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Friday, August 2, 2019

Federated Church holds annual auction

BY ANNIE SANDOLI
VILLAGER CORRESPONDENT

STURBRIDGE—The Federated Church of Sturbridge & Fiskdale is getting ready for its 70th annual auction, taking place Saturday, Aug. 10 on the Town Common with booths opening at 9am and bidding starting at 10 a.m.

The event will be held rain or shine and is the church's single largest yearly fundraiser, with all profits going to capital improvements at the

church to help the institution continue to successfully support all the programs, fundraisers, and services it offers.

"This is the oldest consecutive church auction in the country," said

Tim Beardsley, one of the members of the Auction Committee. "There are other churches that have auction for as long, but have taken breaks throughout the years. This one started in 1950, and has been going ever since."

The items in the auc-

tion are priced anywhere from \$10 to over \$1200 and are mainly antiques donated by members of the church and residents of Sturbridge and the surrounding communities. Some items are picked up at yard sales by Auction Committee members throughout the year and many are in perfect condition or restored to their original form.

This year's featured items include two chairs, Sturbridge Chair (#25 in the auction) and The Publick House Chair (#49

in the auction). Both are Hitchcock chairs that were built between the years of 1820 and 1840 and have a smilier rosewood grain, bronze powder stenciling rather than paint, and rush seat. Similar chairs are offered at the auction each year as part of a limited series.

The other items in the auction this year include an unrestored flax wheel and a hand crafted doll house, as well as many pieces of artwork from award-winning artist and member of the Historical

Society of Early American Decoration Sonja L. Bridges of Grafton. After her recent death, many of her creations, which include reverse glass and theorem paintings and handmade dolls and quilts, were donated to the church to sell as part of the auction.

The 70th annual auction will once again be conducted by Robert Glass Jr. and Gwen Glass Carbone of the Robert H. Glass family of auctioneers for the 46th year in a row. The church accepts

cash, checks, and credit and debit cards as forms of payment on the day of the event. This year, those whose purchases total \$500 or more will receive dinner for two at the Publick House and those whose purchases total \$1,000 or more will receive both dinner for two and a night of lodging.

The auction will also feature a silent auction booth, with gift certificates and themed baskets donated by local

Please Read **FEDERATED**, page **A10**

Sturbridge police and fire departments host National Night Out

BY ANNIE SANDOLI
VILLAGER CORRESPONDENT

STURBRIDGE—The Sturbridge Police and Fire Departments will be hosting National Night Out, an annual event that gives residents the opportunity to meet and greet local first responders and take part in community-building efforts, on Tuesday, Aug. 6 from 4 to 8 p.m. on the Town Common.

The event is for all ages and will include talks, activities, demonstrations by emergency personnel such as Police, Fire, and EMS throughout the evening with lots of programs and activities, including many directed at teaching young children about emergency services.

"This is our third year on the Town Common," said

Sergeant Larry P. Bateman of the Sturbridge Police Department "Before that, we held it at the Heritage Green in a more secluded area. It's a little bigger this year, with a few more vendors participating, such as All Star Incentives and about half a dozen more."

National Night Out is a nation-wide community-building campaign that was started in 1984 to enhance the relationship between safety and law enforcement officials and community members and happens on the First Tuesday in August each year. The yearly event in Sturbridge is part of a wider celebration that includes block parties, festivals, parades, cookouts, and other community events all over the country in cit-

Please Read **NIGHT OUT**, page **A10**



Courtesy Photo

CHRISTMAS THEATER IN JULY

The aspiring actors involved in this year's Youth Summer Workshops at the Stageloft Repertory Theater brought a taste of the holidays to the stage last week with "Christmas in July" and "What Do You Do When the Elves Have the Flu." Next up for the talented teens is "Frozen, Jr.," which premieres tonight. Photo courtesy of the Theater's Facebook page.

Brimfield resident receives community service award

CHARLTON — Carleen Berthiaume of Brimfield, a member of the Practical Nursing Class of 2019 and officer of the UNICEF Club (the United Nations Children's Fund), received the 2019 Community Service Award from the Bay Path RVTHS Practical Nursing Academy during the Academy's 10th commencement and pinning ceremony on June 21.

The award was granted in recognition of Berthiaume's volunteer work creating critical partnerships between the Academy, Bay Path community and the Worcester county.

The practical nursing program at Bay Path Practical Nursing Academy is in its 10th year and prepares local students for careers in healthcare as an LPN. The Community Service Award

was developed to honor a person who is making significant contributions to the Bay Path Practical Nursing community through their time, actions, talents and dedication through any volunteer work done. The honoree selected serves as a role model for compassion, service, giving back, and striving to make the world a better place.

Berthiaume has a passion for helping others. She has the distinction of being the first student recipient of the Community Service Award, past award recipients were all alumni. She has made important contributions to the Bay Path Practical Nursing Academy through

Please Read **BERTHIAUME AWARD**, page **A4**



Courtesy Photo

Pictured: Professor Lindsay Guertin and Carleen Berthiaume.

Quaboag Community Summer Theater presents "The Addams Family"

BY ANNIE SANDOLI
VILLAGER CORRESPONDENT

WARREN—Quaboag Community Summer Theatre, an all-volunteer, non-profit drama organization, is getting ready to present its 2019 performance "The Addams Family," taking place on Friday, Aug. 9 at 7 p.m. and Saturday, Aug. 10 at 2 and 7 p.m. in the Quaboag Regional High School Auditorium in Warren.

The musical, sponsored in part by cast members Christine and Wlad Petruniw and presented by special arrangement with Elephant Eye Theatrical, features a cast of 21 actors who are residents of Brimfield, Southbridge, Sturbridge,

Warren, West Brookfield, and towns throughout Connecticut and its mission is to connect actors throughout the area and help locals pursue their passions and put their talents to use.

"Our group has served as an outlet for local creativity and theatrical passion since its conception, and it has been our mission to provide our participants with the tools needed to perfect their craft, and make each show a rewarding and enjoyable experience," says the Quaboag Community Summer Theater Web site. "QCST now continues to grow thanks to the

Please Read **ADAMS FAMILY**, page **A10**

Pasture Prime Players hosting auditions for “haunting” new production

CHARLTON — The Pasture Prime Players are pleased to announce open auditions for their fall production, “The Haunting of Hill House” by F. Andrew Leslie, based on the novel by Shirley Jackson.

The auditions will be held on Thursday, Aug. 8 at 7 p.m. and Saturday, Aug. 10 at 10 a.m. at the Charlton Arts and Activities Center, 4 Dresser Hill Rd. in Charlton. The show is directed by Don Konopacki, and will run two consecutive weekends, Oct. 25 through Nov. 3.

A chilling and mystifying

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

There are roles for three men and four women ages 20’s to 60’s. Auditions will be cold readings from the script. For more information, contact us at pasture.prime.players@gmail.com, “The Haunting of Hill House” is being produced by special arrangement with Dramatists Play Service, Inc.



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BRIMFIELD — Following is a listing of events and activities scheduled for next week at Hitchcock Academy.

Monday, August 5
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.

Tuesday, August 6
NIDRA YOGA: 7-8:30 Unwind and release tension with a gentle Yoga experience; then enjoy “Yoga Nidra” sometimes

Wednesday, August 7
BUDDIES DOG TRAINING: 6:30 – 7:30 Dog training basics for canines of all ages. It provides positive training methods, good management practices, and problem solving strategies. Fee: \$130 per dog per session (6 classes)

Instructor: Laurie Merritt, MEd, CPDT-KA, CNWI; Certified Professional Dog Trainer-Knowledge Assessed; Certified K9 NoseWork® Instructor- National Association of Canine Scent Work

Thursday, August 8
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

FENCING: 6:15-7:15 Youth and adult classes with Andy Bloch.
SIP AND STARS: 6-10 pm Brimfield Winery Field on Main Street. Watch the summer meteor showers with family and friends. Games for the kids and an outdoor lecture by the Thames Astronomical Society.

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

Friday, August 9

ALCOHOLICS ANONYMOUS: Traditional open AA meetings in a friendly setting. Come early to chat and share in refreshments. Time: 7:30 PM

Saturday, August 10
FARMER’S MARKET: 9 AM – 2 PM in the Hitchcock Academy Parking lot.

K9 NOSEWORK® is a sport open to all breeds of dogs and their people. Progressive training levels offered. Offered at 3 levels. (6 classes) Fee: \$145 Saturdays 9-1:30; Instructor: Laurie Merritt, MEd, CPDT-KA, CNWI; Certified Professional Dog Trainer-Knowledge Assessed; Certified K9 NoseWork® Instructor- National Association of Canine Scent Work

Office of Sen. Anne Gobi announces August office hours

REGION — Lucas McDiarmid, aide to Sen. Anne Gobi (D-Spencer), will be holding office hours throughout the district during the month of August. Constituents and town officials are invited to meet to express any concerns, ideas and issues they have. Attendants should RSVP to Lucas at Lucas.McDiarmid@MASenate.gov

gov or by phone at (413) 324-3082. Town attendance is not restricted to residents of those towns.

Tuesday Aug. 6
10-11 a.m. – Warren Senior Center
11:30 a.m.-12:30 p.m. – Brimfield Senior Center
1-2 p.m. – Wales Senior Center

Wednesday Aug. 7
11 a.m.-noon - West Brookfield Senior Center
12:30-1:30 p.m. – New Braintree Town Hall
2-3 p.m. – Brookfield Town Hall
6-7 p.m. – Ashby Town Hall

Monday Aug. 12
10:30-11:30 a.m. – Paxton Senior Center
Noon-1 p.m. – Spencer/

Howe Village
1:30-2:30 p.m. – East Brookfield Municipal Offices

Tuesday Aug. 13
10:30-11:30 a.m. - Sturbridge Senior Center
Noon-1 p.m. - Rutland Senior Center

Wednesday Aug. 14
9:30-10:30 a.m. - Oakham Senior Center
11 a.m.-noon – North Brookfield Senior Center
1-2 p.m. – Holland Town Hall

Monday Aug. 26
11:30 a.m.-12:30 p.m. – Charlton Senior Center
2-3 p.m. – Monson Town Hall



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\$429,900, 8 Sidney Rd, Cimini, Michael D, and Cimini, Angela C, to Beals, Christopher G.
\$420,000, 205 Podunk Rd, Ditomasso, Anthony, and Ditomasso, Amber M, to Conroy, Thaddeus W, and Conroy, Mary J.
\$405,000, 38 Warren Rd, Countryside Home Builders, to Zyjeski, Jeffrey.
\$389,000, 22 Mashapaug Rd, Rice, Stephan D, and Rice, Lisa M, to Angotta, Jill A, and Angotta, Jennifer M.
\$375,000, 25 Mcgilpin Rd, Curry, Thomas F, and Curry, Susan J, to Forand, Deborah S.
\$340,000, 95 Colonial Dr #95, Heywood Edward W Sr Est, and Heywood, Edward, to Carreno, Jose A, and Piedad-Abreu, Carlita.
\$329,900, 520 Leadmine Rd, Hart, Heather A, to Wellington, Christopher C.
\$290,000, 111 Colonial Dr #111, Forand, Deborah S, to Ruggiero, Susan T.
\$262,000, 61 Steeple Vw #61, Patricia & M Pantera T, and Pantera, Matthew J, to Luscombe, Nancy K, and Luscombe, Keith P.
\$252,000, 3 Draper Woods Rd, Sergeant, Maria, and Wells Fargo Bank NA, to Terrien, Stewart.
\$240,000, 23 Podunk Rd, Kaszowski, Kenneth P, to Hart, Paige L.
\$235,000, 214 Hemlock Path, Gilbert Ralph W Jr Est, and Kennison, Cynthia G, to Gilbert, Laura L.
\$214,000, 11 Ridge Hill Rd, Giroux, Nancy J, to Gelb, Jacquelyn A.
\$214,000, 9 Ridge Hill Rd, Giroux, Nancy J, to Gelb, Jacquelyn A.
\$157,000, 7 Gedeon Ave, Leo, Richard A, and Leo, Faith M, to Tibbetts, Kristopher L.
\$130,000, 642 Main St, Harty, William E, and Harty, Jeannine H, to Boone, Daniel B, and Ashleigh-Boone, Amber V.
\$65,000, 178 Shepard Rd, Labonte, Ruth E, to Soper, Charles.

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The *Sturbridge Villager* (USPS#024-955) is published weekly by Stonebridge Press, Inc., 25 Elm St., Southbridge, MA 01550. Periodical postage paid at Southbridge, MA 01550. POSTMASTER: Send address changes to Sturbridge Villager, P. O. Box 90, Southbridge, MA 01550

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Please take a seat – the auction’s about to begin!



STURBRIDGE — When the auctioneer puts the featured Publick House Chair up for bid at the 70th Annual Sturbridge Federated Church Antique Auction on Saturday, August 10, competition will be heavy for the lovingly restored, limited series chair with Rosewood grain, cane seat and an artfully stenciled scene of the local landmark across the back. Now coming up on #48 in the series, the highly-prized item and its Sturbridge-themed counterpart (#25 in the series) are only available at this annual auction where bidding on these special chairs has occasionally climbed into four digits.

Cherished as they have become, the decorated Publick House and Sturbridge chairs are not the only ones that have been lovingly refurbished by Sturbridge Federated Church volunteers over the past twelve months. Each Monday night since last year’s auction, a loyal group of volunteers has gathered in the church hall to repair and refinish many of the items that will be sold in this year’s auction, but foremost among them has been a number of antique chairs and rockers.

According to auction committee member Tim Bardsley, the process of replacing a cane seat on an antique chair can take up to 20 hours. Chair restoration professionals charge by the number of holes drilled in the trim around the seat through which the cane

is woven. At \$2.00 - \$2.50 per hole, the going rate for caning a typical chair with 72 – 90 holes runs between \$150 and \$200. Finish cane weaving can run even higher, especially when the project involves both a seat and a back.

“Because of our dedicated volunteers, the Sturbridge Federated Church auction offers a unique opportunity for local residents to purchase newly caned antique chairs at significantly lower than market prices,” says Bardsley. “And this year, we have a tremendous assortment of chairs to choose from.”

One of those chairs, an antique side chair, was caned by Charlie Burnham, a West Brookfield resident who responded to a newspaper story about becoming a volunteer so he could learn the craft of chair caning. Another popular addition to this year’s auction is an old solid oak porch rocker refurbished by auction committee chair, Ken Benson who estimates he’s invested more than 50 hours in the piece between prep work, staining, waxing and weaving.

“It’s definitely not a rocker you could purchase from Cracker Barrel,” Benson laughs. “I’m hoping it commands a good price that’s reflective of the hours of work I’ve put into it.”

The oldest annual church auction in the country will take place on Saturday, Aug. 10 on the beautiful Sturbridge

Common across from the landmark Publick House Historic Inn. The auction will be held, rain or shine, under tent, with a preview of items to be sold beginning at 9 a.m. and bidding starting promptly at 10 a.m.

Other items up for bid include an amazing assortment of antiques and collectibles donated by church and community members, many in original condition and some carefully restored by local artisans.

“This year’s auction has some of the most interesting and valuable pieces we’ve offered in quite a while,” says Bardsley.

As a special feature of this year’s auction, any bidder whose purchases total \$500 or more will receive dinner for two courtesy of The Publick House Historic Inn and Restaurant. Bidders whose purchases total \$1,000 or more, will receive one night of lodging and dinner for two.

The event also includes a silent auction featuring gift baskets, handmade crafts, gift certificates from local vendors, a bake sale and food booth. The auction is handicapped accessible and open to the general public free of charge with ample free parking around the Common and the Church.

The auction is being conducted for the 46th year in a row by the highly professional and entertaining Robert Glass Jr. and Gwen Glass Carbone of the Robert H. Glass family of auctioneers. For more information, please call the Church office at (508) 347-3915 or email churchoffice@sturfed.org.

CORRECTION

SOUTHBRIDGE — It has been brought to our attention that the headline on a news story submitted to us by Trinity Catholic Academy for publication in our July 19 edition may have left readers with an inaccurate impression of the extent to which Trinity has forged a relationship with MIT.

Although the headline, as submitted to us, read “Trinity Catholic Academy partners with MIT,” officials at MIT subsequently sent us the following clarification:

The school is not partnering with MIT or the Lemelson-MIT Program to bring the InvenTeam program to Trinity. The school participated in the Lemelson-MIT Program’s EurekaFest event which was open to the public. The Lemelson-MIT Program’s InvenTeam grants initiative requires a very competitive and rigorous application process which this school has not been a part of yet. They are attending a professional development workshop next week at MIT where their faculty will learn how to incorporate some invention curriculum into their classroom. That curriculum is based off of our JV InvenTeams activity guides that are free for any teacher to download off of our website.

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Run out the summer season in support of Second Chance

STURBRIDGE – Believe it or not, the summer days are on the decline, and back to school time is fast approaching. While the weather is still nice, it’s the perfect time for residents to add one last fun event to their summer schedules while supporting animals in need.

Hosted by Second Chance Animal Services, the second annual Running Out of Summer 5K will take place later this month. Set for Saturday, Aug. 24, the event will occur at Rapscaillon Brewery in town.

Space is limited for this event, so sign up early. To register for the 5K, or to obtain a sponsorship form, visit www.SecondChanceAnimals.org. Residents are also asked to keep an eye out for additional fundraising events slated for the end of summer and fall.

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Local troubadours head to Sturbridge for summer concert

STURBRIDGE — Local folk troubadours Mark Mandeville & Raianne Richards and their studio band will perform Thursday, Aug. 1 at Sturbridge Town Common from 6-8 p.m. Featuring mostly original new songs from their new album as well as some from previous releases. This free concert is sponsored by the Sturbridge Cultural Council. Bring your own lawn chair.

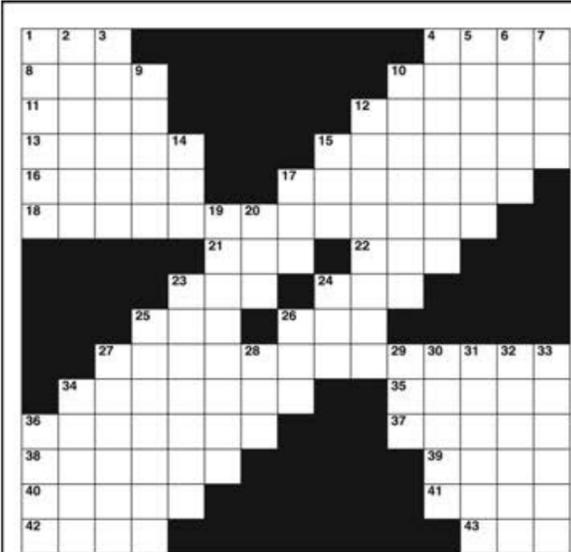
Mark Mandeville & Raianne Richards are best recognized within the state for organizing the Annual Massachusetts Walking Tour. In the fall of 2017 Mandeville & Richards were recognized in the congressional record by senator Markey for their efforts through the MWT.

These artists blend distinctive voices with rich tantalizing harmonies and a wide range of accompaniment (Guitar, Harmonica, Ukulele, Clarinet, Penny Whistle,

Electric Bass, Upright Bass, Piano, Mandolin, Dobro and Pedal Steel) featuring original and traditional acoustic Folk/Americana songwriting. Transcending the genre of folk Americana, their music echoes inspiration from traditional folk duos and singer/songwriters like Ian & Sylvia, Kate Wolf and Neil Young – combining beautiful harmonies and a lyrical intensity, while establishing a unique sound of their own. They have been well-received by audiences around the United States and Canada since 2010. Between tours, Mark and Raianne serve as music educators at Blackstone Valley Music in Uxbridge.



Courtesy Photo
Left to right: Doug Williamson, Raianne Richards, Mark Mandeville and Peter Hart.

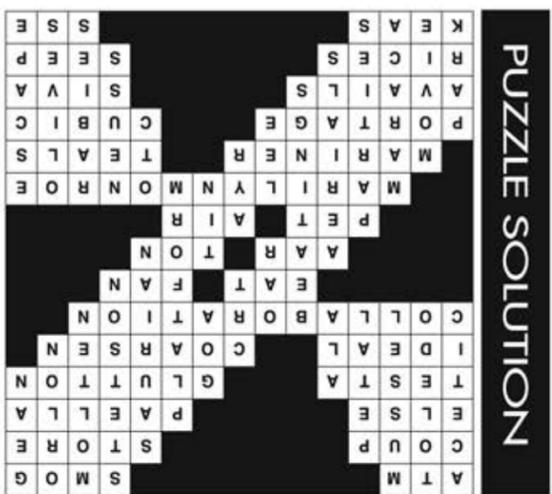


CLUES ACROSS

- 1. Cash dispenser
- 4. Air pollution
- 8. Illegal seizure
- 10. Shop
- 11. Besides
- 12. Spanish dish
- 13. Protective covering of seeds
- 15. Greedy eater
- 16. Existing only in the mind
- 17. Make rough
- 18. Cooperation
- 21. A way to consume
- 22. Strike out a batter in baseball
- 23. Swiss river
- 24. 2K pounds
- 25. Domesticated animal
- 26. Surrounds the Earth
- 27. Legendary actress
- 34. Seattle ballplayer
- 35. Bluish greens
- 36. Carrying of a boat
- 37. Having a particular shape
- 38. Takes advantage of
- 39. The Destroyer (Hindu)
- 40. Basmati and saffron are two
- 41. Leak slowly through
- 42. Parrots
- 43. Midway between south and southeast

CLUES DOWN

- 1. Vinegary
- 2. Ohio town
- 3. Bivalve mollusk
- 4. Type of hat
- 5. Liquefied by heat
- 6. Synthetic acrylic fiber
- 7. Wild or sweet cherry
- 9. Flower segment
- 10. Lizard-like
- 12. What politicians stand on
- 14. Pic __ mode
- 15. Indian city
- 17. Old TV part (abbr.)
- 19. Assaults
- 20. Paddle
- 23. Types of photos
- 24. Dorothy's friend was made of this
- 25. Soirees
- 26. Scottish port
- 27. Percussion instrument
- 28. Auto industry icon Iacocca
- 29. Type of drug
- 30. Historic city in Germany
- 31. Animal disease
- 32. Some like them in martinis
- 33. Get away
- 34. Entertainment
- 36. Where ballgames are played



Local students graduate from University of Utah

SALT LAKE CITY, Utah — The University of Utah congratulates 8,465 students who received their academic degrees on May 2, 2019. The following local students earned degrees:

Magdalena Schwarzl of Vienna graduated with a Master of Science in Computing
Patrick Kamba of Salt Lake City, Utah graduated with a Doctor of Medicine in

The University of Utah, located in Salt Lake City in the foothills of the Wasatch Mountains, is the flagship institution of higher learning in Utah. Founded in 1850, it serves over 31,000 students

from across the U.S. and the world. With over 72 major subjects at the undergraduate level and more than 90 major fields of study at the graduate level, including law and medicine, the university prepares students to live and compete in the global workplace. Known for its proximity to seven world-class ski resorts within 40 minutes of campus, the U encourages an active, holistic lifestyle, innovation and collaborative thinking to engage students, faculty, and business leaders.

Emma Aldenberg named to the Spring 2019 High Honors List at Pomfret School

POMFRET, Conn. — Emma Aldenberg of Sturbridge, from the Class of 2020 was named to the Spring 2019 High Honors list at Pomfret School. To achieve this level of distinction, Emma earned a grade point average of at least 3.670 and received no grade lower than a B+.

Founded in 1894, Pomfret School is an independent college preparatory school for boarding and day students in grades 9 through 12. We also offer a postgraduate year. Set on 500 acres in the celebrated Last Green Valley of Northeastern Connecticut, our mission is to cultivate a healthy interdependence of mind, body, and spirit in our students. We offer 8 academic disciplines, more than 100 elective courses, 25 athletic options, and numerous opportunities to participate in community outreach and service programs.



Courtesy Photo

GARDEN CLUB AWARDS SCHOLARSHIPS

The Southbridge Garden Club awarded three \$1,500 scholarships this year to area students. The recipients were (left to right) Gabrielle Brown from Tantasqua Regional High School who will be attending Northern Vermont University, Teyha Casey who attends the University of New England, and Orpheus Meletis from Shepherd Hill Regional High School who will be attending UMass Boston. The Southbridge Garden Club is a non-profit organization dedicated to promoting an interest in horticulture in our local communities. Our scholarships are offered to seniors and graduate students from towns where our members reside. Proceeds from the Southbridge Garden Club's Greens Sale that takes place every December at the Arts Center in Southbridge is a major fundraiser for these scholarships.

BERTHAUME AWARD

continued from page 1

her participation in mentorship, blood pressure clinics, information sessions, college fairs, health fairs, SkillsUSA, tutoring, and participation in all other volunteer events.

Berthiaume was inducted in the National Technical Honor Society and was a recipient of the Horatio Alger Career Technical Education Scholarship. She is a SkillsUSA District and State Champion, Silver medalist in First Aid/CPR, is Dementia Care Certified, Mental Health First Aid Certified, and Infusion Therapy and Central Line Care.

“Every Town Deserves a Good Local Newspaper”

Blueberry Festival celebrates milestone fifth year

BY JASON BLEAU
VILLAGER CORRESPONDENT

CHARLTON – Charlton’s annual Blueberry Festival hit a milestone in 2019 with its fifth iteration on a beautiful summer Sunday July 28.

Hosted by the Charlton Arts & Activities Center, the annual event serves as a major fundraiser for the local hub of arts and entertainment in town and included several new features in 2019, such as a clown magic show, musical acts, and even more vendors than ever before. And, of course, the event also included a few festival staples from blueberry shortcakes to pie eating contests providing a fun time for all and continuing a modern Charlton summer tradition.



Jason Bleau Photos

For the first time, the Blueberry Festival added a sports memorabilia silent auction where visitors could bid on signed pictures from their favorite Boston sports teams and athletes.



Jason Bleau Photos

Gregory, Nicholas and Sophia Meneguzzo of Spencer show off some blueberries they bought at the festival.



Oliver and Aurora of Charlton enjoy a quick bite of blueberry shortcake.



A big part of the Blueberry Festival is the adjacent vendor fair full of local goods and hand made crafts. One of the vendors was Honey Moon Hill Bees of Phillipston.



A couple of young competitors dig in during the first eating contest of the day.



Little Rory of Chicopee poses for a photo in one of the Charlton Fire Department's trucks. The department was on hand to network with local families during the festival.



The Hosegood family of Oxford pose for a photo while enjoying some blueberry themed treats.



Maggie the Clown performs some magic in her first appearance at the Charlton Blueberry Festival.

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Still time to make additions and changes to your landscape



Melinda Myers Photo

Interplanting Bright Yellow Swiss Chard, parsley & Imperial Antique Shades Pansy creates a garden that provides both food and ornamental appeal.

an unattractive plant. As you begin planning and at least three business days before you put the first shovel in the ground always call 811. They'll contact all the appropriate companies who will mark the location of their underground utilities in your work area. This helps eliminate the danger and inconvenience of accidentally knocking out power, cable or other utilities while you create a beautiful landscape.

Help new plantings get off to a healthy start with proper care. Check new plantings often and water thoroughly whenever the top few inches of soil are crumbly and moist. This encourages deep roots that are more drought tolerant and better able to compete with weeds and tolerate pests.

Spread a layer of shredded leaves, evergreen needles or wood chips over the soil surface to conserve moisture, suppress weeds and keep the roots cool and moist. Keep mulch off the crowns of plants and trunks of trees. Mulching now reduces time spent watering and weeding.

Take advantage of the remaining season to make the changes you'd like to see in your landscape. You'll enjoy the adding beauty and improvements this fall and for years to come.

Melinda Myers is the author of numerous 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 & radio* program. Myers web site is www.MelindaMyers.com.



GARDEN MOMENTS
MELINDA MYERS

planting due to the weather. You can still add vegetables to your garden, mixed borders and containers. Just check the seed packets for the number of days from planting to harvest. Then calculate the number of days left in the growing season and plant those veggies that have enough time to reach maturity before the first fall frost. Leaf lettuce, radishes, spinach and peas are just a few to consider.

Late August is a good time to patch bare spots,

overseed, or start a new lawn. The soil is warm, air temperatures are starting to cool and rain showers are often less intense. This means the grass seed will germinate more rapidly and the young seedlings will thrive in the cooler temperatures.

Fill voids in the garden with fall blooming annuals. These add color to the late summer and fall landscape. Many provide needed nectar for the pollinators, helping them prepare for winter hibernation or their long migration home.

Look for nemesias, pansies, stocks, dianthus and other plants that thrive in cooler weather.

Plant perennials to add color and texture to your landscape throughout the year. Get the most out of every inch of your landscape by selecting plants with multiple seasons of interest. Select perennials with colorful flowers, attractive foliage and seed heads that provide winter interest and food for the birds. Make sure you include a variety of plants to provide spring, summer and fall blossoms for you, the bees,

butterflies and hummingbirds to enjoy.

Survey your landscape and look for opportunities to use plants to screen unwanted views, maintain desirable lines of sight or create the perfect space for relaxing and entertaining. Remember to look up as you begin this process. Avoid planting trees and large shrubs under overhead utilities. When these small transplants reach their mature size they can create a hazardous situation and require removal or severe pruning that leaves you with

The cool wet spring delayed planting, deck and patio installations and other outdoor projects. Fortunately, there is still time to complete much of your outdoor work.

Many gardeners missed or limited spring

What's hot and what's not in antiques and collectibles



ANTIQUES, COLLECTIBLES & ESTATES
WAYNE TUISKULA

I often refer people to the Forbes article "Sorry, Nobody Wants Your Parents' Stuff" when they contact me with a house full of "brown furniture," glassware, and china. Unfortunately, prices are at the lowest I've seen for many of these items. It's not all bad news in the world of antiques and collectibles though. Some items aren't selling well, but there are many others bringing stronger prices than they did 20 years ago.

We've seen prices for porcelain collectibles like Hummels and Lladros drop for over a decade. There are plenty of collectibles that are still highly desirable. I've discussed comic books in previous columns. Comics remains a very hot market. 1960's and earlier



superhero comic books in great condition can often bring hundreds of dollars. If you barely read your copy of the Hulk #1 from 1962, you could cash it in for enough to buy a house. A pristine copy sold for over \$300,000. Coins are also still strong. 1964 and earlier United States dimes, quarters, half dollars, and silver dollars are 90 percent silver. Rarer coins can have numismatic (coin

collector) value well above the silver value. Silver and gold coin continue to sell well at auction.

Some collector plates are selling for as little as \$1 on online auction sites. Hopefully, you have old advertising signs hanging on your walls instead of collector plates. We sold a 19th century trade sign in the shape of eyeglasses

that brought over \$6,200 in one of our auctions. An old Campbell's Soup sign depicting an American flag, featuring multiple rows of soup cans depicting red and white stripes and blue cans representing stars, sold at auction in 2013. The rare sign brought \$45,000.

One estate sale liquidator quoted in the Forbes article said that "old mahogany stuff from my great aunt's house is basically worthless." Prices have dropped considerably on most mahogany and other brown furniture. Even furniture by well known manufacturers such as Ethan Allen doesn't bring anywhere near what it used to. However, they can still be sold at estate sales, on Craigslist, etc. if they are well promoted and the price point is right. Midcentury modern furniture is fetching very strong prices though. We sold a Widdicomb mid-century modern chaise for \$3,500 to an out of state bidder in one of our 2017 auctions. A circa 1966 Warren Platner Settee for Knoll International sold for \$6,500 in a 2016 auction. If you happen to have furnished your home with midcentury modern furniture you could be literally be sitting on a windfall.

We continue to pick up a wide range of antiques and collectibles for our Aug. 29 live auction in Worcester. We also have many estate sales and other events scheduled for the fall. I'll be presenting on antiques as part of the Worcester Senior Center's Distinguished Speaker series on Oct. 16 from 10:30 to 11:30 a.m. The next session of my "Evaluation your Antiques" class takes place at the Bay Path Evening School in Charlton on Sept. 17. I'll also be appraising items for the Finnish Heritage Society Sovittaja in Rutland on Sept. 21 and for the Shrewsbury Historical Society on Oct. 23. Please see www.centralmassauctions.com for details on these and other events.

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

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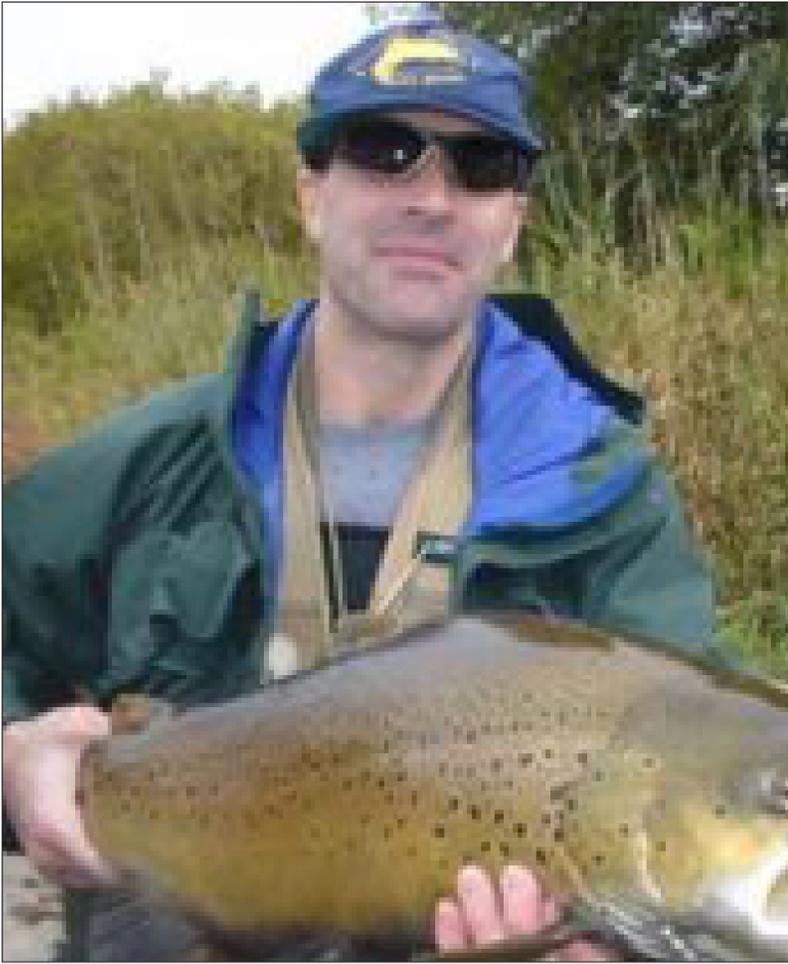


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Anglers that want to catch big fish during the dog days of summer need to take the time to make a trip to Lake Ontario in upstate New York. Fat Nancy's Bait & Tackle in Pulaski reported that fishing has been red hot for a couple of months on King Salmon and very little attention is being made about brown trout fishing. Anglers

need to fish in 100 to 125 feet of water to find the fish that average 20 to 25 pounds, with fish hitting the 30-pound-plus range. Reports of 20 to 25 hookups a day by charter boat captains are being reported daily.

Making a trip to New York only takes four to five hours from the valley area. Calling Fat Nancy's bait shop for a reputable charter boat captain will have you catching king salmon on the first day on the water, providing the weather conditions are favorable for boats to navigate the sometimes

unpredictable weather on the big pond. Windy conditions can ruin a good fishing trip as this writer and numerous other buddies of mine can tell you.

I often made the trip to Lake Ontario with a couple of fishing buddies. The Late Jack Cunningham and Peter Opperwall of Douglas planned our trip annually to the big pond, mostly in the spring, but did make a couple of trips in August prior to the big run of salmon which were returning to the Salmon River. We often stayed at a camp on the water in later

years called Winnies Waterfront, which was located at Sodus Bay. We caught a few big brown trout that were in the 20 lb. range while fishing with planer boards. Unfortunately, the couple that owned the lodge had since passed away.

Hooking into big brown trout and king salmon had me eager to move to upstate New York, so that I could enjoy fishing for the big fish more often. Fortunately, my wife refused to move to New York, and it was a good thing that she did. Winter months in

that area can be severe with ocean effect snows lasting for four months out of the year. After I came to my senses, I realized that Lake Ontario was a great place to visit, but the valley was where I belonged. Moving and changing my other outdoor activities was not what I really wanted. I found that saltwater fishing can be just as exciting, and catching big fish in saltwater has me going back for more every year.

The changes in the 2020 turkey season allow for harvesting two tom birds in one day in the spring, but the third

bird needs to be harvested in the fall. Local turkey hunters were hoping for the third tom to be harvested in the spring as it is much more exciting, being able to call them into a few decoys. Oh, well!

This week's two pictures show a king salmon and a huge brown taken in the Salmon River a few years ago! The river's annual run of salmon is best in September & October.

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EDITOR

EDITORIAL

Don't sweat the small stuff

Most individuals take time during the summer months to unwind and sort of reset after a busy fall, winter and spring. Summer vibes are usually all about taking things slow and soaking up as much sunshine as possible before Old Man Winter heads back into the neighborhood. Many people who suffer from "burnout" welcome the longer days and warmer weather; however, sometimes these three months of frisbee throwing and hanging by the lake aren't enough.

With the go, go, go culture that has taken over our society, many people find themselves burnt out, to their detriment. Experts say people can reverse that feeling of burn out and we decided to share what we have found with our readers.

If work is taking its toll on you, you may need to make some changes there. Experts say that oftentimes, simply talking it out with a co-worker or supervisor can help to get things off your chest, especially if the consensus is to create a healthier work environment. Some people have found that the only way to cure burnout is to change positions, however without proper techniques every job, could eventually burn you out.

Managing stress properly is huge; however, not everyone knows exactly what that entails. Healthy eating, exercise and proper sleep are the easiest things one can do to ease stress in other aspects of your life. Most people who are overworking themselves claim that time is an issue. There is no time to exercise, no time to sleep, no time to eat healthy. A society that was able to put a man on the moon, however, can surely come up with ways for all of us to find the time to put ourselves first without letting our job duties fall by the wayside. This could include little tricks such as parking your car far from the entry of a place to extend the walk, taking the stairs or even placing your computer on a counter so that your sitting time is lessened. Everyone knows what works best for themselves, so often times a bit of creativity and resourcefulness is needed.

A vacation can help ease burnout symptoms, but often, a week isn't enough time to truly combat burnout. If you are at a severe risk of burning out, experts say to stop working for at least two weeks and cut yourself off completely from the office. According to those in the know, they say most employers will understand that this break will result in a better employee after they return. If two weeks isn't in the cards, at least take one day a week to yourself with no phone calls, no emails or anything work related.

Finding a release is imperative, whether it's going for a run or simply tuning out with a good movie or an old fashioned game of solitaire. If you let stress build and build without letting off some steam, that could lead to unintentional outbursts and severe irritability.

Try not to let yourself become dependent on alcohol and caffeine. Everything in moderation. We're not sure, but we do believe the Red Bull trend has settled a bit.

Switch things up by asking for different responsibilities. When things get mundane they can become less interesting. Having fun while also getting the job done can make a world of difference. Even working away from the norm, and changing up the scenery can be a game changer. Find a nice coffee shop or a park and try to avoid working from home at all costs. If you work from home, you will begin to associate the same feelings about work, in the home. Your home is your sanctuary and you need to protect it.

Oftentimes, people take better care of their vehicles than they do themselves. To keep a car running smoothly, you need to upkeep with maintenance, use top of the line fuel and keep the miles low.

Turn To **EDITORIAL** page **A10**

OPINION

IEWS AND COMMENTARY FROM STURBRIDGE, BRIMFIELD, HOLLAND AND WALES

Community storm water runoff solutions for homeowners

This is another in a series of articles from SLAC, your Sturbridge Lakes Advisory Committee.

This particular article has a direct tie to an earlier article titled "Healthy Lawn Tips for Green Lawns, NOT Green Lakes."

In this article, we will introduce you to the transportation system that delivers the "P" (Phosphorous) and the "N" (Nitrogen) from your lawn to our lakes, rivers and yes, even our oceans. This transportation system is extremely efficient and is called "Storm Water Runoff."

For most of our lives, many of us have been told that a particular substance rolls downhill and as we all know, that's not a good thing. Well that's the case with Storm Water Runoff. It too rolls downhill and when it does, it carries pollutants and soil particles from our lawns, driveways, streets, landfills and parking lots. Whenever it rains, the runoff starts at the peak of your roof, dripping to the ground where it picks up the "P" and the "N," to the streets where it picks up motor oil, transmission fluid, anti-freeze and debris that will eventually be delivered to our natural resources. And even if Storm Water can't get its grips on those pollutants, it can carry dirt, sand, pebbles, etc. especially if it is moving fast. Paved roads, shopping center parking lots and many other locations throughout our town provide hard impervious surfaces that increase and channel this runoff with great velocity to the lowest point it can find. This becomes the end of the line where it drops off all of its passengers into streams, rivers and lakes, but it is not the end of the story since these pollutants, and in particular "P" and "N," degrade the water quality of these water bodies making them green and unattractive.

But all is not lost. There are three things that each of us Sturbridge residents can do to Storm Water Runoff. We can:

- Slow It Down
- Spread It Out
- Soak It Up

So about now you are probably asking: "What the heck can I do about it, I'm just one homeowner?"

Well funny you should ask. There are several simple and inexpensive ways to accomplish each of the three

STURBRIDGE LAKES ADVISORY COMMITTEE

BRUCE GRAN

items listed above.

To slow runoff down: First identify where on your property the runoff collects and flows. The next time it really rains, walk your property and see where the runoff is going.

If your downspouts are emptying directly to your driveway, re-direct the downspout to area that will absorb or soak up the water or even into swales made with 3-6" stones. This will make the runoff tumble as a gentle splash instead of being more like Class 3 rapids.

Use Rain Barrels to capture the water from your downspouts and then use what you captured later to water your landscaping using soaker hoses.

If you are planning to build a patio, don't use impervious materials. Use materials such as crushed stone or pavers that have spaces and voids that will allow water to soak into the soil beneath the pavers.

To Spread It Out

Create a Rain Garden. These are shallow landscaped areas that collect and filter rain water which helps recharge the groundwater. Go to www.massaudubon.org for more information.

Plant some trees. Trees use water, the leaves reduce the impact of heavy raindrops, and they improve the surrounding soils ability to soak up more water.

Direct your downspouts to an area where you can use stones to spread the runoff over a wider area.

To Soak It Up

Any and all of the above. Use Dry Wells. Dry Wells collect runoff and allow it to slowly soak into the soil.

I hope this information has been helpful and yes, every homeowner can make an impact. Don't forget that every watershed of every lake or pond in Sturbridge contains tens to hundreds of homeowners just like you and me. The cumulative positive effect of the actions by many homeowners can add up to improvement and added protection of the water quality for all of Sturbridge's water bodies.

For more information, you can also go to www.epa.gov/region1/soakuptherain/learnmore.html.

Welcoming a new child? Consider these financial moves



FINANCIAL FOCUS
JEFF BURDICK

If a new child has entered your life, you are no doubt full of joy today and hopes for the future. And you can

help make that future a brighter one for your child and your family by taking some important steps in these areas:

College - Given the consistently rising costs of higher education, the earlier you start your savings and investment plans, the better off you will likely be. While it may be difficult to set aside money for education when you're still a young family, planning to cram at the last minute is not a good idea. Time is one of your biggest assets, and delaying even a few years can have a big effect on your portfolio's value.

In addition, just like regular attendance is crucial for success in school, setting aside money every month can help make a difference in reaching your family's education savings goals. Developing a strategy for achieving your education savings goal can help you stay on track. And if you have other goals, such as saving for retirement, it's important to address how they fit into your overall financial strategy.

Insurance - If you did not have life insurance before, you may want to consider it now. Ask yourself: If something happened to me, would my child be able to stay in the same house? Receive an education? Enjoy a comfortable lifestyle? Even if you have an actively involved co-parent with a steady income, it still might not be enough to take care of your child in the way you would have wanted. Consequently, you may need life insurance - and you might need other types of protection, too, such as disability insurance.

Estate plans - With luck, you will live to see your children as adults who have found their way in the world. Still, it's best to be prepared for anything - which means you should draw up your estate plans well before they are likely to be needed. Among other things, you may want to name someone to serve as your child's guardian if you - and your co-parent, if one is involved - are not around. And because a minor generally cannot inherit money or property, you may also want to appoint a conservator to act as a guardian over whatever financial assets your child might inherit until the child is of age, which will be 18 or 21, depending on where you live. Your legal professional can help you determine whether you should write a will and possibly create other estate planning documents, such as a living trust.

Even when you devote the time and money necessary to your new child, you can't forget about yourself and your own needs - in particular, you must save and invest for retirement. Contribute as much as you can afford to the retirement accounts available to you, such as your 401(k) and IRA. After all, the more you put away, the less likely the need for your child to help support you later in life.

You'll have much to think about when you welcome a new child to your family but by taking the time to make the appropriate financial moves, you can help make the transition a positive one.

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.

The combined wisdom of Edison and the Babe

If you've been reading my columns for a while, I'm sure you have figured out that many of the issues I write about are issues I am personally working on. Yes, for those who are regular readers, by now, you now know me well. Forgiveness, death, rejection, living in the present, just to name a few. I recognize if it is a struggle for me, it is something many of you are also grappling with.

I'll begin this column with a confession. I've always struggled with the idea of failure.

As with most of our life struggles, the label we place on issues often dictate our feelings. Failure is a damaging label. "I failed," or worse, "I am a failure" are words that should never come out of our mouth. Remove them from your vocabulary. Believing we have failed is a statement of emotion more often than fact. When our emotions lead us to believe we have failed, we believe the quest is over. We quit trying and a lack of success is the result. But sometimes our emotions lead us into places that aren't rational. Our emotions are chemical reactions brought about by our brains feeling something is wrong or right. Emotions do not cause us to make accurate decisions based upon fact. The chemicals block us from thinking logically and often encourage us to make quick decisions that are not always in our best interest. We encounter an obstacle that seems insurmountable ... the chemicals in our brain kick in. We see no way around the problem and we quickly identify our efforts as "failure" and we quit. We then become disappointed, discouraged, and often,

POSITIVELY SPEAKING

BY GARY W. MOORE

depressed.

What does it mean to fail? The best description I can find is simply "not achieving success."

"It's hard to beat a person who won't quit" - Babe Ruth

George Herman Ruth ... "The Babe" ... "The Bambino" ... "The Sultan of Swat" ... arguably the greatest homerun hitter of all-time, was not viewed by those who knew him as a philosopher or deep thinker. He was an uneducated, uncultured and quite unrefined athlete. Most of what came out of his mouth was usually not suitable for mixed company. Regardless, this quote is profoundly true.

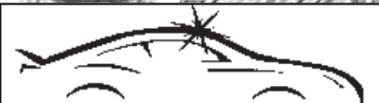
The movie Rocky isn't a true story, but I think it's the best tale I know that shows the success that can be obtained by not quitting. Rocky Balboa, an aged amateur fighter with limited skills and ability had no business being in the ring with the Heavy Weight Champion of the World, Apollo Creed, but what Rocky was missing in talent and ability, he made up in sheer determination. Rocky kept getting up every time he was knocked down. Rocky didn't give up and he overcame. He didn't win the match, but went the distance, which was his goal. Rocky succeeded.

"Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time" - Thomas Edison

Turn To **MOORE** page **A10**

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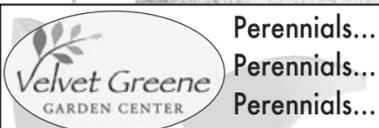
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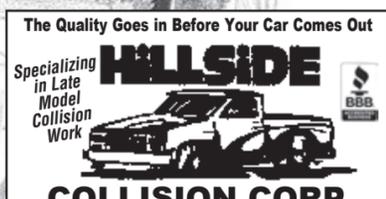
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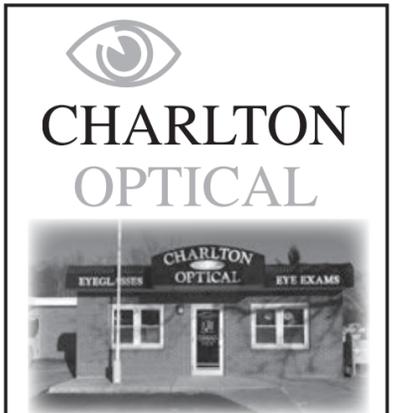
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Keep Your Cool Under the Hot Summer Sun

The recent heat wave inspired me to review some common sense tips to chill down this season. So if the sizzling sun has you losing your cool, read on. The following hints can help relieve some of the summer's heat in record time. * * *

Some quick tips:

*Did you know when you make your head cold, the chilled blood circulates and cools the rest of your body? Simply place a cold compress on your forehead or an icebag on your head or on the back of your neck to cool off quick.

*Also to prevent overheating while exercising, wrap a terry cloth band or bandana soaked in ice water around your head while you participate in sports or bike, or run. Here's a simple but highly effective tip: If you are planning to be outside for a while or driving in a hot car, try bringing along a spray bottle of water. Just mist your face as needed. Common sense - but it works!

*Guys, here's a tip you may not know about. Don't take off your shirt to cool off, even if you aren't directly in the sun. Once you start perspiring, a shirt can act as a cooling device when a light breeze goes through. So stick to light colored tee shirts to keep cool. And loose cotton shirts keep you cooler longer, especially when working or playing outside. ***

Trying to beat the heat while cooking supper? Select right-sized pots and pans with tight-fitting lids and cook at lower temperatures to reduce energy use. A six-inch pan on an eight-inch element,

for example, wastes 40% of the element's heat output and releases the heat into the air. ***

Avoid heavy foods, and add to your summer diet foods that contain a lot of water such as watermelon, pineapple, summer squash, tomatoes, etc. to keep hydrated and cool. ***

If you're busy and working or playing in the summer sun, it is easy to forget how much (or little) water you are drinking. Did you know that if you are thirsty, your body is already 15% dehydrated? Don't wait until you are thirsty to drink, especially in the heat of summer. ***

Also, it pays off to be aware of how often you urinate and if possible the color of the flow. You should be drinking enough liquids that you need to urinate at least every two hours and the urine should be clear yellow; if it is dark yellow or orange, you are in trouble and get fluids into you immediately. ***

And "just say no" to caffeinated, sweet, or alcoholic beverages during a heat wave. They act as diuretics and can play havoc with your body temperature.

From the National Weather Service: Signs of heat emergencies and first treatments treated:

Heat cramps signs: Muscular pains and spasms due to heavy exertion.



TAKE THE HINT
KAREN TRAINOR

Although heat cramps are the least severe, they are an early signal that the body is having trouble with the heat. Heat cramps occur when the heat index is above 90 degrees.

Heat cramps first treatment: Get the person to a cooler place and have him or her rest in a comfortable position. Lightly stretch the affected muscle and replenish fluids. Give a half glass of cool water every 15 minutes. Do not give liquids with alcohol or caffeine in them, as they can make conditions worse.

Heat exhaustion signs: Cool, moist, pale, or flushed skin; heavy sweating; headache; nausea or vomiting; dizziness; and exhaustion. Body temperature will be near normal. Heat exhaustion occurs when index values are above 90 degrees and is likely to occur when the value is more than 105 degrees.

Heat exhaustion first treatment: Get the person out of the heat and into a cooler place. Remove or loosen tight clothing and apply cool, wet cloths, such as towels or sheets. Seek medical help. If the person is conscious, give cool water to drink. Make sure the person drinks slowly. Give a half glass of cool water every 15 minutes. Do not give liquids that contain alcohol or caffeine. Let the victim rest in a comfortable position, and watch carefully for changes in his or her condition.

Heat stroke signs: Hot, red skin; changes in consciousness; rapid, weak pulse; and rapid, shallow breathing. Body temperature can be as high as 105

degrees F. If the person was sweating from heavy work or exercise, skin may be wet; otherwise, it will feel dry. Heat stroke occurs when index values are above 105 degrees.

Heat stroke first treatment: Heat stroke is a life-threatening situation. Help is needed fast. Call 911 or your local emergency number and follow medical advice until first responders arrive. **

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 E-mail KDRR@aol.com. Hints are entered into a drawing for dinner for two at the historic Publick House Inn.

TRIPS OFFERED

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

CHURCH PILGRIMAGE

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.

CHARLTON SENIOR CENTER

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

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

Pick up is from St. Joseph's Church 10 H Putnam Rd. Ext., Charlton 2019 Day Trips

August 28 (Wed) Ultimate Tribute Show - Experience some of the greatest hits from some of the greatest entertainers of all times - Lake Pearl, Wrentham - \$92.00

Sept 17 (Tues) Atlantic City Boys - Four dynamic lead singers perform an

exciting mix of world class vocals and interactive comedy - Davensport Yacht Club - \$92.00

Sept 24 (Tues) Simon Pearce Glassblowing Studio and King Arthur Factory - Fall foliage, tour glass blowing factory, and King Arthur factory after lunch - \$119.00

Oct 9 (Wed) New Hampshire Turkey Train - Foliage train ride, Harts Turkey Farm Luncheon, Mystery stop and sightseeing - \$99.00

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

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

2019 Overnight Trips

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

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

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Oct. 6: NH Turkey Train

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Scenic rail tour round Lake Winnepesaukee and lunch! 9 a.m. Southbridge, 9:30 a.m. Webster. Spectacular New England footage! New Hampshire awaits!

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,

Turn To **TRIPS** page **A14**

EDITORIAL

continued from page **A8**

In the book "Don't Sweat the Small Stuff, and It's All Small Stuff" by Richard Carlson, he talks about how when you die, your 'In Basket' won't be empty. His point is that we all feel the need to get everything done. We stay up late, get up early, just to get everything done. By doing this, he says we put off having fun or spending time with loved ones. Keeping a full 'In Basket' means that your time is in demand, with projects to complete and phone calls to return. Carlson reminds his readers that no matter what you do or who you are, nothing is more important than your own happiness and sense of inner peace and that of your loved ones. He reminds us that when we die, there will still be things left to finish, and that someone else will do it, so there is never a reason not to step back, take in a deep breath, and smell the proverbial roses every once in a while.

FEDERATED

continued from page **1**

businesses and community and church members. The church will be running a food booth and a bake sale on the day of the auction and Friendly's will be providing ice cream for the first time this year.

For more information on the The Federated Church of Sturbridge and Fiskdale's 70th annual auction, go the their website at, call the church office at 508-347-3915, or email churchoffice@sturfed.org.

MOORE

continued from page **A8**

The story is told that Thomas Edison tried and failed to make the first light bulb over ten thousand times. He didn't quit but forged ahead. When asked about his thousands of failures, Edison responded, "I didn't fail. I succeeded at finding ten thousand light bulbs that didn't work!" The rest is history and Thomas Edison is historically one of the world's most prolific inventors. Edison's determination changed the world.

So how do we learn to overcome failure? For me, it was as simple as removing the label and looking for the examples of those who overcame failure to succeed. I found those examples in the lives and words of a most unlikely pairing of winners ... Thomas Edison and Babe Ruth.

Remove the label. Defy the lie. Refuse to call or think of your inability to succeed at something as failure. Adopt Edison's attitude and just confess you succeeded at not finding a path to your success. Then adapt Babe Ruth's philosophy and don't quit trying.

Delete the word failure from your vocabulary and never give up and above all, remain optimistic that success can be yours ...

Because it can.

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.

ADAMS FAMILY

continued from page **1**

help and support from out audiences, actors, sponsors, and volunteers."

The theatre was first started in in 2006 as part of the Quaboag High School Drama Club, but stopped after just a year due to a lack of funding. However, five years later, in 2011, it received enough interest and support to reopen and became independent from the Quaboag High School Drama Club in 2015, allowing actors of all ages and from various areas in the region to participate.

This year's show, which is based on the book by Marshall Brickman and

Rick Elice and the characters created by Charles Addams with music and lyrics by Andrew Lipka, centers around the crazy world of the Addams Family, fictional members of a grim, ghoulish American household.

"In the kooky, upside-down world of the Addams Family, to be sad is to be happy, to feel pain is to feel joy, and death and suffering are the stuff of their dreams," says the QCST Web site. "The Addams Family has lived by their unique values for hundreds of years and Gomez and Morticia, the patriarch and matriarch of the clan, would be only too happy to continue living that way. However, Wednesday Addams, the ultimate prin-

cess of darkness, has grown up and fallen in love with a sweet, smart young man from a respectable family — a man her parents have never met. And if that weren't upsetting enough, Wednesday confides in her father in that they are engaged and begs him not to tell her mother. Now, Gomez must do something he's never done before — keep a secret from his beloved wife. Chaos ensues, secrets are disclosed, relationships are tested, and everything changes on the fateful night they host a dinner for Wednesday's 'normal' boyfriend and his parents."

The Quaboag Community Summer Theatre is hoping to start having more productions

throughout the year, encouraging community members in the surrounding areas to stay updated through the theatre's Web site and audition for upcoming shows. Past shows have included "The Sound of Music" in 2006, "You're A Good Man, Charlie Brown" in 2011, "Seussical the Musical" in 2012, Disney's "The Little Mermaid" in 2014, "Into the Woods" in 2016, and "Legally Blonde: The Musical" in 2018.

For more information on Quaboag Community Summer Theater or to purchase tickets for "The Addams Family" in advance, go to https://www.quaboagsummerplays.com.

NIGHT OUT

continued from page **1**

ies, towns, and neighborhoods in all 50 states.

"It is an opportunity to come meet and greet the public safety officials and ask us any questions you have," said Bateman. "It really has a community focus and is for anyone who wants to attend."

Those who take part in National Night Out on the Sturbridge Town Common

will see a K-9 demonstration, a fire truck ladder climb, a tour of some of the trucks and equipment used by emergency personnel, and become introduced to specialty units from the Central Massachusetts Law Enforcement Council, including the Motor Unit and SWAT team. Announcements will be made throughout the evening on specific times for the scheduled activities and demonstrations.

Local businesses based in and around Sturbridge will be set up as vendors

at National Night Out, selling food, drinks, and merchandise and introducing residents to what their company does. There will also be a free raffle open to everyone who attends.

For more information on National Night Out, go to https://natw.org. If you have further questions about the event on the Sturbridge Town Common, go to the event's Facebook page or contact Sergeant Larry Bateman at 508-347-2525, ext. 325.



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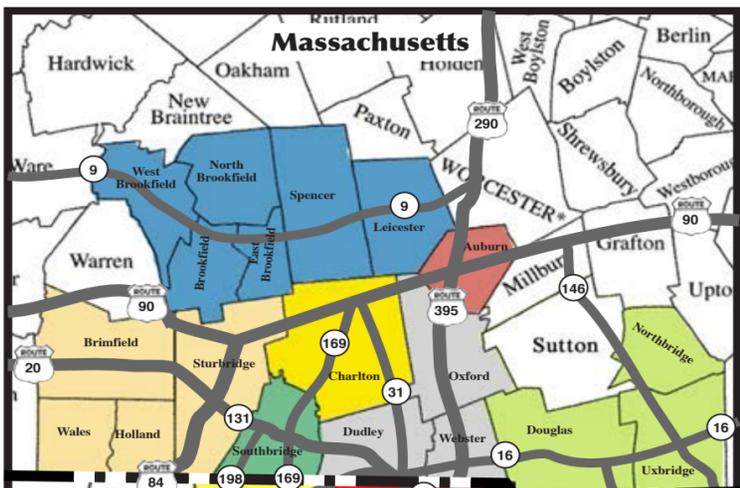
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SPORTS

Rosseel, Sullivan have seen it all with Sturbridge American Legion Post 109 baseball program



Courtesy photo
Sturbridge American Legion Post 109 manager Jim Rosseel and six-year player Mick Sullivan have seen it all through the last half-dozen summers. This year Post 109 won their first two playoff games in the program's history.

BY KEN POWERS
SPORTS CORRESPONDENT

STURBRIDGE — The 2019 American Legion baseball season was both the end of an era and, hopefully, the dawn of a new beginning in what has been Post 109's long and often frustrating history.

In the same summer that Dudley resident and Shepherd Hill Regional graduate Mick Sullivan played his final season for Sturbridge, Post 109 won the first two playoff games in not just manager and coach Jim Rosseel's tenure, but in the history of the program.

Was this a coincidence? It was probably not.

Rosseel has coached Post 109 for 11 seasons. In more than half of those — six — Sullivan has been on the team. In that time he has gone from a kid who stepped into the batter's box three times in his first two years to an adult who became the starting shortstop and who served as team captain the last two seasons.

Sullivan joined the Sturbridge team a week before his 14th birthday in a kind of packaged deal with his older brother Jack, who was also picked for the team that year.

"One of the reasons we took him was to give his parents some relief," Rosseel said. "With Jack on the team I didn't want Mick to have to play somewhere else that summer and make his parents run around like chickens with their heads cut off, trying to go to two different places at the same time with two kids playing different levels of baseball."

Mick Sullivan made a lasting impression on Rosseel the very first day of tryouts.

"The first day of tryouts I had him in the outfield and I said, 'Mick, what do you think of

Legion baseball so far?'" Rosseel remembered. "And he said, 'coach, I want to play for you for six years. I want to play Legion ball.' I told him that was a good attitude to have and if he kept that attitude he would be playing for six years and would become a starter."

He did and he did. "Jim was honest and up front with me about what my role on the team would be," said Sullivan, who, chronologically, is the third of Ray and Shannon Sullivan's four children, behind Jack and Molly and ahead of Maggie. "He's like that with every player every year."

"I've never heard anybody say a bad word about Jim. Not once. He is always a straight shooter; when you're going to play, when you're not going to play. How you can get yourself in the game. He lays it all out for you as a player," Sullivan continued. "If you have a problem with Jim Rosseel you need to seek medical attention."

Rosseel said Sullivan embraced his role as a guy who wasn't going to play much — if at all — his first two years.

"From Day 1 Mick did everything we asked," Rosseel said. "He chased every foul ball; he passed the hat every game, always with a smile. He's a great kid. He chased foul balls for us all six years, even this year. If I were to ask him this year to pass the hat he would have done it and done it again with a smile."

Sullivan remembers those first two years well — and fondly.

"My first year I got my only at-bat in the next-to-last game of the year,

against Milford, and the kid pitching was throwing 93," Sullivan said. "Needless to say I struck out."

Sullivan didn't play again until the final game of his second season.

"It was against Northborough. Mike Murphy, who was coaching with Jim at the time, told me before the game that because Mick was the guy chasing every foul ball, passing the hat, and doing whatever they needed him to do, he was going to start Mick that night at second base," Ray Sullivan recalled. "I was really excited about that because it meant he would be able to play alongside his brother Jack, who was playing first. It was Jack's final Legion game. It was the only game the two have ever played together."

"The game was tied, 4-4, in the seventh," added Ray Sullivan, who was keeping the scorebook for the team that night. "I realized during the inning that Mick had a real shot to bat in the inning. So I said to Mick, 'this game might end with you at the plate.' And Mick said, 'God, I hope not.' And then he came up and drilled a line drive, the winning run scored and we had a walk-off win."

Mick Sullivan said that at-bat was a defining moment for him in Legion baseball.

"That was huge because I had been around those guys my whole life, ever since I was a little guy, because they were all Jack's friends," said Sullivan, who was either on the bench or in the lineup for 135 of the 144 games Post 109 played while he was a member

of the team. "Being able to actually contribute to something they were doing was huge for me, confidence-wise. My third year when I showed up I was more confident in my abilities; I wasn't a little guy anymore. I started at second that year and moved to short the next year."

Mick Sullivan was really happy to be a part of the team that delivered Jim Rosseel his first two Legion playoff victories.

"It was great that we could get that first playoff win for Jim. He is such a big part of making this team a success. He does whatever it takes," Mick Sullivan said. "There are stories out there about a guy not having his paperwork in on time and Jim will show up at the guy's house at 10:30 at night just to get the paperwork."

Rosseel was surprised that his team even knew that their first playoff win this season was such a milestone moment for him.

"I didn't realize they knew how important that win was to me. A lot of guys on this year's team have been with me for a while. My first goal this year was to make the playoffs. I told the team before the season, 'I just want to make the playoffs. If we make the playoffs and we end up winning any games, that's a bonus,'" Rosseel said. "I think we're starting to turn the corner. The master plan is starting to come to fruition. This is what I envisioned."

This season Sturbridge finished the regular season 11-11, earned the No. 5 seed, went 2-2 in the playoffs and finished in the Zone 4 semifinals.

Auburn Recreation and Culture Boys' Summer Basketball League finds final four playoff teams

AUBURN — Playoff seeds were determined in the Auburn Recreation and Culture Boys' Summer Basketball League after the 14 teams involved each played a 10-game schedule. The final standings to figure out the playoff matchups are as follows:

1. Bartlett High, 10-0
2. Leicester High, 9-1
3. Grafton High, 8-2
4. Northbridge High, 7-3
5. Uxbridge High, 7-3
6. Oxford High, 6-4
7. Quaboag Regional, 5-5
8. Millbury High, 4-6
9. Shepherd Hill Regional, 4-6
10. Tantasqua Regional/St. Mary's High, 3-7
11. David Prouty Regional, 3-7
12. Southbridge High, 3-7
13. Tahanto Regional, 1-9
14. Auburn High, 0-10

Then, on Monday, July 22, seeds 3-14 played first round playoff matchups at Auburn High, with the top two teams earning byes. Those results are as follows:

- (3) Grafton 67, (14) Auburn 25
- (4) Northbridge 47, (13) Tahanto 35
- (5) Uxbridge 53, (12) Southbridge 40
- (6) Oxford 37, (11) David Prouty 18
- (10) Tantasqua 73, (7) Quaboag 48
- (8) Millbury 42, (9) Shepherd Hill 32

The eight-team quarterfinals were then played on Monday, July 24, with those results as follows:

- (1) Bartlett 74, (10) Tantasqua 59
- (8) Millbury 58, (2) Leicester 52
- (3) Grafton 40, (6) Oxford 36
- (5) Uxbridge 34, (4) Northbridge 32

That sets up an all Southern Worcester County League semifinal, with Bartlett, Millbury, Grafton and Uxbridge all moving on. The two winners will then play for the championship. Those games were played on Monday, July 29, and check back next week for those results.



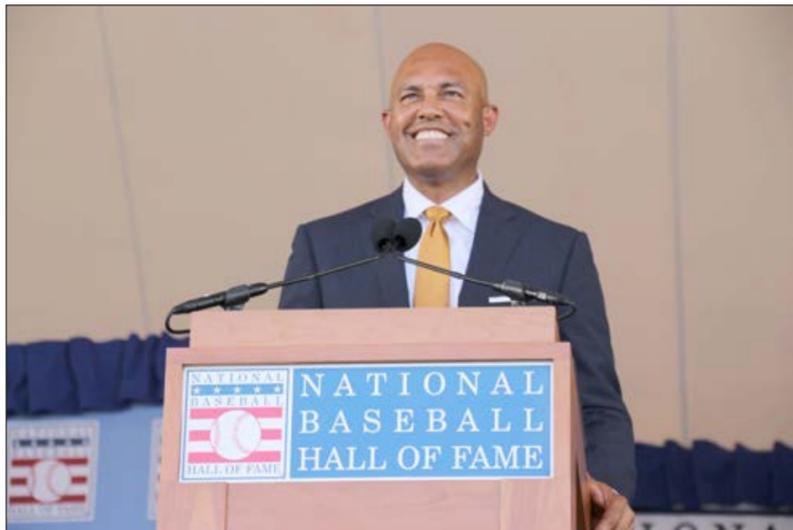
Jason McKay photos

The playoff action in the Auburn Recreation and Culture Boys' Summer Basketball League picked up when 10 games were played over the course of two dates (Monday, July 22 and Wednesday, July 24) to trim the 14-team field down to the semifinals.

SPORTS

Cooperstown honors latest inductees into Baseball Hall of Fame

COOPERSTOWN, N.Y. — On Sunday, July 21, the National Baseball Hall of Fame inducted its latest class, which included premier players Mariano Rivera, Roy Halladay, Mike Mussina, Harold Baines, Edgar Martinez and Lee Smith. Local resident Dick McGrath was on hand to photograph the players' (as well as Brandy Halladay, in honor of her late husband, Roy) acceptance speeches.



Mariano Rivera



From left, Tim Mead (Baseball Hall of Fame president), Brandy Halladay, Jane Forbes Clark (Chairman of the Board) and Rob Manfred (Major League Baseball commissioner).

Photos courtesy Dick McGrath



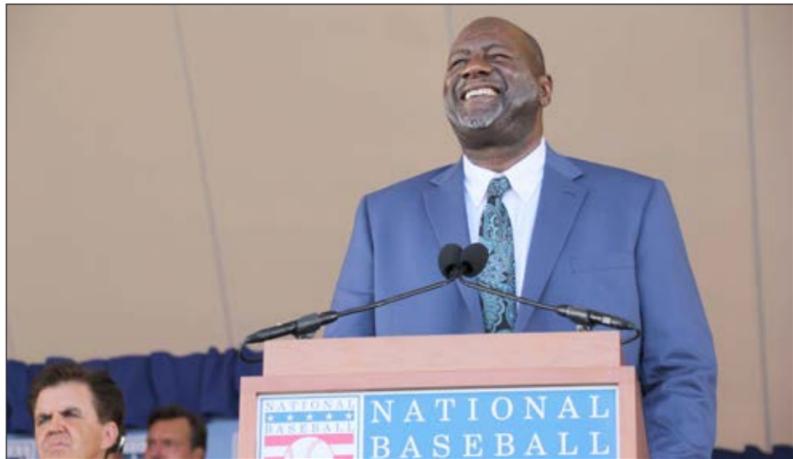
Edgar Martinez



From left, Tim Mead (Baseball Hall of Fame president), Mike Mussina, Jane Forbes Clark (Chairman of the Board) and Rob Manfred (Major League Baseball commissioner).



Harold Baines



Lee Smith

SPORTS BRIEFS

9Round Worcester — James Street naming sponsor for second annual Running Out Of Summer 5K

WORCESTER — Wormtown Milers and RapsCALLION Brewery are pleased to announce 9Round Worcester — James Street as the Naming Sponsor of the second annual Running Out Of Summer (ROOS) 5K. The race, which begins and ends at RapsCALLION Brewery in Sturbridge on Aug. 24 (with a 10 a.m. start time and a cap of 500 runners), benefits Second Chance Animal Services with locations in Worcester, East Brookfield, North Brookfield, and Springfield. One can register online at www.roos5k.racewire.com.

"We are so proud to be naming sponsor for the second year in a row," commented Sheri Barrette, Owner of 9Round Worcester — James Street. "The focus on both fitness and animal welfare in the local community is the perfect fit for 9Round Worcester and for me personally."

Conceptualized as a means to promote philanthropy, fitness, and positivity in the south-central Worcester county community, ROOS 5K has already become a local favorite. The race, which is co-hosted by

Wormtown Milers and RapsCALLION Brewery, sold out with an extensive wait list in its inaugural year. Post-race feedback was extensive and extremely positive.

"ROOS 5K 2018 was one of the most wonderful events I've ever been a part of," said Lindsay Doray, Director of Development at Second Chance Animal Services. "Not only was it a day filled with smiles and laughter, but the race also donated over \$7,000 to Second Chance AND we adopted out two dogs from our mobile adoption van on race day."

"We are thrilled to once again be co-hosting the Running Out Of Summer 5K with Wormtown Milers," said Cedric Daniel, Co-Proprietor of RapsCALLION Brewery. "This event is all about caring and community — key RapsCALLION values — and we are looking forward to ROOS 5K being an annual event here at RapsCALLION for years to come."

Participants in ROOS 5K will enjoy a scenic, timed 5K race that is dog- and kid-friendly, and will also receive a tech shirt, medal, and a free beer specially brewed by RapsCALLION for the event — the Running Out Of Summer Ale.

In addition to 9Round Worcester — James Street being announced as Naming Sponsor for ROOS 5K, additional sponsors include JFC Pros as a Gold Sponsor, Security Engineered Machinery and Southbridge Credit Union as Silver Sponsors, and Country Bank, Brenda M. Bianculli CPA, and OFS as Bronze Sponsors. Businesses interested in sponsoring should contact Emma Thibault at wormtownmilersrun@gmail.com or (617) 680-1112.

Join PinkHippy.org for a family event for cancer patients and survivors

Come join the fun. Paddle for Recovery with Casi, bring the entire family and play volleyball with the Holy Cross volleyball team, enjoy a potluck BBQ, hang out on the beach, swim and enjoy the end of summer!

It's no secret that Mother Nature can help heal. Just step outside after a stressful day and you immediately start to feel relief. Add in movement or exercise and the benefits grow. New studies have shown that outdoor activity can aid in recovery from disease, reduce stress, increase concentration, and improve your overall health and wellbeing. If you can enjoy these benefits while burning calories and building muscle, then that is what the doctor ordered.

Paddle for Recovery is a free SUP class for those currently undergoing or who have recently completed treatment for cancer. Our mission with this program is to provide an opportunity to escape on the water and maybe even find a new passion that can assist in recovery.

Join us on Tuesday, Aug. 27 at Lake Siog Park in Holland. Grills and picnic tables are on site. Bring your own chairs or blankets to sit on. Carry in carry out!

Schedule of events:
4-5 p.m. Registration, BBQ, Social
5-7:30 p.m. Volleyball Clinic and pick-up game (for kids and adults)

5:30-7 p.m. Paddle for Recovery for survivors (limit 10 spots, sign up early!)

8 p.m. Group photo of Survivorship
Contact info@pinkhippy.org, or call (508) 304-3463 for more information. Registration is required to attend this event.

Annual golf tournament to benefit Saint Jean Baptiste Educational Foundation

Join the Saint Jean Baptiste Educational Foundation on Monday, Aug. 19 at Pleasant Valley Country Club for their 23rd annual golf tournament. The cost is \$150 per person, twosomes and singles are welcomed. There will be a hole-in-one contest, a putting contest, door prizes and a special golfers raffle. The event features 18 holes of golf on the PGA and LPGA course with valet parking, bag handling services, unlimited use of the driving range, chipping area and putting areas prior to the 10 a.m. shotgun start with a Florida-style scramble. Early registration is at 8 a.m. and carts with big rain covers, a gift bag, coffee, a continental breakfast and snacks will be served. The dinner to follow is an executive buffet. For additional information and registration please call Golf Committee member Ken at (508) 277-5314 or Foundation Trustee Ted at (508) 764-7909. Deadline for payment is Aug. 9. Golfers who make the entire payment by July 29 will be placed into a raffle for a chance to win a gift certificate from the pro shop at Pleasant Valley.

CALENDAR

June 27-Aug. 17

A UNIVERSE OF STORIES SUMMER READING PROGRAM: Holland Public Library, 23 Holland Rd. Weekly prizes, special programs and a grand prize drawing! Registration begins at our kick-off program on June 27.

Friday, August 2

CHARLTON HELPING HAND SOCIETY YARD SALE: 8 a.m.-2 p.m., 81 Hammond Hill Rd., Charlton. Our generous members provide the donations to be offered at the sale. Come early, stay late and "Help us to Help Others" with this important fundraiser. Would you like to donate? Please call Sue at 508-248-3156. See you at the sale!

Saturday, August 3

CHARLTON HELPING HAND SOCIETY YARD SALE: 8 a.m.-2 p.m., 81 Hammond Hill Rd., Charlton. Our generous members provide the donations to be offered at the sale. Come early, stay late and "Help us to Help Others" with this important fundraiser. Would you like to donate? Please call Sue at 508-248-3156. See you at the sale!

Tuesday, August 6

NATIONAL NIGHT OUT: 4-8 p.m., Sturbridge Town Common, 278 Main St. A family event to bring folks together. Meet your police officers & firefighters. See police vehicles and fire trucks on display. Watch live K9 demos, search & rescue dogs, environmental police, Harrington Hospital personnel, enjoy music by Q90.1 & Thompy Time DJ, delicious food, kids' games, and more!

Friday, August 16

CHARLTON LIONS NITE GOLF TOURNAMENT: 8 p.m., Heritage Golf Course. The Charlton Lions Nite Golf Tournament is being held tonight at the Heritage Golf Course. This is a best ball/shot gun start at 8 p.m. Cost is \$45 per person with teams of four. If you can't set up a foursome please come anyways...we'll set you up with other players. No motorized carts are allowed so bring your own pull cart. Flashlights/bug spray are optional. Registration is highly suggested (for possible rain date information). You can register by emailing: thecharltonlions@gmail.com or calling Lions Steve at 508-641-8171 or Carole at 508-341-4992. Thanks for your support and we look forward to seeing you!

Sunday, August 18

BRING A FRIEND TO CHURCH DAY PICNIC: 11:30 a.m. (following Worship at 10:30 a.m.), First Congregational Church of Brimfield, UCC, 20 Main St., Brimfield. Have you ever considered visiting worship at the First Congregational Church of Brimfield? All are welcome, and we have a special day planned today with a full barbecue following worship! Please come and join us!

SIXTH ANNUAL ZUCCHINI

FESTIVAL & ANTIQUE CAR/MOTORCYCLE SHOW: Noon to 4 p.m., Holland Community Center, 40 Brimfield Rd. We will have a Zucchini Cook off in three categories: Appetizers/Salads, Entrees/Casseroles, Breads/Desserts. Entries must be signed in by 12:30 p.m. and bring a copy of the recipe. You can enter your biggest zucchini at the Holland Market from Aug. 11 to the 17. Antique Cars (pre 1995) can sign up for a \$5 entry fee, prizes will be given in the following categories - "Best Car," "Best Resto Mod," "Best Hot Rod," "Best Paint" and "Best Interior." If you can't cook, don't have an antique car, or didn't grow a zucchini you can still let your Zucchini Spirit Shine! Lots of fun will be happening. Craft tables and Vendor Tables, a Magician, a Musician, for the second time the Bubble Machine (which is super fun! Just sheets and sheets of foam falling), Adoptable Cats from Here Today, Adopted Tomorrow, Non-Profit tables, Face Painting, a Chinese Raffle sponsored by the Friends of the Holland Community Center, a Bakesale sponsored by the Friends of HCC, as well as the Holland Fire Department will be there. The Boy scouts will be cooking burgers & dogs so stop by for lunch. Vendor Tables available for \$10, Non-Profits are free. This is a fun time for all ages!

Friday, August 23

POLLINATORS & PLANTS: 10 a.m., Norcross Sanctuary, 30 Peck Rd., Wales. Join us for a casual walk with our Staff and nature guru Dave Small from the Athol Bird and Nature Club. We will explore parts of the Sanctuary and see what interesting birds, butterflies, beetles, bees and buds we can find! Depending on how the day goes, we could be out for two hours or four, so please RSVP so we can make arrangements for lunch. Call 413-267-9654 or email lectures@norcrosswildlife.org to register.

Saturday, September 21

THE NATURE OF MY BACKYARD: 11 a.m.-noon, Norcross Sanctuary, 30 Peck Rd., Wales. The Creature Teachers are coming to Norcross, and bringing live animal ambassadors to explore the lives of the creatures living in our own backyards. A great program for all ages to meet some of the common animals that we encounter every day. Reserve your spot: Call 413-267-9654 or email lectures@norcrosswildlife.org.

Saturday, October 5

STOP ABUSE TODAY INC. "TRIFECTA": A 5K, 10K, and marathon in support of Stop Abuse Today at Holland Elementary School, 28 Sturbridge Rd. T the 5K and 10K both start at 9 a.m. Register online at event.racereach.com/stop-abuse-today-5k-10k-13.1/register. Please note that the Half Marathon portion previously advertised has been canceled due to logistical issues.

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.

"A CARING PLACE" MEMORY CAFE: A Memory Café is a place where people living with a cognitive related illness or injury such as; Parkinson's, Dementia, Alzheimer's, PTSD, autism and any other related illness or injury can go with their loved ones (often their caregivers), and spend quality time together away from the negativity and stigma that often accompanies this. A Memory Café is a safe, judge free and fun place for people to go where they can be themselves and enjoy the company of loved ones and never have to worry about what others are thinking. We will never ask for a diagnosis and anyone from any town or city and any age are welcome. We only ask that all guests have a caregiver with them and that the guest has a cognitive related illness or injury. Staff is not responsible for the personal care of any guest. We are accepting to any level of ability and always welcome new people. Our Memory Café is run on donations and sponsors. Light refreshments are often served. Our atmosphere is geared toward fun yet comfortable and always safe. Our Café often hosts singers, dancers and performers who will help bring back old memories and days gone by. Our Café also hosts fun interactive activities but never educational events; we feel this should be a fun time spent together. Please see the upcoming scheduled events coming to our Memory Café over the next few months. Signups are encouraged. We are open the first Wednesday of each month from 3-5 p.m.

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.

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 weekly 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.

TRIPS

continued from page A10

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

On Wednesday August 28th at Lake Pearl in Wrentham Ma.. Come see Patti and Jose who were voted "Musicians of the Year" by Norwegian Cruise Lines. They have wowed audiences worldwide with their vibrant performances of the songs of Neil Diamond, Carol King, Johnny Cash and Janis Joplin. For \$92, enjoy Deluxe Transportation, a delicious Plated Lunch of Salad, Breads, Choice of Entree, Potato, Vegetable, Dessert and Coffee/Tea.

On Tuesday September 17th at the Danversport, Ma. Yacht Club. You will be entertained by the Atlantic City Boys. They are 4 Dynamic Lead Singers who mix World Class Vocals and Interactive Comedy. Hear them sing the songs of The Beach Boys, The Drifters, The Bee Gees and of course Frankie Valli and the Four Seasons. For \$92, sit back and enjoy Deluxe Transportation, feast on a delicious Plated Lunch of Salad, Breads, Choice of Entree, Potato, Vegetable, Dessert and Coffee/Tea.

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, Aug. 14: Trip to the Summer Theatre for "Saturday Night Fever" and Hart's Turkey Farm. Bus leaves at 8:30 a.m. Cost is \$99.

Friday, Sept. 13: Trip to Lake Winnepesaukee Cruise. Buffet luncheon & scenic sights and a visit to Moulton Farm Market. Bus leaves at 8:30 a.m. Cost is \$99.

Thursday, Oct. 17: Trip to Twin Rivers and Wright's Chicken Farm. Bus leaves at 9 a.m. \$7 food credit and \$10 slot play. Cost is \$59.

Wednesday, Nov. 13: Indian Head Christmas Spectacular and Luncheon.

Bus leaves at 8:30 a.m. Cost is \$89.

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.

IRELAND: September 9-22, 2019
USA: SPLENDORS OF THE NORTHWEST: Wonders of Northern California Redwoods, Oregon & Washington Aug. 3-16, 2020

JAPAN: March 26 to April 9, 2020
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Sept. 22-24: Atlantic City Resorts. \$239. Three days and two nights. Departs 7:30 a.m., returns around 8 p.m. Price includes overnight accommodations at resort, two dinner vouchers and a show ticket, plus \$25 in free slot play! For more information or reservations, call or stop by the Senior Center at (508) 865-9154.

OBITUARIES

David M. Comtois, 53



OXFORD- David M. Comtois age 53 passed away Friday July 26, 2019 at his home. He leaves his son Stephen Comtois of Wales, two daughters, Daphne Comtois of South Windham, CT and Crystal L.

Comtois of Sturbridge and one grandson Weston. He also leaves a brother Marc Comtois of Oxford and two sister Susan Reilly and Carol Childress both of Sturbridge. David also leaves his father Maurice Comtois of Stafford Springs, CT. He also leaves his former wives Cindy Meshanic and Christine A. Morse Comtois. He was born in Southbridge, MA son of Maurice

Comtois and the late Claire (Bourdon) Comtois and lived in Oxford for the past year, prior to that living in the Southbridge, Sturbridge area. He was an electrical tech for Service Network Co. David enjoyed cooking, fishing, hunting and the outdoors. There are no calling hours, a celebration of life will be announced. Please omit flowers and donations in his memory may be made to the Stephen Comtois Scholarship fund, c/o Baypath Regional Vocational School, 57 Old Muggett Hill Rd., Charlton, MA. 01507. The Shaw-Majercik Funeral Home, 48 School St., has been entrusted with his arrangements. A guest book is available at www.shaw-majercik.com where you may post a condolence or light a candle.

Robert J. Wright, Jr., 67



STURBRIDGE- Robert J. Wright, Jr., 67, of Arnold Rd., passed away on Wednesday, July 24th, at the Meadows of Leicester, after a long illness.

He leaves his daughter, Kimberly A. Collazo and her husband Jose of Southbridge; his son, Thomas A. Wright of Dayton, OH; his former wife, Rita R. Blais of North Grosvenordale, CT; his three grandchildren, Alicia Wright, Makayla Collazo and Alayna Wright; his two uncles, Henry Berthiaume of Ware and Leonard Berthiaume of North Carolina; and his aunt, Jeannette Berthiaume of Florida. His infant daughter, Jody Wright, passed away in 1973. He was born in Southbridge, the son of the late Robert J. and Theresa G. (Berthiaume) Wright, Sr.

Robert was a Firefighter with the Sturbridge Fire Department for 29 years, retiring several years ago. He was also a member of the Sturbridge Fire Department's Dive Team. Robert also had passion for racing modified stock cars for several years.

His funeral was held on Monday, July 29th, from the Daniel T. Morrill Funeral Home, 130 Hamilton St., Southbridge, with a Mass at 10:00am in St. Anne's Church, 16 Church St., Sturbridge. Burial in St. Anne's Cemetery, Sturbridge, will be held at the convenience of the family. Calling hours in the funeral home were held on Sunday, July 28th, from 4:00 to 7:00pm.

In lieu of flowers donations may be made to the American Lung Association, 1301 Pennsylvania Ave. NW, Suite 800, Washington, DC 20004. www.morrillfuneralhome.com

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



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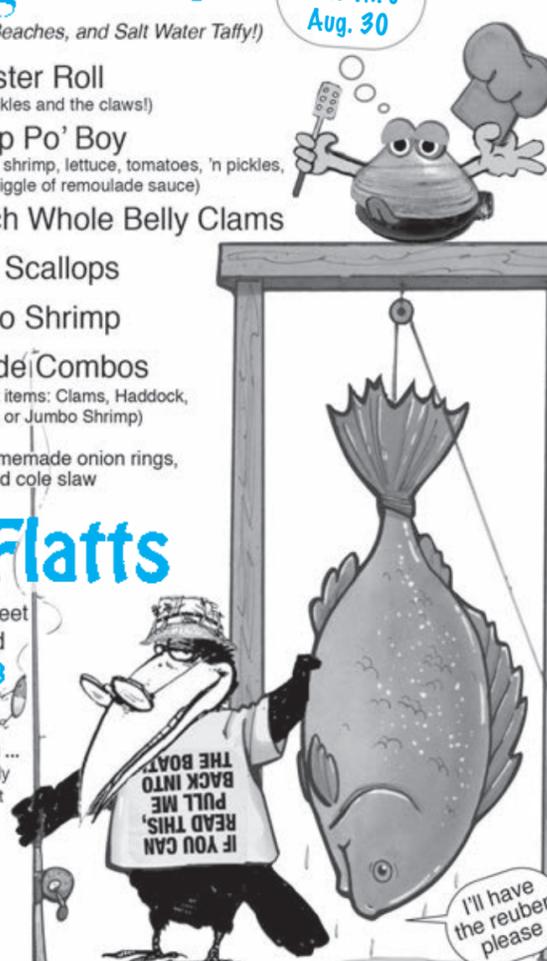
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DUDLEY - 24 Hickory Dr! 8 Rm 50' Split on Dble Corner Lot! Fully Appliance SS Kitchen w/Tile Flr, Cherry Cabinets, Corian Counters & Island! Din Rm w/Slider to Deck! Liv Rm w/Cherry Cabinetry, Recessed Lights & Picture Window! Slate Entry w/Coat Closet! Full Bath w/Tile Flr! Master w/Wall to Wall, Triple Closet & Recent Refreshed Master Bath! 2nd & 3rd Bdrms w/Wall to Wall & Dble Closets! Lower Level Fam Rm w/Stone Fireplace w/Pellet Insert! Office/Play Rm w/Wall to Wall! Half Bath w/Recent Vanity! C/Air! Oil Heat! 2 Car Garage! Generator! Replacement Windows! Flexible Floor Plan! **\$299,900.00**



DUDLEY - 94 Tracy Road! 7 Rm 4 Bdrm Colonial on 1.24 Acres! Privacy! Many Upgrades! Hrdwds Throughout! Frplce Liv Rm w/Recessed Lights! Formal Din Rm! 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 Bdrm w/Dble Closet & Full Bath w/Linen Closet! 2nd Flr Full Bath! Lower Level Game Rm/Office! Utility/Storage Rm! 16X21 Deck! Garage Under! Save on Your Electric Your Bills, 2015 Solar Panels! Level yard w/Shed! Call now! **\$349,000.00**

WEBSTER LAKE - 50 West Point Rd! Killdeer Island! Stunning 4,700' Entertainers Dream! Magnificent Sunsets! Built 2016, It Has It All! Expansive 2 Story Foyer! Cherry Cabinet Kit w/Oversized Center Isl, Dble Oven, High End Appliances and Walk-in Butler's Pantry! Din Rm w/Wet Bar, Sliders to 14x30' Deck! Bright & Airy Liv Rm Overlooking the Lake, Custom Built Cabinets, Gas Frplce! 1/2 Bath + Laundry Nearby! An ELEVATOR to Service All 3 Floors! Glorious Stairway leads up to 3 Spacious Bdrms each with their Own Private Baths! Luxurious Master w/Tray Ceiling, Walk-in Closet + Private Balcony! Expansive Master Bath, Soaker Tub & Large Tile Shower! Walk-up Attic w/Expansion Possibilities! Lower Level boasts Full Kit, 1/2 Bath, Lake Facing Fam Rm, Media/Exercise Rm + Lake Facing Bdrm w/Frplce & Private Bath! Slider to Patio! 13 Individual Splits to Control Rm Temps! Oversized 2 Car Garage! This Home is Loaded w/Quality & Detail! Quick Closing No Problem! Don't Delay! **\$1,145,000.00**

WEBSTER - 26 Spring St! 5 Rm Ranch on Quiet Side Street! Walk into the 3 Seasons Rm w/Tile Flr, Ceiling Fan & Slider to Deck! Cabinet Packed Eat-In Kit! Spacious Liv Rm w/Hrdwds! 3 Bdrms! Finished Lower Level w/Tile Flr, 10' Bar w/Drop Lights! Vinyl Siding! Replacement Windows! **\$239,900.00**

SUTTON - LAKE SINGLETERY WATERFRONT! 5 W. Sutton Rd! 8 Rm Cape! 3 Bdrms! Screen House at Waters Edge! Gravel Access to the Water! Well Maintained! Kit, Formal Din Rm! Fireplace Liv Rm! Den! Sun Rm! Updated Windows! New Furnace & Septic to be Installed by Seller! **\$499,900.00**

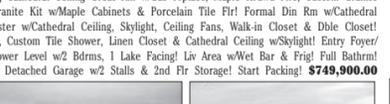
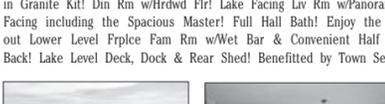


CHARLTON - GLEN ECHO LAKE! 3 Sunset Dr! Western Exposure = Beautiful Sunsets! Fantastic 105' Waterfront! Ideal 15,941' Gently Sloping Lot! Comfortable 9 Rm Ranch! Stainless Appliance Eat-in Granite Kit! Din Rm w/Hrdwd Flr! Lake Facing Liv Rm w/Panoramic Water Views! 4 Bdrms, 3 Lake Facing including the 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! **\$529,900.00**

WEBSTER LAKE - 39 Bates Point! Panoramic Views of South Pond! Southern Exp! Park Like Grounds! Extensive Patio, Paver Walkways & Perennial Gardens! 18X24 Covered Composite Deck, w/Vinyl Railings! 90' U-Shaped Dock! Beautiful 7 Rm A/C/D Ranch! 14,549' Level Lot! Lake Facing Cathedral Ceiling Great Rm w/Gas Frplce, Maple Hrdwd Flrs, Custom Granite Wet Bar w/Maple Cabinetry! Appliance Granite Kit w/Maple Cabinets & Porcelain Tile Flr! Formal Din Rm w/Cathedral Ceiling, Skylight & Birch Flooring! 20' Master w/Cathedral Ceiling, Skylight, Ceiling Fans, Walk-in Closet & Dble Closet! Bdrm w/Trajectory Flr, Dble Granite Vanity, Custom Tile Shower, Linen Closet & Cathedral Ceiling w/Skylight! Entry Foyer! Mud Rm w/Tile Floor! Finished Walk-out Lower Level w/2 Bdrms, 1 Lake Facing! Liv Area w/Wet Bar & Frig! Full Bath! Laundry Rm! Work Shop & Storage! 26X32 Detached Garage w/2 Stalls & 2nd Flr Storage! Start Packing! **\$749,900.00**

WEBSTER LAKE - 17 Wakefield Ave! South Pond! Western Exposure! Protected from the Storms - Quiet Cove! 24 Acre Lot! 104' Waterfront! Water Views! 2,412' 8 Rm Content! Just Renovated! 4 Bdrms! 2 Baths! Cathedral! Skylights! 2 Fireplaces! C/Air! Composite Decks! Patio! 2 Car Carport! **\$535,000.00**

WEBSTER LAKE - 207 Beacon Park! 110' Garden Unit! 5 Rms! 1 Level Living - No Stairs! Spectacular Sandy Beach! Fantastic Lakeside Pool! Appliance! Kit & Din Rms w/Parquet Wood! First Spacious Liv Rm! 2 Bdrms! Master Bath & Walk-in Closet! 2 Tile Baths! C/Air! Garage! **\$249,900.00**



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! Appliance Granite Kit w/Sl, Recessed Lights, Tile Flr & Water View! Din Area w/Slider to Deck! Sunken Frplce 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 Appliance Kitchen w/Island, Dining Area, Lake Facing Fireplace 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! **\$649,900.00**

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! **\$299,000.00**

WEBSTER LAKE - 206 Treasure Island! 1,874' Townhouse! 6 Rms, 2 Bdrms, Master Bath, 2.5 Baths Total! Recent Cherry & Granite Kit, w/SS Appliances! Din Rm w/Sliders to Deck! Frplcd Fam Rm! Patio! New C/Air, Heat & Hot Water! Garage! 2 Slips! Pool! Beach! Listed by Another - "SOLD" by C21 Lake Realty! **\$345,000.00**



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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, & wall to wall carpeted Bedrooms. Granite counters, center island & dining rm w/sliders! Master BR, private master 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.**

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

THOMPSON, CT - 8 LILLIAN AVE, LOT #2
ON DEPOSIT
There is No Place Like Home - especially when it is a beautiful newly constructed home! This split level style home has an attractive modern flare! You'll be delighted with the natural light that will brighten the interior of this home! Open floor plan, cathedral ceilings! Granite counters, center island & dining rm w/sliders! Master BR, private master full bath with extra wide shower & walk in closet, plus 2 spacious BRs & a full hallway bath, 24' lower level family room, half bath w/laundry hookups & utility closet, two car garage! Central AC. **\$309,900.**

WEBSTER - 129 LAKE STREET
Large Beautiful 1930's vintage hip roof 3 Family, large kitchens with pantry's, french doors dividing the dining room from the living room. 3 bedrooms each floor. City gas to each apartment, enclosed front and rear hallways. 2 car garage. Comes with an extra lot that is level to the road and landscaped
assisted sale **\$179,000**

DUDLEY - 188 WEST MAIN ST
COMMERCIAL/BUSINESS LOCATION IN THE HEART OF DUDLEY! 3 BEDROOM, BATH RANCH! LARGER THAN IT APPEARS!! 19,582 +/- sq ft Lot. Natural Gas Heat! Hard wood floors! BRING YOUR VISION, LARGE FLAT YARD GIVES YOU GREAT PARKING AREA, FOR A SMALL BUSINESS FROM HOME!! CONTRACTORS DREAM!
\$178,500.

WEBSTER - 21 ARKWRIGHT RD
ON DEPOSIT
Simply Move In & Enjoy this Beautifully UPDATED Ranch! Close to I-395! Town water & sewer. HIGH EFFICIENCY NAVIEN brand heating/hot water system, Bamboo hardwood floors, crown moldings! 2 BRs, full bath w/whitd walk-in shower, 6x16 year Sunroom w/outdoor access! (3rd BR, or Office). **\$199,900.**

WOODSTOCK, CT - 606 PROSPECT ST
Pristine Colonial on 2.54 Acres in Historic Woodstock! 3 BR, 2-1/2 Baths. This Home is a Must See! Peaceful Country Setting! Vaulted Ceiling Family Room w/Built ins, Cherry Cabinets, Sunken Dining Rm, Cathedral Mstr! Hdwd & Tile Flr! Potential for Home Office, Teen/ In-law Suite, Craft Rm & Media/Game Rm. Resurfaced Driveway **\$399,000.00**

THOMPSON, CT - 25 BONNETTE AVE
SORRY, SOLD!
Roomy 1300 sq.ft., Hip roof Ranch Attached 2 car garage! PLUS 32x32 Detached Garage! Eat in Kitchen, Fireplace living room with bow window! 3 bedrooms, enclosed heated sun room, central air, Koi Pond, on .87 +/- acre! **New Price \$249,900**

WEBSTER - 12 ERNEST ST
SORRY, SOLD!
Welcome home to this Huge, Sprawling, Ranch Style Home! 2,848 SF +/- of Living Area on One Level! In-ground pool, built-in hot tub, w/ire pit! Carport/pavilion for entertaining! Separate wings for private family living & entertainment, BR suites, 10 rooms total! simply Amazing!
New Price \$299,900

WEBSTER/DOUGLAS/THOMPSON BUILDABLE LOTS
Douglas-Mount Daniels Lot #2-2.5 Acres of flat land that abuts Douglas State Forest. **\$132,900**
Webster Lake - 22 South Point Rd. Waterfront, Southern exposure! Town Water & Sewer **\$295,000**
Thompson - east Thompson Rd. White's Highway 23 acres! Abuts Mass. Line Beautiful view! **\$99,900**
Killingly - 37 Katherine Ave River Frontage 2/3rds acre. Town Water & Sewer **\$55,000**

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! 195's! 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 \$164,900

WEBSTER LAND - COOPER RD
LAND FOR SALE
Attention Developers! 3 abutting house lots, potential to divide into 5-6 Buildable lots! Lake Residential area, not on the lake. Priced to Sell! **\$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 - 54 KILLDEER RD
SORRY, SOLD!
KILLDEER ISLAND! A RARE OPPORTUNITY ON WEBSTER LAKE! ABSOLUTELY THE WATERFRONT PROPERTY YOU'VE BEEN WAITING/LOOKING FOR! 2.45 +/- Acres! 345 +/- road front, 336/384 +/- depth, 275 +/- Lakefront! Mature landscape provides unparalleled privacy, & a friendly level lot at water's edge - like very few waterfront properties! The 3700 SF +/- Mid-Century Modern Home is unique w/massive modern windows! 180 panoramic views across the lake to stunning Western sunsets. 5 spacious BRs that overlook the rooms below. A 30x32 +/- deck! garage w/summer kitchen, 1/2 bath. Family owned gem for 60+ years!
\$1,495,000

WEBSTER LAKE - 32 JACKSON RD
AN INTRIGUING OPPORTUNITY TO OWN AN EXTREMELY UNIQUE 3.32 ACRE WEBSTER LAKE WATERFRONT PROPERTY! Charming, year-round, 2 BR, 2 bath Ranch, located at the Southern most end of Webster Lake's South Pond beyond Cedar Island! Extremely private w/direct Lake access. The home offers a full finished LL w/walkout access, a screened-in 18x20 patio, 18x26 deck & 8x8 storage shed. Park like grounds!
New Price \$375,000



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OPEN HOUSE SATURDAY 2-4

WEBSTER, MA - \$299,900
38 Third Street
2-Family, Finish the renovations

PENDING

RUTLAND, MA - \$339,900
3 Brooke Haven Dr
4 Bed, 2 1/2 Baths, Lots of Land

OPEN HOUSE SUNDAY 12:30-2

PRICE REDUCED
Webster, MA - \$328,900
80 Sutton Road
3 Bdrm, Hardwood Floors Throughout, Not a Drive By!

Dudley: Cherry cabinet kitchen, 6.7 acres, private setting yet convenient location, 4 bedrooms, 3.5 baths, hardwood floors, 2500 sq. ft. cape, and first floor family room – office – library. What a property to come home to – close to school, highways, MassPike, rtcs. 395, 290, 146, 20, 495.
7 Dudley Oxford Rd ~ \$425,000

FEATURE PROPERTIES

OPEN HOUSE SATURDAY 12:30-2

THOMPSON, CT - \$259,900
223 Stawicki Road
3 Bedroom, Split, Full Inlaw
COMPLETELY REMODELED

OPEN HOUSE SATURDAY 11-1 SUNDAY 12-2

NORTH WOODSTOCK, CT - \$244,900
657 Brick Yard Rd
3 bedrooms, 2 Bath, Lots of Land,
Ability to finish basement

NEW LISTING

Webster: 2 units, 3 bedrooms, fireplace, sided, 2900 sq. ft., garage
23 Klebart Ave ~ \$264,900

Webster: Split, near lake, 3 bedrooms, fireplace, 20'x20' pokey room, easy commute to rte. 495, 395, Worcester
293 Thompson Rd ~ \$244,900

MAUREEN ASSITED WITH SALE!

SOLD!

Oxford: 2 bedrooms, new septic.
112 Main St ~ \$223,500

ON DEPOSIT

Charlton: 3 bdrms, new construction, central air, HW floors throughout.
24 Dodge Rd ~ \$339,900

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Open House Directory

(C) Condo	(X) Condox	(M) Multi-Family	(T) Townhouse	
(B) Business	(U) Duplex	(S) Single Family	(D) Adult Community	
(P) Land	(L) Mobile Home	(A) Apartment	(W) Waterfront	
ADDRESS	STYLE	TIME	PRICE	REALTOR/SELLER/PHONE
SATURDAY, AUGUST 3				
DUDLEY				
7 Dudley Oxford Rd	S	10-Noon	\$425,000	Re/Max Advantage 1/Jo-Ann Szymczak 774-230-5044
WEBSTER				
38 Third St	S	2-4	\$299,900	Re/Max professional Associates/ Patrick Sweeney 774-452-3578
N. WOODSTOCK, CT				
657 Brick Yard Rd	S	11-1	\$244,900	Re/Max professional Associates/ Patrick Sweeney 774-452-3578
THOMPSON, CT				
223 Stawicki Rd	S	12:30-2	\$259,900	Re/Max professional Associates/ Patrick Sweeney 774-452-3578
SUNDAY, AUGUST 4				
WEBSTER				
80 Sutton Rd	S	12:30-2	\$328,900	Re/Max professional Associates/ Patrick Sweeney 774-452-3578
N. WOODSTOCK, CT				
657 Brick Yard Rd	S	12-2	\$244,900	Re/Max professional Associates/ Patrick Sweeney 774-452-3578

California Avocados Hit Their Peak Just In Time For Summer

(NAPS)

Summer is upon us and it's time to celebrate as California avocados are at the peak of their season and freshly picked in season produce is at its peak in flavor and nutrition. The nutrient-dense fruit stands as the highlight of any dish, now readily available and undeniably delicious. This is the perfect time to take advantage of the warmer weather by enjoying and sharing the heart-healthy superfood.

The California Avocado Commission (CAC) has enlisted the well-known culinary talents of Sam Zien, of Not Not Tacos in San Diego, to develop a recipe that consumers can make right at home. Zien prides himself on creating innovative and often unexpected dishes that honor the Golden State's flavors

and distinct personality.

Zien's Pearl Couscous with California Avocado and Crispy Tofu offers as many flavors as it does textures. For example, the combination of the recipe's chili spice contrasts nicely with the fresh, California avocado's creamy quality to provide a layered complexity.

"This dish is a great example of how something as subtle as the California avocado can really impact a single bite," said Zien.

PEARL COUSCOUS WITH CALIFORNIA AVOCADO AND CRISPY TOFU [3]

Recipe created by Sam Zien of Not Not Tacos for the California Avocado Commission

Serves: 4
 Prep time: 30 minutes
 Cook time: 30 minutes
 Total time: 60 minutes
Ingredients:
 • 1 lb. extra firm tofu
 • 2 1/2 Tbsp. extra virgin olive oil, divided
 • 1/2 tsp. sea salt
 • 1 tsp. chili powder
 • 1 1/2 cups water
 • 1 cup pearl couscous
 • 3 large shiitake mushrooms, stems removed and thinly sliced
 • 2 Tbsp. fresh lemon juice
 • 2 tsp. soy sauce
 • 1 clove garlic, peeled and minced
 • 1 tsp. minced ginger
 • 1/2 tsp. sugar
 • 2 tsp. sriracha
 • 3 radishes, thinly sliced
 • 1/4 cup finely diced red onion
 • 1/4 cup finely chopped green onion
 • 1/3 cup diced tomato
 • 3 Tbsp. finely chopped cilantro
 • 1/8 tsp. coarse sea salt, or to taste
 • 2 ripe, Fresh California Avocados, seeded, peeled and diced

Instructions:
 1. Preheat oven to 375 degrees F.
 2. Drain the tofu by removing from the package, lay flat and slice in half horizontally. Place the slices in a single layer of 3-4 sheets of paper towels. Top tofu with additional paper towels and a heavy object (i.e. cast-iron pan) and let sit 15 minutes.
 3. Uncover the tofu, cut into small

cubes and place into a large mixing bowl.

4. Add about 1/2 Tbsp. olive oil and season with salt and chili powder.

5. Heat a large oven-safe pan over medium heat and add the seasoned tofu cubes.

6. Place the pan over medium heat, and cook, shaking the pan occasionally until tofu begins to brown on all sides, about 5 minutes.

7. Transfer the pan to the oven and cook tofu for 20-25 minutes or until crispy, remove and set aside.

8. Alternatively, after seasoning the tofu cubes you can place them in a single layer in an air fryer and cook at 375 degrees F for 15 minutes.

9. While the tofu bakes, bring water to a boil in a medium saucepan and add couscous and shiitake mushrooms; stir then reduce heat to a simmer, cover and cook until the water is absorbed, about 10-15 minutes.

10. Remove from heat, put in a large bowl and allow to cool.

11. Combine lemon juice, soy sauce, garlic, ginger, sugar, sriracha and remaining olive oil in a small bowl and mix until sugar dissolves. Set aside until ready to serve.

12. Once couscous is cooled, add radishes, red onion, green onion, tomato, cilantro and sea salt.

13. Dress the couscous mixture evenly then spoon on plates, adding the crispy tofu and diced avocado.

Pearl Couscous with California Avocado and Crispy Tofu

LEGALS

NOTICE OF REQUEST FOR PROPOSALS TOWN OF STURBRIDGE REQUEST FOR PROPOSALS ARCHITECTURAL SERVICES for a FEASIBILITY STUDY for the STURBRIDGE SENIOR CENTER PROJECT INVITATION TO SUBMIT PROPOSALS

The Town of Sturbridge, Massachusetts is accepting sealed proposals from qualified firms for the "Feasibility Study for the Sturbridge Senior Center Project" at the Office of the Town Administrator, Town Hall, 308 Main Street., Sturbridge, MA until 11:00 AM local time on August 23, 2019. Each proposal must be sealed in an envelope and clearly marked the "Feasibility Study for the Sturbridge Senior Center Project".

The full Request for Proposal can be found on the Town's web page at WWW.Town.Sturbridge.MA.US and click the link for "RFPs & RFQs". Interested parties will need to register at the site. All addendums and clarifications will be posted on this site and it is up to the interested parties to check periodically.

Funding for the proposed Feasibility Study is contingent upon authorization by Town Meeting anticipated to be sometime this fall. All proposals must remain valid until December 31, 2019. The Town reserves the right to waive any informality, and reserves the right to reject any and all proposals, wholly or in part, and to accept any proposal

or part thereof, deemed by it to be in the best interest of the town. Jeff Bridges Town Administrator August 2, 2019

Town of Brimfield Zoning Board of Appeals

The Brimfield Zoning Board of Appeals will hold a public hearing on the request of Matthew Capen, regarding the property at 45 Sixth St. Brimfield, MA, Parcel ID Map 5A Block B Lot 28. Applicant proposes to re-build the home with the same footprint. The second floor will extend over the middle section of the house while the left side will remain a single story. The Board will review the application for a special permit, examine the relevant plans, and also determine whether the changes will be detrimental to the neighborhood. Abutters are invited to consider the proposal and provide public input. The hearing will be held on Monday, August 5, 2019 at 6:30 PM, at the Town Hall Annex. July 26, 2019 August 2, 2019



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

FRIDAY, AUGUST 2

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

SATURDAY, AUGUST 3

BAD TICKERS
 at 9 pm
 308 Lakeside
 308 East Main Street
 East Brookfield, MA 01515
 774-449-8333

FRIDAY, AUGUST 9

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

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

FRIDAY, AUGUST 16

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

THURSDAY, AUGUST 22

FARMER'S DINNER
 From our gardens to your plate. Featuring local pasture raised chicken. Advanced tickets required
 Salem Cross Inn
 260 West Main St., W. Brookfield, MA 508-867-2345 salemcrossinn.com

FRIDAY, AUGUST 23

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

SATURDAY, AUGUST 24

11am-6pm
 Open House & Fall Registration
 Live dances, free mini trial classes, fun & games, free give-aways, meet the teachers, check out the studio. Also register August 27 and September 4th 6-8 pm at the studio or call/email to register at anytime. Classes begin Sept. 9
 Dance Techniques
 62 Wall St., Spencer, MA 01562
 508-885-4559

FRIDAY, AUGUST 30

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

SATURDAY, AUGUST 31

THE ISLAND CASTAWAY BAND
 at 9 pm
 308 Lakeside
 308 East Main Street
 East Brookfield, MA 01515
 774-449-8333

SUNDAY, SEPTEMBER 8

FARMERS DINNER
 From our gardens to your plate. Featuring Salem Cross Farm Pasture raised beef. Advanced tickets required.
 Salem Cross Inn
 260 West Main St., W. Brookfield, MA
 508-867-2345 salemcrossinn.com

SEPTEMBER 12-14

ORIGINAL SEWING & QUILT EXPO
 Auburn Sewing Center will be at the DCU Center. Classroom machines on sale. Stop by their Brother & Janome booth for make-it, take-it projects. Classes and demonstrations 9am-5pm
 50 Foster St. Worcester, MA 01608
 www.dcucenter.com

FRIDAY, SEPTEMBER 13,

MURDER MYSTERY DINNER
 An interactive dinner theater
 The Fashionable
 117 West Main St., Spencer, MA

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

SUNDAY, OCTOBER 27,

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

SUNDAY, NOVEMBER 15

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

ONGOING

JUNE THROUGH AUGUST
 5 p.m.
WEDNESDAY NIGHT CRUISING FOR CHARITY CAR SHOW AT KLEM'S
 All makes and models. Proceeds benefit the Masonic Children's Charity
 KLEM'S
 117 West Main St., Spencer, MA

508-885-2708 (Ext. 104)
 www.klemsonline.com

SUNDAYS THIS SUMMER
 with live music from 2-5 on the patio
 308 Lakeside
 308 East Main Street
 East Brookfield, MA 01515
 774-449-8333

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

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

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

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

SUMMER TIME



Home Town Service,
Town-to-Town
CLASSIFIEDS
www.towntotownclassifieds.com
1-800-536-5836



Place your ad today!
Call toll free
or visit our website



ARTICLES FOR SALE

010 FOR SALE

2008 ZODIAC and 14' CANOE, excellent condition. ACTI-V 9'4", electric pump/air accessories, air floor. 2009 Honda 8HP, serviced. \$2,195 Canoe: oars/ seats, no leaks. \$275 860-983-0800 Sturbridge

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

ATV TIRES: Four ATV Tires Buzz Saw Brand, 26/10R12. Excellent cond. \$200 for all four. 508-259-8805

BED ROOM SET Heywood Wakefield 3 Pieces A tall dresser with 5 drawers Dresser with mirror 7 drawers Night stand cabinet style Dark Wood Asking \$150.00 for All Call 1-508-347-3145

BOBCAT-MOBILITY Scooter red 4 months old, only used indoors. Less than 10 miles on it. No signs of wear, in like new condition. Bought new for \$675 make reasonable offer. 774-280-0414

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

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

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

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

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

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

ENTERTAINMENT CENTER 3 Pieces Each 6 ft 2 inches Tall 31 Inches Wide Adjustable shelves for TV's ect. Cabinets for storage Asking \$150.00 for All Call 1-508-347-3145

010 FOR SALE

EXERCISER BIKE Pro-Form XP Whirlwind 280 Time, Distance, Speed, Calories Perfect Condition Asking \$125.00 Call 1-508-347-3145

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

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

FOR SALE MAKE A OFFER: kitchen table with four chairs and a side table. Inversion Table and Ellipticle and 3 book cases. Call 508885-6570

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

FREEZER COMM. FRIGIDAIRE Compact Chest Freezer Heavy Duty 5.0 Cu Ft. 27" Wide 34" High Asking \$125.00 Call 1-508-347-3145

FURNITURE FOR SALE dining room set with HUTCH like new perfect condition. Bar with 3 stools. Must See. Stereo Equipment Love seat and chairs and Misc items. 508-234-7252

FURNITURE FOR SALE Ladies bureau w/ extra large mirror, man's bureau, queen size bed, 2 twin beds, 2 Lazy-Boy chairs, excellent condition. Best offer. Can be seen at The Old Cider Mill, Route 9, West Brookfield or call 774-232-9382.

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

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

010 FOR SALE

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

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

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

SEASONED HARDWOOD FIREWOOD cut split delivered. \$225 per cord. CALL 508-282-0232

SIX Windsor Back Chairs. Light wood. Good condition. \$110.00 508-259-8805

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

STEREO EQUIPMENT RECEIVER ONKYO AV HT R8230 Digital Dolby Wrat Wide Range Amplifier Tech. TEAC W-450R Stereo Double Reverse Cassette Deck Dolby-BC NR HXPRO Auto Reverse SONY Mega Storage 300 CD High Density Linear Converter System Asking \$300.00 for ALL Call 1-508-347-3145

TIRES: Four NEW Goodyear Wranglers LT 265-60R20 BW \$150 Each. 508-259-8805

TIRES: Two used Goodyear Wranglers LT 265-60R20 BW. \$150 each. 508-259-8805

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

010 FOR SALE

TREES/FIELDSTONE: Trees- Evergreens, Excellent Privacy Border. Hemlocks-Spruces-Pines (3'-4' Tall) 5 for \$99. Colorado Blue Spruce (18"-22" Tall) 10 for \$99. New England Fieldstone Round/Flat, Excellent Retaining Wallstone. \$25/Ton (508) 278-5762 Evening

TRUCK CAP: fits newer Dodge Trucks. 6.6 Bed size Removable front window, screens, side windows that open, rugged inside, Lights inside. Excellent cond. RED \$140. 508-259-8805

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

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

100 GENERAL

107 Misc. FREE

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

130 YARD SALES

ART SALE August 3 rain date August 4 10 am - 4pm 21 Hisgen Rd Holland, Ma original oil paintings for sale

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

INDOOR YARD SALE 178 Mechanic St Southbridge, MA 01550 August 3, 10am-1pm Everything must go. No offer refused.

200 GEN. BUSINESS

205 BOATS

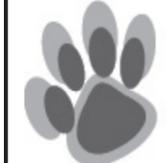
MIRROCRAFT 12 FOOT "V" BOTTOM. MINNKOTA MAXXUM 40 POUND THRUST, VARIABLE DRIVE, VERY LOW HOURS. 3 SEATS WITH PEDESTALS .OARS, ANCHOR, TRAILER, SPARE TIRE . ALL VERY GOOD CONDITION. \$1500.00. CALL 508-987-0386 LEAVE MESSAGE.

265 FUEL/WOOD

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

284 LOST & FOUND PETS

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



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

Town-To-Town Classifieds 508-909-4111

287 FEED

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

298 WANTED TO BUY

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

298 WANTED TO BUY

WANTED: 24' Pontoon Boat & trailer (used). Webster area. 617-750-0969

WAR RELICS & WAR SOUVENIRS WANTED: WWII & EARLIER CASH WANTED! Helmets, Swords, Daggers, Bayonets, Medals, Badges, Flags, Uniforms, etc. Over 40 Years Experience. Call David 1-(508)688-0847. III Come To YOU!

300 HELP WANTED

310 GENERAL HELP WANTED

BRIMFIELD FAMILY looking for a responsible, compassionate, caring woman no history of smoking, drugs, or alcohol. with a motherly background to be a live-in helper. My family lost my mom on 12/10/16. Job is full-time. Driving a must. Job duties a r e companionship for me and Dad, help keep house clean, someone to care for me if Dad's not there, take me out to stores, share a bedroom with me. \$150 monthly. Please call 413-301-2058 for an appointment.

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



SEEKING AUTO TECHS: High volume, independent shop seeks self-motivated, experienced General Auto Repair Tech and experienced Tire & Lube Techs. Benefits include health, dental, disability, life ins., 401k, FSA, overtime pay and training. Pay commensurate w/ experience and ability. APPLY IN PERSON: C&R TIRE, 649 MAIN STREET (RT. 20) STURBRIDGE, MA

SJN FORMS INC Looking for residential concrete foundation workers pay reflects experience full time work call Brian if interested 508-733-1513

325 PROFESSIONAL HELP WANTED

BASED IN North Brookfield: Home Every Night, Class A Driver And/Or General Mechanic For 18-Wheel Trailer Trucks ***** Contact H.R. Salem Transport, LLC.(508) 867-3235

HELP WANTED RECYCLING CENTER STAFF

Part time (19hrs. Per week) Wednesdays and Saturdays. The Recycling Center Staff directs all aspects of daily operations and maintenance of the Town's landfill and recycling facility (transfer station). For an application, visit www.northbrookfield.net/home/pages/job-opportunities, Call 508-867-0201, Or email health@northbrookfield.net

330 SALES

GATES GMC BUICK NISSAN Only 45 mins from Sturbridge is looking for motivated Sales People to add to our Sales Team. No experience necessary, willing to train. Guarantee pay during training, competitive pay plans and benefits package. Call Nick Truax at 860-456-0055

400 SERVICES

442 LICENSED DAY CARE

The Commonwealth of Massachusetts Office of Child Care Services requires that all ads placed in the newspaper for child care (daycare) in your home include your license number

500 REAL ESTATE

505 APARTMENTS FOR RENT

DUDLEY - 2-BEDROOM APT.

Hardwoods, country setting, pond view, off-street parking, heat, hot water, rubbish and hook-ups included. Starting at \$995. 1st, last, security. No dogs. 860-935-9105

530 HOUSES FOR SALE



LAKE LASHAWAY CUSTOM WATERFRONT HOME WITH MAGNIFICENT VIEWS N. Brookfield - 3 beds, 3-1/2 baths Incredible 2515 sq.ft. built in 2006 \$749,900.00 Michelle Wesson Lamacchia Realty (508) 579-6531

546 CEMETERY LOTS

DOUBLE LOT at waldron-cemetery in Dudley. \$700 508-341-7873

Worcester County Memorial Park Garden of Valor, Paxton, Mass. 2 lots for sale. \$3,000 or best offer for both lots. (valued a \$8,500) Call 508-892-9843

WORCESTER COUNTY MEMORIAL PARK, Garden of Valor, Paxton, Mass. 2 lots for sale, \$4000 for both lots. Call Alan at 508-885-4381

550 MOBILE HOMES

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

575 VACATION RENTALS

CAPE COD DENNISPORT Clean 2 bedroom Cottage

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

Large Private Lot, Great for Children! ***** \$700.00 A Week 508-280-8331 rwo12@aol.com

576 VACATION RESOURCES

TIMESHARE FOR SALE full flex week at The Manhattan Club in New York locatex across from Carnegie Hall Great buy; illness forces this sale. Asking \$7,000. For details 508-248-5123

Automotive

700 AUTOMOTIVE

715 Auto SERVICES

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

725 AUTOMOBILES

1971 Chevy Impala Convertible 400 2 barrel carb with 89,000 miles, 1 owner, runs smooth, new top in 2012, asking \$8,000 or best offer 508-885-6878

1987 BMW 325i Convertible, red with black leather interior, 153,000 miles and in good condition, no rust, newer top, needs a tune-up. \$4100 or B/O, Adam 508-735-4413

2001 CAD EL DORADO TC 72,000 miles. Must see! \$11,000 7 Hartley Street, Webster, Mass.

725 AUTOMOBILES

2002 BMW 525iA. \$3995. Call Ray for more details. 508-450-5241

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

2007 TOYOTA COROLLA S \$3995. Call Ray for more info. 508-450-5241

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

2016 CHEVY CRUZE LT. 79,000 miles. 1.4 liter engine, blue, remote start, Weather tech mats. \$9000. Call 508-234-6944.

F250 work truck, 2012, RWD, 71K, equipped with aluminum flatbed with fold-down sides. Recent brakes, battery, ac compressor, tires, 10 ply. Ready to work. 10,000 GVW. \$17,000 508-943-1941 or 508-320-2765

725 AUTOMOBILES

VEHICALS FOR SALE 1999 F150 118k miles. 4x4 single cab stepside capt. chairs Loaded Red with Cap \$4,000. 2002 Chevy Silverado 2500 HD black long bedloaded with plow. Low millage. 67 thousand. \$7500. Would consider partial trade. Call Mike 508-752-7474.

740 MOTORCYCLES

2005 YAMAHA V-STAR 1100 CLASSIC, PEARL-WHITE Has all options- hardbags, windshield, custom seats/exhaust, backrest, floor-boards. 20,000 well-maintained miles. Great looking & performing bike. \$3500 OBO 774-289-4550

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

740 MOTORCYCLES

2014 HARLEY DAVIDSON (low rider). Accessories added: windshield, crash bar, saddle bags. 5300 babied miles and care. Silver metallic. Recorded 100% mechanically sound by Sheldon's of Auburn. Bike is truly new condition. Call 508-414-9134 for showing. Firm \$14,000 as bike is MINT!

Local Heroes



FOUND HERE!

740 MOTORCYCLES

BMW MOTORCYCLE, rare K75 (4-stroke in-line 3 cyl motor), 1995. Mileage 10,800 (tires have about 1K wear) color: silver (#705). Asking \$5,200. Accessories: 3rd generation saddlebags with keys and insert bags, tail rack, Monoshock upgraded to YSS dialed to 250 lbs. Adjustable - all documents. Original toolset and bike manual. OEM windshield, Corbin low seat, Trickle charger, heated handgrips. This bike was stored in a garage for many years and is in like-new condition. Cruises between 60-80 with no effort and accelerates 0 to 60 in 4.5 seconds. A true 3-season miler! 508-943-1790 or ndc0001@charter.net

750 CAMPERS/ TRAILERS

2012 Cougar 324RLB 5th Wheel Camper. 1 & 1/2 bath, kids room w/sleeping loft. Pictures available. Excellent condition. \$19,750. 413-245-4403 Please leave a message. Located in Brimfield Mass.

760 VANS/TRUCKS

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

8' PLOW - three cable hook, in good condition. \$700 or best offer. Call Jim at 774-317-0628. No texting please.



What's On Your Mind? We'd Like to Know.

Email us your thoughts to: news@stonebridgepress.news



We'd Love To Hear From You!

"Every Town Deserves a Good Local Newspaper"



Triple Tax Savings Event on windows!

We're celebrating our Triple Tax Savings Event all month long!

Through August 31st only, buy four and get 18.75% off your entire project, and get an additional \$100 off each window and patio door with \$0 down, 0 monthly payments and 0% interest for one year!¹

- From last year we know that these appointments fill up quickly; call today
- You must call by August 31st

Save on every window!



Save on every patio door!



Must call by August 31st, 2019

1	AND	3
18.75% OFF	\$100 OFF	WITH
your entire project ¹	each window and patio door ¹	\$0 Down
		0 Monthly Payments
		0% Interest
		FOR 1 YEAR¹

Minimum purchase of four.

No minimum purchase required.

Minimum purchase of four. Interest accrues from the purchase date but is waived if paid in full within 12 months. Participating states require the payment of sales taxes on all product sales.

Don't settle for poor-quality vinyl windows.

Not only can they look shiny and low-end, some poor-quality vinyl windows can warp, leak and become drafty after just a few years. Our windows are made of our exclusive Fibrex[®] material, which is twice as strong as vinyl.

Unlike some other companies, we warrant our windows and installation.*

Renewal by Andersen is the full-service replacement window division of Andersen Corporation, and because they've been around for 116 years, you know we'll be around to stand behind our window, our service and our installation.*



Call for your FREE Window and Patio Door Diagnosis
1-800-209-2746

¹DETAILS OF OFFER – Offer expires 9/14/2019. You must set your appointment by 8/31/2019 and purchase by 9/14/2019. Not valid with other offers or prior purchases. Get 18.75% off your entire purchase and 12 months \$0 money down, 0 monthly payments, 0% interest when you purchase four (4) or more windows or patio doors between 7/28/2019 and 9/14/2019. Additional \$100 off each window or patio door, no minimum purchase required, taken after initial discount(s), when you set your appointment by 8/31/2019 and purchase by 9/14/2019. Subject to credit approval. Interest is billed during the promotional period, but all interest is waived if the purchase amount is paid before the expiration of the promotional period. Financing for GreenSky[®] consumer loan programs is provided by federally insured, federal and state chartered financial institutions without regard to age, race, color, religion, national origin, gender or familial status. Savings comparison based on purchase of a single unit at list price. Available only at participating locations. See your local Renewal by Andersen location for details. License number available upon request. Some Renewal by Andersen locations are independently owned and operated. "Renewal by Andersen" and all other marks where denoted are trademarks of Andersen Corporation. ©2019 Andersen Corporation. All rights reserved. ©2019 Lead Surge LLC. All rights reserved. *See limited warranty for details.

EXPRESS

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AUBURN NEWS • BLACKSTONE VALLEY TRIBUNE • SPENCER NEW LEADER
SOUTHBRIDGE NEWS • STURBRIDGE VILLAGER
CHARLTON VILLAGER • WEBSTER TIMES

Friday, August 2, 2019

CHECK OUT OUR SCAMBLE ON THE BACK PAGE

OF THE SUMMER SEASON

Support these local businesses this Summer!

ABC's

A is for Appliance

Repairing ALL Makes & Models

Complete Line of NEW APPLIANCES All Major Brands

6 & 12 Months Financing Available

Service Calls Starting @ \$75 (pending location)

Instant Credit • In-shop repairs
Delivery, Installation & Removal available.
Oreck vacuums and bags.

Dave's Appliance Inc.
508-867-3122
Parts Hotline 888-229-1027
42 W. Main St., Brookfield, MA
Hours: Mon-Thurs 9-6 • Fri 9-5 • Sat 10-3

B is for Breakfast

Breakfast Burritos!

Fresh scrambled eggs, peppers, onions, tomatoes, and cheddar cheese, with your choice of sausage or bacon or both all rolled into a warmed flour tortilla Topped with salsa & cheddar served with a side of home fries

Available Everyday 7am-11:30 am

E.B.Flatts
Rte 9 East Brookfield
508-867-6643

C is for Customer Service

Dorrinda O'Keefe-Shea
Realtor® Lic# 9508821
Century, Centurion Honor Society, CDPE, Notary Public.

270 Main Street, Spencer, MA 01562
109 West Street, Ware, MA 01082
c: 978-434-1990 e: dorrinda@c21lovet.com
www.DorrindaSellsHomes.com

Specializing in Residential, Commercial, Multi-family, & Land Sales!
BUY WITH CONFIDENCE AND SELL WITH SUCCESS!
Broker/Owner James D'Amico

D is for Diner

Fedele's Coffee Shoppe & Restaurant
13 Central St., Southbridge

Come by and check out our **NEW DAILY BREAKFAST & LUNCH SPECIALS!**

Breakfast Selections starting at **JUST \$3.99**
Lunch Selections starting at **JUST \$4.99**

ANY BURGER W/FRIES ONLY \$5.99

Take Out Available 508-764-8019

E is for Exit

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FITNESS

Getting outdoors really is good for you

People who live in regions where winters are cold often note the feeling of rejuvenation they enjoy on the first warm day of late-winter or spring. The chance to get outside and soak up some sun while breathing some warm air is a feeling unlike any other for those who spend much of their winters bundled up in layers of clothing.

The value of spending time outdoors extends well beyond dusting off winter cabin fever, providing long-term benefits that might surprise even the most ardent outdoor enthusiast. A 2018 report from researchers at the University of East Anglia found that living close to nature and spending time outside has wide-ranging health benefits, including a reduced risk for type 2 diabetes, cardiovascular disease, premature death, preterm birth, stress, and high blood pressure. Authors of the report studied data from across the globe, gathering evidence from more than 140 studies involving more than 290 million people.

Researchers cannot



pinpoint exactly why people who spend ample time in greenspaces enjoy better health. However, the benefits appear to be so wide-ranging as to suggest that people who currently do not spend much time in greenspaces should make a con-

certed effort to do so. The following are a handful of ways busy individuals can start spending more time outdoors.

- Dine al fresco. On nights when the weather is fair, take dinner into the great outdoors. People who live in pri-

vate homes can dine on the patio or on the deck in the backyard, while apartment dwellers can make use of local parks for nighttime picnics or dine on balconies or rooftop recreational areas, which have become popular in crowded metro-

politan areas. Rooftops and balconies may not pass the "Is it greenspace?" test, but dining in such areas can be more relaxing than an apartment dining nook.

- Get off the couch. Don't hesitate to get outside when night falls.

Spend time in the backyard or go for nightly walks around the neighborhood or in a nearby park. Say so long to television binge sessions, making healthier and more beneficial use of nightly free time by utilizing nearby greenspaces.

- Go hiking on weekends. Even city dwellers no doubt live within driving distance of local hiking areas. Hiking provides a host of cardiovascular benefits and can make for a great, full-body workout. Researchers associated with the UEA report suggested that the practice of forest bathing, which is popular in Japan and promotes spending time sitting down or lying in nature, exposes people to a diverse array of bacteria present in natural areas that may benefit the immune system and reduce inflammation.

People who think that accessing nature is helping them to stay healthy aren't wrong. In fact, making time to include nature in your daily or weekly routine can have positive and wide-ranging effects on your overall health.

How much exercise does a person need?



Exercise is an essential component of a healthy lifestyle. Exercise helps people maintain healthy weights, improves mood, reduces the risk for various health ailments, and much more. But how much exercise is necessary for optimal health? Research indicates that the answer to that question depends on the person and his or individual health goals.

According to David Bassett, Jr., PhD, a professor of exercise physiology at the University of Tennessee in Knoxville, having a clear set of exercise goals can help a person determine just how much exercise he or she needs, particularly if a person is exercising to control his or her weight or reduce his or her stress.

The U.S. Department of Health and Human Services recommends that most healthy adults get at least 150

minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity, or a combination thereof, every week. Try to engage in strength training for all major muscle groups at least two times per week. The Mayo Clinic says a general goal for most people is to aim for at least 30 minutes of moderate physical activity every day.

Health experts say that this exercise needn't all occur at once, either. If a 30-minute walk is not possible, split that up into a few 10-minute walks throughout the day. Any activity is better than doing nothing at all.

For those with specific fitness goals, it could be wise to speak with a trainer or a doctor about which types of exercises (and durations) are effective. Physicians may be able to map out a fitness plan that works.

Build an effective (and budget-friendly) home gym

Physical fitness is important. Exercise guidelines depend on the individual, but the American Heart Association recommends adults get at least 150 minutes of moderate-intensity aerobic activity every week. That amount may need to be increased to meet specific goals, such as weight loss.

In order to meet their fitness goals, many people invest in home gyms. Home gyms can be a convenient way to maximize physical activity and help people maintain muscle mass. According to Spaulding Rehabilitation Hospital, a Harvard-affiliated medical center, staying fit can improve physical strength, reduce seniors' fear of falls, increase confidence, and improve sleep.

When setting up a home gym, people may be tempted to invest a fortune into their equipment. But such investments aren't entirely necessary. Here are some ways to have a functional, budget-friendly workout space in your home.

- Invest in elastic resistance bands. Invest in lightweight elastic bands. According to a study published in 2018 in the Journal of Sports Science & Medicine, such bands can improve strength just as effectively as many weight machines commonly found in gyms. Resistance bands don't take up much space and can be tucked out of sight when not in use.

- Dedicate a workout space. Many people find that areas away from the bustle of the household are great spaces to devote to home gyms. Include a full-length mirror that lets you make sure you're performing exercises correctly and invest in a stereo to pump in inspirational music. The fewer the distractions, the more likely you will



commit to your exercise regimen.

- Invest in a set of dumbbells. Adjustable dumbbells or a few of various weights are a good investment. Dumbbells are compact and can be used to perform a variety of strength-training exercises. Begin with light weights and work your way up to reduce your risk of injury.

- Try stability balls. Stability balls are used to perform various core exercises, according to Harvard Medical School. The body's core can be strengthened to improve balance, reduce back pain and more. Stability balls

also can be used to perform abdominal crunches, squats, hamstring curls, and body bridges. Balls also can double as a bench when working with dumbbells.

- Don't forget about cardio. Elliptical machines, stationary bikes and treadmills are effective, but there are other ways to get your daily dose of cardiovascular exercise. Lateral shuffles between two points on a gym floor, or setting up a circuit of jumping jacks or skipping rope can keep your heart rate up and improve health.

Home gyms can help people get and stay in shape.

FITNESS

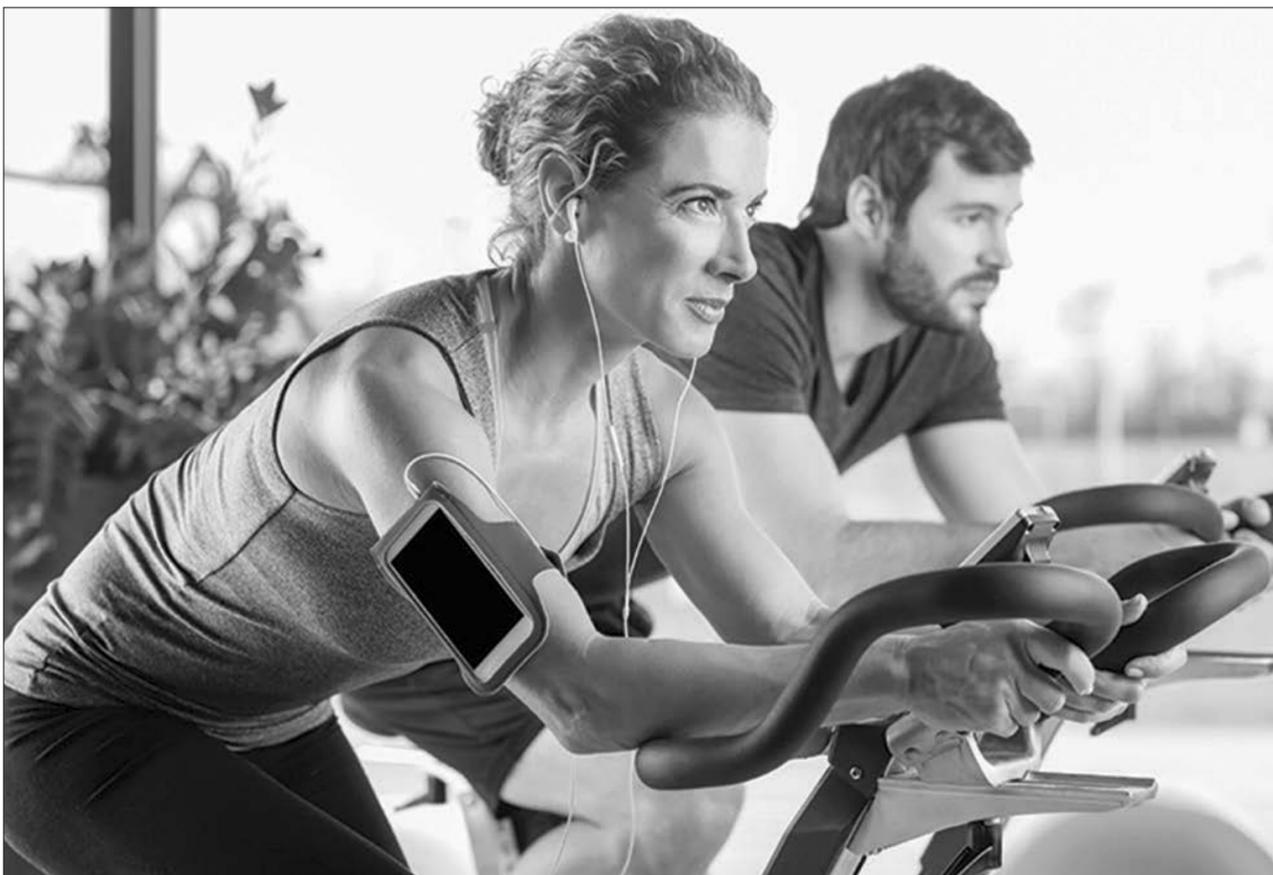
Understanding the fitness-related ‘rhabdo’

Have you heard of “rhabdo”? No, it’s not the latest superfood seed imported from the heart of the rainforest. Also dubbed the “spinning disease,” rhabdo, short for rhabdomyolysis, is a serious condition known to the medical world for years, but is only recently garnering more widespread attention thanks to the high-impact fitness craze.

According to the Harvard Medical School, rhabdo is a rare condition that occurs when muscle cells burst and leak their contents into the blood stream. This can cause kidney injury, dark or brown urine, weakness, and muscle soreness. Trauma, medication and drug or alcohol misuse can contribute to rhabdo, but so can intense physical activity.

The Mayo Clinic states that rhabdo has been seen in extreme athletes, such as weight lifters and marathon runners. Rhabdo also can afflict people new to fitness regimens who are attempting to push themselves too far, too quickly.

According to Dr. Leslie Hamlett, a nephrology specialist at Freeman Health System in Missouri, she’s not surprised that those participating in intense workouts have been experiencing rhabdo. Dr. Hamlett feels that athletes crave the pain and burn — equating it to a job well done. However, the earliest symptoms of rhabdo mimic those of a really tough workout, making



them easy to overlook.

The following tips can help people reduce their risk of developing rhabdomyolysis.

- Avoid alcohol and drug abuse.
- Seek prompt medical help

after an accident or muscle trauma.

- Do not work out in excessive heat.
- Stay hydrated throughout a workout and attempt to maintain a normal body tempera-

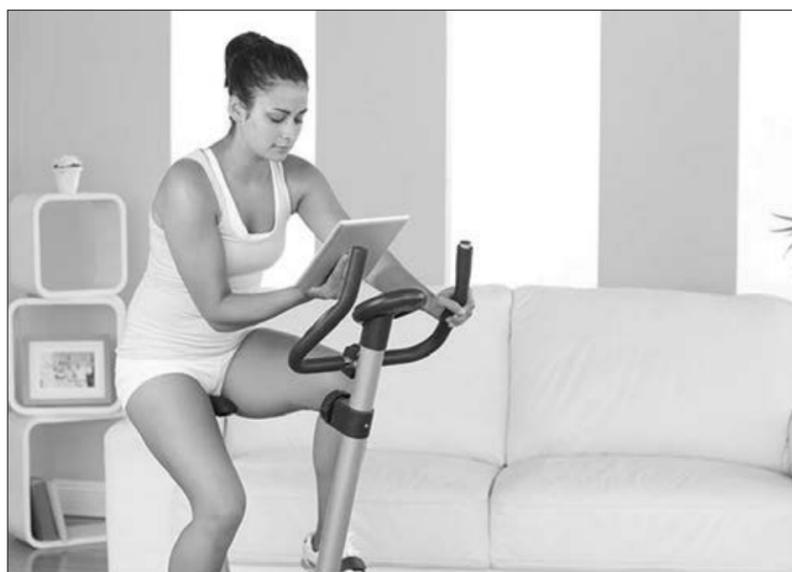
ture. Fluids with electrolytes can be beneficial.

- When working out, gradually increase intensity, whether you’re a seasoned athlete or a beginner.

Rhabdo is a serious medical

condition that those engaging in extreme workouts should familiarize themselves with early on. Although rare, the condition is serious enough to warrant caution while exercising.

How to start exercising at home



A healthy diet and an active lifestyle are great ways to achieve a healthy weight and good overall health. Many people no doubt associate exercise with fitness centers and gym memberships. While gyms certainly are effective places to break a sweat, exercising at home can be an effective way to get fit as well.

Working out at home may require some creativity, as even homeowners with gyms in their basements may not have as much equipment at their disposal as they would at a local fitness center.]

BODY WEIGHT EXERCISES

Body weight exercises include push-ups, planks, squats, and lunges. Alternating incline and positioning of the body when performing some of these exercises is a great way to work various muscle groups. Body weight exercises do not necessarily require equipment, and that may disappoint some people. That’s because, with no added weight — and only one’s own body weight to provide resistance — it’s difficult for a person to challenge himself or herself effectively and gradually build up progress.

GET OUTDOORS FOR CARDIO

A mix of cardiovascular activity, which puts a strain on the heart and lungs to build up stamina, can help

shave off the pounds when paired with strength training exercises. Take to the great outdoors near home to get in a good cardio workout.

Rally Health, a digital, data-based health advisory company, says that walking can constitute a cardio workout if one goes at a brisk pace of around three miles per hour. Walking on an incline also can constitute vigorous exercise that’s on par with running or biking, particularly when it’s a steep hill.

Home-based cardio workouts also can include cycling, swimming in a backyard pool or playing a pickup sports game with the kids.

SET UP A HOME GYM

With a few barbells, dumbbells and a weight bench, it’s easy to create a home gym in a basement or garage. Extra equipment, such as TRX resistance training equipment or an elliptical machine, can be added to make the gym more complete.

A home gym also can be a place to do strength and stretching exercises like yoga or pilates.

Many people find that they can effectively workout at home with little to no equipment necessary. With such convenience, individuals may find they make more time for exercise, which is an important component of a healthy lifestyle.

Signs you might be overtraining



Exercise is a vital component of a healthy lifestyle. Many people find that pairing a nutritious, well-balanced diet with routine exercise is a successful formula for a long and healthy life.

People typically know when to stop eating. In fact, the brain signals when the stomach is full to prevent the body from eating too much. Exercise can be a little trickier, as men and women may be inclined to ignore certain warning signs of overexertion during a workout. The well-known workout motto “no pain, no gain” implies that rewards await those who push through their pain during a workout. However, ignoring signals that the body is being overtrained can have a detrimental effect on both short- and long-term health.

According to the American Council on Exercise®, there is a tipping point in regard to how much exercise the body can take. ACE notes that, when people pass that point, the exercise they engage in can actually do more harm than good. ACE refers to the tipping point as overtraining syndrome, or OTS, which can actually contribute to a reduction in overall fitness and increase a person’s risk for injury.

People dealing with OTS may not recognize its symptoms as readily as they would a full stomach. As a result, it can be easier to overtrain than overeat. For instance, people focused on living healthy often know when to call it quits at the dinner table, but might not know when to end a workout. Overtraining can be just as harmful as overeating,

and athletes can help themselves by learning to recognize various signs of overtraining.

• Decreased performance: ACE notes that a lack of improved performance, despite an increase in training intensity or volume, is a telltale sign of OTS. Athletes who recognize a decrease in their agility, strength and endurance might be dealing with OTS.

• Increased perceived effort during workouts: OTS can make seemingly effortless workouts seem difficult. An abnormally elevated heart rate during exercise or even throughout the day may indicate OTS.

• Excessive fatigue: Too much training can contribute to fatigue because the body is not being given ample time to recover between workouts.

• Agitation and moodiness: Overtraining can contribute to a hormonal imbalance that affects stress levels, potentially making people more irritable and contributing to moodiness.

• Insomnia or restless sleep: The overproduction of stress hormones that can occur when overtraining can adversely affect a person’s ability to get adequate sleep.

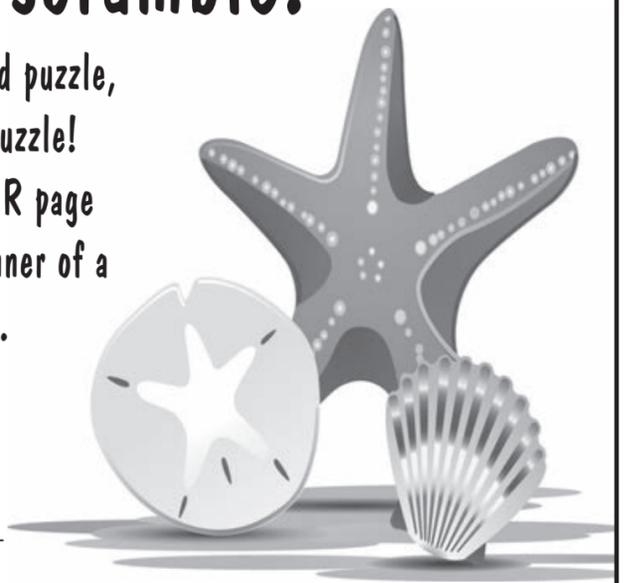
Additional signs of overtraining include loss of appetite, chronic or nagging injuries, metabolic imbalances, and stress and/or depression. More information about OTS and how to avoid it is available at www.acefitness.org.

Welcome to our first scramble!

We've decided to change it up for Summer and instead of a crossword puzzle, we've created a scramble. We hope you'll enjoy this challenging puzzle!

Please find the answers (business names) on the ABC's of SUMMER page in this week's issue. We will unscramble for you and announce a winner of a \$25 Gift Card to an ABC Business in the August 16th issue.

Good luck!



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