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Friday, October 25, 2019

Home of the Brave 5K supports veterans in need

BY KEVIN FLANDERS
STAFF WRITER

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

The Home of the Brave 5K road race will be held next month, providing

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

The cost is \$20 per per-

son 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 first-place veteran

Please Read **5K**, page **A5**

Smola announces school safety grants

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

Regional School District will receive \$36,400 for additional security cameras; Quaboag Regional School District will receive \$34,900 for portable radios, repeaters and Public Safety Link; and Pathfinder Regional Technical High School will receive \$8,696 for exterior door locks, security and ID cutout numbers.

“These investments will provide

As part of the program, Tantasqua

Please Read **GRANTS**, page **A5**

WIB LEARNS THE LATEST RESEARCH ON BREAST CANCER



Courtesy Photo

Woman in Business, Inc. (WIB), would like to thank Donna Kentley, PA-C, of The Cancer Center at Harrington, for giving an informative and insightful talk about breast cancer research and trends in treatment at the WIB's October event. Held at The Overlook in Charlton, guests enjoyed a delicious breakfast and got the opportunity to network, as well. WIB accepts members all year to help educate, enrich and support other females in various roles of business and entrepreneurship. The next event will be a networking lunch on Nov. 13 at the Publick House. For more information, visit wibsturbridge.org.

Millennium Magic Chorus wins gold in competition

NEW ORLEANS, La. — Central Massachusetts' own Millennium Magic Chorus wins the gold medal at the 2019 Sweet Adelines

Courtesy Photo

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

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.

Please Read **MILLENNIUM**, page **A5**

Pasture Prime Players present “The Haunting of Hill House”

CHARLTON — The Pasture Prime Players are pleased to announce performance dates for their fall production, “The Haunting of Hill House” by F. Andrew Leslie, based on the novel by Shirley Jackson. Performances are Fridays and Saturdays, Oct. 25 & 26 and Nov. 1 & 2, at 7:30 p.m. and Sundays, Oct. 27 and Nov. 3 at 2 p.m. at the Charlton Arts and Activities Center, 4 Dresser Hill Rd. in Charlton. “The Haunting of Hill House”

is being produced by special arrangement with Dramatists Play Service, Inc. This program is supported in part by a grant from the Charlton Cultural Council, a local agency which is supported by The Massachusetts Cultural Council, a state agency.

“The Haunting of Hill House” is a

Please Read **HAUNTING**, page **A5**



Courtesy Photo

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

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and find out who's hiring in your area.

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

Breast cancer signs and symptoms

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

A proactive approach is a key component of protecting oneself against breast cancer. While the National Breast Cancer Foundation, Inc.® notes that many breast cancer symptoms are invisible

and not noticeable without a professional cancer screening, women can keep an eye out for certain signs of breast cancer they might be able to detect on their own. Monthly self-exams can help women more easily identify changes in their breasts. During such self-exams, women can look for the following signs and symptoms and are advised to report any abnormalities they discover to their physicians immediately.

- Changes in how the breast or nipple feels: The NBCF says nipple tenderness or a lump or thickening in or near the breast or underarm could indicate the presence of breast cancer. Some women may notice changes in the skin texture or an enlargement of the pores in the skin of their breast. In many instances, skin texture has been described as being similar to the texture of an orange peel. Lumps in the breast also may indicate breast cancer, though not all lumps are cancerous.

- Change in appearance of the breast or nipple: Unexplained changes in the size or shape of the breast; dimpling anywhere on the breast; unexplained swelling or shrinking of the breast, particularly when the shrinking or swelling is exclusive to one side only; and a nipple that is turned slightly inward or inverted are some signs and symptoms of breast cancer that can affect the appearance of the breast or nipple. It is common for women's breasts to be asymmetrical, but sudden asymmetry should be brought to the attention of a physician.
- Discharge from the



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

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

Educating young women about breast cancer

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

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

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

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

Debunking common myths associated with breast cancer

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

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

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

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

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

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

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

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

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

Todd A. Ethier
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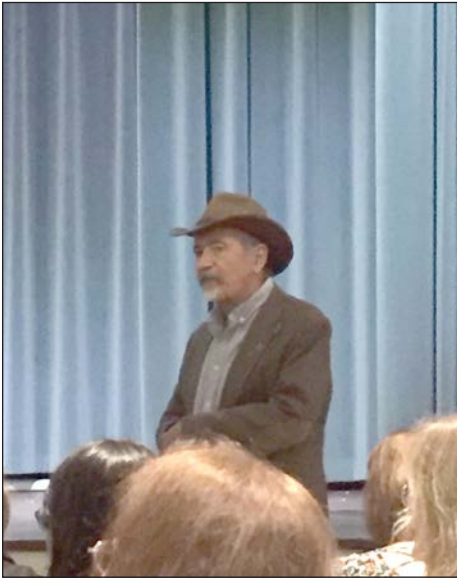
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Harrington Auxiliary presents Gary McKinstry at OSV

STURBRIDGE — The Harrington Auxiliary is proud to bring back Gary McKinstry, world-renowned, professional medium and psychic, to Old Sturbridge Village on Wednesday, Nov. 6, from 6 to 8 p.m. McKinstry will use his psychic powers to connect attendees with loved ones who have passed to the other side.

McKinstry's psychic activities are legendary and have been chronicled in "Ghost Hunters of America: Real Stories of Paranormal Investigators." He is one of a handful of psychics to have toured the Victorian Mansion in Gardner, which he certified as definitely haunted. McKinstry has also verified that the Publick House in Sturbridge is haunted and has been since the Colonial era.

The event will feature three raffles. Those who purchase tickets in advance will be entered in the raffles. A 50/50 raf-



Gary McKinstry

file will also be available. Finally, a third raffle entitles the winner to a one-hour private reading with McKinstry. All proceeds from the raffles help to support the mission of Harrington Hospital by supplying a variety of educational programs and equipment.

Tickets for the event are \$25 and can be purchased through Harrington Hospital's Volunteer Office at 100 South Street, Southbridge. For more information, please call 508-765-6473 or email khubbard@harringtonhospital.org.

This event featuring Gary McKinstry is held in memory of Cecile T. Edmunds. Harrington Auxiliary, established in 1932, is a non-profit organization of dedicated and impassioned volunteers whose mission is to support and enhance the excellent services provided by the Harrington HealthCare System.



ACCURACY WATCH

The Sturbridge Villager 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) 909-4111 or email news@stonebridgepress.com during normal business hours. During non-business hours, leave a message in the editor's voice mailbox. The editor will return your phone call.

Quinebaug Lodge hosts medium Gary McKinstry for fundraiser



Courtesy Photo

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

BY BRO. VINCENZO JIMMY FALZONE

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

For those of you who do not know what a medium does, they share their gift to connect with the spiritual world and intuit messages for their clients and audiences. McKinstry realized at an early age about 14 years old, that he had this natural intuitive gift of connection with the spiritual world. His parents recognized and embraced Gary's gift and watched as it came to form throughout his life. Gary has been wowing clients and audiences for more than 30 years.

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

Second Amendment Foundation names Sturbridge man Blogger of the Year

STURBRIDGE — Charlie Cook of Sturbridge was awarded Blogger of the Year from the Second Amendment Foundation in Phoenix on Sept. 21.

The Second Amendment Foundation holds the Gun Rights Policy Conference every year. The event in Phoenix brought in over 90 speakers from around the country and more than 1,100 attendees.

Charlie Cook has been a firearm safety instructor in for over a decade. He's had thousands of students here in Massachusetts, as well as Illinois & New Hampshire. In 2016, he started a video interview program on YouTube called Riding Shotgun With Charlie. The audio is released as a podcast on Apple podcasts, Spotify, & iHeartRadio. He has interviewed over 50 people in 15 states and Washington, D.C. He's spoken on the Supreme Court steps, emceed several concealed carry fashion shows around the country, and been a guest on national radio shows.

On Saturday, Sept. 21, the Second Amendment Foundation awarded Charlie the Ray Carter Blogger of the Year award. This award is given to only a few gun rights activists who have accomplished something substantial in the past year. The award is given out every year to a dozen people who go beyond what others are doing.

Charlie teaches NRA Gun Safety courses so people can get their License to Carry

and Firearms Identification cards. He can be reached ridingshotgunwithcharlie@gmail.com or at Facebook. [com/RidingShotgunWithCharlie](https://www.facebook.com/RidingShotgunWithCharlie). His GunGrams can be found on YouTube. Riding Shotgun With Charlie videos are on YouTube and published as podcasts on Apple podcasts, Spotify, & iHeartRadio.

Ladies' Night

Save the Date!
Ladies' Night
Thursday, November 7
5:30pm-7:30pm
First 50 people will receive a Free Gift
Free raffles from local businesses & in-store baskets
Ladies: Fill out a wish list and enjoy free refreshments
* Wine served. Must be 21 years or older
** Store will be closed for set up from 5-5:30pm
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THE PURPLE POST Home Inspections

Welcome to the Purple Post's article! To those following our bi-monthly publication, we thank you for following us. If this is your first read, we hope you enjoy it and continue to view our articles going forward. We appreciate everyone's support.

This week's topic is home inspection! This is a very important part of the home buying process. Are they required by law? Well, no they are not required. However, having a home inspection to understand the condition of the property you are buying could be extremely beneficial. It is so important, that your agent or Realtor is required to provide you with a copy of a brochure entitled "Facts For Consumers About Home Inspection."

Let's take a look at some language in first paragraph of that document to help us define what a home inspection is; as defined by the state. "A standard home inspection is a visual examination of the physical structure and major interior systems of a residential building consisting of one to four dwelling units. An inspection can be likened to a physical

exam by a physician..." Further, "During an inspection, the inspector will review the readily accessible exposed portions of the structure of the home, including the roof, the attic, walls, ceilings, floors, windows, doors, basement, and foundation as well as the heating/air conditioning systems, interior plumbing and electrical systems for potential problems." Whoa that's a lot! Based on that, do you think you would want a licensed professional to examine these things for you before you fully commit to buying said property? Your call, but I recommend it.

In addition, and upon your request, a home inspector may also test for radon gas levels in the air, wood destroying insects, mold and other items. These additional tests are generally not included in a standard inspection. Be sure to ASK your inspector about additional testing so you understand your options. Your agent or Realtor, as well as the document they were "required" to provide you on home inspections will also be helpful.

You should show up

for your home inspection even though that is not a requirement. The inspector will provide a full written report which often includes many photos of areas identified for potential problems. However, there's no substitute for being there to follow the inspector around and hearing his/her professional explanations.

So, you want to find an inspector? How do you find a good one? Well, if you are represented contractually with a Buyer's Agent, said person may provide you with a direct referral. You could also go to www.state.ma.us/reg/boards/hi to find local inspectors.

In our next article, find out what happens next? Your inspection is complete, the results are in, what happens now? Stay tuned! As always, reach out to us with questions at gotpurpleporch@gmail.com. Answers are FREE! And if you're looking to buy a house and want professional representation, so are we! It doesn't cost you a penny to have us work with you in search for your dream home!

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Hitchcock Happenings

BRIMFIELD — Following is the schedule of events and activities for next week at Hitchcock Academy.

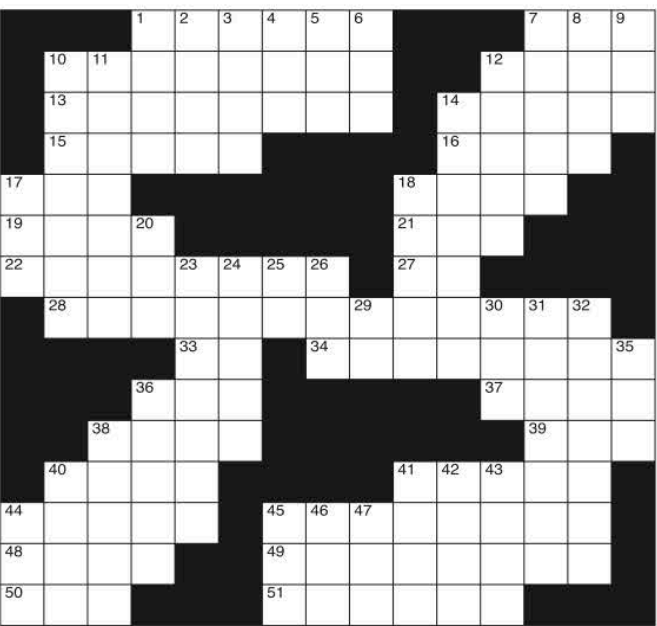
Monday, October 28
 REMINDER: You can sign up for all classes and find more information regarding classes on our website: hitchcockacademy.org and please remember to like us on Facebook.
 FAMILY FOUNDATION 5: Free preschooler programs sponsored by a Union 61 Family Foundation 5 Grant.

Monday: Playgroup 9-11 AM; bring a snack. Questions? Contact Cheryl Cameron at union61@tantasqua.org
 WEIGHT WATCHERS: Traditional Weight Watchers meetings! Times: Weigh-in/Registrations: 5:30PM Meeting: 6:00 PM Leader: Angela Kramer. Visit www.weightwatchers.com to become a member or to learn more about Weight Watchers.
 SEN-I JUDO CLUB: 4:30 – 6 PM For the months of September, October and November this course is FREE. It runs all year long and is well suited for all levels of practitioners including beginners! Call Sensei Israel Lopez 413 279-4330 for more information.

learn new techniques and leave with a decorated cake. All materials included. Instructor: Sue Gaulin. Fee: \$51
 Wednesday, October 30
 WATERCOLOR: 9:30 – Noon For all levels – ongoing watercolor classes with new paintings every three weeks. Instructor: Beth Parys. For more information and to register call: 413.245.3295
 FAMILY FOUNDATION 5: Free preschooler programs sponsored by a Union 61 Family Foundation 5 Grant. Music and Movement: 9 – 10 AM
 BUDDIES DOG TRAINING: 6:30 – 7:30 PM (6 classes) A dog training basics class for canines of all ages (puppies are welcome.) It provides positive training methods, good management practices and problem-solving strategies. Vaccinations must be up to date. Fee: \$130 per dog. Instructor: Laurie Merritt, MEd, CPDT-KA, CNWI; Certified Professional Dog Trainer-Knowledge Assessed; Certified K9 NoseWork® Instructor- National Association of Canine Scent Work
 GENEALOGY / FAMILY HISTORY: 6:30 – 8:30 PM The class you need for research into your descendants. Uncover new truths by learning both online and offline research. Instructor: Dave Robinson, Old Bones Genealogy of New England. Four classes Fee: \$45
 Thursday, October 31
 FAMILY FOUNDATION 5: Free preschooler programs sponsored by a Union 61 Family Foundation 5 Grant. Thursday: STEM Experiments 9-10:30 AM. Bring a snack. Questions? Contact Cheryl Cameron at union61@tantasqua.org
 VIOLIN LESSONS: 2-5 p.m. Instructor: Linda Day Newland, violinist in the Austin Symphony Orchestra for 22 years. Lessons available for all

ages and all levels
 SEN-I JUDO CLUB: 4:30 – 6 PM For the months of September, October and November this course is FREE. It runs all year long and is well suited for all levels of practitioners including beginners! Call Sensei Israel Lopez 413 279-4330 for more information
 FENCING: 6:15-7:15 Youth and adult classes with Andy Bloch.
 K9 NOSEWORK® 7 – 8:30 PM. This is a sport open to all breeds of dogs and their people. Progressive training levels offered. Offered at 3 levels. (6 classes) Fee: \$145 Instructor: Laurie Merritt, MEd, CPDT-KA, CNWI; Certified Professional Dog Trainer-Knowledge Assessed; Certified K9 NoseWork® Instructor- National Association of Canine Scent Work
 AMERICAN SIGN LANGUAGE: 7:15 – 8:15 PM. Learn this visual language using hands as well as facial and body expressions. Laughter guaranteed. Instructor: May Marques, Rehabilitation Counselor for the Deaf, MA Rehabilitation Commission.

Friday, November 1
 ALCOHOLICS ANONYMOUS: Traditional open AA meetings in a friendly setting. Come early to chat and share in refreshments. Time: 7:30 PM
 Saturday, November 2
 K9 NOSEWORK® Noon – 1:30 PM. This is a sport open to all breeds of dogs and their people. Progressive training levels offered. Offered at 3 levels. (6 classes) Fee: \$145 Instructor: Laurie Merritt, MEd, CPDT-KA, CNWI; Certified Professional Dog Trainer-Knowledge Assessed; Certified K9 NoseWork® Instructor- National Association of Canine Scent Work

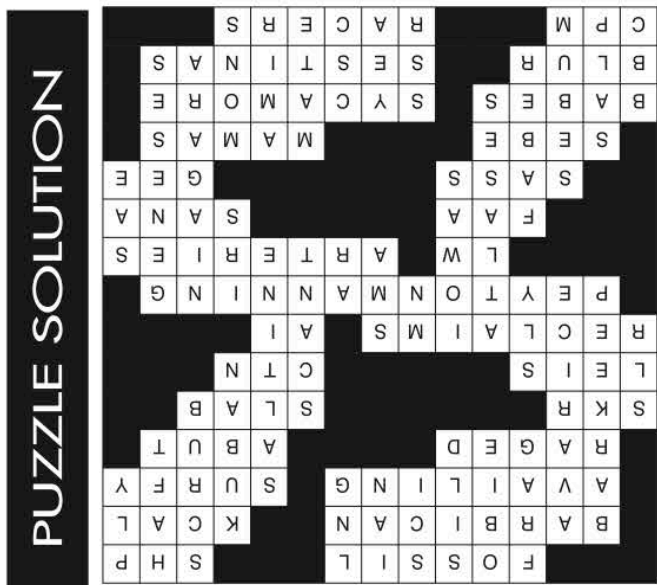


CLUES ACROSS

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

CLUES DOWN

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



Charlton Lions’ Meat Raffle moving to new location

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

The Lions have been hosting the Meat Raffle at Zorba’s for more than 10 years, but with the recent closure of the Restaurant, the Lions were without a home for this great event. Enter Billy Plante and the great folks at Heritage Country Club. Heritage has graciously agreed to allow the Lions Club to host the Meat raffle at the Club’s restaurant. The Meat Raffle is one of the Charlton Lions Club’s biggest fundraiser, and is critically important to raising funds to support their community donations. The Lions hold four meat raffles over the course of the year: Nov. 2, Jan. 4, Feb. 1 and March 7. The Meat Raffles start at noon and run until around 3 p.m. There are six tables, each getting progressively better as

the day goes on. Heritage will have their bar open for beverage service, and will provide a small pub style menu during the meat raffle.

The Charlton Lions donate every dollar they raise back to people in need in the community, and to charitable causes in our area. Last year the Charlton Lions Club donated \$1,500 in Walmart Gift Cards to the Charlton Schools to be given to needy families at Christmas. Every Christmas the Lions can be seen with Santa at the Charlton Manor, singing Christmas Carols and bringing a gift bag for every resident. The Lions Club sponsors a Peace Poster art contest for the Middle School students; a Speech Competition for Charlton High School Students; and every year funds scholarships for worthy high school seniors. The Lions have built handicap ramps for our towns people in need, helped seniors and others with money for heat in the winter, and recent-

ly co-purchased a rescue man-ikin for the Fire Department. All of these great projects and donations are funded by the incredible generosity of the people of Charlton, and our “Not Your Average Meat Raffle” is an essential part of our fundraising efforts. Please come and join us for a fun afternoon at Heritage where you can get together with friends, have some laughs, and literally bring home the bacon. It’s a great way to spend a cold Saturday afternoon. Again, our special thanks to Billy Plante and the great folks at Heritage Country Club for saving our bacon, and allowing the Lions to continue its great tradition.

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

Time to clean your closets? Donate winter coats

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

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

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

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

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.

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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 coverage.

Salvagers uncovered pristine gold coins from the wreckage of a South Carolina ship that sank in 1840 "while carrying millions of dollars worth of currency." The Daily Mail reported that the Steamship North Carolina collided with its sister ship, the Governor Dudley, 20 miles off the South Carolina coast. Passengers and crew were able to escape to the other ship, but its cargo was lost, including a hoard of gold coins. Many factors have limited salvage efforts since the ship sank.

Treasure recovery efforts during the 1990's yielded \$700,000 of valuables before the operation ceased due to a number of limiting conditions. The ship is 65 feet deep and buried by 10 feet of sand. There are unpredictable currents and the area is said to be "popular with sharks." Blue Water Ventures International (BWVI) and Endurance Exploration Group recently began a new effort to salvage items from the wreck. The Daily Mail stated that "divers recovered marble, dinnerware and brass spikes used in the ship's construction during their initial visit." More importantly, they found some of the large cache of gold coins. The coins were covered by a large sheet of copper that kept them protected from exposure

to salt water and from being buried beneath the shifting sands. Some of the coins they found are in pristine condition and were minted in Dahlonaga, Georgia. The Dahlonaga 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 tem-



ANTIQUES,
COLLECTIBLES
& ESTATES
• • • • •
WAYNE TUISKULA

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

Forbes reports that the first diamond 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.

HAUNTING

continued from page 1

chilling and mystifying study in mounting terror in which a small group of "psychically receptive" people are brought together in Hill House, a brooding, mid-Victorian mansion known as a place of evil and "contained ill will." Cut off from the outside world by its remote location and shunned by all who know its forbidding and sinister reputation, Hill House has remained empty and silent except for the daily visits of its grumbling caretaker, Mrs. Dudley. Its isolation is broken by the arrival of Dr. Montague, an investigator of supernatural phenomena who has been granted a short lease by the present owner. His mission is to delve into the morbid history of the house and to come to grips with the occult forces that have made it uninhabitable for many years. He is joined by three others, all unacquainted, but all having their particular reasons for accepting Dr. Montague's invitation to share his Hill House sojourn. Their visit begins with jovial informality, but their

sensibilities are soon jolted by strange and eerie occurrences. Led by the learned Dr. Montague, the visitors have come to probe the secrets of the old house and to draw forth the mysterious powers that it is alleged to possess—powers which have brought madness and death to those who have lived therein in the past. As they struggle to disguise their mounting fears they are joined by Dr. Montague's wife and a friend, who have come to Hill House for purposes of their own. They too are absorbed by the supernatural, but their approach is via direct communication with the departed spirits—a type of psychic research which is regarded fearfully by Dr. Montague and which, as subsequent events bear out, brings on a crisis in which the evil forces of Hill House are goaded to a new and, for one of those present, fatal fury.

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

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

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

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

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

5K

continued from page 1

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.

GRANTS

continued from page 1

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

The statewide program will enable schools to upgrade and install crucial security infrastructure, including exterior

door locks, surveillance video cameras, school site alarms, interoperable communications systems and active shooter detection systems. The grants are being awarded by the Executive Office of Public Safety and Security in conjunction with the Executive Office of Education.

The grant funding was included in a Fiscal Year 2018 supplemental budget proposed by the

Governor and passed by the Legislature. The budget bill signed by the Governor also included \$7.5 million in additional aid for school districts to hire social workers, mental health counselors and psychologists.

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

and the joy they find in making music together has made them more of a family than a chorus.

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

View Millenniums Award Winning Performance on YouTube at <https://www.youtube.com/watch?v=0g3yzPJcJ0k>.

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.



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LEARNING

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



Courtesy Photo

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

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@bay-path.net.

New student representatives elected at Bay Path



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

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

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

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

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

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

Harrington Auxiliary takes flight with program on Apollo missions



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

Tata shared his background as an enthusiastic star-gazer and his involvement in the space program. He also delivered an informative talk and slide presentation on

the Apollo missions to the Auxiliary members. The presentation coincided with the celebration of the 50th anniversary of the Apollo 11 mission.

In addition to his oral presentation, Tata displayed a number of historical items, including newspapers and magazines that memorialized the space program's accomplishments; an asteroid that fell to earth on Feb. 12, 1947; a replica of the commemorative plaque placed on the

moon; a 3-D model of the space shuttle, created by students from Bay Path Regional Vocational Technical High School; and several other items.

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

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

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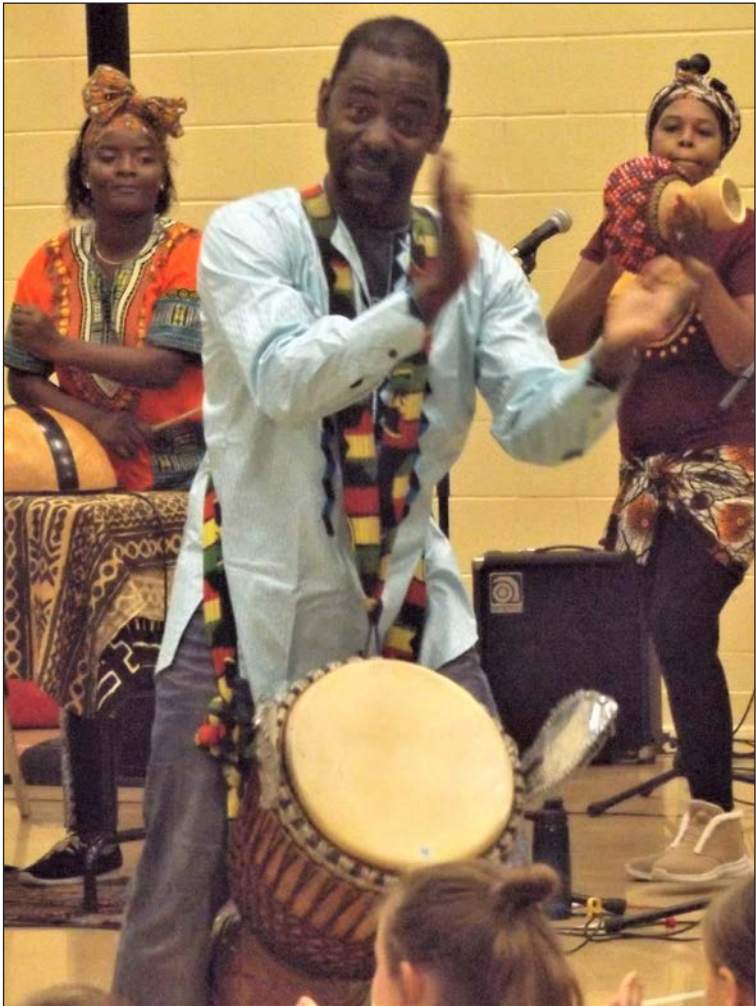


LEARNING

Heritage School celebrates African culture



Antoinette Mutuyimana leads kids in a dance routine.



Gus Steeves Issa Coulibaly gets the kids involved.

BY GUS STEEVES
VILLAGER CORRESPONDENT

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

“It’s an awesome experience, because some of these kids would otherwise never experience learning about this culture or using the drum,” said teacher Jessica Hast, who has been involved every year.

“Every time, it’s amazing.”

The drum she’s referring to is the djembe, an ancient style of conga drum from West Africa. The school obtained two of them as part of this year’s program, a three-day residency in which members of the area band Crocodile River Music stayed at the school giving drum lessons and talking about African culture. Organizer Cynthia Rawson noted that if the school could have afforded a five-day program, the band would have also shown how to

make djembes.

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

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

While showing me around to

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

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

Indeed, everybody got the chance to do that before school ended Thursday, when the band performed in the gym. On several occasions, members recruited students to join them dancing, and almost everyone

hit the floor during the last song.

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

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

Decorate and extend the life of your carved pumpkin



Melinda Myers Photo

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

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

and its beauty fades.

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

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

Once in place, sprinkle your pumpkin with cay-

enne 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 decorating option.

Wipe the surface of the

Turn To **GARDENING** page **A12**

PLACE MOTORS IS PROUD TO SPONSOR

Friday’s Child



Deanna
Age 16

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

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

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

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.

Who Can Adopt?

Can you provide the guidance, love and stability that a child needs? If you’re at least 18 years old, have a stable source of income, and room in your heart, you may be a perfect match to adopt a waiting child. Adoptive parents can be single, married, or partnered; experienced or not; renters or homeowners; LGBTQ singles and couples. The process to adopt a child from foster care requires training, interviews, and home visits to determine if adoption is right for you, and if so, to help connect you with a child or sibling group that your family will be a good match for. To learn more about adoption from foster care, call the Massachusetts Adoption Resource Exchange (MARE) at 617-54-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.”



To sponsor Friday’s Child call Patricia at 508-909-4135 x321 or email patricia@stonebridgepress.news



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PRESIDENT AND PUBLISHER

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EDITOR

EDITORIAL

A film that teaches us all to be neighbors again

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

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

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

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

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

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

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

During the last taping of the show, Rogers ended it with his usual, “You make every day a special day just by being you, and I like you just the way you are.” Rogers was looking right at Clemmons when he said it. Clemmons asked Rogers if he was talking to him when he said it. Rogers said, “Yes, I have been talking to you for years, but

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OPINION

Views and commentary from Sturbridge, Brimfield, Holland and Wales

Optimism is a key to quality education

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

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

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

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

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

Does optimism make a difference?

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

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

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

In the USA, we bury our school sys-

POSITIVELY SPEAKING

By GARY W. MOORE

tems 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 your money on technology.

Optimism is the key to success in education.

Optimism is the student’s super-power.

Gary W. Moore is a freelance columnist, speaker and author of three books including the award-winning, critically acclaimed, “Playing with the Enemy.” Follow Gary on Twitter @ GaryW Moore721 and at www.garywmoore.com.

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



FINANCIAL FOCUS
JEFF BURDICK

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

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

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

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

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

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

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

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

LETTERS

Extra! Extra! Read All About It!

We think you’re important enough to tell all our readers to turn to the Opinion pages and read your Letters to the Editor. But first, you have to write us!

Mail your letters to the Sturbridge Villager, P.O. Box 90, Southbridge, MA 01550.

Or e-mail your letters to the editor at news@stonebridgepress.news.

You’ll need to provide your name and place of residence, along with a phone number, so we can verify the letter is yours.

We don’t have a set limit, but if you keep it around 600 words or so, you’re going to have a better chance at seeing all your words in print.

If you want to write a bit longer about a particular issue, maybe a guest Your Turn column is your cup of tea. If you do that, try to keep it between 700-800 words.

Remember, libelous remarks and/or personal attacks are a no-no and could lead to your letter not being published.

So, what are you waiting for? Start writing!



A Mixed Bag of Tips

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

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

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

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

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

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

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

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

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

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

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



TAKE THE HINT

KAREN TRAINOR

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

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

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

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

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

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

tight.

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

Win Dinner for Two at the Publick House

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

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

EDITORIAL

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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 vio-

lence 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 justice that proves more powerful than greed. I wish you strength and the grace to make those choices that will allow you and your neighbor to become the best of whoever you are.”

Rogers went on to say, “Deep down, we know that what matters in this life is more than 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. Some

may be in heaven. But wherever they are, if they’ve loved you and encouraged you and wanted what was best in life for you, they’re right inside yourself. Whom- ever you’ve been thinking about, imagine

how grateful they must be that during your silent times you remember how important they are to you.”

Rogers’ message of simplicity and kindness is something many of us are craving today. The reminder was 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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SPORTS

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



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 17th.



Finishing in 20th, Bartlett's Kathryn James races along the Old Sturbridge Village path in the Southern Worcester County League Cross-Country Championships.

BY NICK ETHIER
SPORTS STAFF WRITER

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

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

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

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

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

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

The Spartans now hope for a strong postseason.

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

In the girls' varsity race, Tantasqua Regional senior Dani Blodgett shook off a prior injury and dusted the rest of the field. Her finishing time of 20:38.9 was over 30 seconds 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."

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

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

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

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

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

BOYS' TEAM RESULTS

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

BOYS' INDIVIDUAL RESULTS



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

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

GIRLS' TEAM RESULTS

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

GIRLS' INDIVIDUAL RESULTS

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

SPORTS BRIEFS

Ski or snowboard at Wachusett Mountain

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

Softball pitching lessons available in Southbridge

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

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 assist.

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. Cassidy 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.

SPORTS

TORPEDOES-NE SWIM RESULTS

The Distance Meet was held at Athol on Sunday, Oct. 13. The results of the event, featuring top 10-finishers from the local team (Torpedoes-NE) out of the Tri-Community YMCA, are as follows:

Girls 13-14 400 Yard IM
2. Zoey Zhu, 5:44.89
Boys 11-12 400 Yard IM
3. Ethan Zhu, 6:37.93
4. Jonah Scherer, 6:41.77
Boys 13-14 400 Yard IM
2. Akshat Viswanath, 5:40.05
Boys 15-15 400 Yard IM
4. Ryan McKenzie, 5:12.23
6. Andrew Wade, 5:22.63
Girls 8 & Under 500 Yard

Freestyle
1. Brynn Boucher, 7:45.16
Girls 9-10 500 Yard Freestyle
3. Kylie Formigal, 7:31.16
4. Katelyn Spillane, 7:33.67
Girls 13-14 500 Yard Freestyle
2. Kira Dambly, 6:31.95
4. Abigail Morse, 6:38.70
6. Emily Owens, 6:48.80
Girls 15-18 500 Yard Freestyle
3. Sarah Kersting-Mumm, 6:10.97
Boys 11-12 500 Yard Freestyle
3. Evan Dambly, 6:52.60
4. Quinn Sullivan, 6:59.85
Boys 13-14 500 Yard Freestyle
2. Max Sullivan, 6:11.15
3. Eben Mazieka, 6:29.95
Boys 15-18 500 Yard Freestyle
2. Thomas Morrison, 5:50.30
6. Andrew Wade, 6:10.17
7. Daniel Durda, 6:22.09
8. Daniel Sickenberger, 6:29.03

Then, on Oct. 20, Clark Memorial hosted the Breast/Butterfly meet. Again, Torpedoes-NE top-10 results are as follows:

Girls 8 & Under 25 Yard Butterfly

1. Brynn Boucher, 17.39
2. Neave Bilodeau, 27.28
Girls 9-10 50 Yard Butterfly
3. Kylie Formigal, 40.50
4. Abbey Korenda, 41.36
6. Katelyn Spillane, 43.59
9. Ava Serrano, 46.68
Boys 9-10 50 Yard Butterfly
1. Dominik Ignatovich, 41.36
3. Keenan Scherer, 47.78
5. Jack Sullivan, 57.89
6. Miles Oprica, 1:01.39
Girls 11-12 50 Yard Butterfly
4. Sonia Ganski, 37.06
8. Abigale Houle, 42.35
Boys 11-12 50 Yard Butterfly
3. Quinn Sullivan, 35.54
4. Evan Dambly, 36.28
5. Ethan Zhu, 37.20
7. Sam Merchant, 39.92
8. Jonah Scherer, 42.92
Girls 13-14 100 Yard Butterfly
2. Zoey Zhu, 1:14.36
3. Jade Desmond, 1:17.91
4. Kira Dambly, 1:18.49
7. Nicole Apicelli, 1:25.75
9. Kira J. Petrik, 1:28.33
10. Molly Bilodeau, 1:29.80
Boys 13-14 100 Yard Butterfly
2. Akshat Viswanath, 1:10.89
3. Eben Mazieka, 1:13.89
4. Max Sullivan, 1:13.97
6. Ethan Korenda, 1:18.50
7. Brad Piekarczyk, 1:20.70
Girls 15 & Over 100 Yard Butterfly
2. Maria Piekarczyk, 1:10.68
Boys 15 & Over 100 Yard Butterfly
3. Adrian Ignatovich, 1:02.86
4. Jack Davis, 1:05.29
5. Andrew Wade, 1:05.42
8. Thomas Morrison, 1:12.94
10. Adam Mazieka, 1:24.90
Girls 9-10 100 Yard Butterfly
3. Kylie Formigal, 1:37.20
4. Abbey Korenda, 1:41.10
5. Ava Serrano, 1:41.34
8. Katelyn Spillane, 1:50.84

Boys 9-10 100 Yard Butterfly
1. Dominik Ignatovich, 1:41.32
3. Jack Sullivan, 2:11.65
Girls 11-12 100 Yard Butterfly
4. Sonia Ganski, 1:31.32
8. Abigale Houle, 1:37.84
Boys 11-12 100 Yard Butterfly
2. Ethan Zhu, 1:26.66
3. Quinn Sullivan, 1:28.78
6. Jonah Scherer, 1:35.76
8. Sam Merchant, 1:37.23
9. Evan Dambly, 1:37.70
10. Wyatt Owens, 2:07.42
Girls 13-14 200 Yard Butterfly
2. Zoey Zhu, 3:00.36
4. Kira Dambly, 3:09.53
5. Jade Desmond, 3:10.10
7. Molly Bilodeau, 3:27.20
8. Julianna LaForce, 3:32.46
Boys 13-14 200 Yard Butterfly
2. Akshat Viswanath, 2:46.45
3. Eben Mazieka, 2:47.17
4. Max Sullivan, 2:57.35
5. Ethan Korenda, 3:07.00
7. Brad Piekarczyk, 3:27.78
Girls 15 & Over 200 Yard Butterfly
2. Maria Piekarczyk, 2:49.24
8. Rebecca Turley, 3:21.57
Boys 15 & Over 200 Yard Butterfly
2. Adrian Ignatovich, 2:29.62
3. Jack Davis, 2:34.11
4. Andrew Wade, 2:34.17
7. Thomas Morrison, 2:46.53
8. Adam Mazieka, 3:29.43
Girls 8 & Under 25 Yard Breaststroke
1. Brynn Boucher, 25.14
4. Neave Bilodeau, 34.02
Girls 9-10 50 Yard Breaststroke
1. Abbey Korenda, 43.49
7. Ava Serrano, 49.28
8. Kylie Formigal, 50.11
9. Katelyn Spillane, 54.06
Boys 9-10 50 Yard Breaststroke

2. Keenan Scherer, 49.65
3. Dominik Ignatovich, 50.94
5. Miles Oprica, 1:05.32
Girls 11-12 50 Yard Breaststroke
6. Sonia Ganski, 44.87
Boys 11-12 50 Yard Breaststroke
1. Sunday Voraraj, 39.78
5. Ethan Zhu, 43.76
6. Evan Dambly, 45.08
7. Sam Merchant, 45.12
8. Quinn Sullivan, 45.47
9. Wyatt Owens, 45.56
10. Jonah Scherer, 45.68
Girls 13-14 100 Yard Breaststroke
2. Emily Owens, 1:23.65
4. Zoey Zhu, 1:26.01
7. Abigail Morse, 1:29.31
8. Kira Dambly, 1:30.28
10. Nicole Apicelli, 1:35.01
Boys 13-14 100 Yard Breaststroke
2. Max Sullivan, 1:15.16
3. Ethan Korenda, 1:22.67
4. Eben Mazieka, 1:25.58
5. Akshat Viswanath, 1:27.66
7. Brad Piekarczyk, 1:30.66
Girls 15 & Over 100 Yard Breaststroke
7. Maria Piekarczyk, 1:27.12
9. Rebecca Turley, 1:31.97
Boys 15 & Over 100 Yard Breaststroke
4. Andrew Wade, 1:14.43
6. Jack Davis, 1:15.03
8. Adrian Ignatovich, 1:17.75
9. Thomas Morrison, 1:27.51
10. Adam Mazieka, 1:34.38
Girls 8 & Under 50 Yard Breaststroke
2. Brynn Boucher, 58.67
4. Neave Bilodeau, 1:14.98
Girls 9-10 100 Yard Breaststroke
1. Abbey Korenda, 1:36.36
6. Kylie Formigal, 1:45.15
8. Ava Serrano, 1:46.47

9. Katelyn Spillane, 1:52.72
Boys 9-10 100 Yard Breaststroke
2. Keenan Scherer, 1:54.43
3. Dominik Ignatovich, 1:57.00
Girls 11-12 100 Yard Breaststroke
5. Sonia Ganski, 1:36.81
Boys 11-12 100 Yard Breaststroke
3. Sunday Voraraj, 1:31.91
5. Evan Dambly, 1:38.17
6. Quinn Sullivan, 1:38.67
7. Ethan Zhu, 1:39.25
8. Sam Merchant, 1:40.69
9. Jonah Scherer, 1:41.03
10. Wyatt Owens, 1:46.46
Girls 13-14 200 Yard Breaststroke
2. Emily Owens, 2:59.88
4. Zoey Zhu, 3:08.93
5. Abigail Morse, 3:09.39
7. Kira Dambly, 3:18.57
9. Nicole Apicelli, 3:24.90
10. Molly Bilodeau, 3:36.03
Boys 13-14 200 Yard Breaststroke
2. Max Sullivan, 2:54.61
3. Ethan Korenda, 3:04.97
4. Eben Mazieka, 3:05.02
5. Akshat Viswanath, 3:07.65
6. Brad Piekarczyk, 3:14.21
10. Lucas Lawendowski, 3:57.28
Girls 15 & Over 200 Yard Breaststroke
6. Maria Piekarczyk, 3:10.78
9. Rebecca Turley, 3:21.74
Boys 15 & Over 200 Yard Breaststroke
4. Andrew Wade, 2:44.98
5. Jack Davis, 2:48.05
7. Adrian Ignatovich, 2:48.58
8. Thomas Morrison, 3:08.43
9. Adam Mazieka, 3:27.46

TRIPS OFFERED

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

BAY PATH ADULT EVENING SCHOOL

Fall 2019 catalog offerings

New England Patriots vs. the Baltimore Ravens — “Tours and Pours” 3 Days/2 Nights Nov. 2-4
What’s included: Roundtrip Motorcoach transportation, lodging, five meals, city tour of Baltimore, three brewery tours, distillery tour, winery, reserved seats at M & T Bank Stadium Tour Director, and more!
\$799pp double occupancy, \$949 single occupancy, \$789 triple occupancy, \$779, quadruple occupancy.

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

A Country Christmas in Nashville, Tenn. at the Gaylord Opryland Hotel 4 days/3 nights Dec. 6-9
What’s included: Roundtrip airfare from Logan Airport, including transportation, three-night lodging, seven meals, Gaylord Opryland exclusive dinner show, ticket for holiday show at Opry House, tour of the Ryman & Grand Ole Opry, ICE Gaylord Opryland, General Jackson Showboat river cruise, and so much more!

Standard view room \$1,899pp double occupancy, \$2,249pp single occupancy
Atrium view room \$1,999pp double occupancy, \$2,399pp single occupancy.
For a brochure and complete itinerary, please contact Lori Douthwright at (508) 248-5971, ext. 1715.

Wine Country Pacific Coast Cruise 9 days/8 nights April 6-14, 2020
What’s included: Roundtrip Motorcoach transfers, roundtrip airfare from Logan Airport, one night pre-cruise stay in Los Angeles, 8 day/7 night cruise on board Princess Cruises-The Star Princess, visiting Los Angeles, Santa Barbara, San Francisco, Astoria Oregon, Victoria, B.C., Vancouver, B.C., winery tours, all meals on board ship, and more!

*A valid passport is REQUIRED for this trip
Prices starting at \$2,499pp double occupancy (plus tax, transfers & government fees)
For a brochure and complete itinerary, please contact Lori Douthwright at (508) 248-5971, ext. 1715.

CHARLTON SENIOR CENTER

Trip Coordinator Dotti Murphy - Please call 978-424-7010
Sign up sheets & flyers available at the Senior Center / Flyers also avail-

able 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 MathisChristmas 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/dudleyse-niors. Departure point: Dudley Town Hall, 71 W. Main St., 8 a.m. Saturday, May 2, 2020.

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

FRIENDS OF THE STURBRIDGE

SENIORS

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

Dec. 31 New Years Eve “DAY” at the Lake Pearl 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, you 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 Stateroom 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 Available upon request. Please contact Dick Lisi at 508-410-1332 or at lisirichard15@yahoo.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 is \$30.

MARY QUEEN OF THE ROSARY PARISH

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

USA: SPLENDORS OF THE NORTHWEST: Wonders of Northern California Redwoods, Oregon & Washington Aug. 3-16, 2020
JAPAN: March 26 to April 9, 2020
JAPAN & CHINA: March 26 to April 22, 2020
SPAIN & PORTUGAL: September 9-24, 2020

SOUTHBRIDGE SENIOR CITIZENS ASSOCIATION

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

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

SOUTHBRIDGE SENIOR CITIZENS 2019 TRIP SCHEDULE 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 jim-trips@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

Tree planting project coming to Southbridge



Representatives of various area health-related groups pose with the first tree planted by the Opacum project.

BY GUS STEEVES
CORRESPONDENT

SOUTHBRIDGE — People visiting Harrington Hospital last Friday saw work on an expansion of the meaning of health.

No, that's not a reference to the ongoing renovation and expansion of the Emergency Department. It was represented by a few people in the median strip digging a hole for a tree.

When it comes to weather issues, "heat kills more people than anything else," said Opacum Land Trust Director Ed Hood, noting evidence shows adding five trees per acre reduces a neighborhood's overall temperature.

That's particularly

important in urbanized areas, especially those where there is a lot of pavement and few or no trees. Not surprisingly, those areas also tend to be the ones that are economically-deprived and home to more people with various health issues.

Opacum is the lead agency for a US Forest Service project to plant 1,000 trees in Southbridge (and another 1000 in Ware) over the next three years. The linden (aka basswood) tree arborist Alia Abaid planted at Harrington Friday is the first of them, and Opacum will be seeking private and public locations for the rest over the next several months. Hood said the plan is to start planting most of

them next spring.

"We're going to be dealing with a lot of private homes with small yards," Abaid said. "... Right tree, right place has a lot to do with what the soil is."

She noted they have "lots of options." The general goal is to mostly plant large shade trees "to increase canopy cover for the benefits of cooling and wind resistance," but there are also some fruit and nut trees available. Although 1000 sounds like lot of trees, she added, "Southbridge could fit 10,000."

For years, numerous researchers and media sources have published studies detailing the health benefits of trees and exposure



Arborist Alia Abaid mulches around the new linden (aka basswood) tree.

to nature in general. According to the New York state Department of Environmental Conservation website cites several of them, including immune system and mood improvement, blood pressure and stress reduction, "accelerat[ed] recovery from surgery or illness," plus better sleep, energy levels and focus.

"Numerous studies show that both exercising in forests and simply sitting looking at trees [even in urban areas] reduce blood pressure as well as the stress-related hormones cortisol and adrenaline," the site states. "Looking at pictures of trees has a similar, but less dramatic, effect. Studies examining the same activities in urban, unplanted areas showed no reduction of stress-related effects."

In Southbridge specifically, Harrington's 2014 Community Health Assessment identified asthma, lung cancer, circulatory disease and mental health issues as "the top four causes of mortality," with "above average mortality and hospitalization rates" for

all of them.

"These are all health categories that are directly impacted by environmental conditions such as air quality, pollution, heat stress, lack of physical exercise and general quality of life issues," the project information sheet states.

Beyond that, with climate change, our heat levels are very likely to rise significantly. Massachusetts currently gets about six 90-degree days per year; by 2050, climate scientists predict that number will be 33, with nine over 100 degrees; and by 2100, 90 days over 90 degrees, with 24 over 100 degrees. (Those are shade temperatures. We already regularly see temperatures in the sun well over 100 degrees during summer.)

"Tree-shaded areas can be 20 to 45 degrees cooler than adjacent areas in direct sunlight and urban trees can cool an urban environment up to 10 percent overall through the shade effect and cooling created by their natural transpiration of water," the info sheet adds. "An economic analysis for the

Greening the Gateways Cities program showed that the investment in the program was paid back in energy bill savings in about 12 years and was paid back three times 22 years after planting."

One area Hood already knows they'll plant about 30 trees is the Central Street parking lot, where the town's redesign project has eliminated canopy cover and residents have reported the area being warmer.

"Shading pavement has a huge impact on the surrounding area," he said. Abaid added, "We're going to plant everywhere and look at everything."

Opacum plans to hire three people to plant the trees as well as tap area volunteers. Overall, the project is running on \$252,000 in federal money and has \$280,000 in state-provided trees, all of which will be free to recipients.

"This is a whole new venture for us, but probably the most meaningful thing we've done," Hood said.

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

GARDENING

continued from page A7

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 wax covering. A high heat setting will speed up the process but may make a bigger mess by splashing the melted wax all over the table.

To further dress up your landscape consider converting a few pumpkins

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

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

den.

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.

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SLAM!
CHECK OUT THE HOOPS ACTION!

“Every Town Deserves a Good Local Newspaper”

Which to do first, hunt or fish?



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

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

Open covers in the valley

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

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

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



Senator to get the crossbow bill passed.

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

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

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

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

hunt. Keeping a close eye on your clothes and your dog during the hunting season is very important. Spraying your clothes with Permethrin can keep you somewhat free of the pesky 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!

TRIPS

continued from page A11

home in Sturbridge by 10 p.m. Cost: \$50 per person. Contact the Sturbridge Recreation Department 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 museum, 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 avoid 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 Facebook The 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 justice 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.

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OBITUARIES

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 Massachusetts 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.

Also he is survived by his brothers, David Hope of Warren, MA, Robert and Carol Hope of Sturbridge, MA, sister, Susan (Hope) St. Francis of Newport, RI. and many nieces and nephews.

In addition to his parents Richard was predeceased by his sisters, Barbara Collette, Betty Ann Rozzen and Jean Hoeffy.

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 05476



Nancy Brousseau, 58



PUTNAM- Nancy Brousseau, 58, of Thayer St., passed away unexpectedly on Wednesday, October 16, 2019 in Day Kimball Hospital. Born in Putnam, she was the daughter of the late Adelard "Del" and Annette (Langlois) Brousseau.

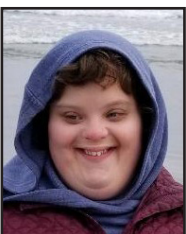
Nancy worked for many years as a baker for Price Chopper Supermarket in Putnam. She enjoyed cooking, baking and crocheting. She was very crafty and was an avid reader.

Nancy is survived by her daughter, Hannah Twerdy of Putnam; her brothers, Gene Brousseau and his wife Peg of Sturbridge, MA, Paul Brousseau and his wife Terry of Scio, NY, Adelard

"Pete" Brousseau and his wife Waneta of Griswold, CT, and Martin Brousseau and his wife Pam of Brooklyn; her sisters, Loretta Jolicoeur and her husband Bill of N. Grosvenordale, Beatrice St. Cyr of N. Grosvenordale, and Tina Rock and her husband Vinnie of S. Killingly. She was predeceased by her brother, the late Joseph Brousseau.

Relatives and friends were invited to visit with Nancy's family from 4:00 p.m. to 7:00 p.m. with a prayer service at 6:30 p.m. on Monday, October 21, 2019 in the Valade Funeral Home and Crematory, 23 Main St., N. Grosvenordale. Burial took place at 10:00 a.m. on Tuesday, October 22, 2019 in St. Joseph Cemetery. For memorial guestbook visit www.GilmanAndValade.com.

Erin Marie Ferreira, 22



STURBRIDGE - Erin Marie Ferreira, 22. On October 14th the night sky lost some of its sparkle, our dear Erin passed away suddenly, leaving us with broken hearts and beautiful memories.

Erin was born on Dec. 19, 1996, the beloved daughter of Alan J. and Katherine (Gibbons) Ferreira of Sturbridge, as part of a packaged deal securing her spot forever as her twin sister, Emily's mentor and role model. If you were to paint a picture of the 3 Ferreira girls, it would show them standing in a row, holding hands with Emily looking up to Erin, and Erin looking up to their older sister Brenda; what you wouldn't see in the picture is each sisters individual and special gifts that they shared with the others; a truly special bond that is not often as apparent as it is with the Ferreira family. Erin was predeceased by her brother, John Alan Ferreira. Kathy and Al, who, since the day Erin was born have been her number one cheerleaders, advocates and teachers. Showing her and all of their girls that they really can do whatever they want, be whoever

they want to be.


Erin was the life of every party, the first to get the singing and dancing started and, true to her good nature, the first to encourage others to join in regardless of their level of talent. A giver of compliments and world class hugs, a lover of chips and dip, a beautiful and talented dancer, a friend, a sister, a daughter, a niece, a cousin. We miss you Erin, our world is dark without you, but we will try to follow your example and, instead of being mad at the universe for taking you from us, we will be thankful that we were able to know you and love you, and be loved by you for these years.

Calling hours for Erin were held on Saturday, Oct. 19th, from 8:00 to 10:00am in the Daniel T. Morrill Funeral Home, 130 Hamilton St., Southbridge, with a funeral service at 10:00am in the funeral home. Burial will follow in St. Anne's cemetery, Sturbridge.

In lieu of flowers, donations can be made to Shining Stars Dance Studio, C/O Bridget Gleason, 56 Ash St., Spencer, MA 01562.

In memory of Erin's bright personality, please wear bright colors on Saturday.

www.morrillfuneralhome.com



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

CALENDAR

Tuesday, October 22

HOSPICE VOLUNTEER TRAINING: If you have the time and heart to share, you could become a valuable part of the Overlook Hospice Team. Hospice Volunteers provide companionship and support to hospice patients and their families...reading to patients, watching movies, playing cards, walking dogs, fixing a meal, gardening, supporting family members, sitting with patients who are actively dying and making bereavement calls. We are also seeking volunteers to provide Reiki, pet therapy, and veterans to visit our veteran patients. Our next training begins on Oct. 22 at 6 p.m. To attend or get more information about becoming a Hospice Volunteer, contact Susan Fuller at 508-434-2200

Saturday, October 26

WALKER HOMESTEAD & CEREMONIAL SITE TOUR: 10 a.m., 30 Peck Rd., Wales; reservations required. The Walker homestead at the Norcross Wildlife Sanctuary has the typical house and barn foundations along with stone walls delineating old pastures and

fields. Interspersed throughout the farm are stone cairns, a partially finished niche-shaft on top of the house cellar, an unusual stone wall with non-utilitarian features, and other Native American ceremonial structures. Some predate the homestead and others were built after it was abandoned in the 1850s and reclaimed by descendants of the area's indigenous peoples. Mary Gage (www.stonestructures.org) will lead a walking tour through this complex and fascinating archaeological site. Please call 413-267-9654 or email ohop@norcrosswildlife.org to register. There is no charge.

OLD STURBRIDGE VILLAGE SINGERS CONCERT: 3 p.m., Bethlehem Lutheran Church, 345 Main St., Sturbridge. The talented singers of Old Sturbridge Village will be holding a concert to benefit St. Luke's Guesthouse, which provides Christian hospitality to those in need of temporary shelter. All proceeds will go to this incredible place! Take a trip back into history with 19th century hymns, patriotic pieces, popular music and folk songs.

Saturday, November 2

Charlton Lions Club Meat Raffle: chicken and pork from Fairway Beef are yours for the winning from noon to 3 p.m. at our new location — Heritage Golf Course (85 Sampson Road in Charlton). Come join us for an afternoon of fun and fill your freezer with your prizes. Increase your chances with free "early bird special" tickets to those arriving before 1 p.m. For more information, email thecharltonlions@gmail.com.

Sunday, November 10

THIRD ANNUAL RAY MCDUFFY VETERANS APPRECIATION SPAGHETTI SUPPER AND

SILENT AUCTION: 4:30-7 p.m., Charlton Grange, 10 Main St. An all you can eat homemade made spaghetti and meatball supper with garlic bread, salad, desert, soda, juice, coffee, and tea. Tickets are only \$10 for adults and \$5 for veterans and children. Children three and under are free.

There will also be a silent Auction that will include many gift certificates from local businesses, passes for local adventures, gift baskets, electronics (including a 2019 iPad) Red Sox and Patriot items. Pre purchase of tickets is strongly urged as only a limited amount will be available at the door. Visit our Facebook page for updates and links to pre pay tickets or call 508-248-5516. You can also go to capenhill.org. Under Events, the first link is the Spaghetti Dinner and you can scroll down and fill out form for tickets.

Saturday, December 7

GINGERBREAD FAIR: 9 a.m.-3 p.m. Visitors to this warm and intimate fair will find unique gifts for everyone. Handcrafts, jewelry, plants, Grandma's Attic, baked goods and cookie table, a silent auction, gourmet delights and much, much more! Coffee and donuts will be served from 9 - 11 a.m., followed by a lunch from 11:30 a.m. to 1:30 p.m. Charlton City UMC, 74 Stafford St., Charlton. The church is handicapped accessible and plenty of parking is available.

ONGOING

THE STURBRIDGE FARMER'S MARKET is held every Sunday through Oct. 6 from 9 a.m. to 1 p.m. on the Town Common.

CHARLTON AMERICAN LEGION POST 391 meets every fourth Monday of the month at 7 p.m. in the Charlton Grange Hall. All veterans are welcome. We'd love to see you. We sponsor Boy Scout Troop 165, as well as three Boys Staters & assist young men interested in attending the State Police summer school. We also assist the Charlton Little League financially, as well as other things such as veteran's wakes & funerals. There's plenty we can still do to help our community.

WOMEN'S BASKETBALL: Please come join us for a fun evening of exercise and basketball at the Heritage School gym in Charlton. We play pickup basketball from 7-9 PM every Monday evening from September to June based

on the school schedule. There are no set teams and participation is free for women 18 years and older. Please contact Deb at 508-248-3600 for more information.



Pilgrimage to Italy, Holy Land, and Medjugorje
St. Joseph's Church in Charlton is sponsoring a Pilgrimage Sept. 29- Oct. 9, 2019 to Italy, Holy Land, and Medjugorje with Fr. Robert Grattatori. The cost is \$4,599; 11 days includes 4-5 star hotels, airfare, luxury transportation, and breakfast/dinner daily. A \$500 deposit is due at the time of registration. Please contact parishioner Dr. Karen Zaleski for trip details at karenzaleski42@gmail.com or you may call Proximo Travel directly for information and to register at 1-855-842-8001, or 508-340-9370.

ALZHEIMER'S SUPPORT GROUP: First and third Thursday of each month, 2:30-3:30 p.m. at the Overlook Independent Living Building, fourth 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.

Grief Support Group: at Overlook Hospice, Charlton: Have you recently experienced the loss of a parent, child, sibling, friend or spouse? We are here to help. Join a safe, supportive and caring group to share your stories and support others who are learning to live again after the death of a loved one. Drop-in group for adults meets on the second and fourth Wednesday of every month, 1-2:30 p.m. Contact Susan Fuller at (508) 434-2200.

NUMISMATICS: Southbridge Coin Club meets on the third Friday of the month (except July and August). The doors open by 7 p.m. and the meeting begins at 7:30 p.m. Collectors of all ages are welcome. The meetings include raffle, auction, and show and tell. Light refreshments are served. The meetings are held in the community room at the Southbridge Savings Bank at 200 Charlton Rd. (Route 20), Sturbridge.

ALCOHOLICS ANONYMOUS: Traditional open AA meetings in a friendly setting. Come early to chat and share in refreshments. Friday evenings at 7:30 p.m., Hitchcock Academy, Brimfield.



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!



CALENDAR

continued from page A14

K9 NOSE WORK: A sport open to all breeds of dog and their people Saturday mornings over six weeks at Hitchcock Academy in Brimfield starting Jan. 19. Progressive training levels offered. Fee: \$145 per dog, per session. Instructor: Laurie Merritt, M.Ed., CPDT-KA, CNWI, Certified K9 NoseWork Instructor – National Association of Canine Scent Work.

SEN-I JUDO CLUB: This course runs all year long on Sundays, Mondays and Thursdays at Hitchcock Academy in Brimfield, and is well suited for all

levels of practitioners, including beginners! Call Sensei Israel Lopez at (413) 279-4330 for more information.

WEIGHT WATCHERS: Traditional Weight Watchers Meetings Monday evenings at Hitchcock Academy in Brimfield. Times: WeighIn/Registration 5:30 p.m., meeting 6 p.m. Leader: Angela Kramer. Visit www.weightwatchers.com to become a member or to learn more about Weight Watchers.

YOGA: Hatha Yoga benefits are stress-relieving. Relax & rejuvenate with postures & guided meditation to restore the body. Bring a mat and wear comfortable clothing. All levels welcome. Six week-

ly classes held on Monday nights at Hitchcock Academy in Brimfield from 7:15-8:45 p.m., beginning Jan. 21.

FENCING: Fencing is a sport of combat that originally started as practice for dueling with swords. Since that time, it has grown into a modern sport while maintaining those virtues that made it great: honor, valor, and grace. Bring a water bottle, sneakers and comfortable clothing. Youth and adult classes with Andy Bloch at Hitchcock Academy. Fee: \$99.


OVEREATERS ANONYMOUS: Is food a problem for you? Have you been worried about the way you eat? Do you

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



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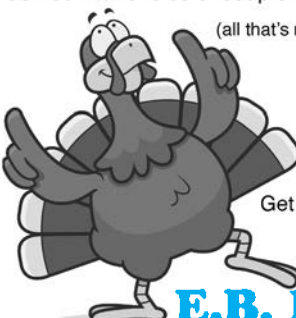
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Please call Dotti Murphy at 978-424-7010 for details if interested in any trips.
DAUGHTERS OF ISABELLA

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

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

DOUGLAS SUNSHINE CLUB

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

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/dudleyse-niors. Departure point: Dudley Town Hall, 71 W. Main St., 8 a.m. Saturday, May 2, 2020.
For more information, please

call Evelyn at (508) 764-8254.

FRIENDS OF THE STURBRIDGE SENIORS

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

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, you 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 Stateroom 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 Available upon request. Please contact Dick Lisi at 508-410-1332 or at lisirichard15@yahoo.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 is \$30.

M A R Y 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.

U S A : SPLENDORS OF THE NORTHWEST: Wonders of Northern California Redwoods, Oregon & Washington Aug. 3-16, 2020
J A P A N : 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 avoid 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 alla 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 red-head 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 justice and a dead detective named Jake Marley. Cactus also doesn’t like 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.



111 East Main Street, Webster, Massachusetts 508-943-9306 508-987-0767 1-800-552-7444
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MILLBURY - WATERFRONT! Ramshorn Lake! 51 Davis Rd! Beautifully Landscaped & Private 1.22 Acres w/500' on the Water! One of Ramshorn's Premier Properties "Royledge"! Sprawling 3,117' French Country Villa w/Panoramic Water Views from this Perfect Peninsula! Ideal for Entertaining! Stonewalled Gated Entry, Long Private Drive to its Stately Appearance! Sprawling Stone & Slate 6+ Rm Masterpiece! Light Abounds! Cathedral & Tray Ceilings w/Skylights! Unique Country Kitchen! Formal Dining Rm! Frpld Great Rm! Lake Facing Spacious Master Suite w/Everything You'd Expect! 3 Comfortable Bdrms! 3 Full Bathrooms! C/Air! Garages - 1 & 2 Car Detached Garages! Reward Yourself! **\$999,000.00**



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

WEBSTER - 27 N. Main St! 3 Family! 55/5 Rms! 3 1/2 Bedrooms! 1st Flr w/ Eat-in! Liv Rm! 3 Bdrms! Updated Bathrm! 2nd Flr w/Kit w/Din Area! Liv Rm! 3 Bdrms! Updated Bath! 3rd Flr w/Eat-in Kit! Liv Rm! Bdrms! Full Bath! Long Term Tenants! Sep Utilities! Vinyl Sided! Laundry Hook Ups! Freshly Painted Hallways! **\$259,900.00**

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

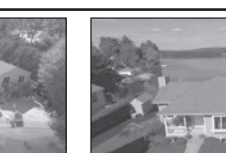
DUDLEY - 7 - 9 West Street! Brick 4 Family plus a 2 Family! Side by Side! All with 5 Rooms and 2 Bedrooms! Gas Heat! All Separate Utilities! 2 Car Detached Garage! The 4 Family with Beautiful Natural Woodwork! All Apartments are Empty and Work is Needed in Several Apartments! Excellent Potential! Will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



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 Flr Plan w/Soaring Beamed Cathedral Ceilings w/Skylights! Gleaming Hrdwds! Liv Rm w/Spectacular Stone Frplc w/ Pellet Insert! 1st Flr Master w/Full Whirlpool Bath & Walk-in Closet! 3 Bdrms & 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! Frplc Liv Rm w/Recessed Lights! Formal Din Rm! Eat-in Kit! Updated in 2015! Cherry Cabinets, Granite Counters, Center Isl & SS Appliances! Sunroom w/Skylights, Hrdwd Flrs & Slider to Deck! 1st Flr 1/2 Bath w/Laundry! Master Bdrms w/Dble Closet & Full Bath w/Linen Closet! 2nd Flr Full Bath! Lower Level Game Rm/Office! Utility/Storage Rm! 16X21 Deck! Garage Under! Save on Your Electric Your Bills, 2015 Solar Panels! Level yard w/Shed! Call now! **\$349,000.00**



WEBSTER LAKE - 250 Killdeer Island Rd! North Pond's Sandy Shore! 9 Rm Ranch in Meticulous Condition! Absolutely Beautiful 100' Waterfront Lot! Stainless Applianced Kitchen w/Cherry Cabinets, Granite Counters, Hrdwd Floor & Dining Area w/Slider to Deck! Formal Dining Rm w/Hrdwds! Front to Back Living Rm Overlooking the Lake w/Cathedral Ceiling, Custom Built Cabinets, Gas Frplc & Hrdwds! 1st Flr Lake Facing Master Bdrms 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**



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

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 w/ Laundry! An ELEVATOR to Service All 3 Floors! Upstairs leads to 3 Spacious Bdrms each w/Private Baths! Master w/ Tray Ceiling, Walk-in Closet + Private Balcony! Master Bath, Soaker Tub & Large Tile Shower! Walk-up Attic w/Expansion Possibilities! Lower Level w/Full Kit, 1/2 Bath, Lake Facing Fam Rm, Media/Exercise Rm + Lake Facing Bdrms w/Frplc & Private Bath! Slider to Patio! 13 Zones! Oversized 2 Car Garage! Loaded w/Quality & Detail! **\$1,175,100.00**



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! Applianced Granite Kit w/Sl, Recessed Lights, Tile Flr & Water View! Din Area w/Slider to Deck! Sunken Frplc Liv Rm w/Hrdwd Flr & Water Views! Din Rm w/Hrdwd! 1/2 Bath w/Pedestal Sink! 2nd Flr w/4 Bdrms, 3 w/Water Views! Master w/Cathedrals, French Dr to Balcony, Bath w/Separate Tub/Shower, Walk-in Closet & Laundry! Hall Bath! 3.5 Baths Total! Finished Walk-out Lower Level w/31' Fam Rm! Full Kit! Full Bath & Laundry! Includes NEW A/C SPLIT SYSTEM! Enjoy Outside from the Farmer's Porch, Deck, Patio, Screened Porch or Dock! 2 Car Garage! Full Recreational Use! **\$524,900.00**

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 w/Tile Floor & Anderson Sliders 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 Patio 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! Frpld Fam Rm! Painted Newer C/Air, Heat & Hot Water! Garage! 2 Slips! Pool! Beach! Listed by Another - "SOLD" by C21 Lake Realty! **\$355,000.00**

WEBSTER LAKE - Steps Away From! 110 S. Shore Rd! Killdeer Island! Access to Swimming & Boating w/Killdeer Island Club Assoc Membership! Perfect 1st Home or Summer Retreat! 7 Rms! 2 Bdrms! Full Bath! 12x25 Deck w/Water Views! Garage! Don't Delay! **\$249,900.00**



WEBSTER LAKE - 68 W Point Rd! Western Exposure - Spectacular Sunsets! 75' Waterfront w/Expansive Views! 6 Rm 1 1/2 Bath! Ideal 2nd Home! Renovate or Enjoy As Is! Open Flr Plan! Applianced Cabinet Packed Kit! Lake Facing Din & Liv Rms w/Water Views! Sliders to Screen Enclosed Porch! Master w/Ceiling Fan & Dble Closet! 2nd Bdrms w/Dble Closet! Full Bath off Hall! Finished Walk-out Lower Level w/25' Fam Rm w/Door to Lakeside Patio, Bdrms, Full Bath & Utility/Storage Rm! 3 Bdrms, 2 Baths Total! Oil Heat! Covered Entry Ramp & Electric Chair Lift! Shed! Dock! Summer Will Be Back - Don't Delay! **\$499,900.00**

WEBSTER LAKE - 603 Treasure Island! 1,874' Townhouse! 6 Rms, 2 Bdrms, Master Bath, 2.5 Baths Total! Recent Maple & Corian Kit w/SS Appliances! Din Rm w/ Sliders to Deck! Frpld Fam Rm! Painted Newer C/Air, Heat & Hot Water! Garage! 2 Slips! Pool! Beach! Listed by Another - "SOLD" by C21 Lake Realty! **\$355,000.00**



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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, & w/laundry full bath w/extra wide shower & walk in closet, plus 2 more spacious BRs & a full hallway bath. 24' lower level family room, half bath w/laundry hookups! Two car garage! Central AC.

\$309,900.

WOODSTOCK, CT - 64 LYON HILL RD



Estate like long paved driveway! 3158 Sq Ft Colonial! Geothermal built. Open floor plan, ash flooring throughout! Granite and s/s applianced kitchen! Large master bedroom, coffered ceiling, master bath, w/Hrdwd tub! Walk in closets. Two car garage. Radiused curbwalk on upper level & walk up attic. Walk out lower level! The third garage is accessed from the lower level. Generator hookup. One beautiful property! assisted sale **\$499,900.**

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! 2680 Sq Ft of living area. In one of Dudley's finest developments with underground utilities! **\$420,000.**

SOUTHBRIDGE - 79 N.WOODSTOCK RD



FRESHLY PAINTED 3 BEDROOM RANCH HAS SO MUCH TO OFFER!! ALL HARDWOODS THROUGHOUT! REMODELED BATHROOM! 3 SEASON ENCLOSED PORCH. KITCHEN/ DINING AREA HAS A VERY 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**

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. **\$264,900**

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 Rented. **\$369,900.**

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 Water & Sewer, City Gas **\$229,900.**

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**

WEBSTER/DUDLEY/DOUGLAS LAND!

Dudley - Marshall Terrace 12,000 +/- Sq. Ft. Possible potential for a 2 family to be built! Town Water, Sewer, City Gas! Nice level lot. **\$70,000**
Douglas-Mount Daniels Lot #2-2.5 Acres of flat land that abuts Douglas State Forest **\$132,900**
Webster - 3 Lots Cooper Rd. Attention Developers! 3 abutting house lots, potential to divide into 5-6 Buildable lots! Lake Residential area, water/sewer access **\$129,400**
Oxford- 4 Leicester St. approx. 8.47 acres! River frontage! Highly possible to be subdivided. **\$119,900**

WEBSTER - 34 EASTERN AVE UNIT A



AN AFFORDABLE LIVING OPPORTUNITY PRESENTS ITSELF! This 20 Unit Condo Complex is tucked away at the very end of Eastern Ave, fenced in & private. Easily accessible! 1995! There's a lot to love about Webster! Unit 34 A is a 1,037 SF +/- END 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 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 & shore frontage available. **NEW PRICE \$299,900**



WEBSTER LAKE - 32 JACKSON RD

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16 Francis Dr – \$400's

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

DUDLEY: 4 acres, 401' frontage, Possibly 2 lots, plus house – arts & crafts home with built in china closet, pantry, 2 bedrooms natural wood work
71 Mason Rd – \$359,900

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LEGALS

Public Hearing

The Brimfield Zoning Board of Appeals will hold a public hearing on the request of Cumberland Farms for a variance under s. 4.1 and 11.2.2 to allow rear yard setback of 19.3' verses required setback for convenience store building for properties at 3 and 7 Main Street, Parcel ID Map 13A, Lot 10 (7 Main) and Map 13A Lot 11 (3 Main) Abutters are invited to consider the proposals and provide public input. The hearing will be held on Thursday, November 21 at 6:00 PM at the Town Hall Annex.

October 18, 2019
October 25, 2019

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

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

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

SOUTHBRIDGE: Spacious Split Level Home with wonderful flex space over garage! 8 rooms 3 bedrooms 2 baths! Slider from dining room to back deck. Lower level has wonderful family room, option to have another bedroom plus large storage area. Fabulous 2 car garage with finished room above-great for office or man town, "she shed". Roof redone, vinyl sided, replacement windows. Large yard! **\$209,900.**

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

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ADDRESS	STYLE	TIME	PRICE	REALTOR/SELLER/PHONE
SATURDAY, OCTOBER 26				
DUDLEY				
16 Francis Dr	S	10-Noon	\$419,900	ReMax Advantage 1 / Jo-Ann Szymczack 774-230-5044
5 Fairview Ave	S	12:30-2	\$249,900	Re/Max Professional Associates/ Patrick Sweeney 774-452-3578
WEBSTER				
90-A Sutton Rd	S	11-12:30	\$289,900	Re/Max Professional Associates/ Patrick Sweeney 774-452-3578
SUNDAY, OCTOBER 27				
DUDLEY				
5 Fairview Ave	S	11-12:30	\$249,900	Re/Max Professional Associates/ Patrick Sweeney 774-452-3578
WEBSTER				
90-A Sutton Rd	S	12:30-2	\$289,900	Re/Max Professional Associates/ Patrick Sweeney 774-452-3578
SUNDAY, NOVEMBER 3				
DOUGLAS				
417 NE Main St	S	1:30 -3	\$329,000	Re/Max Town & Country / Deb Hackett 401-774-4891

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MONDAY, OCTOBER 28

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

FRIDAY SATURDAY & SUNDAY NOVEMBER 1, 2, 3

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

WEDNESDAY, NOVEMBER 13

HOW TO MOVE ON - CREATING A BRIDGE TO A NEW LIFE
1:30-2:30. Barbara Perman, President, Moving Mentor
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SUNDAY, SEPTEMBER 29

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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

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SATURDAY NOVEMBER 16

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

SUNDAY NOVEMBER 17

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



SATURDAY, DECEMBER 7

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A

B

Answers: 1. Wheel is all black 2. Boy's neck strap is missing 3. More flowers are in the field 4. The barn has 3 windows

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FRENCH: Voyager

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GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: BABY ELEPHANT

⊙ * ✎ ☺ ~ ♀ ⚡ ✱ ✕ ✖ ✚ ✛ ✜ ✝ ✞ ✟ ✠ ✡ ☾ ✱ ♂ ✱ ✎ ♀ ☾ ☿

ABCDEFGHIJKLMNOPQRSTUVWXYZ

CRYPTO FUN

☿ ☾ ☿ ✱ ♂ ✛ ~ ✱ ✚

Determine the code to reveal the answer!

Solve the code to discover words related to fruit.

Each number corresponds to a letter.

(Hint: 21 = e)

A. 1 7 21 21 23

Clue: Taste like sugar

B. 1 21 21 19 1

Clue: Develop into a plant

C. 17 8 13 19 12 24 21

Clue: Grown foods

D. 17 9 24 25

Clue: Choose

Answers: A. sweet B. seeds C. produce D. pick

SUDOKU

4	3					7	
				4			3
			7				
9		4				1	2
	7			9			
1			2				8
2				1		5	
7					2	3	1
	8			5			6

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6	2	9	7	5	7	4	1	8	3
4	1		3	8	2	6	9	7	
			8	5	7	4	6	3	2
8	6	7	9	4	5	3	2	1	6
5	3		9	6	1	9	2	7	8
4	5		4	3		6	1	2	
2	1		9	3	7	8	4	6	5
4			1	6	4	8	3	7	9
3			8	5	2	4	6	1	7
2	7	9		1	2	7	9	4	3

ANSWER:



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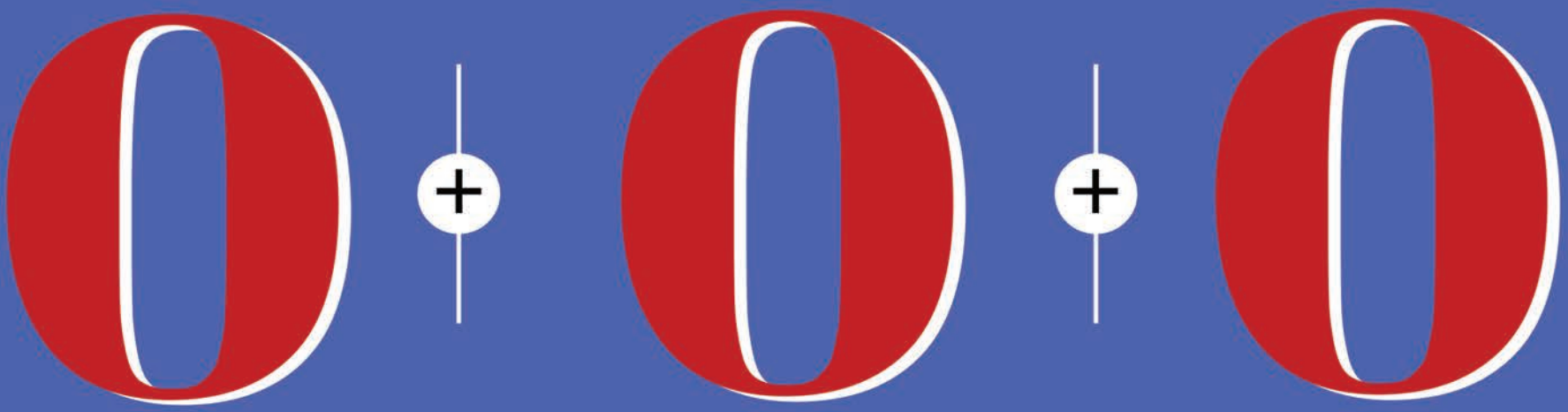


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EXERCISE

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 please.

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

cause a host of health problems.

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

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



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

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

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

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

Why personal training?



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

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

obese.

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

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

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

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

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

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

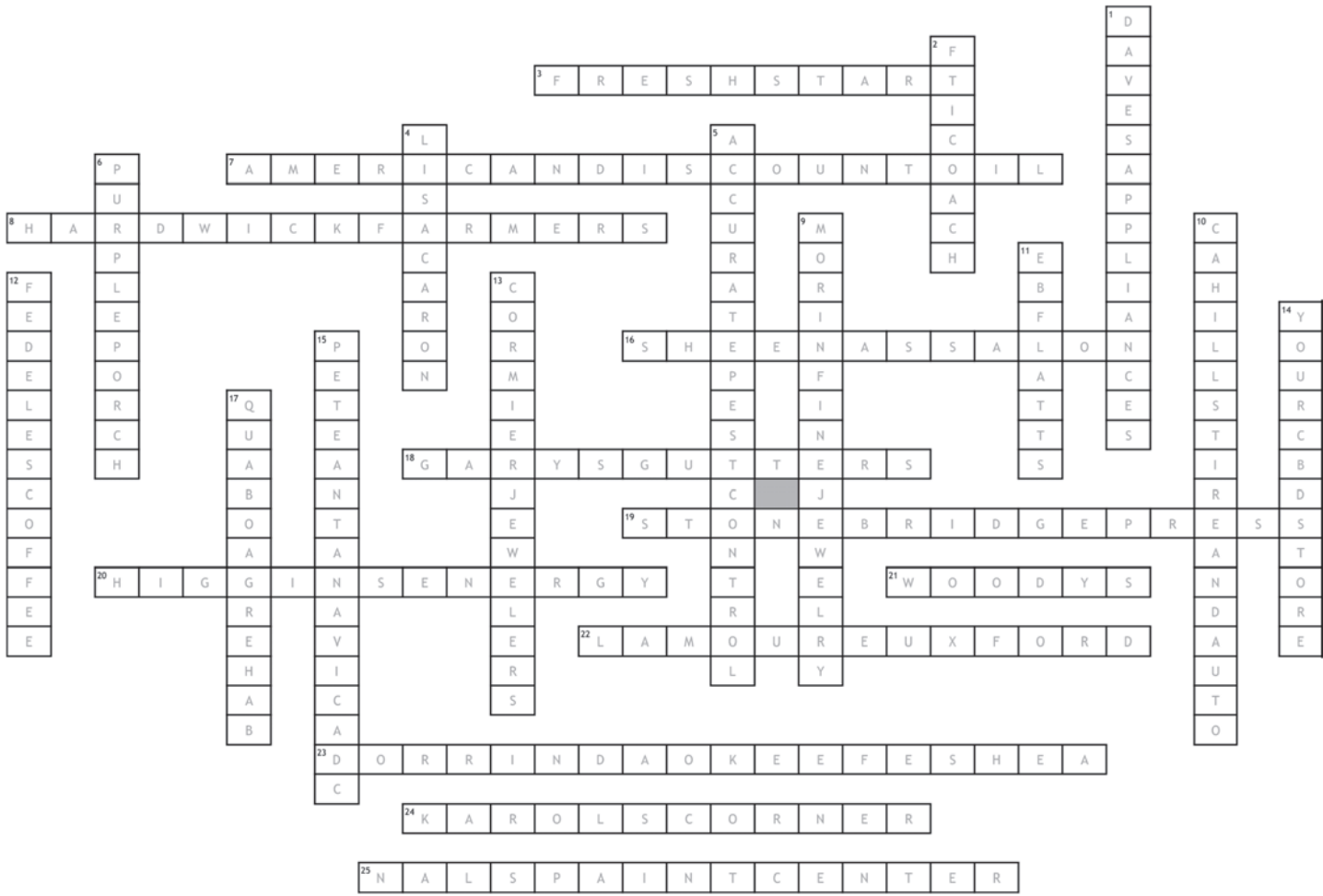
tine. Furthermore, knowing someone is there to hold them accountable can ensure the client is consistent in showing up to do the work necessary.

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

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

2nd Annual ABC's of the Seasons

~ 10/4 FALL EDITION ANSWERS ~



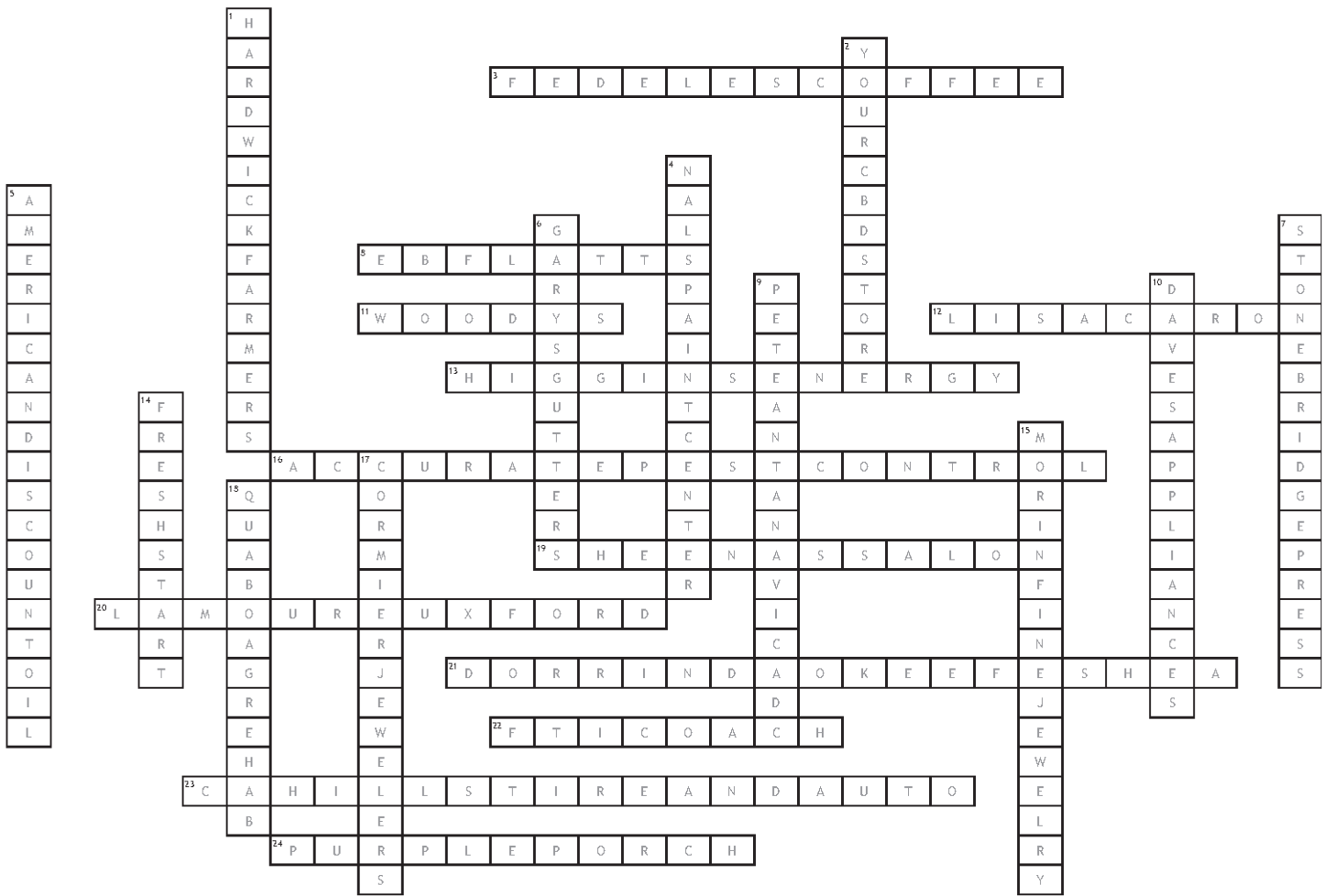
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We hope you enjoyed our 2nd Annual ABC's of the Season crossword puzzle. The randomly chosen winner of all the correct entries for a \$25 gift card is A. Avezzie of Oxford, MA.

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

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