to show those scary faces. They walked through the cobwebs, flashed the light on skeletons ohhhhhhhhhhh.

I thought they were going to pass out, but when the footsteps came from the attic, pounding on the floor that just about did it. But the best part was when the skel-eton hands come out from under covers pounds on that horrible piano. Oh my, I had a stampede on my hands. The girls ran faster than a herd of turtles.

Good news, no one was hurt; well my broom got broken never to fly again. That was my last Happy Birthday Halloween Party.

The Matinee BY CHARLES THANAS, LEICESTER, MA

With each new morning, it was like a new neighborhood around The Hammond Street Market. The surrounding streets were always alive, always something new. Childhood is like that, everything is new all the time, over and over again, days don't run together. Every day is just another feature. It just comes nice and easy, before we got into cultural absurdism. This is - childhood as features and not cultures and who really cares?

Anyway, he came around the corner, ust missing the fire hydrant, a tall sun baked man, face coarse and burned, over coat hugging the sweat out to his face in ninety degree heat. The ground stank and he came around by the fence, leaning to one side, wobble footing his way down Hammond Street, right toward me and fixed me in my sneakers with a kind of childhood horror, a fanciful intrigue of some kind.

Then he stumbled off the curb and fell to the asphalt as if he had taken an invisible push to the ground. His coat mixed with broken glass and curb sand and as he rolled over to see his imaginary bully, ice cream wrappers stuck to his coat like menacing tattoos. They could have just as easily been all the labels off the booze that pumped him up into that drunken monster - foolish, obscure individual. I feel sad even now as I remember the group of school aged witch hunters tormenting him in his cruel disadvantage. They circled the old guy hollering like tiny villagers having finally tracked down Borris Karloff.

"You stay in the yard. Don't go near that man!" My mother called down to me and then I could hear her say something like, "Ain't it awful, that poor man. Why do they so drunk that they can't stand? And in the morning too, so early." The lady next door, hanging out her window, only half wondered because she kind of knew the answers herself in a different

He got up to his knees and swung out one of his bruised paws as if to swipe away the vulgar little village rousting him, unafraid and daring him to his feet. He was not a new sight on the street, not by a long shot. He was like so many thrillers teasing our insecurity on those wonderful Saturday matinees, even Bella couldn't fill the bill here with this crowd. Here, it took one from the local hop house to create this one, the Saturday morning matinee - DRUNKENSTEIN!

Even at young age I felt like yelling something from my yard, something like, "Hey pal! You better lay off the juice and go sleep it off. You look like you're

ready for the pathetic ward. I mean where will this all lead you?" And me, a sympathetic kid even at that young age could only wonder what he was thinking about. What demons were in his mind, arms flailing around, trying to grab hold of something, anything, bitter respect nothing. It was all gone with his booze soaked balance. Poof! Took the legs right out from under him. Who knows, maybe he liked entertaining the kids on Hammond Street – most never made it to the Saturday Matinee anyway. The End

THE LITTLE ANT BY EMILY JANES

It was a beautiful Monday in October. I decided to spend my day at Old Sturbridge Village. The leaves were changing colors. Red, orange, yellow. I saw a bright red maple leaf falling and ran over to it before it hit the ground. It was as big as my hand. There was a little ant on a journey across the leaf. I wondered where he was going. Home? Collecting Food? I will never know. But I placed the leaf on the ground beside a piece of popcorn. "Enjoy" Ī told that ant! Ī continued on my way, I skipped through the fallen leaves. I felt like a kid again.

A KNOCK AT THE DOOR BY EVA E. PERRON, EAST BROOKFIELD, MA

I knocked at the door and a pleasant voice was saying "come in." The welcoming took away some of the awkward feeling that was going through me, a shy nine-year-old on a cold December Sunday morning. The only fact I knew about this elderly lady, was that she was an elderly widow who never left her home. As I wiped my boots on the scatter rug she asked, "My dear don't worry about a little snow, this is New England and we should be used to it.'

Finally I had the gumption to introduce myself, "My name is Eva, I colored a picture for you, an early Christmas card."

As she studied the picture, a tear rolled down her cheek. My little give, so insignificant, made her so happy.

"My name is Sarah, as you probably know, I don't have any family. My husband died years ago from injuries suffered in World War I, and my only baby died an early death.'

I suddenly felt inches taller, wiser, and the proverb, that in giving that we receive, was rocking my heart and body. Her spotless small kitchen with four closed doors. I realized, was for heating the one room she literally lived in during cold months.

learned she had just removed a gingerbread from the oven (a favorite dessert of mine). "My dear, will you share a cup of hot chocolate and gingerbread with me?" It wasn't my voice but the shake of my head that spoke volumes (I'd love to).

Soft meaningful conversation and a delicious snack made for a memorable Sunday morning, a couple of weeks before

Before I left, I thanked Sarah and promised I would visit again and bring my nine-year-old neighbor, Gladys. What followed was an every Sunday 2:00 o'clock visit (except for Lent and Advent), that lasted many years where we played dominoes and were introduced to many proverbs that I still apply to my life today.

If only today's youth would put down toys of technology for a while and thought of others, like a visit or showing compassion, they would be giving themselves a special gift. We truly lived in the best of

JUST A PAUSE BY EVA E. PERRON, EAST BROOKFIELD, MA

~~~~~~

Of all of the seasons, fall is my favorite time of the year with its beautiful foliage and bright colors, makes the countryside enchanting and magical. The new season from the start of a new school year, to county fairs, harvest suppers, apple picking, and pumpkin carving makes one appreciate living in New England.

Most people would agree that one of our happiest autumn experiences is coming in from a brisk cold day into a warm welcoming kitchen with the aroma of an apple or pumpkin pie cooling on the counter, followed by sharing a cup of tea and a scrumptious dessert with those we love. This simple pleasure of a New England autumn is truly a blessing. Although our favorite season is followed by a long winter, the anticipation of the holiday season with its hustle and bustle gives us an opportunity to think of others, and to bring joy and glad tidings to family, friends, and neighbors. If only the Christmas spirit lasted the whole year.

Regardless of the season of the year, we citizens should never take for granted the privilege of calling ourselves, "Americans," and isn't this the perfect time of the year to give thanks to our God.

#### **DEAR FRIEND** BY SHER MORSE, SPENCER, MA

You have been with me On the mountain tops You have been with me In the valleys And everywhere In between. You and I have been Around the World together. You are my Traveling companion You are My dear friend I thank God That He blessed me With your presence In my life. And most of all My dear friend You are loved – Today -Tomorrow -And always. Thank you Just for

Being you

My Dear Friend.

My dear friend

#### TWO MONTHS BY SHER MORSE, SPENCER, MA

In the span of A mere two months, We lost two men Whom we Loved dearly. The first blow In July, Rocked our core. The second punch In September, Knocked us down. We were devastated Over our losses. Still grieving, Two years later. For the pain Runs deep Within our earts and souls. They are at peace, No longer suffering. Yet, we have Prolonged sorrow From their absence. We miss Their smiles. Their voices, Their touch. And to lose them both So close together, Is harrowing. Two months. Two years. Too soon.

#### **TOMORROW** BY SUE ANGELA HEALY, NORTH BROOKFIELD, MA

As endless teardrops fall from our eyes It's time dear Blanche to say our final

So very difficult at this moment not to

let our feelings show Now it's even more difficult to let you

You lived a long happy life at 88 years of age

But we are now going thru another

chapter of your life and turn the page John – Rita – Albert – Mary – Florence Jeannette

Francis and Julianne were eight Was it God's will or was it just fate You were a beautiful, caring person -

loved by all Your children and spouses – John, Janet, Peter, Michelle, Mary Jane, Richard

Michael and Aundrea speak of you and stand tall At St. Joseph's Parish you were every-

one's friend Someone they would turn to and always

You were special – meant the world to

me and mom

For in our hearts you shall forever

belong

Mom so enjoyed receiving your cards at the nursing home

Reading them over and over - never feeling alone

Your kindness put a smile on her tired

And now both of you together - both

can never be replaced
I know she was waiting at the gates of heaven to meet you

Embracing each other for the first time each minute brand new

Both of you and our families will be

Once perfect strangers now best friends

forever As you now live in paradise - a safe

haven without a care We know you would not want any of us to shed another tear

Remembering you as a member of the bereavement committee - a eucharistic minister to take to the home bound

If someone felt lost – with you they were Seeing you on Sundays at the 8:00 Mass

Memories now frozen in time will last and last And although now my heart is broken

and filled with sorrow

I cherish your friendship Blanche – treasure yesterday – dream of today And will always miss and love you tomorrow.

~ In memory of Blanche Borelli

#### *YESTERYEARS* BY SUE ANGELA HEALY, NORTH BROOKFIELD. MA

~~~~~

What ever happened to yesteryears? Because every day we now live in fear For an education you send your children to school

They are bullied and harassed because they're not cool

Knives and guns in every city and state Death rates rising at a very high rate People are attacked by dogs as they

Go to the beach and get bitten by a shark

In to your yard and you get a big scare Out of nowhere a family of bears Hit and run now they leave you to die

As bystanders gather with tears in their More and more children are getting

raped Kicking and screaming as they try to

escape Verbal and sexual harassment in the

working place Your feelings inside you can never

Contamination and recall every day with food

When it was supposed to put you in a better mood

Home invasions are happening even in small quiet towns It doesn't even matter if people are

around You go on the slopes and there's an

avalanche Not even having a second chance

Ticks and mosquitoes as common as Sometimes you don't even know what

Not watching your child for a minute they suddenly drown Even though there are many adults

around Your infant gets the mumps because another did not have their shot

What will happen to the parents if they

get caught? Buying your favorite sauce and there's

plastic pieces in the jar This is going a little bit far

People are being kidnaped at every sin-

Feelings inside of confusion and rage Going for a walk and you get lost in the

Several days later found – as you knew

Young teens today committing suicide Because they are hiding their emotions

inside You're only beautiful if you are extremely thin

But what you don't know is that beauty comes from within

Some have millions of dollars – others living on the street

Give a lending hand to the homeless

Another teacher fired after three years of abuse

This is our eyes has no excuse It's a scary world we live in these sim-

ple days are gone So all this generation can do is pray keep our faith – hope – be strong.

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111

NEW LISTING

MILLBURY - WATERFRONT! Ramshorn Lake! 51 Davis Rd! Beautifully Landscaped & Private 1.22 Acres w/500' on the Water! One of Ramshorn's Premier Properties "Royledge"! Sprawling 3,117 French Country Villa wPanoramic Water Views from this Perfect Peninsula! Ideal for Entertaining! Stonewalled Gated Entry, Long Private Drive to its Stately Appearance! Sprawling Stone & Slate 6+ Rm Masterpiece! Light Abounds! Cathedral & Tray Ceilings w/Skylights! Unique Country Kitchen! Formal Dining Rm! Frplcd Great Rm! Lake Facing Spacious Master Suite w/Everything You'd Expect! 3

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





 $Season\,Sun\,Rm\,off\,Kit!\,Din\,Rm, 2\,Story\,Fam\,Rm\,w/Pellet\,Stove, Bdrm, Full\,Bath\,w/Laundry\,\&\,Gleaming\,Hrdwds\,Round\,Out\,Barton, Full\,Bath\,W/Laundry\,$

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 &







– Safe Harbor! Custom 3,179'8 Rm Contemp Ready for Your Immediate Enjoyment! Grand Entry Foyer! Ideal Open Fir Plan w/Sky Lighted Cathedral Ceilings, Tall Windows & Hrdwd Firs! Beautiful Applianced Custom Granite Kit w Center Is!! Formal Din, Fireplace Liv Rm w/Water/Estuary Views! 1st Fir Laundry! Second Floor Master Suite, Ideal Full Bath, Huge Walk-in Closet! 3 Bdrms Total! 2 Full & 2 Half Baths! Walk-out Lower Level Fireplace Fam Rm! Buderus Oil Heat! C/Air! Oversized 2 Car Garage! \$779,900.00



\$469,900.00



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 2 Car Detached Garage! The 4 Family with Beautiful Natural Woodwork! All Apartments are Empty and Work is Needed in Several Apartments! Excelle Potential! Will be a Good Investment for the Right One! \$399,900.00



NEW LISTING

Dining Rm! 20' Living Rm! 3 Comfortable Bedrms! Nice Bathrm! Deck w/Awning! All

the Work has been Donel 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

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



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! Sunroom w/Skylights, Hrdwd Flrs & Slider to Deck! 1st Flr 1/2 Bath w/Laundry! Master 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







Fridge! Half Bath w/Tile Flr! Irrigation! Shed! JD Riding Mower! Don't Miss Out!



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 Walk-out Lower Level w/Full Kitchen, 22' Lake Facing Family Rm w/Sliders to the Patio/Lake! 2 Lake Facing Bdrms w/Sliders to 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



DUDLEY - 61 Townfarm Rd! Charming 7 Rm Cape Set 1.9 Acres! This 3 Bdrm Home Completely Renovated 2015! Updates Include - Roof, Windows, Sid ing, Kitchen, 2 Baths, Furnace, Electric Panel, Well, Septic, Driveway & More Ideal Open Flr Plan! Cabinet Packed Granite Kit w/Island & SS Appliances lst Fir wBeautiful Hrdwds! Frpic Liv Rm! Ist Fir Master Bdrm! Office or 4th Bdrm! Custom Tiled Bath wLaundry! Upstairs 2 Spacious Bdrms wHrdwds & 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





105' Waterfront! Ideal 15,941' Gently Sloping Lot! Comfortable 9 Rm Ranch! Stainless Appliance Eat-

in Granite Kit! Din Rm w/Hrdwd Flr! Lake Facing Liv Rm w/Panoramic Water Views! 4 Bdrms, 3 Lake

Full Hall Bath! Enjoy

out Lower Level Frplce Fam Rm w/Wet Bar & Convenient Half Bath! Nicely Landscaped Front &





Walk-







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 & Walk-in Pantry! Din Rm w/ Wet Bar, Sliders to 14x30' Deck! Bright & Airy Liv Rm w/Lake Views, Custom Built Cabinets, Gas Frplc! 1/2 Bath + Laundry! An ELEVATOR to Service All 3 Floors! Upstairs leads to 3 Spacious Bdrms each w/Private Baths Master w

ON DEPOSIT 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 1s! Open Flr Plan! Applianced Cabinet Packed Kit! Lake Facing Din & Liv Rms wWater Views! Sliders to Screen Enclosed Porch! Master wCeiling Fan & Dble Closet! 2nd Bdrm wDble Closet! Full Bath off Hall! Finished Walk-out Lower Level w25' Fam Rm w/Door to Lakeside Patio, Bdrm, Full Bath & Utility!







Sun Rm w/Lake Views!

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 w/lsl, Recessed Lights, Tile Flr & Water View! Din Area w/Slider to Deck! Sunken Frplc Liv Rm w/Hrdwd Flr & Water Views! Din Rm w/Hrdwd! 1/2 Bath w/Pedestal Sink! 2nd Flr w/4 Bdrms, 3 w/Water Views! Master w/Cathedrals a water views: Din kin without 12 dath with reducestal blink 2 din fil with blinks, 3 wwater views: master views water land, French Dr to Balcony, Bath wiSeparate Tub/Shower, Walkin Closet & Laundry! Hall Bath! 3.5 Bath Stotal! Finished Walk-out 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 Union Point Rd! Panoramic Views of Middle Pond - South Facing - Tons of Sun! Principal Residence or as a Second Home this 6+ Rm Gambrel Colonial will be Ready for You! You'll Appreciate its Easy Access and Taken Back by the Ever Changing Lake Vistas! Featuring Applianced Kitchen w/Island, Dining Area, Lake Facing Fireplaced Living Rm with Custom Cabinetry, All with Hardwood Floors! Ideal Lake Facing 3 Seasons Rm wTile Floor & Anderson Silders All Around! 3 Second Floor Bedrooms! Spacious Lake Facing Master w 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 - 603 Treasure Island! 1,874' Townhouse! 6 Rms, 2 Bdrms, Master Bath, 2.5 Baths Total! Recent Maple & Corian Kit w/SS Appliances! Din Rm w/ Sliders to Deck! Frplcd Fam Rm! Patio! 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 WEBSIER LARE - Steps AW From! 110 S. Shore Rd! Killde Island! Access to Swimming Boating wKilldeer Island Club Ass Membership! Perfect 1st Home Summer Retreat! 7 Rms! 2 Bdrm Full Bath! 12x25' Deck wWater View Garage! Don't Delay! **\$249,900.00**



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Featured New Construction! THOMPSON. CT - 6 LILLIAN AVE. LOT #1

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

\$309,900.

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

WOODSTOCK, CT - 64 LYON HILL RD Then ! I Fall 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 att'd garage. assisted sale \$234,900

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 Build-

able lots! Lake Residential area, water/sewer access \$129,400 Oxford- 4 Leicester St. approx. 8.47 acres! River frontage! Highly possible to be subdivided. \$119.900

POMFRET, CT - 280 RIVER RD



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

WEBSTER - 34 EASTERN AVE UNIT A



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 SF₄/= 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! Lake Residential area, Water/Sewer access \$129,400.

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 & **NEW PRICE \$299.900** shore frontage available.



WEBSTER LAKE - 32 JACKSON RD

AN INTRIGUING OPPORTUNITY TO OWN AN EXTREMELY UNIQUE 3.32 ACRE WEBSTER LAKE WATERFRONT PROPERTY! 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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WEBSTER, MA - \$189,900 4 Snow Street

ON DEPOSIT



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



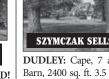
FOR SALE

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

SOUTHBRIDGE: 2 Units, Roof 7 yrs. old, updated heating sysytem, 2 bedrooms each unit, off street 48 North St - \$214,000



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



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

plus house – arts & crafts home with built in china closet, pantry, 2 bedrooms natural wood work 71 Mason Rd - \$359,900

FEATURE PROPERTIES



HOUSE SAT 11-12:30 SUN 12:30-2

WEBSTER, MA - \$289,900

Your Colors & Finishes Now!

90-A Sutton Rd. 3 Bedroom, Raised Ranch. Come Choose



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



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

School St ~ \$249,900



16 Francis Dr - \$400's



67 Hampton St – \$249,900

frontage, Possibly 2 lots,

AUBURN: 3 bedroom, updated electrical, plumbing,

heating system, young roof and replacement windows

7 Dudley Oxford Rd

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rooms 4 bedrooms 1 ½ Baths. Hardwood floors. Economic gas heat. Newer roof, boiler, & HW heater. Front & rear stairways

to go upstairs. Fireplace. Needs some paint & updating but well worth it! Garage



Beautiful kitchen with appliances. Wonderful neated sun room with deck for harbequing Hardwood floors. Central Air. Updated boiler and hot water. Professionally landscaped yard. Located at the end of a dead end street. \$249,900.



olonial with 6 rooms 3 bedrooms 2 1/2 baths. arge kitchen/dining room combo with tile oor. Half bath and first floor laundry. Master pedroom with large walk in closet and master oath. 2017 Pellet stove to keep you warm. Cozy eck and a large flat yard. New roof in 2019

3 bedrooms 2 baths! Slider from dining room to back deck. Lower level has wonderful family room option to have another bedroom plus large storage area. Fabulous 2 car garage with finished room

above-great for office or man town, "she shed". Roof ACTIVELY SEEKING LISTINGS IN THE FOLLOWING AREAS:

SOUTHBRIDGE, STURBRIDGE, DUDLEY, CHARLTON, WEBSTER, HOLLAND. PLEASE CONTACT US!

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Look for that new home in our real estate section.

MOVE IN READY! Conveniently

located on RTE 16., this lovely Cape,

situated on a near acre cleared lot, is

filled with charm and impeccably maintained by the same owners. Fea-

tures include: tin ceiling, solid doors with latch locks and original hardwood

floors., spacious island kitchen, & enclosed multi-seasonal porch. Inviting

foyer and master suite were added in

early 2000 along with a great private

patio. First floor bedroom along w/full

bath. 2 additional bedrooms w/ a half

bath on the second floor of the original home. Updated electrical, heating system, windows are younger w/ plen-

\$329,000

MORTGAGEE'S SALE OF REAL ESTATE AT PUBLIC AUCTION

CHARLTON, MA

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

19 Southbridge Road, Charlton, MA

- > Ranch <
- 4 Rooms w/ 2 Bedrooms Vinyl Siding
- $1 \pm Acre Lot$ Excellent Opportunity

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

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

PRICE **ADDRESS** STYLE TIME REALTOR/SELLER/PHONE

DUDLEY 16 Francis Dr

WEBSTER

90-A Sutton Rd

10-Noon \$419,900 ReMax Advantage 1 / Jo-Ann Szymczack

SATURDAY, OCTOBER 26

774-230-5044 Re/Max Professional Associates/

5 Fairview Ave 12:30-2 \$249,900

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SUNDAY, OCTOBER 27

11-12:30 \$289,900

DUDLEY

5 Fairview Ave

11-12:30 \$249.900

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WEBSTER 90-A Sutton Rd

12:30-2 \$289,900

1:30 - 3 \$329,000

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DOUGLAS

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SUNDAY, NOVEMBER 3

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ty of life left.

DEB HACKETT REMAX

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Southestuber: immediate, spacious and updated Colonia with 8 norms 3 bedrooms 3 ½ Upgraded kitchen with granite, SS appliances, eat-bet, and radiant heat in tille floring Partly ofset with washer & dryer. Winderful 3 season room with sides to dock. Hope mester bedroom & Bahl First floor family room. Dining room with new flooring & radiant heat in floor 4-zene Hyer heat & Air system. 122 aores with Banil \$299,900.

HERE & THER

Local Events, Arts, and

SUNDAY, OCTOBER 27,



MURDER MYSTERY

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

Join us for a laugh-filled night, a great dinner, and a mystery we need help solving. Advance ticket sales required

West Main Street West Brookfield, MA 01585



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

449-8333

Brookfield, MA 01515 774-

MONDAY, OCTOBER 28

MIDDLE AND UPPER SCHOOL PREVIEW **NIGHT**

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

FRIDAY SATURDAY & SUNDAY **NOVEMBER 1, 2, 3**



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

Elementary School Auditorium 10 High School Drive, North Brookfield, MA 01535

WEDNESDAY, NOVEMBER 13

HOW TO MOVE ON - CREATING A BRIDGE TO A NEW LIFE

1:30-2:30. Barbara Perman, President, Moving Mentor

Tea & Refreshments will be served Limited seating

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

SUNDAY, SEPTEMBER 29

SUNDAYS AT 308 LAKESIDE Chris Barber

308 Lakeside 308 East Main Street, East Brookfield, MA 01515 774-449-8333

FRIDAY SATURDAY & SUNDAY **NOVEMBER 1, 2, 3**

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

SUNDAY, NOVEMBER 15

MURDER MYSTERY DINNER

An interactive dinner theater The Fashionable Murders 6:30 pm Join us for a laugh-filled night, a great dinner, and a mystery we need help solving. Advance ticket sales required 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 508-943-5633

SUNDAY NOVEMBER 17

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



SATURDAY, DECEMBER 7

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

ONGOING



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

508-461-5070



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



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

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meets the first Monday of every month from September through May. We discuss a variety of conservation programs to improve the local cold water fisheries, local fishing opportunities. Our annual High School Fly Fishing Championship (open to all MA high school students) And our annual fund raising banquet.

Auburn Sportsman's Club 50 Elm St., Auburn, MA





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CD High Density Linear

Converter System Asking

\$300.00 for ALL Call

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Tech.**TEAC**

ARTICLES FOR SALE

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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

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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

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8 place settings of Golden Peony by Princess. interested please between 9am-6pm

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

CADET SNOW-BLOWER. 13hp Tecumseh OHV. 45 in. width, trigger steering, 6 FRWD, 2 REV, new condition. Hardly used! \$1.600.00.

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.

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

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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

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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 bed for 2016 under. call 508-909-6070

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

FOR SALE John Deere

38 inch commercial walk behind mower with mesh catcher engine original owner. Bought new in 1995. 1.711 hours on machine. \$500 or best offer. 508-278-0254

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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 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.

HOME **SEWING** 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. call 413-436-5073.

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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 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", Seybold 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.

REESE 16K SLIDING FIFTH WHEEL HITCH \$375 or BO. ALSO WEIGHT **DISTRIBUTION HITCH**, for class C receiver on car or truck \$300 or BO. call john 508 244 9699

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

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 Round/Flat, Excellent Retaining Wallstone. \$25/Ton (508) 278-5762 Evening

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

WE'VE MOVED! Light oak din-

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

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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

22 TAFT ST. 2ND FLR SOUTHBRIDGE, MA Transport chair, Excel Deluxe

TO SEE COME TO

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-

ing-room table w/6 chairs & 2 leaves, Oak entertainment Ctr., various size lamps, small electronics & more. No reasonable offer refused. Call 413-896-7047 Sturbridge area.

WHITE OUTDOOR PRODUCTS SNOWBLOWER. 10hp Tecumseh, two stage, 30

in. width. Electric start, well maintained! \$600.00. 508-347-3775

100 GENERAL

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

130 YARD SALES

DEADLINE FOR YARD SALE SUBMISSIONS IS NOON MONDAY **FOR ALL** MASS. WEEKLY **PAPERS** Deadline subject to change due to holidays Call for more info

LARGE MOVING SALE Saturday Oct 26 9am-2pm Hartwell Terrace. 20

Southbridge MA 50 years of lovina Furniture, accumulations. kitchen utensils. Pictures, picture frames, tools, holiday decorations, clothes, Turo 8 HP snow blower. House is also for sale.

200 GEN. BUSINESS

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

205 BOATS

265 FUEL/WOOD

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

284 LOST & FOUND **PETS**

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



LET US KNOW!!! Please call us so that we can take your ad out of the paper...

Town-To-Town **Classifieds** 508-909-4111

298 WANTED TO BUY

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\$ 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 (508)341-6355 (cell)

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

300 HELP WANTED

310 GENERAL HELP WANTED

FIVE STAR AUTO EXPERT SERVICE NOW HIRING!

Full Time Mechanic Looking for experienced Me-Must have own tools.Mon.-Fri. 401k Plan. Health Benefits. Must apply in person.

580 South St., Southbridge 508.756.0257

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

ADVANCED BEHAVIORAL HEALTH

325 Professional HELP WANTED

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

442 LICENSED DAY CARE

The Commonwealth of Massachusetts Office of Child Care Services requires that all

ads placed in the newspaper for

child care (daycare) in your

home include your license num-

448 FURNITURE

SOLID RECTANGULAR DINING TABLE about 35 yrs old in sturdy condition but could use a light sandrefresh Asking \$75.

CALL (508)637-1698 SOLID OAK RECTANGULAR DINING TABLE about 35 yrs old in sturdy condition but could use a light sandtop 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

BROOKFIELD. MA

3 BEDROOM gas, heat, off street parking. washer & dryer hook ups. avail-\$950 a month. First and last.

SOUTHBRIDGE 2 bedroom apt. in ince ocation. \$800 a month. First and last month leposit, 508-764-2293

(413)262-5082

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, \$3,000 or best offer for both lots. (valued at \$8,500) Call 508-892-9843

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

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700 AUTOMOTIVE

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

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 508-735-4413

725 AUTOMOBILES

MARQUIS GS Like New 21712 miles

CALL 508-377-8729

2006 MUSTANG GT-50k, 5sp fully modified. Call or email for details and photos. 508-476-2293. savianojohnt@yahoo.com

2007 TOYOTA COROLLA S

\$3995. Call Ray for more info. 508-450-5241

2002 BMW 525iA. \$3995. Call Ray for more details, 508-450-

2003 MERCURY GRAND

2010 MAZDA M3 iSV. \$6800. Call Ray 508-450-5241

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

6944.

PLACE MOTORS

2014 FORD F150 Crew cab STX 4X4 tow package bluetooth and more

2017 FORD EXPLORER XLT

4X4 leather roof, 7 pass stk#

725 AUTOMOBILES

9130a \$28923 Call (508) 943-8012

\$23919 STK#9077A

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.

Call Mike 508-752-7474. 740 Motorcycles

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 moehagerty@msn.com

740 MOTORCYCLES

2014 HARLEY DAVIDSON (low rider). Accessories added: windshield, crash bar, saddle bags. 5300 babied miles and care. Silver metallic. Recorded 100% mechanically sound by Sheldon's of Auburn. Bike is truly

for showing. Firm \$12,000 as

bike is MINT!

740 Motorcycles

HARLEY DAVIDSON (low rider). Accessories added: windshield, crash bar, saddle bags. babied miles and care. Silver metallic. Recorded 100% mechanically sound by Sheldon's of Auburn. Bike is truly condition. new 508-414-9134 508-414-9134 Call

for showing. Firm \$12,000 as

bike is MINT!

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condition.

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740 Motorcycles

CALL (508)637-1698

BMW MOTORCYCLE, rare K75 (4-stroke in-line 3 cvl motor), 1995. Mileage 10,800 (tires have about 1K wear) color: silver (#705). Asking \$5,200. Accessories: 3rd generation 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 effort and accelerates 0 to 60 in 4.5 seconds. A true 3-season

508-943-1790 or ndc0001@charter.net

760 VANS/TRUCKS

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

GMC 2006 1500 SIERRA. 7.5 Plow 205K miles, \$3000 B.O call: 413-824-9807,

must see in Douglas

No texting please.

767 VEHICLES WANTED

8' PLOW - three cable hook, in

good condition. \$700 or best

offer. Call Jim at 774-317-0628.

"We Buy Cars Over The Phone" One call does it all. Instant Top Dollar \$\$ Payouts! Free Pickup. We Are Open 24/7 Call Now! 401-648-9300.

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Salem Cross Inn RESTAURANT & TAVERN 260 West Main Street, West Brookfield, MA 01585

NOW HIRING

FULL TIME Bartender & Servers Apply in person or at salemcrossinn.com

COOK

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



Call 508.867.2646

Call us at 508-909-4126 and have your help wanted ad in 11 papers next week!

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



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 Vocational Director: dmontville@baypath.net

Bay Path Regional Vocational Technical High is an Equal Opportunity Employer



Grant Researcher Position Available

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

applicable and viable grant.

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





Rather than go online where you are bound to get applicants from all over the world who click on every open job, why not advertise locally, where you will get qualified, local applicants for your local job.

- •The Auburn New
- Blackstone Valley Tribune
- Spencer New Leader
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- Thompson Villager
- Putnam Villager
- Killingly Villager



Email:

ads@stonebridgepress.news

Phone: (508) 909-4105

CALENDAR

CALENDAR

continued from page **B4**

floor Solarium, 88 Masonic Home Road, Charlton. The intent is to build a support system, exchange practical information, talk through issues and ways of coping, share feelings, needs and concerns and to learn about community resources. Contact Kathy Walker at (508) 434-2551 or kawalker@overlook-mass.org for more information. Presented by Alzheimer's Association MA/NH Chapter, visit (800) 272-3900 or alz.org.

THRIFTY: St. Joseph-St. Pius X Parish, 759 Main St., Leicester, 508-859-8083.New 2 You Thrift Shop. Hours: Tuesday 5 to 7 p.m., Wednesday 9 a.m. to noon., Thursday 3 to 6 p.m., Saturday 9 a.m. to noon. We have added Thursday hours.

FREE FOR MOM & KIDS: There will be free weekly parent/child programs from 9 to 11 a.m. Fridays and Wednesdays at the North Brookfield Elementary School, New School Road, North. The program runs on school calendar and closes for vacation and inclement weather according to North Brookfield School calendar. This free program is sponsored by the Spencer, Wachusett, North and East Brookfield Coordinated Family Grant in partnership with the North Brookfield Elementary School. Funded by the Massachusetts Department of Early Education and Care. For more information, please call CFCE at (508) 885-2934 or e-mail Wachusettcpc@hotmail.com.

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

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

SIT AND KNIT: knitting group every Wednesday at 10 a.m. at the Merriam Gilbert Library, West Brookfield. Bring your sewing, embroidery, knitting or crochet and enjoy some socializing while you work on your project.

STAY HEALTHY: The VNA Care Network and Hospice is holding a free Keep Well Clinic to residents 60 and older from 11 a.m. to 1 p.m., at the Spencer Fish and Game Club on Mechanic Street. Local residents may have their blood pressure checked and learn about health concerns. Blood sugar, weight monitoring and other health assessments may also be available. VNA Care Network and Hospice

clinics are funded in part by the United Way, local boards of health, private foundations. For up-to-date clinic information visit www.vnacarenetwork.org or call (888) 663-3688 x 5603.

IT'S A LUNCH DATE: The East Brookfield Baptist Church invites all senior citizens to a Community Lunch at 11:30 a.m. every second Thursday of the month in Fellowship Hall. A delicious lunch and great desserts will be served. Followed by a time of fellowship and games concluding with a devotional just before 2 p.m. Reservations are encouraged. Call (508) 867-7725.

SHARING CUPBOARD: The First Congregational Church of W. Brookfield Sharing Cupboard - serving West Brookfield, Warren and West Warren. Located at 36 N. Main St., West Brookfield, is open Wednesdays 10-11:30 a.m. and Thursdays 7-8 pm. Call the church for more information (508) 867-7078.

BINGO at the Knights of Columbus is now at the Spencer Senior Center, 68 Maple St. in Spencer, every Thursday. Doors open at 4:30 p.m. The first game starts at 6:30 p.m. We have 20 regular games; two winners take all games, two 50/50 games and two progressive jackpot games with payouts of \$600 and \$500 respectively. Good food and soft beverages are available. Come and enjoy some good food, good people and hopefully win a little.

PITCH at the Spencer Senior Center will begin on Sept. 18 at 6 p.m. Cost \$5.

GROUP BEREAVEMENT IN BROOKFIELD: The First Congregational Church of West Brookfield, UCC has partnered with Faith and Family Hospice of Marlborough, MA to offer a local bereavement group for individuals who are living with the loss of someone they care deeply for. This program honors the reality that there is no perfect way to grieve or say goodbye to someone that we love-we each have our own process and our own time. Grief is not something that we "get better" from or that ever leaves us. Rather, we build coping skills to help us carry it through our lives. This group is open for all ages and all kinds of losses. It is a circle that strives to be mutually supportive and free of judgment. Sessions are held on Fridays at 5 pm in the church office at 36 North Main Street, West Brookfield, MA. Please call the church office to indicate you will be attending (508)867-7078 or email 1stcongo.westbrookfield@ gmail.com. There is no charge for this group. This group has recently started and wishes to welcome others in joining them. Sessions will be offered for six weeks with a two-week break between the next. (There is no limit to the number of times any individual can sign up

for this program.)

LEGALS

Notice of Public Hearing

The Board of Selectmen will hold a public hearing on November 18, 2019 at 6:00 pm on the Annual License Renewals for 2020, including Class II, Class III, and Gravel. The hearing will be held in the McCourt Social Hall of Memorial Town Hall, 157 Main Street, Spencer.

Anthony D. Pepe, Chairman October 25, 2019

Notice of Public Hearing Planning Board

The Spencer Planning Board will be holding a Public Hearing on Tuesday November 19, 2019 in McCourt Social Hall of Memorial Town Hall, 157 Main Street, Spencer, MA, on the following item(s) starting at 7:00 PM or as soon thereafter as can be heard:

Major Site Plan Review/ Special Permit - Applicant: Sunpin Solar Development, LLC,; Owner: Peter and Carol Gaucher, Location: 22 Norcross Road; Spencer Assessor's Map R40-07. The applicant is requesting a Major Site Plan Review under Section 7.4 and Special Permit under Section 7.2 of the Spencer Zoning Bylaw Zoning to install a Solar Farm. The property is located within the Rural Residential zoning district

Major Site Plan Review/ Special Permit/ Subdivision - Applicant: Spencer Solar LLC; Owner: Ash Spencer Realty LLC, Location: Ash Street; Spencer Assessor's Map R27-01. The applicant is requesting a Major Site Plan Review under Section 7.4 and Special Permit under Section 7.2 of the Spencer Zoning Bylaw

Zoning to install a Solar Farm. The applicant is also seeking a Subdivision approval as part of this project. The property is located within the Rural Residential zoning district.

Interested Parties may review these applications at the Office of Development & Inspectional Services in Memorial Town Hall located at 157 Main Street Spencer, MA 01562, during regular business hours from 7:30-4:30 Monday-Wednesday.

The Planning Board is committed to ensuring that its public meetings are accessible to people with disabilities. Should you require auxiliary aids, services, written materials in other formats, or reasonable modifications in policies and procedures, please call 508-885-7500 ext. 180 in advance of the scheduled meeting.

October 18, 2019 October 25, 2019

Notice of Public Hearing Town of Spencer Tax Classification

The Board of Selectmen will be hold a Public Hearing on November 4, 2019 at 6:00 pm in the McCourt Social Hall at the Memorial Town Hall, 157 Main Street, Spencer to discuss the percentage of the tax levy to be borne by each class of real and personal property for Fiscal Year 2020, pursuant to Chapter 369 of the Acts of the Massachusetts General Laws relating to classification and taxation of property according to use.

Interested taxpayers may present their views either orally or in writing to the Board of Selectmen at Memorial Town Hall prior to, or during said hearing.

October 25, 2019

TAX CLASSIFICATION HEARING TOWN OF BROOKFIELD

In accordance with Chapter 369 of the Acts of 1982, the Brookfield Board of Selectmen will hold a Classification Hearing on Tuesday, November 5, 2019, at 6:30 PM, at the Brookfield Town Hall, 6 Central Street, Brookfield, Mass in the first floor Banquet Hall to determine the residential factor for the Town of Brookfield to be used in setting the tax rate for Fiscal Year 2020. Linda M. Lincoln, Chair

Clarence M. Snyder III, Vice-Chair Beth L. Coughlin, Clerk Board of Selectmen October 25, 2019

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Probate and Family
Court

225 Main Street
Worcester, MA 01608
(508) 831-2200
Docket No. WO19P3324EA
CITATION ON PETITION FOR
FORMAL ADJUDICATION
Estate of:

Jocelyn G Wile

Date of Death: 09/24/2019
To all interested persons:

A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by Charles Kady, Jr. of Spencer MA

requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that **Charles Kady**, **Jr**. of **Spencer MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **an unsupervised** administration

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on the return day of 11/05/2019. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS

UNIFORM PROBATE CODE (MUPC) A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.
Date: October 09, 2019

Stephanie K. Fattman, Register of Probate October 25, 2019





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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.





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Webster Parks And Recreational Department Webster Police Department

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

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EXERCISE

How to lose weight after a thyroid condition diagnosis

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

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

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

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



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

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

Christian Nasr, MD, an endocrinologist with the Cleveland Clinic, advises his patients to wait a few weeks before exercising so that their condition is controlled with medication. After that waiting period is over, gradually easing back into exercise can help with the fatigue and weight gain that

may not abate with thyroid medications.

The online health resource Everyday Health advises a program of low-impact aerobic exercises and strength training. The aerobics will raise the heart rate without putting too much pressure on the joints. These exercises include using a stationary bicycle or a low-impact elliptical machine. Pilates and gentle yoga can improve core muscles and help alleviate joint pain as well.

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

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

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

Simple ways to lower your risk for type 2 diabetes

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

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

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

cause a host of health problems.

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

• Lose weight and keep extra pounds off. People should speak with their physicians about their body weights to determine if they're currently overweight or obese or maintaining healthy weights. If the doctor suggests losing weight, doing so can help prevent or delay diabetes. Each individual is different, but the NIDDK notes that losing between 5 and 7 percent of your starting weight may help delay or prevent diabetes.

• Become more physically active. The NIDDK lists a sedentary lifestyle among the many factors that can increase a person's risk for type 2 diabetes. By embracing physical activity, getting at least 30 minutes of exercise five days per week, people can delay or prevent diabetes. People who have been physically inactive for a long period of time should ask their physicians to recom-



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

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

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

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

Why personal training?



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

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

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

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

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

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

There are many other reasons to work with a personal

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

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

• Define fitness goals: Personal trainers can help people focus on goals that are specific and realistic to achieve measurable success.

• Showcase proper form: Understanding how to do exercises properly reduces the risk of injury and increases the efficacy of workouts.

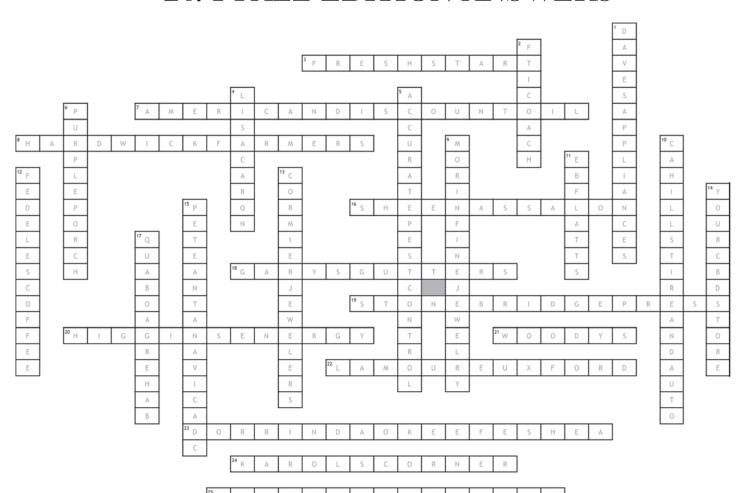
• Offer variety: Sometimes workouts can become boring, and people become complacent. Personal trainers may alter routines to keep clients interested.

• Make time work: Experienced personal trainers will know how to maximize the time clients have. This can be advantageous for people who have limited time to exercise.

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

2nd Annual ABC's of the Seasons

~ 10/4 FALL EDITION ANSWERS ~



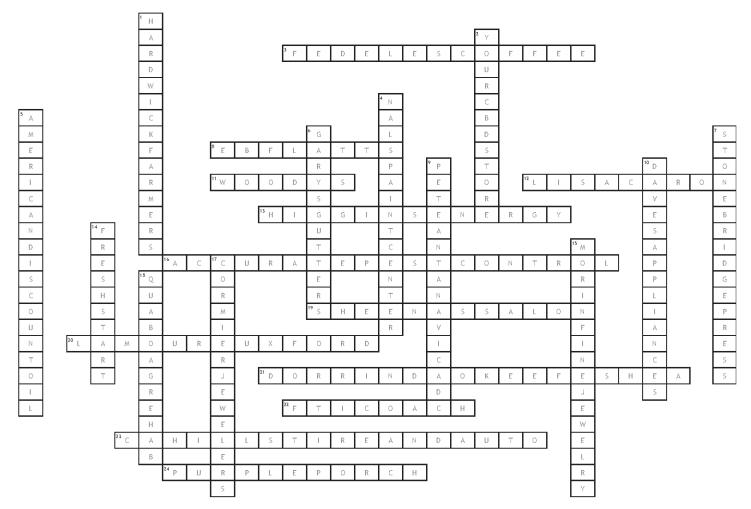
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- 3. Moving?
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~ 9/27 FALL EDITION ANSWERS ~



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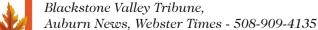
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- 14. Moving?
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- 17. Repairs or Custom Designs
- 18. Come Work for Us!

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

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

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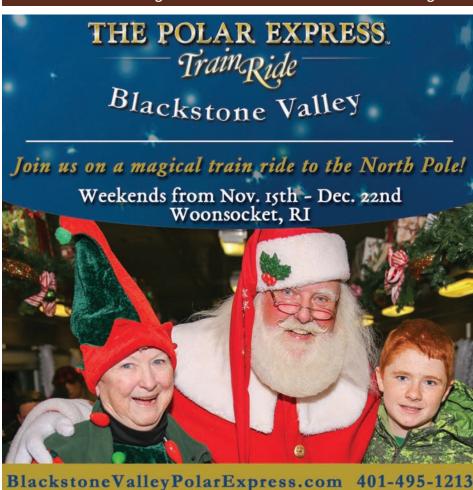




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