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

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Friday, October 4, 2019

Charlton, Dudley deemed high risk communities for EEE

BY JASON BLEAU

As the concern over the Eastern equine encephalitis virus, also known as EEE or Triple-E, grows, both Charlton and Dudley have been deemed a "high risk" community after a local man was confirmed to have contracted the virus.

The state Department of Public Health confirmed the 11th case of EEE in a press release on Sept. 25, an unidentified Charlton resident in his 70s. State Representative Paul Frost took to social media that same day confirming that his office was notified about the case.

"My office has been informed by the Massachusetts Department of Public Health that Auburn & Charlton have been raised to the High Risk Category for EEE, now joining Millbury & Oxford," Rep. Frost

wrote. "DPH is confirming a human EEE case in Charlton."

The press release from the State DPH also singled out Dudley, Leicester, Southbridge and Spencer as high risk communities while confirming that an Essex County resident became the fourth recorded death in Massachusetts from the EEE virus. A 12th human case of the virus was later recorded in Hampden County, again a resident in their 70s,

leading several more communities to be deemed as "high risk."

As of Sept. 26, 35 communities were deemed as critical risk, 53 were considered high risk and 121 were considered moderate risk in the commonwealth. Eight confirmed animal deaths from the virus have also been recorded.

The EEE virus is spread mainly through mosquito bites and the threat of the illness has led many schools and communities to cancel outdoor activities after dark. State Epidemiologist Dr. Catherine Brown released a statement in the State DPH's press release warning that while the mosquito population is dwindling for the season, the risk is still there for infection.

"The weather is keeping them active," said Dr. Brown.

Please Read **EEE**, page **A8**

Dudley to seek debt exclusion for Town Hall projects

BY JASON BLEAU NEWS STAFF WRITER

DUDLEY — Over the past year Dudley has worked to improve several aspects of the town municipal complex, Dudley's version of a town hall housing the senior center, police department and town offices. These have included improvements to the HVAC system as well as a new roof, which were approved during a town meeting in May of 2018. Over a year later Town Administrator Jonathan Ruda is looking to correct what he believes to be the result of miscommunication by seeking a debt exclusion for those projects

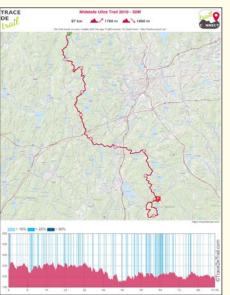
Ruda brought the idea to selectmen during a meeting on Sept. 23 where he explained that he believes a past vote to avoid a debt exclusion was the result of a lack of understanding. He explained that under the current situation the town is merely paying interest on the loan, but a debt exclusion would see the town pay off the debt faster.

"After I've had a chance to speak to all the board members individually, I think there was a miscommunication when that vote was taken in April of this year not to debt exclude [the HVAC and roof project]. When we originally voted on this and we put it forward on the town meeting warrant to be voted upon to borrow the money it was understood that it would be a debt excluded item. For some reason when it came back up in April it was voted 'no' and I think there was a complete lack of communication," Ruda said.

He added that if a debt exclusion is not approved and passed at a town election the

Please Read **DEBT**, page **A5**





Courtesy photo

The Midstate Massive Ultra race route's last half runs through Spencer, Charlton, Oxford, Sutton and

Midstate Trail to host ultramarathon Oct. 12-13

BY GUS STEEVES CORRESPONDENT

OXFORD — For long distance hikers, downtown Oxford is notable for something most other people wouldn't notice. It's the lowest point on the Midstate Trail.

That will become a factor later this month when the first Midstate Massive Ultra trail race comes through town Oct. 12 and 13. Instead of the slow pace of hikers, people might (depending on what time it is) see up to 100 runners following the trail

from the New Hampshire border to its end in Douglas State Forest.

"This is just a spectacular resource in our backyard and almost nobody knows about it," said race organizer Rich Mazzola.

This is his first time orga-

nizing an ultramarathon
— a two-day race over the
peaks, valleys, steep ledges
and lowlands of the Midstate
Trail. It will have three starting points: Windblown Ski
Area in New Hampshire
for those seeking to do the
whole distance (about 100

miles), Rutland's Long Pond for those doing half, and Bay Path for those doing 30 miles. The longer two actually run through the night of Oct. 12, while the third route is a daytime run Oct. 13.

Unlike most marathons, there won't be water stops every mile or so, just at 16 set locations which vary from 3.7 to 8.7 miles apart.

"To do this, you need to readjust how you take in water and nutrition," Mazzola said, describing

Please Read **MIDSTATE**, page **A5**

Polletta named Dudley's Highway Superintendent

BY JASON BLEAU NEWS STAFF WRITER

DUDLEY — The town of Dudley now has a permanent Highway Superintendent, and it's a very familiar name.

Selectmen officially hired Vincent Polletta, Sr. as the new full-time Highway Superintendent during a meeting on Sept. 23 after Polletta served in the post on an interim basis for around a year's time. With 32 years of service to the department Polletta officially takes over for Daniel Gion, who retired in 2018.

Poletta's hiring brings the long-time employee's career full circle. The soft-spoken

leader of the highway department said he called the promotion the pinnacle of his career in the town bringing him to the highest point that he has sought to reach for so many years.

"This is the top of the ladder. It was a good career and it's still going," Polletta told selectmen before putting his signature to the contract.

Polletta came highly recommended in 2018 as the temporary replacement for the retiring Gion, who handpicked Polletta as his successor. Polletta started with a salary of \$77,000 in 2018, however the

Please Read **HIGHWAY,** page **A8**

'The Spirit talks through the singer'

DUBEAU KICKS OFF NATIVE SERIES AT LIBRARY

BY GUS STEEVES CORRESPONDENT

WEBSTER — In most Native American cultures, the drum is a man's instrument, while women typically use rattles. But Loralee Spirit Singer Dubeau has permission from the Elders to do both.

Her drumming of various personal and social songs drew a few dozen people to Gladys Kelly Library last weekend, kicking off a five-week series exploring Native culture all around us.

around us. Whether they're sunrise songs to celebrate living another day, or songs intended to smooth a dying person's passage into the Beyond, they're "about living in relation to all things and each other," she noted. Often, the same words pop up in multiple songs, words expressing gratitude for life and asking for help, but the energy and meaning are very different depending on how the song came to the person during a vision and/or what the community needs at the time.

"I allow Spirit and the Ancestors to use my voice," she said. "If I use my ego, it won't come out correctly. ... It's not easy to allow Spirit to



Gus Steeves photo

Loralee Spirit Singer Dubeau

take over and put yourself in the background."

For Dubeau, the path to becoming a ceremonial leader was a long one, starting as a child when she was still Catholic 40 years ago. She said she always felt different from those around her, had vivid dreams of what she later learned were Inipi (purification) ceremonies, and wanted to be a singer and teacher

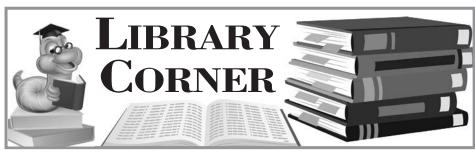
Please Read **DUBEAU**, page **A7**



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

Check out your local source of job and career opportunities.

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



Dudley Pearl L. Crawford Memorial Library programs and events

Below, please find the upcoming programs and events at the Dudley Pearle L. Crawford Memorial Library (40 Schofield Ave., Dudley, MA 01571; (508) 949-8021.) Online registration is available at www.crawfordlibrary.org.

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

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

POKEMON CLUB

Tuesdays 3:30PM-4:30PM

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

LEGO CLUB

Wednesdays 3:30PM-4:30PM

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

PRESCHOOL POWER

Thursdays 10:30AM-11:30AM

Come enjoy songs, books, and crafts! Geared for ages 3 through 5, but siblings are always welcome. Free. No registration required. Children under 12 must be accompanied by an adult.

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

Knitters, crocheters and all other fiber artists are welcome. No registra-

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

PUMPERNICKEL PUPPETS: PETER **RABBIT**

Monday September 30, 6:00PM-7:00PM Peter Rabbit! Come see Pumpernickel Puppet shows are presented with a cast of colorful puppet characters, audience participation, live voices and sound effects and fast paced scripts that not only entertain, but stimulate children's imagination and creativity. A demonstration period follows every performance giving the audience some insight into what happens behind the scene. No registration. Children under 12 must be accompanied by an adult. Sponsored by the Hugh and Harriet Crawford Foundation.

BOOK DISCUSSION GROUP

Thursday October 3, 6:00PM-7:00PM This month's discussion will be Mornings on Horseback by David McCullough. Books are available at the circulation desk. No registration required.

MUSIC AND MOVEMENT: FABULOUS FALL

Friday October 4, 11:00am-11:45am

Nothing gets kids on their feet and having fun quite like songs, dance and silly stories. Deb has been conducting children's programs that get kids up and moving since 1991. Join Deb for Fabulous Fall! No registration. Children under 12 must be accompanied by an adult.

MONDAY MOVIE: "GREEN BOOK" Monday October 7, 5:30PM-7:30PM

Join us for movie night at the Pearle! Staring Viggo Mortensen, Mahershala Ali, Linda Cardellini. Green Book is about a working-class Italian-American bouncer who becomes the driver of an African-American classical pianist

This is an opportunity to meet and dis-

cuss issues with Representative Frost

Constituents do not need to wait for

office hours to voice any concerns or

request assistance, or to schedule an

alternative opportunity to meet with

Representative Frost. You can always

contact his office at the State House by

Office Hours and Locations for

Oct. 8: Oxford Senior Center: 10-11

Oct. 10: Charlton Senior Center: 10-11

Oct. 15: Millbury Senior Center: 11

Oct. 17: Auburn Senior Center: 11

and a member of his staff.

calling (617) 722-2489.

October:

a.m. - noon

a.m. - noon

on a tour of venues through the 1960s American South. This movie is Rated PG-13, the run time is 130 minutes. Children under 12 must be accompanied by an adult.

WOODSTOCK: 50THANNIVERSARY CELEBRATION

Thursday October 10, 6:00PM-7:45PM The Pearle Jam concert series welcomes author and performer Craig Harris, who presents a multimedia and participatory program which incorporates rare recordings, archival video, captivating storytelling, group singing, and guided music-making. The August 1969 Woodstock Exposition of Music and Art continues to reverberate cultural ripples and this program will not only stir memories but provide new perspective. Free. No registration. Sponsored by the Hugh and Harriet Crawford Foundation.

CREATIVE DRAMA FOR KIDS

Friday October 11, 11:30AM-12:30PM Join Meredith Charles from Out of

the Box for a creative drama workshop. Learn about character development, creating a scene, and basic prop and costume development. A great class for all ages and abilities! Free. No registration required. Children under 12 must be accompanied by an adult. Sponsored by the Friends of the Library

FAMILY MOVIE: SECRET LIFE OF PETS 2

Friday October 11, 1:00PM-3:00PM

Looking for something for the whole family to do on the kids' day off? Join us for a free movie. Fresh-popped popcorn provided! Free. No registration required. Children under 12 must be accompanied by an adult.

FRIENDS OF THE LIBRARY FALL BOOK SALE

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

YOUTH ADVISORY COUNCIL Monday October 21, 5:00PM-6:00PM

Hey teens! What would you like to see in the library? What kinds of programs do you want? Come help us plan and

Bartlett High Class of 1979 looking for missing classmates

Bartlett High Class of 1979 together for its 40th reunion — scheduled for Nov. 30 at Point Breeze — seeks help in finding

Parkway was ready the following year.

Anyone with pertinent information can contact BartlettClass1979@gmail.

The committee which is bringing the some missing members.

The committee has searched various websites to find the missing classmates, but they are looking for more. Perhaps parents, brothers, sisters, aunts or uncles can help locate some missing members from the Class of 1979, the last graduating class from the old Bartlett on Main Street. The new Bartlett on Lake

Rep. Frost October Office Hours

OXFORD — Representative Paul Frost (R-Auburn) announces he will be holding an office hour in Oxford on Oct. 8 at the Oxford Senior Center at 10 a.m.



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Expires 10/31/19. Maximum 4 coupons per table/party.



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THE WEBSTER TIMES (USPS#024-928) 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 WEBSTER TIMES, P.O. BOX 90, SOUTHBRIDGE, MA 01550 registration required.

enjoy free pizza and drinks. Free. No

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

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

GENEALOGY GROUP: "RESEARCHING AT A HISTORICAL SOCIETY

Thursday October 24, 6:00PM-7:00PM Seema Kenny will present the ins and outs of doing research at a historical society. Free. No registration required. Sponsored by the Friends of the Library.

DROP IN SLIME MAKING: SPOOKY

Friday October 25, 3:00PM-4:00PM

Drop in and make your own spooky slime to take home! One slime per person, please. Free. No registration required. Children under 12 must be accompanied by an adult.

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

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

FRIENDS OF THE LIBRARY BAUBLES AND BLING SALE

SaturdayDecember7,10:00AM-2:00PM The Friends of the Library will hold a sale of costume jewelry, jewelry boxes, and other surprises. Have some gently used jewelry or jewelry boxes that you don't know what to do with? Bring them to the Library before December 1 and donate them to the Friends!

ALMANAC

REAL ESTATE

WEBSTER

\$9,425,000, 30 Worcester Rd, Focused Investment Ptnrs, to FHP Of Webster MA CP LLC.

\$425,000, 7 Bay View Rd, Dubois, Nisha, and Dubois, Stephen, to Daggett, George R.

\$330,000,5 Crown St, Dowgiewicz, Maszkowska, Mark G, to Katarzyna P.

\$315,000, 3 Camile Rd, Rivard, Amy, and Rivard, Chad, to Velez, Chayan. \$305,000, 991 School St, Arpin,

Kenneth B, and Borski, Robert H, to Mccool, Lisa N, and Mccool, Finn C. \$244,000, 47 2nd Island Rd, Hale,

Norman L, to Panczyk, Matthew, and Panczyk, Emily. \$240,000, 26 Greystone Ave,

Fournier, Michael J, and Fournier, Maryellen, to Sabara, Rarython B. \$235,000, 4 Little League Ln, Marcinkus, Ryan, to Duplin,

Jennifer. \$200,000, Henry Joseph Dr, Flat Rock Development Co, to Place, Steven L, and Place, Kristine A.

\$133,000, 3 Lyndale Ave #F, Coleman, Starlette, and Wilmington Svgs Fund Soc, to Winsky, Melissa.

\$130,000, 41 Brook St, Clay Gary Est, and Clay, Thomas, to Mroczka, Damian.

DUDLEY

\$332,000, 94 Tracy Rd, Richer, Roger D, to Dilorenzo, Mark M. \$289,000,51 Dudley Hill Rd, Lebel. Douglas, to Venture Community

Investments, to Green Machine RT, and Dufresne, David J. \$145,000, 4 Dalessandro Ave,

\$160,000, 5 Day Rd, Turning Point

Wells Fargo Bank NA, to Arich, Shaul.

OXFORD

\$1,350,000, 36 Town Forest Rd, Venmill Realty Corp, to Bermer Realty LLC. \$362,500, 11 Minuteman Ln,

Lussier, Melissa A, and Banfill, Matthew R, to Coakley, Patrick C. \$325,000, 101 Millbury Rd, Davis, Kimberly A, and Davis, Kenneth H, to Burdette, Jamie C, and

Burdette, Amy K. \$319,900, 18 Ashworth Dr, Johnson, Scott T, to Campbell, Amy M, and Campbell, Brian R.

\$264,000, 27 Tanner Rd, Zonia, Brian, and Zonia, Christina, to

Pratt, Kelly. \$250,000, 21 Shady Ln, Burdette, Jamie, and Burdette, Amy K, to

Jordan, Robert E. \$247,000, 25 Clara Barton Santiago-Silvestri, M V, and Santiago-Silvestri, J J, to Richetelle, Erin, and Richetelle, Kyle H.

\$240,000, 12 Harwood St, Guevara, Jose A, and Guevara, Kimberly A, to Paradis, Justin A. \$160,000, 3 Saad Dr, Guy Mary J Est, and Dion, Brenda M, to Zolla, Richard.

Backpack Drive helps local schools in need



Patrick Sweeney with Re/Max Professional Associates and a member of the Community Action Committee of the Realtor Association al Backpack Drive from RACM to Eastford Elementary School in Southbridge. Over 200 backpacks and school supplies were collected by the CAC and donated to area schools in need. There will be another Backpack Drive in August of 2020. Backpack Drive in August of 2020.



Courtesy photos Patrick Sweeney with Re/Max Professional Associates and a member of the Community Action Committee of the Realtor Association of Central Massachusetts delivering backpacks from the Annual of Central Massachusetts delivering the backpacks from the annu- Backpack Drive from RACM to Park Avenue Elementary School in Webster, Over 200 backpacks and school supplies were collected by the CAC and donated to area schools in need. There will be another

WORCESTER — Giovana Ortiz-Associate,

Director was scheduled for Thursday,

Officers in attendance were Felisters Mburu of Shrewsbury, Sikorrya Seguin of Dudley, Fjolla Shehu of Worcester, and Chelsea Still of Plainfield, Conn. Alumni representatives present were Elizabeth Lartey, LPN from Worcester, PN Class of 2018 and Emily Lamoureux

of Charlton, PN Class of 2019.

ACCURACY WATCH:

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

Colby-Sawyer College welcomes Marissa Martocci

NEW LONDON, N.H. — This fall, Colby-Sawyer proudly welcomed Marissa Martocci of Dudley. Martocci is majoring in child development education

Bay Path UNICEF Club Officers offer support



Courtesy photo





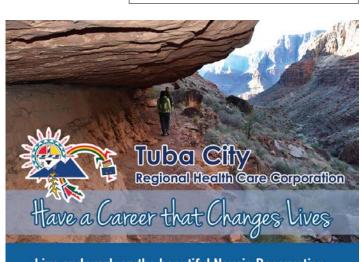
Bay Path Regional announces eighth grade tour and Open House dates

CHARLTON — Bay Path Regional Vocational learn about Bay Path offerings. Technical High School, located at 57 Old Muggett Hill Road in Charlton, is pleased to announce that its annual eighth grade tours will take place during the day on Wednesday, Oct. 9, 2019. Bay Path is arranging the tours with district schools and will provide transportation to and from the local schools to Bay Path. The tours give in-district eighth graders the opportunity to see the 22 vocational programs offered by the regional vocational technical high school.

On Thursday, Oct. 10, the school will hold its annual Open House from 6 to 8 p.m. All shops and academic classrooms will be available to tour. All faculty will be on hand to answer parent and student questions. In addition, all sports team's coaches and extra-curricular activity advisors will be set up in the cafeteria to answer questions about the school's robust after-school offerings. All seventh and eighth grade students are urged to encourage the Open House with their parents or guardians to

For the second year running, prospective students may apply to attend Bay Path Regional Vocational High School online at the school's website located at <u>www.baypath.net</u>. Once at the homepage click on the large red button entitled "Apply Now." Applications are accepted throughout the year however, applications received after Jan. 8, 2020 may be placed on a waiting list if all available seats are assigned. All students interested in attending Bay Path are encouraged to apply as soon as possible.

Bay Path Regional Vocational Technical High School serves students from Auburn, Charlton, Dudley, North Brookfield, Oxford, Paxton, Rutland, Southbridge, Spencer and Webster. At this time the school is unable to accept students from outside the 10-town district. Students with questions about the school are encouraged to call the guidance office at (508) 248-



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To learn more about Tuba City Regional Health Care Corporation, call our Human Resources at 928-283-2432 or e-mail TCRHCCHR@TCHEALTH.ORG

WWW.TCHEALTH.ORG

Oxford Library Book & Bake Sale starts Oct. 17

OXFORD — The Friends of the Oxford Free Public Library are preparing a Fall Book & Bake Sale that will delight book lovers, dessert lovers and bargain hunters alike.

Thousands of hard and softcover books in all genres, for all age groups, will be on sale Thursday, Oct. 17 from noon to 7 p.m.; Friday, Oct. 18 from 9:30 a.m. to 4 p.m.; and Saturday, Oct. 19 from 9:30 a.m. to 3 p.m.

Large Print books, CD's, and DVD's will also be available.

Homemade baked goods too! Dealers are welcome Saturday only.

You can support the Friends and the Library with your donations of clean, gently read books and media. Donations will be accepted until Oct. 12, and can be left downstairs during current library hours. We cannot accept encyclopedias, textbooks, VHS tapes, or cassettes.

The Oxford Free Public Library, at 339 Main Street in Oxford Center, is a member of the C/W MARS network and is open to all residents of Massachusetts. The Friends of the Library are volunteers who

support the Library with fundraising and promotional activities. Hours and library news can be found at http://oxfordmapubliclibrary.org

Contact: Harry R. Williams III HRogerWill@gmail.com 15 Daniel

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SENIOR CORNER

Webster Senior Center

5 Church Street, (508) 949-3845. Open Monday-Friday, 8 a.m.-4 p.m.

Email: SeniorCenter@Webster-ma. gov. Like the Webster Senior Center Facebook page to view our photos, news and announcements.

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

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

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

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

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

Mondays: Knitting/Crocheting Social 10 a.m.-noon

Monday: Exercise Classes with Forty Arroyo – Chair Dancing 10-11 a.m. Move While U Groove (dance fitness) 11:30 a.m.-12:30 p.m. Cost: \$3 each class

Wednesday: Exercise Classes with Forty Arroyo - Chair Dancing 10-11 a.m. Move While U Groove (dance fitness)

11:30 a.m.-12:30 p.m. Cost: \$3 each class Friday: Exercise Classes with Forty

Arroyo - Chair Dancing 10-11 a.m. Move While U Groove (dance fitness) 1-2: p.m. Cost: \$3 each class.

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

Progressive Pitch: Every Monday and Wednesday at 1 p.m. No need to commit to a league, come and play when you can make it.

Mahjongg Group: Interested in learning how to play Mahjongg? We have players that are willing to teach you how! They meet on Wednesdays at 1 p.m. Call or stop by the Senior Center for more information.

13-Card Pitch: Thursdays at 1 p.m. 9-Card Pitch: Fridays at 1 p.m.

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

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

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

Oxford Social Center

323 Main Street (behind Town Hall) Oxford, MA 01540, Ph: 508-987-6000 Email: socialcenter@town.oxford.

Facebook: Oxford Town Council on Aging

Open Monday through Friday, 8:30 a.m. to 2:30 p.m., except holidays. Closed 10/14

NEW: "The Breakfast Club" is offering

French toast and sausage, maple syrup, melon and milk, on Wednesday, Oct. 9 at 10:30 a.m. \$3 donation and you NEED to sign up.

After the breakfast club, Lisi and Lisi will present "A Penny for your Thoughts," a history of the penny with games and humorous stories, followed by a free appraisal of your coins (up to ten). A sign up is needed for the appraisal order.

"Paint you own Scarf" is a new and free program. All materials are provided at no charge. Thursday, Oct. 10 at

SHINE will discuss the 2020 Medicare and supplements updates on Thursday, Oct. 17 at 10 a.m.

FLU VACCINATIONS will be available on Friday, Oct. 18 from 10 a.m. to noon. Please sign up and bring you health insurance cards.

Isador's will be providing us with ham dinner on Thursday, Oct. 24 at 11:45 a.m. Check The Chatter for more

COOK-OUT, Tuesday, Oct. 29 at 11:45

a.m. Prior to our cook-out, the "Trinity Big Band" will perform for us at 11 a.m. ONGOING:

Starting in November, the third Wednesday of the month (usually) our van will take our seniors to the Webster Big Lots for shopping.

We will have a trial run to the Auburn Mall on Wednesday, Oct. 23 for up to six people, starting around 10 a.m. Sign up now to save your space!

Did you know that you can rent the Oxford Social Center (for up to 80 people) on weekends? See the COA's or the Town's website for more information.

Mondays: Cards and Games - 10 a.m., WalMart-(2nd & 4th Mondays)-holiday exceptions (with option of TJ Maxx), cards & games, "Aging Backwards" stretch-12:45 p.m.

Tuesdays: Tea & Talk 10, Needle workers 11 (looking for more knitters and yarn!), Grocery Shopping -10 a.m., Chair Yoga - 1 p.m.

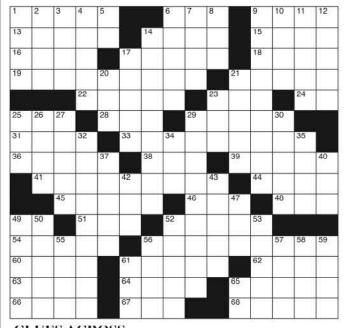
Wednesdays, S.H.I.N.E. — Every 1st and 3rd Wednesdays of the month. Call for an appointment. Pitch - 12:30-2:30 p.m., Mahjong - 10:30 a.m., Medical appointment rides

Thursdays: Strength & Balance-9 a.m., quilting - 12:30 p.m.; Grocery Shopping -10 a.m., cornhole 12:15 p.m.

Fridays: Hair Appointments, Cards and Games -10 a.m., Book Club- 1st Friday of the month.

The Social Center van service is available for shopping, appointments, etc., throughout Oxford. Appointments need to be made 24 hours in advance (a small donation fee applies).

Call the WRTA for out of town medical appointments at (508) 752-9283.



239. Gland secretion

41. A typical example

46. Expresses surprise

48. News organization

54. Group of organisms

60. Passage into a mine

62. Semitic fertility god

64. Religious ceremony

Winger, actress

67. Midway between northeast

68. Take something or somebody

and cheeses

63. Dry or withered

66. German river

and east

somewhere

30. Rumanian city 32. Equal to 10 meters

37. Remove

34. Historic Nevada city

35. A point of transition

40. Overwatch character

linked to the heart

50. Slowly disappeared

55. Fabric with smooth,

shiny surface

56. Wild cherry tree

59. Stony waste matter

53. Sword with a v-shaped blade

57. Traditional Japanese socks

58. Make of your hard work

43. Settles in calmly

47. Partner to his

49. Banking giant

42. Records electric currents

56. Produces

45. You put it on your pasta

51. One millionth of a gram

49. Disorder of the lungs (abbr.)

52. Some are of the "suit" variety

CLUES ACROSS

- Fertile desert spots 6. Married woman
- Some animals travel in one 13. Fear
- 14. Hawaiian island 15. Fit to work 16. Electronic counter-
- countermeasures 17. Former Senator Specter
- Cambodian currency
- 19. Dave Matthews Band hit 21. Lists ingredients
- 22. Endangered antelope
- Jerry's TV partner 24. Blue grass state
- 25. Obstruct
- 28. Luke's mentor __-Wan
- 29. Fencing swords 31. Oh. heavens!
- 33. Insensitive to changes in price 36. Hillsides
- 38. Brew

CLUES DOWN 1. Lyric poems

- 2. Genus of saltwater clams 3. Ingroup
- 4. Type of lounge chair
- 5. Memory card
- 6. Archipelago
- 7. Common Korean surname 8. It's up there
- 9. Quantity that helps to define 10. First month of the Jewish
- ecclesiastical year 11. Metal-headed golf club
- 12. A shade of green
- 14. Begin

SOLUTION

PUZZLE

- 17. A good thing to have 20. Language spoken in Laos
- 21. Loosely compacted sediment
- 23. Naturally occurring protein
- 25. Woman 26. Central Indian city
- 27. Volcanic craters
- 61. Woman (French) 65. Unit of loudness A В A ∃ W 1 Ε 3 9 EK MC 0

29. Largest existing land animals Я a A A H 0 3 NE 3 3 8 O M 0 Н 3 0 ٨ 8 A 0 G A 3 3 S

Local Freemasons warmly welcome public to Open House

Freemason Members of the Southern Worcester County Masonic Lodges will open their Lodge doors to the public on Saturday, Oct. 19, from 9 a.m. to 3 p.m., for their annual "Open House," a day of offering public information about Freemasonry and its charitable

If you've ever wondered who the Freemasons are, what they do, whether they are the descendants of the Knights Templars, or what the inside of their Lodge buildings look like, here's your chance to visit, meet and talk with Massachusetts Masons and learn more.

The seven Masonic Lodges listed below will host their annual Autumn Open House to help the public gain a better understanding of Freemasonry, and the positive impact that it has on its members, their families, and their communities. Members will offer tours of their buildings, discuss the fraternity's history, provide printed information, discuss Masonic rituals, explain what they do, and describe Masonry's many charitable programs.

Freemasonry helps men to be the best possible version of themselves through the practice of Brotherhood, Service, and Integrity. Our Lodges provide opportunities for fellowship, charity, education, and leadership.
"The Open House is a great opportunity for anyone interested in learning more about Freemasonry to meet and talk with Masons in their community, and enjoy a tour of our Masonic Lodges" said James Gonyea, District Deputy Grand Master of Masons in the 24th Massachusetts Masonic District and the presiding officer of more than 1,000 members. Although many have heard of us, very few are aware that for more than 300 years we have been part of an unbroken tradition of great men who have changed our world in big and small ways. Benjamin Franklin, George Washington, Thurgood Marshall, and John Glenn, for example, all joined the Masons prior to achieving the greatness we recognize them for. There are countless other great men, whose names are not widely known, that made their families, workplaces, and communities better because they were Masons. I warmly invite the public to join us on Saturday October 19.3

The branches are located at: Olive Branch Lodge - 7 Depot Street – Douglas, MA 01516

Solomon's Temple Lodge - 20 Court Street - Uxbridge, MA 01569

Webster Lodge - 27 Brandes Street – Webster, MA 01570 Oxford Lodge - 22 Mt. Pleasant

Ashland Ave. – Southbridge, MA 01550 Joel Prouty Lodge – 780 Southbridge Street - Auburn,

Street - Oxford, MA 01540

Quinebaug Lodge

MA 01501 Rose of Sharon Lodge - 88

Masonic Home Road - Charlton, MA 01507

Freemasons trace their roots to the stonemason guilds that built Europe's cathedrals and castles during the early part of the last millennium. As construction of these buildings declined, they began accepting members from outside their trade. These new members, influenced by the "Age of Enlightenment," transformed the organization from a group for builders to one focused on developing the character of its members. Officially, Freemasonry was founded in London, England in 1717. In 1733 it was formally organized in Massachusetts, making it the oldest Masonic group in the Western Hemisphere and the third oldest in the world. In 2019, Massachusetts Freemasonry celebrates its 286th Anniversary.

Freemasonry, the world's oldest and largest charitable fraternity, seeks to bring together men of every country, religion, race, background, and opinion and develop the bonds of friendship between them.



IN THE WEBSTER TIMES

To place an In-Memoriam, Card of Thanks, Birthday or Anniversary Greeting In the Blackstone Valley Tribune,

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To send by Mail, please mail to: Stonebridge Press C/O Patricia Owens 25 Elm St., Southbridge, MA. 01550

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POLICE LOGS

Webster Arrest Log

Monday, Sept. 23

Edmund J. Noga, 58; Lewdness, Open and Gross — Open Container Alcohol on School Street, 8:24 a.m.

William Howard Schellinger, III, 44; OUI Liquor or .08%, Fifth Offense -Alcohol in Motor Vehicle — Possess Open Container Of Negligent Operation of Motore Vehicle — Moped Violation on High Street, 11:53 a.m.

David Paul Rogers, 35; Warrant Arrest on Lake Street, 5:48 p.m.

Brian Edward Walsh, 30; Warrant Arrest on Union Street, 8:13 p.m.

Randy M. Denham, 27; Warrant Arrest — Drug Possession Class C on High Street, 8:20 p.m.

Stephen J. Rohr, 54; Warrant Arrest on High Street Apt. 1, 8:20 p.m.

Pedro Jose Villegas, 28; Warrant Arrest on Second Island Road, 9:36 p.m. Chad Zagrocki, 37; Warrant Arrest on

Thompson Road, 9:45 p.m..

Jenna M. Rollins, 31; Warrant Arrest on Thompson Road, 9:45 p.m.

James E. Batchelder, 47; Warrant Arrest on Douglas Road, 10:24 p.m. Allyson M. Ledford, 35; Out of Agency Warrant on Hillside Ave., 10:39 p.m.

Karla Aponte-Torres, 22; Warrant Arrest on Negus Street, 10:42 p.m.

John Nawrocki, 67; Warrant Arrest on Slater Street, 10:53 p.m.

Tuesday, Sept. 24 Jacqueline L. Paul, 43; Open

Container Alcohol — Disturbing the Peace on Main Street, 12:40 p.m.

Edmund J. Noga, 58; Lewdness, Open and Gross on South Main Street, 5:15

Wednesday, Sept. 25 David R. Corbett, 70; Disorderly Conduct — Disturbing the Peace on Thompson Road, 12:02 a.m.

Thursday, Sept. 26

Laurie A. Richard, 43; Warrant Arrest Arrest on East Main Street, 7:10 p.m. on Thompson Road, 2:32 p.m.

Friday, Sept. 27

Mark J. Dodd, 29; OUI Liquor or .08%, Second Offense — Speeding in Violation Special Regulation on Brandes Street and Klebart Ave., 1:38 a.m.

Richard K. Golenski, 49; License Suspended on West Ave., 2:14 p.m.

Andrew B. Beresik, 48; OUI Liquor or .08%, Second Offense — Negligent Operation of Motor Vehicle — Possess Open Container — Uninsured Vehicle Lights Violation on Sutton Road, 7:50

Saturday, Sept. 28

Maribel Reyes, 21; OUI Liquor or .08% Leave Scene of Property Damage on Lakeside Ave., 7:25 a.m.

Marisa Margaret Demeo, 25; Assault and Batter on +60 Disables on Gore Road, 5:46 p.m.

Kerissa Lynn Marquis, 20; Warrant

Dudley Arrest Log

Friday, Sept. 20 Pawel Bobinski, 37; OUI-Liquor or Marked Lanes Violation — Negligent Operation of Motor Vehicle on West Main Street, 10:58 p.m.

Saturday, Sept. 21

Sydney M. Chernasky, 24; Parked Lanes Violation — Out-Liquor or .08% Negligent Operation of Motor Vehicle on Worcester Road, 1:46 a.m.

Wednesday, Sept. 25

Ryan J. Mathieu, 19; Assault With Dangerous Weapon — Threat to Commit Crime — Dangerous Weapon on School Grounds on Dudley Oxford Road, 6:31 p.m.

DEBT

continued from page 1

town would start paying the debt from free cash with the first payment being \$165,000. Ruda argued a debt exclusion would save the town, at minimum, \$19,000 a year in interest.

Selectmen agreed in a 3-0-1 vote to place the question of a debt exclusion on the 2020 election ballot. Kerry Cyganiewicz voted "present" while selectman John Marsi did not attend

the meeting. Ruda said the town hall is examining ways to publicize the proposal to avoid any confusion as to exactly what the town will be asking for next year.

"The amount that will be borrowed will be specified when we set the tax rate and that amount can actually be figured so that you can say it adds two or three cents to a tax bill. I can't figure that right now because it's a crystal ball. I will say that between now and our 2023 budget we will be retiring over \$577,000 in debt so we're well within the range of not sky rocketing tax bills," Ruda said.

That means they would be retiring debt that exceeds the "ballpark figure" \$450,000 being targeted for the debt exclusion. The town administrator also noted that this does not factor in any items yet to be discussed at the fall annual town meeting.

A second project, the shift to LED streetlights, was also discussed, but Ruda is not seeking a debt exclusion for that initiative. Selectmen had previously discussed the likelihood that the investment in the more energy efficient bulbs would pay for itself in time, however Ruda believes that the town also needs to change its strategy for paying off that debt putting the focus on free cash.

"It's \$200,000. That, I think after doing some research and finding out what we have available for grants and incentives, I'd like to pay that off through free cash because I think we

can manage that over the course of the next three years easily. We have about \$98,000 in incentives coming back, said Ruda.

He noted that the town currently has \$47,000 in available funding earmarked for that expense and another \$14,000 in Green Communities account funding to help offset the impact to free cash. Another \$40,000 is expected to come back to the town from National

MIDSTATE

continued from page 1

trail running as "a different dynamic" than a road race. "You need to get your joints flexible enough to accommodate an uneven running surface. They're not running it terribly quickly. You can go at your own pace completely."

Mazzola said he expects around 100 runners total.

'We are prepared to be able to handle most weather situations so we can provide a safe event for all participants. However, we do require the support of state and local officials to conduct this race safely and will only do so with their continued approval," the race handbook states. "... If a significant event were to occur on or near race weekend and state and/or local authorities deem it unsafe for us to hold the event, we will be obligated to cancel the event.'

The potential impact worries Midstate Trail Committee chair Kimball Simpson, who notes much of the trail's length is on private property where many of the owners had agreed to open it to hikers with "handshake agreements." He said his committee "didn't want to be involved in it in any way," but if Mazzola has secured owners' permission, they won't interfere.

"The impact of lots of footsteps on the trail and lights at night could be upsetting to landowners, but I believe they've been notified, so that's not an issue," Simpson said. "I wouldn't want to be running the trail with a headlamp in the middle of the night.'

He also expressed concern about

potential impact on wet areas along the trail, noting a lot of people "could cause them to expand. That would be a real issue."

Mazzola said he's been reaching out to the various owners, adding signs and, in some cases, rerouting the race. He's run some of it, while his friend and co-organizer Andy Marx has run about 75 miles of it. The handbook notes the route has been revised "to avoid sensitive areas as designated by the Midstate Trail [Committee].'

"The trail itself is very, very well marked, but it's not marked from the perspective of a runner," Mazzola said. While hikers are willing take a little time to find where the route turns or crosses a road, runners tend to be impatient and "we don't want anyone to get lost," he said.

So he's traveling its length and adding reflective signs at all intersections. One thing he said he didn't expect to

be an issue was wild animals.

'That kinda goes with the territory. It's never been a problem," he said. "We're making noise, running the trail, have lights and are not trying to be quiet."

Mazzola said he's seeking volunteer groups "of all shapes and sizes" to staff the 16 aid stations along the route. Those who do will get donations. Signups to race close Oct. 7 or when they sell out. Those interested in volunteering should email Carol at volunteers@ newenglandraceevents.com.

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

Quinebaug Valley Community College

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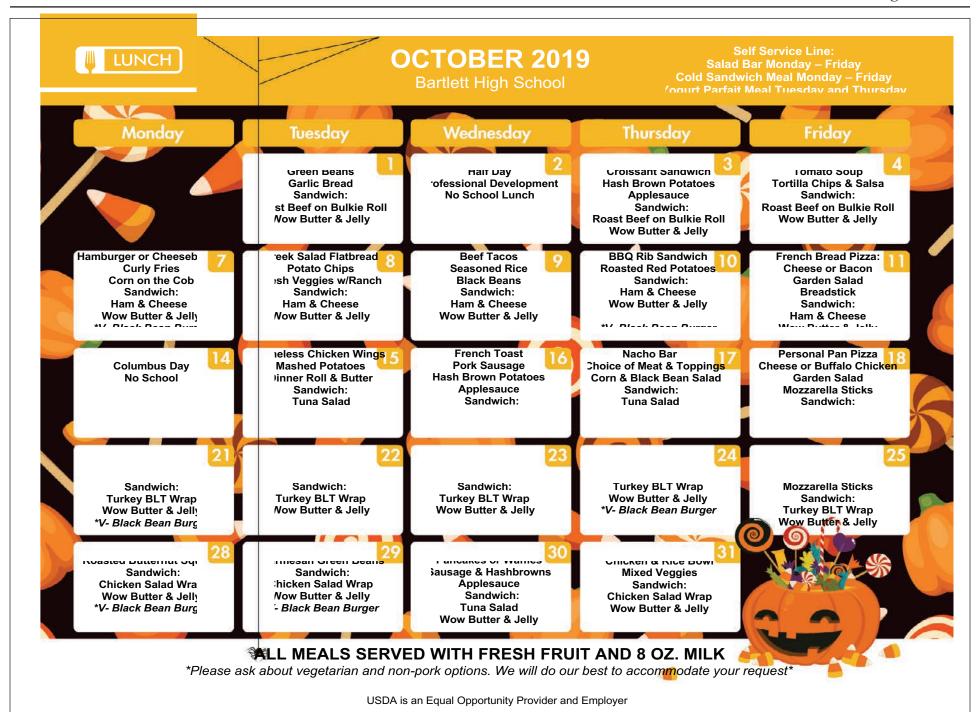


SAVE-THE-DATE FALL OPEN HOUSE

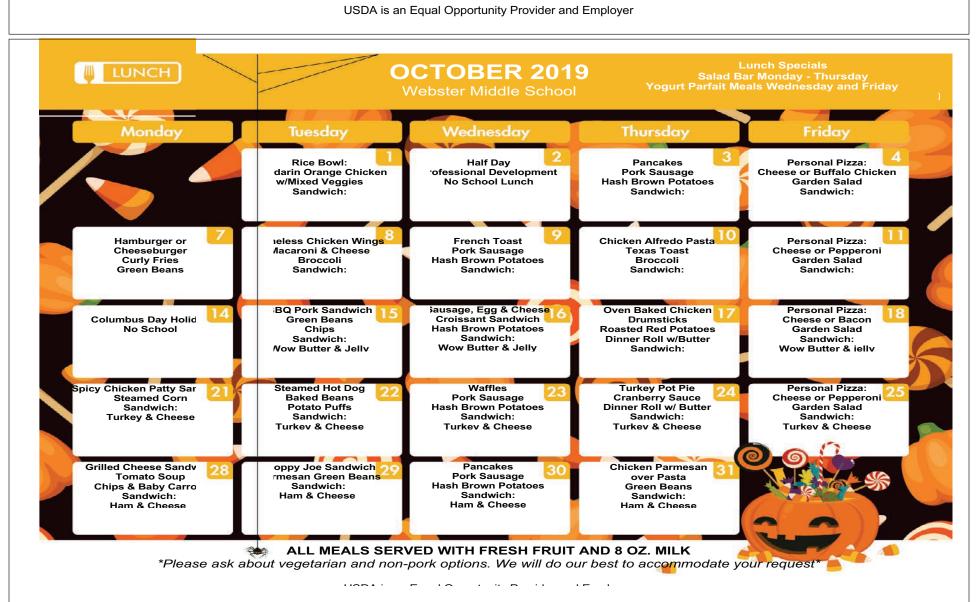
Wednesday, November 13 • 6 p.m.



Admissions: Sarah Hendrick • 860.932.4096 • shendrick@qvcc.edu MAIN CAMPUS: 742 Upper Maple Street, Danielson WINDHAM TECHNICAL HIGH SCHOOL: 210 Birch Street, Willimantic



Tuesday Wednesday Thursday Spanish Rice ofessional Development w/Flatbread Cheese or Pepperoni Sweet Corn Marinara Cup Garden Salad No School Lunch Sandwich: Pepperoni & Cheese Sandwich: **Now Butter & Jelly** Sandwich: Bologna & Cheese Bologna & Cheese French Toast hili Cheese Nachos **Grilled Cheese** Personal Pizza: Hamburger Chicken Noodle Soup Cheese or Pepperoni Sweet Corn Pork Sausage Links Cheeseburger resh Veggies w/Ranch Cup Sandwich: **Hash Browns** Garden Salad **Oven Baked Fries** Turkey & Cheese **Applesauce** Sandwich: Sandwich: Turkey & Cheese Bologna & Cheese Sandwich: Sandwich: **Turkey & Cheese Turkey & Cheese** Mini Pancakes Italian Sub Sandwich Cheesy Pizza Bites Columbus Day Holid cken Patty Sandwich Fresh Veggies Pork Sausage Links No School **Potato Wedges** Marinara Cup Hash Browns w/Ranch Sandwich: **Garden Salad Now Butter & Fluff Applesauce** Sandwich: Sandwich: Sandwich: Wow Rutter & Fluff Wow Rutter & Fluff Ham & Cheese Sandwich: **Applesauce** Sandwich: Sandwich: Sandwich: Ham & Cheese Ham & Cheese Ham & Cheese Ham & Cheese Fresh Veggie Cup **Texas Toast Hash Browns** Fresh Veggies w/Ranch Sandwich: **Applesauce** Sandwich: Sandwich: Chicken Salad **Chicken Salad** Sandwich: Chicken Salad **Chicken Salad** ALL MEALS SERVED WITH FRESH FRUIT AND 8 OZ. MILK



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Celebrating Webster fundraiser brings new visitors to library

WEBSTER — Last week's first Celebrating Webster fundraiser for the library was a smashing success. Organizers had to stop selling tickets at 150 and "started to turn people away" because it was so popular.

We didn't know what kind of turnout we'd have. We just guessed and were really surprised," said Friends of the Library President Tom Klebert.

The event also drew a dozen local restaurants, who provided samples of everything from sweet and sour chicken to pizza and pulled pork sandwiches. One thing they didn't have, which Klebart said he hadn't noticed until a restauranteur pointed it out, was dessert. He noted they'll correct that for

"We plan to do it every fall, but not the same thing," he said. The event's goal was to raise \$5,000 but "for the first try, we didn't even know what goal to have."

Afterward, he said they hit that goal after expenses.

"However just as important, we were

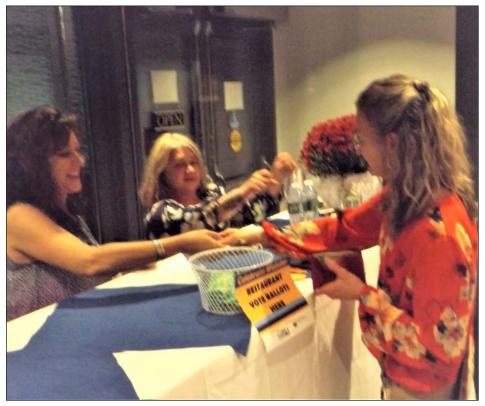
very pleased to have many new visitors to the library," he added by email. "They had an opportunity to see the new facilities that have helped make the library a community center in addition to simply offering books and other reading materials."



Ryan and Cindy Doyle of FoodFit4U, right, chat with a visitor. They ended up winning the night's award for best restaurant for their inspired finger food.



Event emcee Tamara Beland, right, sings a song with the Bobby Gadoury Trio - Albert Polese on drums, Mark Mandeville on bass and Bobby Gadoury on keyboard.



Brenda Bravton and Michelle Duteau, left of table, volunteered to be bartenders for the



Don Malo checks out the silent auction table.



A shot of part of the crowd from the second floor.



The colorful winning food.



Jessica-Lee Sabine holds her daughter Dottie.

DUBEAU continued from page 1

from age 5, but expected it to be in the Western tradition of pop music and schools. By age 15, that had changed, and she participated in her first Sacred Pipe. Such pipes are a red stone bowl representing the female energy with a wooden pipe representing male energy that "becomes a living being" when put together. Once it's smoked, Dubeau said, the prayer is heard and will be answered, but not necessarily in a way we expect. "We let Spirit handle that part," she added.

"We all have male and female energy within us," she noted. "We have an outward sex, but have both sides inside that need to be balanced."

Over time, Dubeau has participated in and learned from a wide range of Native cultures across the Americas, but generally relates mostly to ceremonies of the Lakota tradition. In that time, she's undergone seven vision quests (an unusual experience for women, her first was age 19), has become guardian of eight Sacred Pipe bundles, which she describes as her "children," and been gifted two drums plus a variety of songs from other elder singers. She said she's "never been called to have" actual children, largely because "if I'd had children, I'd never would have been able to travel, to work with the Elders, to do what I was meant to do.'

"Songs can be in a low, soft voice to ground the energy, or rise with intensity to lead you to the Creator," she said. "They're from the heart, not the head." Some have words that are translatable, some are just "vocables," and both styles can be for personal or community use, but must be learned in person.

When a singer sings, "it may not even be your voice," but is instead an Ancestor or other spirit. "If one is truly a ceremonial singer, the Spirit will talk through the singer," she noted. While other participants can join the song, out of respect they should not sing over the singer because the spirit may want the song to change through the singer's voice in ways they don't expect, she said.

Among her examples, she sang a song used during the process of piercing during Sundance, and one used while exiting the sweatlodge during the inipi ceremony. Her other songs included the "Sunrise Song" she uses every morning, a women's empowerment song in honor of the many grandmothers who have died over the years, and various "social songs to help the people." Some of them came from encounters with actual animals; some from animal spirits. Dubeau noted it's unacceptable to sing someone else's song without permission unless you've been taught for ceremony, and she won't sing certain songs whole (Such songs generally have four or more verses; she purposely didn't sing all of them.)

She said she became a singer in the community of a Sundancer trained by the Lakota. It happened in a way many Westerners might see as chance — the woman who was slated to sing at a ceremony got her period, and women can't participate during menses. Dubeau filled in and began her journey as a ceremonial singer.

The Lakota were able to keep most of their traditions because they survived as a people, while many other tribes did not. Today, she noted, some tribes are adopting Lakota songs and ceremonies because they lost their own. Although the federal government passed the Religious Freedom Act in the 1970s, FBI and police still try to infiltrate Sun Dances, so the Lakota do them secretly and only by invitation.

To the Lakota, the Sundances are "intentional prayers for the continuation of the people" — not just their own, but all humans, she explained. "They know they've got to pray for everyone so the human race will go on." Thus, they dance (after preparing by fasting) over the course of four days, giving some of their skin and blood "in gratitude for the seven generations before us, and the seven that will come after us," she said.

Dubeau noted that everyone needs to find the spiritual path that suits them, since "the Native path is only one way." While many paths lead to the "top of the mountain," those who fight to convert others are not following their own path.

It's not about teaching you to follow my path, it's about showing another side so that the diversity of paths is not scary and feared, and to help us all come together," she said of why she does presentations like this. "Your [path] is not better than mine, and mine is not better than yours."

Future events in this Native American series will happen each of the next four Saturdays at noon at the library. This Saturday, Oct. 5, Ken Kind Warrior White and David Tall Pine White will talk about the history of the local Nipmucs. On Oct. 12, Steve Quiet Wolf Bachand talks about Eastern Woodland Stories and Traditions. On Oct. 19, Del Bachand talks about Native healing plants. The series concludes Oct. 26 with Craig Standing Bear, who will tell Native stories and play the

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

LEARNING

Oxford Middle School Students of the Month for September announced



The Grade 5 Oxford Middle School Students of the Month included, from left, Daymyin Lopez, Riley Moody, Emily Dupuis, Catherine Cloutier, Ariana Byrnes and (not pictured) Chloe Antonioli.



The Grade 7 Oxford Middle School Students of the Month included, from left, John Warren, Sophia Cornacchioli, Rylie Keefe, Eva Powers, Aaliyah Szkutak and Kayla Dodge.



Commended Shepherd Hill students in the 2020 National Merit Scholarship Program

Shepherd Hill Regional High School, has announced that Hannah C. Guerin, Madison P. Hill and Ryan P. Moore, have been named Commended Students in the 2020 National Merit Scholarship Program. A Letter of Commendation from the School and National Merit Scholarship Corporation (NMSC), which conducts the program, was presented by the principal to these scholastically talented seniors.

About 34,000 Commended Students throughout the nation are being recognized for their exceptional academic promise. Although these students will not continue in the 2020 competition for National Merit Scholarship awards, these Commended Students placed among the top 50,000 scorers of more

the 2020 competition by taking the 2018 Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/ NMSQT).

"Those being named Commended Students have demonstrated outstanding potential for academic success, commented a spokesperson for NMSC. "These students represent a valuable national resource; recognizing their accomplishments, as well as the key role their schools play in their academic development, is vital to the advancement of educational excellence in our nation. We hope that this recognition will help broaden their educational opportunities and encourage them as they continue their pursuit of academic

EEE

continued from page 1

"We continue to emphasize the need for people to protect themselves from mosquito bites.'

While EEE is considered a rare disease, it can be fatal and affect people of any age. This is not the first time Massachusetts has been a hotbed for the

virus. Outbreaks occurred from 2004-06 and again in the first few years of the 2010s. Aerial spraying has been taking place throughout the state in an attempt to control the population of potentially infected mosquitos. The Department of Public Health has made resources available on its website for prevention and protection from the EEE virus as well as a map of high-risk communities and schedules of aerial spraying.

HIGHWAY

continued from page 1

specifics of his new salary were not divulged during the Sept. 23 Board of Selectmen meeting. Polletta's contract will run through November of 2020.

The appointment was welcomed by selectmen who complimented Polletta's dedication to the job during his year of service as interim as well as his over 30 years in other positions in the department. Selectman Steve Sullivan said it was an easy decision that would solidify leadership for the winter months and

'We really wanted Vinny to continue on and get us through the winter season and into the construction season next year. It's going to work out well," said

As a requirement of his new contract and position, Polletta also resigned as a highway foreman from the department opening a position that is expected to be filled in the coming months. Poletta officially takes his new post on Oct. 7.



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Rallying for the future



Gus Steeves photos

WORCESTER — Several hundred area residents joined millions of other people in hundreds of world cities on Friday, Sept. 20, rallying to urge leaders to take the climate crisis seriously.

In Worcester, the City Council became one of the few municipal governments so far to approve a "Climate Emergency" resolution pledging to become carbon neutral by 2030, among other things.

The concept, and countless protests worldwide, are being spurred by growing concern over scientific reports from the International Panel on Climate



Change and other bodies projecting increasingly dire consequences if the climate continues to warm. Largely due to growing concentrations of greenhouse gases in the atmosphere (primarily carbon dioxide and methane, both of which are significantly higher today than they were a century ago), scientists argue we're seeing more severe storms, more erratic weather patterns, desertification in some areas, and an overall increase in global temperature. That temperature varies greatly by region; in some, like the Arctic, it's rising very rapidly; in others, it may even



According to data from National Oceanic and Atmospheric Administration website, the global average is now 0.79 deg C (1.42 deg F) above the 20th-century average, with almost all of that warming happening since 1980. Projections for the future range greatly, largely dependent on whether atmospheric carbon keeps growing, levels off or declines. The best IPCC model (RCP 2.6) shows a roughly stable temperature slightly above that of the present through 2300. The worst (RCP 8.5) projects an increase that ranges from 3 deg C to more than 12 deg C above present by 2300. The wide range is in part because scientists do not yet have a good handle on numerous natural feedback loops that might be trig-

gered by such events as melting permafrost and sea ice or ocean acidification.

Worcester's event was organized by Climate Strike Worcester, a coalition of several regional envionmental groups. Participants primarily came from four Worcester colleges — Holy Cross, Worcester State, WPI and Clark in marches to the City Hall rally site from WPI and Clark. Several older residents (one dressed like Greta Thunberg) and younger children were also involved, as were representatives of the state's Green-Rainbow Party, Socialist Alternative and Extinction Rebellion. One counter-protestor carrying a "useful idiots" sign also walked by the peaceful crowd.

Webster Dudley Business Alliance to host annual event

The Webster Dudley Business Insurance. A door prize will also be Alliance invites all local business representatives to our Annual Meeting & Elections to be held on Thursday, Oct. 24, 6:30-8:30 p.m. at Point Breeze Restaurant, 114 Point Breeze Road in Webster. The event is free but pre-registration is required by emailing contact@thewdba.org or calling Deb Horan at (508) 949-6232 by Oct. 21.

Guest speaker Scott Snow will give a presentation on "4 Strategies for Improving Your Work/Life Balance.' Hot and cold appetizers, chowder & fritters will be served along with a cash bar. Attendees may take chances in a "lottery tree" raffle, sponsored by The Marzeotti Group and Green Tree awarded.

Scott Snow is a time management expert with a unique approach. He has a degree in music education and is a board-certified music therapist. Scott is a professional life coach having coached entrepreneurs and executives in the areas of personal productivity and work life balance.

Scott was a featured presenter for the student leaders at Nichols College in Dudley. He has written articles for the Worcester Business Journal and recently authored a book titled "Think Like a Musician: The Time Management System for Innovators and Visionaries.'

Myrtle Ave. project complete in Webster

Starting at the end of March 2019 the Water Department started making improvements to the lines between Park St. and George St. on Myrtle Ave. Costing \$571,425 and taking just under four months the relining is complete. The first step to the project consisted of taking the water main off-line and funning temporary lines for the residents in the area. Once off-line the pipes were mechanically cleaned then lined with a cured-in-place structural line, also known as an Aqua Pipe. The complete process can be seen on the Water Department's page of the town webstite https://www.webster-ma. gov/871/Myrtle-Avenue-Rehabilitation. In talking with the Superintendent of the Water Department, Gregory Woods, this should add approximately 60 years to the water main. This process is being worked into the capital plan to be done in more areas in town over time.

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SHEPHERD HILL'S SALONIS APPOINTED AT BOARD OF SELECTMEN MEETING



Dudley Student Representative Albert Salonis was appointed at the Board of Selectmen meeting on Monday, Sept. 23. He is a 12th grade student at Shepherd Hill Regional and enjoys involvement in local government.

Pictured, from left, are Steven Sullivan, Chairman, Paul Joseph, Kerry Cyganiewicz, Student Representative, Albert Salonis, parents Terry and Albert Salonis, Jason Johnson and Jonathan Ruda, Town Administrator. John Marsi was absent.



Felix and Felixiano Age 8 and 9

Hi! Our names are Felix and Felixiano and we care a lot about each other!

Felix and Felixiano are brothers of Caucasian and Hispanic descent. They are very close and play well together. Felix describes himself as a caring, friendly, funny boy who likes karate and is a good sharer. He loves to eat and will try almost anything, including vegetables! Felix identified basketball as his greatest talent and when he grows up he wants to be a teacher or a firefighter. He is communicative, outgoing and likes to ask questions so that he knows what is going on around him. Felix enjoys school, and has a strong desire to learn. He particularly enjoys math.

Felixiano describes himself as a boy who does the right thing and likes to play catch with his friends. Felixiano also enjoys playing basketball, video games, giving hugs, superheroes, cooking and playing outside. His favorite color is red and his favorite food is pancakes. When asked what he wants to be when he grows up, he said to be a teenager. Others who know Felixiano say that he is a playful and curious boy who is eager to please, and is both endearing and imaginative. Felixiano is very smart and performs well in school. His teacher reports he is helpful in the classroom and gets along well with the other students.

Legally freed for adoption, Felix and Felixiano can be placed in a home of any constellation, with or without other children. Any prospective family must be open to maintaining relationships with the boys' siblings and biological parents.

Who Can Adopt?

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

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

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



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Frank G. Chilinski STONEBRIDGE PRESS PRESIDENT AND PUBLISHER

> Brendan Berube **EDITOR**

EDITORIAL

Don't give in to the winter blues

So often, people strive to become happier by doing this, or obtaining that; however, sometimes it's what we give up that makes us more content. With the fast drop in temperatures, down into the 30's, we know winter is coming. With this, we want everyone to enjoy the changing leaves, tall sun-

flowers and all things pumpkin.
For many out there, winter is a dreaded season. It's not so much the snow as it is the frigid temperatures and high cost of fuel. We happen to enjoy the fall and winter seasons ourselves, but for those who are having glum feelings about the colder weather, or even for those who love all weather, we have some tips on some things you can toss, to create more happiness in your world.

One thing you can say "be gone" to is the idea that you have to always have a positive outlook on any given situation. If you try to avoid negative feelings all of the time, you're not creating a healthy space for when you are truly happy. If you need to vent, do it. If you're upset and need to cry into a bowl of ice cream, have at it. It is your overall life satisfaction that matters.

Minimize your time on social media. Remember the days when you didn't know what your friends, family or even celebrities were doing every second of the day? Those were blissful times. The only way we knew what someone was up to was to pick up the phone, wait for the dial tone, and make that call. We're not sure we ever inquired about what our friends were eating. All of that unnecessary knowledge is overwhelming at times, and simply put, unnecessary.

One study showed that the more time people spend on social media, the more depressed they are. we spend too much time online we know that we are wasting time. The idea of wasting time can inflict a feeling of depression on anyone who is typically highly motivated and energetic. Documenting every aspect of your life can be exhausting and takes away from the actual experience. If you order a rack of lamb, just enjoy every bit of it without feeling the need to share it with the world. Your experiences will be more fulfilling overall.

Don't compare yourself to others. We love the phrase "No one is you, and that is your power." People have been comparing themselves to others since the dawn of time. The idea of keeping up with the Joneses is outdated. Don't do that. Love the idea that the person sitting next to you or walking down the street is nothing like you.

Keep like minded company. If you have friends who are Eeyore like or always seem to be complaining, less is more. We don't have time in our precious lives to listen to chronic complaining. At the end of your life, do you want to think to yourself, 'Wow I spent so much time listening to people complain?' We're guessing you don't.

Have realistic goals. If you start with lower expectations and grow from there your success rate in reaching your higher goals will be greater and less stressful to obtain.

Forgive others. This one is extremely hard. However, forgiving those who have hurt you is key to feeling relaxed and happy.

Eating too much sugar can lead to depression. Balance in your meals has been scientifically proven to make people happier. More vegetables, more fiber and less processed food.

Opt to spend your money on experiences rather than things. Experts say the satisfaction of an experience will last much longer.

Lastly, choose good posture. While sitting up you automatically feel more energetic and positive. Slouching can lead to feel nervous, sleepy, sluggish and fearful.

A quote by Jim Rohn sums it up, we think: "Happiness is not something you postpone for the future; it is something you design for the present."

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

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

If it were easy, would everyone really be doing it?

I find it fascinating how the most successful people I know are rarely the most talented. It doesn't matter ... whether it's business, inter-personal relationships, the arts, sports ... the people who achieve the greatest heights all

share a single quality that propels them above others. It's not talent, intelligence or luck. It's not knowing the right people or being in the right place at the right time. What is it that the successful have that others do not?

Persistence.

Successful people simply do not quit. They don't give up. I've told the story before, but it's appropriate to do so again.

I'm the author of three successful books. To begin writing a book isn't hard, but completing the task is monumental. There are thousands of people out there that have a book in their head and heart. They began writing with passion but at some point, early in the writing process, they stop. Starting and completing a book project of eighty thousand words or so is a monumental task that few ever complete. Why do they stop? They do not have the persistence to finish. Now let's look at the very few who do finish. Writing the book, as difficult as it is, is easier than getting published. My first book, "Playing with the Enemy," was rejected seventy-four times by publishers. It was the seventy-fifth that took a chance on an inexperienced and unknown author and "Playing with the Enemy" became a surprise hit. A surprise to everyone but me. I knew if I could get it published, the book would resonate with audiences. That belief is what drove me to not quit.

What would happen if you didn't

How many talented baseball players left their dreams of major league stardom behind because they gave up too soon? How many artists or musicians stopped short of the coming success they could have enjoyed? How many or both parties in the relationship just decide to give up? In each case, they didn't have the persistence to see it through to a successful end.

Is persistence the only quality needed to succeed?

Of course not, but it is the most important. Who really thinks Johnny Cash or Bob Dylan had a great singing voice? They had talent to be sure but I'm certain I can find someone within five miles of my home with a better

So, if persistence is most important. where and how do I get it?

Persistence is driven by your belief system. If you believe you have talent

POSITIVELY SPEAKING

By Gary W. MOORE

or ability, that belief drives your success. If you don't believe, sell yourself! Face it, if you think you don't have a chance, why would you try?

It's rarely the most talented that achieve the pinnacle of success. Of course, talent matters, but ability is something that

can be achieved through dogged determination. Sticking with your dream and driving to greater heights through practice, study and a passionate drive that always ask the question: If others can reach the top and achieve their dreams, why not me?

My dad had a simple statement that is applicable. If I were to ask him why most people don't succeed, he'd respond, "It's easier not to ..." Apply that as the answer to almost any ques-

Why aren't you disciplined? It's easier not to be.

Why weren't you on time? It's easier not to be.

Why didn't you stay and work on your marriage? It's easier not to work

Why won't you quit smoking? It's easier not to quit.

Why aren't you a good student? It's easier not to get good grades.

Why didn't you get that promotion? It's easier not to get it.

Why are you not financially successful? It's easier not to be.

Why didn't you finish that book you were writing? It's easier not to finish.

Apply that answer to almost any question of success or achievement and it is almost always true. It is easier not to succeed. Success takes persistent hard work. It takes the attitude that screams that you will not be denied the success you desire. It requires that dogged persistence that says, yes, it's easier to quit, but you are willing to stick to the task at hand and pay the price for success. As the old adage proclaims, "If it were easy, everyone would be doing it!"

The truth is, if you dig in and not quit, you will find the only resistance is you. If you chisel away the resisfind a clearer path to your success.

Take the road less traveled. The vast majority will always say, "It's easier not to." In a world dominated by those unwilling to pay the price, success is there for the taking for those who do.

It's never too late.

Why not you?

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

Drug Take Back program set for October 26



CHIEF'S CORNER **STEVE** WOJNAR

I wanted to take this opportunity to inform the residents of Dudley that on Saturday, Oct. 26 from 9 a.m. to 1 p.m., the Dudley Police Department and the Drug Enforcement Administration (DEA) will give the public another opportunity to prevent pill abuse and theft by ridding their homes of

potentially dangerous expired, unused, and unwanted prescription drugs. This has been a popular and much requested program in the past. I wanted to provide some information to people once again on this event.

The Drug Take Back has been held several times over the years in Dudley. The last took place this past April. A large quantity of prescription medications and medical sharps were taken in at that time. The service is free and anonymous, no questions asked. This initiative addresses a vital public safety and public health issue. Medicines that languish in home cabinets are highly susceptible to diversion, misuse, and abuse. Rates of prescription drug abuse in the U.S. are alarmingly high, as are the number of accidental poisonings and overdoses due to these drugs. Studies show that most of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet. In addition, Americans are now advised that their usual methods for disposing of unused medicines — flushing them down the toilet or throwing them in the trash — both pose potential safety and health hazards. Fortunately, thanks to the effort of District Attorney Joseph Early's Office, we now have a permanent Drug Disposal Kiosk located in our Police Station Lobby. These items can now be disposed of locally at any time during the year. Other communities have these kiosks at their police stations or other town buildings. If you are not from Dudley, be sure to check with your community for one of these disposal locations.

In addition to the prescription disposal, officials from Harrington Hospital have once again generously offered their assistance to dispose of medical sharps (needles, etc.) on this same day. Collection bins will be on hand to properly and safely dispose of these items as well.

A number of these programs will take place on this same day in communities all over the area. If you are not a Dudley resident, please check with your local officials for a disposal site near you. In Dudley, bring your medications to The Dudley Police Department located inside the Dudley Municipal Complex at 71 West Main Street Dudley. We thank everyone in advance for their participation in this worthwhile program.

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

How to become a long-term investor

It's a fairly predictable pattern: When the stock market rises, more people invest, but after a large-scale drop, many of these same people head for the exits. But by staying out of the financial markets, and only putting their money in "safe" vehicles that offer few or no growth pros-

pects, are they really helping themselves? Here's the bottom line: If you're going to make progress toward your long-term goals, you have to become a long-term investor. But how?

To begin with, you need to understand that long-term investing involves accepting inevitable short-term price swings. You may not like seeing those sharp price drops, but it will help your outlook greatly if you can keep them in perspective. Studies have shown that the longer you hold your investments, the less impact market volatility can have on them.

So, to reach that point where the market's ups and downs have less of a cumulative impact on your holdings, consider the following actions:

Only invest money you won't need for a long time. If you can tell yourself that the money you are investing



need for 20 or 30 years, you'll be better prepared, psychologically, to get through the down periods of the financial markets. And as long as you aren't overex-

today is money

you won't really

tending yourself financially in other parts of your life, you really shouldn't need those investment dollars for a very long time. They should be earmarked for goals you hope to achieve far into the future, such as a comfortable retire-

Keep your focus on what is most important to you. If you can visualize your long-term goals, you'll find it easier to keep working toward them. For example, if you are hoping to travel extensively when you retire, keep thinking about what that might look like. You might even research the countries you plan to visit, even if these trips are far in the future. Ultimately, if you know where you're going and you're determined to get there, you'll get past the bumps in the road.

Don't spend excessive time reviewing your investment statements. A bad month or two can cause some notice-

ably negative numbers on your investment statements. But if you can discipline yourself to avoid spending too much time dwelling on these figures, you may feel less stress about investing – and you may even be less tempted to make short-term moves that could have unfortunate long-term results. However, if you do want to study your investment statements, don't just stop at the most recent results. Instead, look for trends that might tell a different story. Has the number of shares you own in various investments increased significantly over time? And over the past five or 10 years, has your portfolio's overall performance been positive? By digging a little deeper into your statements, you might gain more confidence in the course you're following.

Short-term price drops are not pleasant to experience. However, you can help yourself become a better long-term investor by following the above suggestions, so put them to work soon - and stick with them.

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

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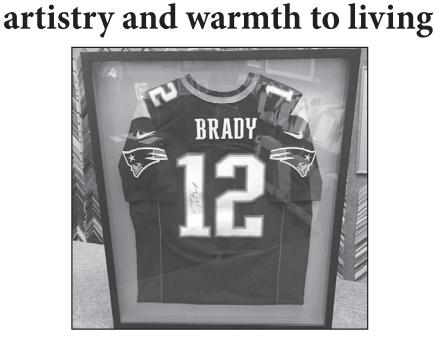
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Youth deer hunt passes, while pheasant hunting approaches





The Great OUTDOORS RALPH TRUE

This past Saturday the one day youth deer hunt was held in Massachusetts. The annual event allows a young hunter 12-17 to hunt deer with a licensed adult hunter, with a special permit from Mass. Fish & Wildlife. They can hunt with a bow or a shotgun. This past Saturday young Tyler was hoping for another harvested deer with his bow, no report as of this deadline.

This week's picture shows Tyler with his first doe he harvested with his dad a few years ago using his shotgun.

Upland bird hunters in Mass. are gearing up for the Oct. 19 opening of pheasant hunting. A few clubs received their Pheasant from Mass. Fish & Wildlife a number of weeks ago, and the results of their success in raising the pheasant are great this year. The clubs that raise pheasant from the state are required to stock the birds in open covers that are accessible to all Mass. licensed hunters.

Concerned local bird hunters are worried about West Hill in Uxbridge being stocked this year with pheasant because of a dispute with an abutting land owner, which has shut down access to a section of the West Hill. There should not be a problem, as the access to the site can be made at the Dam area on Hartford Ave.! It was used for years prior to the shutdown for access to the hunting site and hopefully it will be used this year if no changes or settlements are made with the abutting landowner. Unfortunately, hunters will have a longer walk to the hunting areas, as they will need to park at the parking lot off of Hartford Ave. Stay Tuned!

Hunting open covers in October will no longer offer great hunting for Woodcock and Grouse locally because of the near extinction of grouse in the valley, and the low populations of woodcock in the area due to lost habitat. The word upland bird hunting is rarely used by this writer, because of the loss of these two great game birds in the valley area. Areas in other parts of the state also no longer have the woodcock and grouse populations they once had, but are not in as bad a shape as were are.

Flights of woodcock do provide some limited shooting if you are in the right place at the right time. Owning a good pointing bird dog can provide some fast shooting on these birds that are often called timber doodles. When the woodcock flush they often rise straight up, giving the hunter a somewhat easy shot. The whistle of the bird when they take flight is a great sound, and gives the hunting a slight edge in making a good shot. Numerous bird dogs do not like the taste of woodcock in their mouth as they have a livery taste, but other dogs are



not bothered by the taste.

Woodcock are great table fare if they are prepared correctly, and it takes quite a few birds to make a meal for the family. People that cook with numerous wines make the taste of the bird a lot sweeter. while grouse do not need any special dressings or prepara-

The Salmon River continues to give up some impressive Coho salmon for anglers that are fishing there now. They had a good dose of rain last week in the area, and that is good news, helping to move the fish upstream.

Fish stocks of some species in the saltwater are being devastated by Cormorants and seals. These protected species are causing serious damage to our winter flounder populations, especially in Rhode Island

waters. The winter flounder fishing is nearly non-existent in the Narragansett Bay area for years now because of cormorants. In past years I have watched these birds eat hundreds of the recently hatched winter flounder in Rhode Island waters.

Seals eat massive amounts of fish daily and their populations continue to rise annually also. Something needs to be done soon. The commercial fishermen cannot be all to blame for our dwindling fish stocks in Rhode Island and Massachusetts. Numerous attacks by sharks are also becoming more frequent because of the out of control of seal populations. There should be some type of control of these two species.

Take A Kid Fishing & Keep Them Rods Bending!!

Harvest Goods = Impressive Gifts

With today's appreciation of home-made foods, hand crafted side dish-es and condiments have never been more popular. Merging the art of basic canning with fresh, delicious ingredients and a dash of creativity results in upscale food gifts that rival pricey gourmet food catalog offerings. Such creative goods are an ideal way to bring something truly special to the harvest table or to share with family and friends throughout the year.

The following recipes are not only easy to whip up; they'll also earn rave reviews from lucky recipients!

Pear Honey

This old fashioned recipe relies on fresh pears for its smooth, fruity flavor. Ingredients: six cups of ground pears; five cups sugar; four cups crushed pine-

Directions: Peel and core pears.

Process pears until coarsely ground. Add sugar to pears and cook down until mixture thickens (can take up to four hours). Add the crushed pineapple and continue to cook and stirring periodically until thick and of a syrup consistency. Once desired thickness is achieved, pour hot liquid into hot sterilized jars. Process is hot water bath

for ten minutes.

Gift Tip: A perfect pairing for poultry, a jar of homemade pear honey is an ideal gift for the Thanksgiving host.

Thanksgiving Pickled Eggs

For some New Englanders pickled eggs are as traditional as cranberry sauce on the Thanksgiving table. This

recipe is sure to

"hit the spot!" Ingredients: eight eggs; 1 (15 ounce) cans beets with liquid; 1/2 cup white vinegar; 1/2 cup white sugar; 1/2 cup water; 1/2 teaspoon ground cinnamon (optional).

Directions: Hard boil eggs, cool and peel. In a medium saucepan combine beet liquid, vinegar, sugar, water and cinnamon. Bring to a boil and stir under sugar is fully dissolved. Pour mixture over eggs. Place egg in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, and peel. Pack eggs loosely

THE HINT

TAKE

KAREN TRAINOR

bet mixture over eggs. Chill for at least four hours before eating. Note: Pickled eggs should be refriger-

ated, not processed. Refrigerated pickled eggs can last up to ten days in the refrigera-

into canning jars. Pour

Peach Salsa Sweet and spicy, a fiesta of spices elevates this salsa from simple to sen-

Ingredients: 9 cups fresh peaches, chopped; 2 tablespoons lime juice (fresh or bottled); 4 cups fresh tomatoes; 2 large bell peppers, diced; 1 large red bell pepper, diced; 2 cups sweet onions; ; 1 cup vinegar; 3 garlic cloves, chopped; 1 tablespoon cayenne pepper; 3 tablespoons honey; 1 tablespoon crushed red pepper flakes

Directions: Peel, pit, and dice peaches, and mix with lime juice. Peel and chop tomatoes. Combine all fresh fruits and vegetables in a large stainless steel pot. Add vinegar, honey, cilantro, cayenne, and crushed red pepper. Bring mixture to boil over medium heat. Cook for about three minutes, stirring frequently. Turn heat to simmer for three minutes more.

Ladle salsa into hot sterilized canning jars, leaving 1/4 inch headspace. Screw on band tightly and process in a hot water bath for ten minutes. Makes a dozen half pint jars.

Gift Tip: Present a jar of peach salsa with a spice packet of Old Bay seasonings for grilled fish. This lets the recipient know this salsa is not just for dipping tortillas!

Wine Jelly

Made from just four ingredients, this simple recipe transforms white or red wine into a sweet spread sure to

Ingredients: 3 1/2 cups red or white wine; 1/2 cup fresh lemon juice; 1 (2 ounce) package dry pectin; 4 1/2 cups white sugar.

Directions: Combine wine, lemon juice, and pectin in a large saucepot. Bring to a boil, stirring frequently. Add sugar, stirring until dissolved. Return to a rolling boil. Boil hard 1 minute, stirring constantly. Remove from heat. Skim foam off top, if necessary. Ladle hot jelly into hot, sterilized jars, leaving 1/2 inch headspace. Tighten two piece lids. Process for five minutes in boiling water bath. Makes five half pint jars.

Hostess Gift Tip: Gift with crackers and a wedge of aged cheese.

Roasted Red Cherry Tomatoes

Rich, red Lilliputian tomatoes, fresh garlic and authentic Italian spices create this savory Mediterranean side

Ingredients: Two pounds of cherry or grape tomatoes; six whole, peeled garlic cloves: 1/2 cup good olive oil; one teaspoon each fresh oregano and basil; 1/2 tsp each: salt and pepper

Directions: Preheat oven to 425 degrees. Slice tomatoes in half and place in a bowl. Peel garlic, add to bowl with tomatoes. Stir in olive oil to coat. Pour mixture onto a shallow sheet pan with rim. Roast for 30 minutes or until edges of tomatoes are slightly charred. Pack into two ounce canning jars and pour oil over tomatoes to fill jar. Makes four jars.

Gift Tip: Tie with a raffia bow and include a bruschetta recipe.

Festive Red & Green Jelly

The pop of festive colors in this pepper jelly make it a favorite accompaniment to the holiday meal.

Ingredients: 1 cup chopped red bell pepper; 1/2 cup chopped jalapeno pepper; 5 cups sugar; 1 1/2 cups apple cider

vinegar; 1 six ounce bottle liquid pectin Directions: Mince stemmed and seeded jalapenos in a food processor. Combine peppers, sugar and vinegar in a heavy pot. Bring to a rolling boil for three minutes. Remove from heat and cool for five minutes. Stir in pectin. Allow to cool for two minutes, and then stir for two minutes. Ladle into four ounce canning jars. Process in a hot water bath.

Gift Tip: Save a few jars for impromptu Christmas gifts! String a silver jingle bell through red curling ribbon and tie a big bow on the top of the jar.

Win Dinner for Two at the Publick House

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

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



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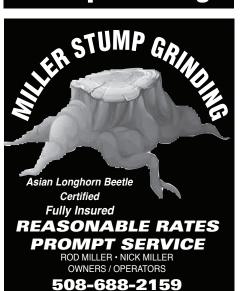
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SPORTS

Rams rack up points to outscore North Middlesex, 53-21

DUDLEY — Richard Carmignani Memorial Field saw a multitude of points when the Shepherd Hill Regional varsity football team hosted North Middlesex Regional on Saturday afternoon, Sept. 28. And the majority of them came from the Rams, who outscored the Patriots, 53-21, to improve to 3-0 on the young season. Nate Cooper and Mike Raymond both scored a pair of touchdowns to lead The Hill's offense, while Gabe Dos Santos threw for one TD and rushed for another score. Other Rams' touchdowns were had by Xavier Nieves, Tyler Brassard and Anthony Sacco.

Next up for Shepherd Hill is a date at St. John's High on Friday afternoon, Oct. 4 with a 4 p.m. kickoff.



Jason Mckay photos

Shepherd Hill's Mike Raymond sprints down the field as a North Middlesex defender attempts to tackle him.



Shepherd Hill's Mike Raymond lays a hard hit on North Middlesex's Ryan McGrath.





Shepherd Hill's Gabe Dos Santos jukes away from a North Middlesex defender.



Tyler Brassard of Shepherd Hill outruns the North Middlesex defense with plenty of open field to gallop.



Gabe Dos Santos of Shepherd Hill has time to throw thanks to great blocking from his offen-

Mohegan Bowl fall leagues, week ending Sept. 29

Monday Men's Business

Single — Mike Nardone 136, Mike Marrier 132, Steve Poisant 130

Series — Steve Poisant 377, Mike Marrier 355, Dan Labay and Mike Nardone 347

Series over average — Bill Kingston

Ten Pin City

Single — Natalie Wood 203, Joanne LaBonte 181, Robin Altiery 179 Series — Natalie Wood 523, Claudia Allen 486, Charlene Hebert 467

Tuesday Chet's Social

Single — Rick Marschall 126, Victor Kolinski 122, Jacob Mackowiak 121, Erin Van Dam 112, Diane Levesque 107, Kim Minor 106

Series — Ryan Pelletier 340, Willis Bond 315, Rick Marschall 311, Diane Levesque and Erin Van Dam 300, June



Carpenter 283

Series over average — Jacob Mackowiak +44, Kim Minor +40

Wednesday Women's Industrial Single — Marie Piegorsch 123, Linda Bernier 119, Joanne Grzembski 117 Series — Marie Piegorsch 339,

Lynne Smith 306, Marie McNally and

Joanne Grzembski 304

Series over average — Marie Piegorsch +57

Summit Tenpin

Single — Division 1: Philip Viens 247, Timothy O'Brien 231, Gordon Montigny 229

Division 2: Michael Jarvis 185, Roy

LaMothe 182, Chris Wilbur 176 Division 1: Timothy Series — O'Brien 623, Bob Hanville 586, MEC

Hashey 579 Division 2: Roy LaMothe 501, Michael Jarvis 491, Andy LaFleche 474

Thursday AM Coffee

Single — Rita Berry and Pat Blake 115, Marsha Kallgren 108 Series — Betty Lefort 293, Rita Berry

289, Carol Kondratowicz 284

Series over average — Rita Berry

Saturday Youth

Single — Stella LaFountain and Ryan Muscara 78, Liam Hickey 76 Series — Ryan Muscara 218, Jake Muscara 212, Stella LaFountain 206 Series over average — Morgan Minor +15, Stella LaFountain +14

Karen Dupuis 271

Sunday Mixed Single — Brian Lavallee 141, Brian Pilesky 127, Chad Maramo and Dave Phelps 122, Loda Blackmer 100, Rebecca Cloutier 99, Karen Dupuis 96 Series — Brian Pilesky 351, Brian Lavallee 324, Dave Phelps 320, Loda Blackmer 275, Rebecca Cloutier 272,

Series over average — Brian Pilesky and Margie Robidoux +45

SPORTS

Tomahawks too much after rallying by improved Shepherd Hill



Nick Ethier photos

Shepherd Hill's Collin Drake sends a through-ball down the field.



Shepherd Hill's Ethan Lilley shields Algonquin's Patrick Freeman to keep the ball away from

BY KEN POWERS

NORTHBOROUGH — The Algonquin Regional boys' varsity soccer team spotted Shepherd Hill Regional an early one-goal lead and then charged back, scoring three unanswered goals and defeating the Rams, 3-1, at the Richard Walsh Athletic Field on Tuesday, Sept.

With the win the Tomahawks improved to 4-1-2 overall and 3-0-0 in the Mid-Wach League's A Division. Shepherd Hill fell to 3-3-1 overall and 0-3-0 in league play with the loss.

The Rams grabbed a 1-0 lead in the game's 16th minute, senior Nick Diamond heading the ball past Algonquin goalkeeper Brendan McCarthy.

Diamond's header came after a 40-yard boot into Shepherd Hill's attacking zone by junior captain Matt Nguyen. Nguyen's high kick was right on the mark and Diamond positioned himself to the left of the goal, leaped up and headed it into the far side of the net.

Diamond's goal got Algonquin's

"It certainly did, but it was more

like, 'I can't believe we're allowing this to happen" said Ken Morin, the Tomahawks' longtime head coach. "But, it's what happens when you have young players.

"At times we need to play faster. We want to possess the ball but at times we do it really slowly," explained Morin, who has seven sophomores and 15 juniors on his roster. "And that invites teams to get on you and apply pressure. We just have to be better at hitting the ball harder. After Shepherd Hill scored we started moving the ball really quickly and it made a huge difference.

Algonquin tied the game, 1-1, 16 minutes later, junior Carsten Boloz scoring on a direct kick from 20 yards out. The right-to-left kick was angled perfectly, getting past Rams' senior goalkeeper Jake Fortin and into the far side of the

The Tomahawks took the lead, 2-1, in the third minute of the second half.

Algonquin senior Jake Thibodeau sprinted downfield, got behind the Shepherd Hill defense and received a pass in from classmate Patrick Freeman. Thibodeau, who induced Fortin to come out of the net and charge the ball,



Nick Diamond of Shepherd Hill flicks a ball up and over Algonquin defender Max Deschaine.



Shepherd Hill's Matvey Zhuk keeps his foot on the ball while keeping Algonquin's Will Smith away from it.

then changed directions, streaked past Fortin and scored into a wide-open net.

Sophomore Charlie Hynes pushed the Tomahawks' lead to 3-0 in the final 30 seconds of the game. Hynes dribbled the ball along the left endline, cut into the field of play, dribbled around his defender and then dribbled around

Fortin and pushed the ball into the net. "Algonquin is a quality team. They possess the ball well and they move the ball well. What we have to do now is figure out if it's us," Shepherd Hill head coach Tim Cormier said." I think this game, for us, was a case of adjusting a little bit too late.

"We're only [seven] games into the season, but for us this was a good start," Cormier said. "We know where we're at and we know the teams we're up against. We're not going to be able to just show up and win games. We have to be able to put together a better performance and a better game plan than we did today. In that regard this game was a step back."

Cormier said the momentum shift in the game was not a case of Algonquin making an adjustment or flipping a switch.

"It wasn't about that at all," Cormier said. "We've played skilled teams in the past. For whatever reason we took a step back today. We started getting emotional, the in-game drama got the best of us and we lost our focus.

Morin said Shepherd Hill is becoming

a team to be reckoned with. "They are 100 times better than they have been," Morin said. "I thought last year that I could see it coming. I told [Cormier] after the first time we played them last year, 'you guys are coming.' High school soccer is a matter of getting enough players around those two or three really good players. They have a couple of very good guys and now they're working on filling in around them so they can be consistent. We're still working on that ourselves.'



Josh Faubert of Shepherd Hill gains a step on Algonquin's Will Smith while controlling the ball.

SPORTS BRIEF

Bay Path boys' varsity soccer results

Saturday, Sept. 21

5-2-1.

Bay Path 1, Advanced Math and Science Academy 1 — Playing on Homecoming, the Minutemen's boys' varsity soccer team tied the Eagles. Bay Path went ahead thanks to a goal by Devin Hanlan.

Tuesday, Sept. 24 Bay Path 3, Tri-County 1 — Competing in a 1-1 tie through halftime, Devin Hanlan of the Minutemen scored a pair of second half goals to lift the boys' varsity soccer team to victory. Ben LaPointe had the first half goal, and Colin Richardson recorded two assists. The Minutemen are now



Matt Nguven of Shepherd Hill sends a free kick on its way.

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SPORTS

Uxbridge's defense causes five turnovers to get past Pirates



Oxford's defense gang-tackles Uxbridge's ball-carrier to the

Nick Fthier photos

Oxford's Ben Wing (44) reaches out and nearly blocks an Uxbridge kick.

BY NICK ETHIER

UXBRIDGE — The Uxbridge High varsity football team's defense has carried the Spartans to wins versus North High (14-6) and Burncoat High (24-0) to start the season, and their D did it again when facing Oxford High on Homecoming Saturday, Sept. 28. Uxbridge pounced on four Pirates' fumbles and came away with a pick-six touchdown late en route to a 28-12 victory.

"The defense has been carrying us all year,'

said Jeff Stewart, the Spartans' first-year head coach after 10 vears in the program. "Third week in a row the defense has scored a touchdown."

For Oxford, head coach Jeff Clarkson said that the struggles began a week ago during a 38-14 victory versus North High when they played a poor second half of football.

"Last week we came out like gangbusters against North High School, but in the second half we just got sloppy," said Člarkson.

"We never righted the wrongs and it seems like it rolled into this week. We just couldn't bounce back. It's gameday practice yesterday and we're still going over assignments. Hopefully we can bounce back."

After a scoreless first quarter of play, Uxbridge got on the board first early in the second. Quarterback Matthew Stark, a senior co-captain, rolled out to his left and threw a pass to junior Rory Paul, who juked past a defender and found his way into the end zone, good for

a 33-yard score. Junior Brendan Thompson then tacked on the extra point to make it 7-0.

Thompson (12 carries, 67 yards) did the scoring on the next Spartans' possession, booting a 27-yard field goal through the uprights to up the lead to 10-0 four minutes before halftime.

Then, following Uxbridge's first defensive takeaway on an Oxford rushing play that resulted in a fumble, Stark finished the first half by calling his own number and scampering 36 yards to pay dirt for the TD and 16-0 lead.

"Matthew Stark took the game in the first half. Senior captain, extremely intelligent, does the right things — he's making his reads. He's making the call," Stewart said of Stark (3 for 6, 75 vards, TD; 9 carries, 51 yards, TD) either passing the ball or deciding to take off and run.

Stewart was quick to mention the other senior co-captains -Eli Roerden (offensive guard, defensive end) and Lucas Maietta (offensive guard and defensive tackle) — who work well in the trenches and allow Stark the time to make his reads.

"We're blessed with three senior captains Oxford quarterback Lucas Lambert looks toward teammate Nick Sellig before firing a pass off his way. that are leaders. We have a young, young team, but we've got three senior captains that show us

the way every week.

They're high character

leaders," said Stewart. Uxbridge extended the lead late in the third quarter following another Pirates' fumble. Thompson finished the drive with a 1-yard scoring plunge up the mid-

Oxford then got on the board with 8:40 to play when junior Sam Wing blocked a Spartans' punt in the end zone and junior Robert Nieves caught the ball for the touchdown, cutting the deficit down to 22-6.

And the Pirates' defense came away with a turnover, recovering a fumble, they tried to mount a comeback. But junior quarterback Devin Audette threw an interception to junior Shane Fowler, who took the pick 80 yards for the score.

"He's playing some awesome cornerback for us," Stewart said of Fowler, a first-year football player.

Wing (17 carries, 151 yards) then scored on a 6-yard run for Oxford in the final minute to conclude the scoring at 28-12.

"Their fate's in their hands," Clarkson said of his now 2-1 team. "We have a lot to fight for, a long season left."

The Spartans remained unbeaten at



Sam Wing of Oxford gains more yardage carrying the ball by stiff-arming Uxbridge defender



Kick returner Darius Richardson of Oxford looks for open running room.

SUNY Cortland C-Club Hall of Fame to add Oxford's Charlyn Robert

Charlyn (Charlie) Robert played four seasons of both field hockey and lacrosse at SUNY Cortland, coached field hockey at Union College for 13 seasons and was one of the nation's top athletic administrators as the director of athletics at Nichols College for 17 years.

A native of Oxford, she earned a bachelor's degree in physical education from Cortland in 1978 and a master's degree in sport management administration from the University of Massachusetts-Amherst in 1983.

The field hockey midfielder/ back helped lead the Red Dragons to two New York State Association for Intercollegiate Athletics for Women (NYSAIAW) titles. As a lacrosse defender/cover point, she helped Cortland place third in the state tournament her junior year. She captained both sports as a senior.

Robert has also been inducted into Oxford High School Hall of Fame in 2012 (field hockey and softball) and Nichols College Athletic Hall of Fame in 2015.

Established in 1969, the C-Club Hall of Fame recognizes Cortland alumni who competed as athletes at the College and who have since distinguished themselves in their professions and within their communities.



Photo courtesy SUNY Cortland Athletics

Charlyn (Charlie) Robert

TRIPS OFFERED

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

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Scenic rail tour round Lake Winnipesaukee 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, visit www.GroupTrips.com/dudleyseniors. Departure point: Dudley Town Hall, 71 W. Main St., 8 a.m. Saturday, May 2, 2020.

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

FRIENDS OF THE STURBRIDGE SENIORS

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

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

May 15, 2020 to May 22, 2020 Cruise 8 Days/7 Nights Boston to Bermuda aboard the Norwegian Cruise Lines 'GEM" SHIP. Leave Boston Friday, May 15 and return Boston Friday May 22. Included are All of the Following, Roundtrip Transfers from Sturbridge to Boston and back. The Ultimate Beverage Package, The Ultimate 4 Night Dining Package, Specialty 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 Stateroon on Deck 9, \$1,949 for a Balcony Stateroom on Deck 10, and \$1,999 for Balcony on Deck 11. ALSO Add \$400 for Taxes, Transfers, and Gov't Fees. Single Occupancy is Avaiable upon request. Please contact Dick Lisi at 508-410-1332 or at lisirichard15@yahoo.com for questions or information on any of the above Trips.

LEICESTER SENIOR CENTER.

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.

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

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

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

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

MARY QUEEN OF THE ROSARY **PARISH**

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

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

JAPAN: March 26 to April 9, 2020 JAPAN & CHINA: March 26 to April

SPAIN & PORTUGAL: September 9-24, 2020

PAXTON SENIORS

Are you interested in joining another wonder trip in 2019?

A group of Seniors from Paxton and surrounding towns are planning a trip this year to Italy. The group plans to leave Paxton on Sept. 9, with transportation provided to Logan and return. Our flight will take us to Rome, Italy for 10 days visiting many historical sites of Italy. Rome has many beautiful attractions that many of us have not seen on previous visits. After two nights in Rome, we will move on to one night in Perugia where we will have the opportunity to visit Assisi, the birthplace of St. Francis of Assisi. Following our stay in Perugia, we move on to Florence, "the Cradle of Italian Renaissance," where we will view Michelangelo's incredible statue of David. After two nights in beautiful Florence, we will move on to Venice. On the way to Venice, we will stop at a 12th century castle and learn about the famous Tuscany wines and enjoy a cooking class and lunch. Next we are off to Venice for two nights. During that time, we have an opportunity to visit many of the wonderful sites

of the Canal City. After Venice, our next and last night will be Milan where we will have an opportunity to visit and shop at 'Quadrilatero della Moda,'' Milan's high-fashion district. We will depart for home from Milan.

SOUTHBRIDGE SENIOR CITIZENS ASSOCIATION

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

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

SOUTHBRIDGE SENIOR CITIZENS 2019 TRIP SCHEDULE OPEN TO PUBLIC PAYMENT DUE AT SIGN UP

October 8-15, 2019 – ALL INCLUSIVE ARUBA – Room has just opened up for two couples on the 2019 trip, and I am taking names for 2020 trip,

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

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

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

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

FRIENDS OF **STURBRIDGE SENIORS**

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

Sunday May 19th See The Edwards Twins, the Best Impersonators of all the Biggest Stars.

Tuesday June 18th See The 3 Red Neck Tenors, Down Home Laughs + Big

City Music, Pop to Opera. Wednesday August 28th Tribute Show hear Songs of Neil Diamond, Carole King, Johnny Cash, Janis.

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

Saturday June 29 to Wed July 3 Nova Scotia, Bay of Fundy, Royal Nova Scotia International Tatoo Tuesday, Dec. 3 to Thursday Dec 5th Pennsylvania Dutch and The Miracle of Christmas Show,

Hershey's Chocolate World and more 459.00 Double occupancy

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

Sturbridge Recreation

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

SAINT-JEAN-BAPTISTE UNION CHAPTER 12

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

2019

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

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

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

UXBRIDGE SENIOR CENTER

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

The Silver Club BUS TRIPS for 2019 Please call Sue at 508-476-5820 for more information.

The Uxbridge Senior Center and its Silver Club travelling group is offering the following trips for 2019:

Oct. 1- Return of Turkey Train! Train ride along Lake Winnipesaukee with turkey dinner on board. \$81; leaves Whitinsville at 8:30; Home 6:30

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

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

2019! Nov. 21-22~2 day Boothbay Harbor w/lunch at the Harraseeket Inn in Freeport. -- 2 days w/"Gardens

Aglow" (beautiful light show at the

Players Christmas Show for Christmas

Please Read TRIPS, page A18

Dudley Conservation Land Trust thanks Janet Malser Trust

The Dudley Conservation Land Trust would like to express gratitude for the generous support of the Janet Malser Humanities Trust for our Tufts Branch Valley Wildlife Sanctuary improvement project. As a result of their grant, the trailhead and parking area have received a much-needed facelift and the boardwalks have been extended to address drainage issues on the trail. The very popular sanctuary will now be safer and more comfortable after rainy and icy weather. Tufts Branch Valley Wildlife Sanctuary is located on Healy Road in Dudley and is open for the public to enjoy!





The Dudley Conservation Land Trust would like to express gratitude for the support of the Janet Malser Humanities Trust for the Tufts Branch Valley Wildlife Sanctuary improvement project.

Webster Five announces purchase of new corporate headquarters

Webster Five is pleased to announce it has purchased the property located at 35 Millbury Street in Auburn, which will be the future home of the bank's corporate headquarters. The bank plans an extensive redesign and remodel of the building to allow for an exciting and collaborative workspace for its employees. Design and construction is expected to take 12 to 15 months with the anticipated move-in date occurring

during the first quarter of 2021. Webster Five has seen significant growth over the past 25 years and its footprint now extends well beyond its original markets of Webster, Dudley and Oxford. As the bank approaches \$1 billion in asset size, it will need a larger, more centralized location to support its planned growth. The new headquarters space will allow the bank to consolidate three non-branch office locations currently in Webster, Auburn and Worcester. There will be no change to the bank's retail footprint and, therefore, the

existing branches in Webster, Auburn and Worcester will continue to be important for the bank's future success.

The consolidation of Webster Five's operational staff will help increase operational efficiencies and allow the bank to be more collaborative in its approach to serving customers' needs. Donald F. Doyle, President and Chief Executive Officer of Webster Five, stat-"While Auburn is an ideal central location for its employees, Webster Five will remain deeply committed to its roots in Webster. We also believe that this property will transform into an ideal workspace for our employees and play a significant role in meeting our vision of being a more innovative bank and continuing to be a leading community bank in Worcester County.

About Webster Five

Webster Five is a full-service, \$880 million community bank with a history of financial strength and has branch offices located in Auburn, Dudley, Oxford, Shrewsbury, Webster and Worcester. The bank is committed to creating a sense of community such that people feel supported in what they need by people who truly care about their best interests. Through the Web of Caring to Make a Difference program, the bank has provided millions of dollars in charitable contributions to local nonprofit organizations and programs.

Uber 911 safety integration now available across all of *Massachusetts*

Uber today announced that it is rolling out its 911 information sharing program to the entire state of Massachusetts. This means that when a rider or driver uses the in-app emergency button to call 911, key trip details will be automatically sent to 911 dispatchers in an emergency. The product is available in other cities and counties in the United States, but Massachusetts is the first place in the country where it's available statewide.

Uber first introduced the emergency button for all riders and drivers in 2018. The feature shows GPS location and car details (make, model, color, and license plate) in the app so that when a rider or driver taps Uber's emergency button to call 911, they can tell dispatchers that information.

Uber has partnered with RapidSOS to pilot 911 integration with local emergency authorities. This technology allows the rider or driver's exact location (even as the car is moving) and car make/mode, color and license plate number to be sent to the 911 center electronically. The feature was made available in Boston and Springfield in September 2018 and in Cambridge in February 2019.

"Safety is at the heart of everything

we do, and we believe technology can help make the roads safer than ever before. Every second counts in an emergency, and we want to make sure our users get help quickly with accurate information if faced with an emergency situation," said Chad Dobbs, Head of Rides for Uber in Massachusetts.

"I am happy to see that this 911 enhancement has been expanded to our community and throughout the state. With many of our residents, young adults and college students using Uber to get in and out of the city. anything we can utilize to make it

safer is a benefit to all," said Michael Lawn, Chief of the Watertown Police Department.

Our mission is to connect the world to public safety to get the fastest and most appropriate care possible to an emergency incident," said Jeff Robertson, SVP & GM of Public Safety at RapidSOS. "We are excited to expand our partnership with Uber to the state of Massachusetts, connecting life-saving data from riders and drivers to all 911 centers across the state."

TRIPS continued from page A17

botanical garden) at the Boothbay Harbor Botanical Gardens. 1 lunch, 1 breakfast. \$199. double occupancy, \$259. single.

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

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

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

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

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

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

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

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

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

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

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

www.StonebridgePress.com

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<u>Tuesday</u>: 7:00-8:00am – Morning Yoga with Khristine 9:00-10:00am - Core & More Yoga with Patti 10:15-11:30am - Fundamentals of Tai Chi with James 3:30-4:35pm - Adaptable Yoga with Khristine

5:30-6:30 pm - Kripalu Yoga & Meditation with Angela *(STARTS 10/8) 2nd & 4th Tuesday: 7:00-8:15 pm Vitality Tai Chi: 8 Easy Postures with Mike 1st & 3rd Tuesday: 7:00-8:15 pm Health Talks/Self Care with Various Clinicians

> Wednesday: 11:00-12:15pm – All Levels Yoga with Gina 7:15-8:00pm - Pound with Christine

> Thursday: 6:00-7:00am- Sunrise Flow Yoga with Rhonda 9:00-10:00am – Morning Flow Yoga with Rhonda 6:00-7:00pm – Prenatal Yoga with Rhonda

2nd & 4th Friday: 10:30-11:15am – All Ages Family Yoga fun with Khristine *(STARTS 10/11)

4th Friday 6:30-8:00 pm- Group Sound Healing Meditation with Fred

Saturday: 8:30-9:45am- Weekend Morning Flow Yoga with Rhonda 10-10:45am- Pound with Christine

11:00-11:45am- Zumbini Class with Sam (ages 0-4)

*Class prices vary & class bundles are available

*Check out FACEBOOK or our website http://te-ct.com for other workshops and classes





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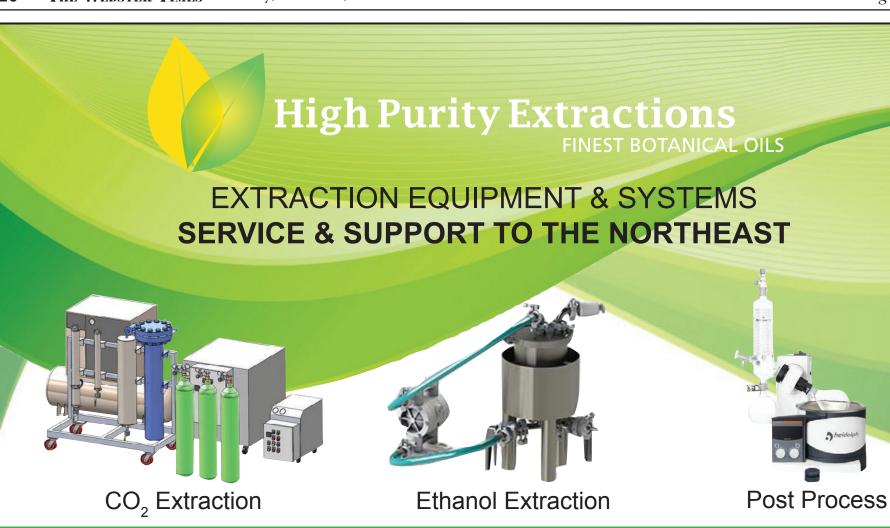
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PRICE:

SAVE \$8,100 OFF OF RETAIL PRICE!

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NEW Retail Price: \$26,180 PRICE:

SAVE \$10,200 OFF OF RETAIL PRICE!

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LIKE NEW **2017 FORD ESCAPE**

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2017 SUBARU FORESTER NEW Retail Price: \$29,595

#H0859RV • AWD, BACK-UP CAM, PREMIUM TRIM, MOONROOF

WHOLESALE \$5 PRICE: **SAVE \$10,700 OFF OF RETAIL PRICE!**

2018 RANGE ROVER EVOQUE NEW Retail Price: \$42,650

#P12314RV • 4X4, LEATHER, NAV, WHOLESALE \$ MOONROOF, POWER LIFTGATE PRICE: **SAVE \$11,200 OFF OF RETAIL PRICE!**

LIKE NEW 2017 CHEVY EQUINOX

NEW RETAIL PRICE: \$40,455 WHOLESALE PRICE:

Leather, Moonroof, All-Wheel Drive, Premium Audio, Nav, Back-Up Cam. SAVE \$16,000 OFF OF RETAIL PRICE!

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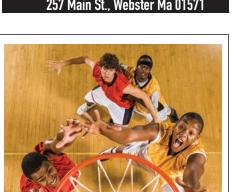
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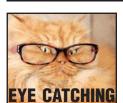
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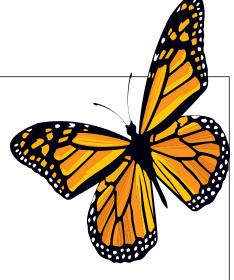
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CALENDAR

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

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

Saturday, October 5

DUDLEY FARM DAYZ: 9 a.m.-2 p.m., Old Town Common, Center Road, Dudley. Come one, come all to join in the fun and festivities, including hayrides, pumpkin carving, a hay maze for children, a seed swap, build your own fairy gardens, and much more! Broght to you by the Dudley Agricultural Advisory Commission.

BLACK TAVERN HISTORICAL SOCIETY ANNUAL CRAFT FAIR: 10 a.m.-3 p.m. More than 25 crafters will be in the Tavern, the barn, on the front lawn, and across the street on the Dudley town common. In addition, artisans from Old Sturbridge Village will be demonstrating their 19th century crafts. Please come and support the Black Tavern.

12TH ANNUAL DUDLEY GRANGE APPLE FESTIVAL: 10 a.m.-3 p.m., 139 Center Rd., Dudley (near Nichols College). Enjoy music from The Gray Wisker Pickers and Franny Mack, an apple pie eating contest for adults and kids, games, a bounce house, vendors, delicious food, and more.

SECOND ANNUAL CRUISE-IN: 10 a.m.-4 p.m., Webster police station. Their first was a great success and this has promise of becoming one of the town favorite events. Free event, brought to you by Webster Police Department.

MEET & GREET WITH LOCAL AUTHOR JEAN M. GRANT: 2-4 p.m., Booklovers' Gourmet, 55 East Main St., Webster. Jean is the author of several historical romance and contemporary women's fiction. "Will Rise from Ashes" is about a young widow who has persevered through much heartache. Has she met her match when the Yellowstone super-volcano erupts, leaving her separated from her youngest son and her brother? Tens of thousands are dead or missing in a swath of massive destruction. She and her nine-year-old autistic son, Will, embark on a risky road trip from Maine to the epicenter to find her family. "A Hundred Breaths," companion to "A Hundred Kisses," takes place in 13th century Scotland. For more information visit jeanmgrant.com.

Sunday, October 6

PUBLIC WHIST PARTY: Killdeer Island Club House, 191 Killdeer Island Rd., Webster. A light luncheon will be served at Noon. Play begins at 1 p.m. Door Prizes/Raffle Baskets. Tickets are \$5.00 at the door, or advanced tickets are available for \$3 by calling Elizabeth Luchina at 1-508-949-1498.

Wednesday, October 9

MONTHLY WRITERS GROUP: 5-7 p.m., Booklovers' Gourmet, 55 East Main St., Webster. Free. Open to all genres and styles. Bring a piece to share or just come listen and offer feedback. Call 508-949-6232 or email deb@bookloversgourmet.com to register.

LIBRARY CONCERT SERIES: 6:30 p.m., Gladys E. Kelly Public Library,

Webster. Halloween themed novelty songs with prolific artist and musician Dan Blakeslee, a.k.a. Dr. Gasp, who has illustrated a plethora of album covers, a beer label series and more than 600 rock posters. For this concert, Dan's alter ego, Dr. Gasp, will play Halloween themed ragtime folk songs about vampires and scary folk songs for all ages!

Thursday, October 10

DUDLEY WOMEN'S CLUB: 6:30 p.m., Waterfront Mary's, Birch Island Road. Webster. Linda Halloran will present information about the non-profit support group comprised of women in various stages of cancer. We will also hold our first ever Bra Dazzle Contest, sporting the bras we have 'blinged' earlier in the month! Our voluntary giving project this month is donations of gently used bras for The Bra Recycler. The Dudley Woman's Club is open to all women from Dudley and surrounding towns, and we welcome your attendance. Join us for this fun and lively evening, be our guest and discover what our Woman's Club is all about. For more information please send an email to DudleyWomansClub@ gmail.com, contact Andrea at 508-868-7110 or visit our website: http:// DudleyWomansClub.org.

Saturday, October 12

THE EASE OF RESEARCHING YOUR ROOTS ONLINE: The General Ebenezer Learned DAR chapter of Oxford would like to invite the public to a genealogy workshop at 11 a.m. in the Oxford Police Training Room. There will be a presentation on finding and using free and easy to follow websites that could help you with your family genealogy. Websites will include international ones also. This event is free to the public. For more information email: gen.e.learneddar@gmail.com.

AUTHOR READING & TALK

WITH MYSTER WRITER MARIE LECLAIRE: 2-4 p.m., Booklovers' Gourmet, 55 East Main St., Webster. LeClaire be signing and discussing her companion books. "The Last Yard Sale," which grew out of a short story she wrote as a spiritual exercise in letting go of that which no longer serves us, and "A Soldier's Last Mission" about a mysterious yard sale that senas a vietnam vet on a mission to save the life of Afghanistan soldier. Free event with books available for purchase. Marie LeClaire has spent the past thirty years as a mental health counselor encouraging others to look beyond our sometimes limited perspective and see a bigger picture of what influences our lives and guides our behavior. She has been writing novels and short stories for the past five years. She still does a little counseling part time but her love now is purely fiction - sort of. After all, art imitates life, doesn't Wandering around much of her adult life, she

has come full circle and calls Worcester, Massachusetts, home.

Tuesday, October 15

AUTHOR READING: 6:30 p.m., Gladys E. Kelly Library, Webster. Meghan Maclean Weir, author of "Book of Essie," will talk about her life experiences and her writing. Raised in the rectory of her father's church in Southbridge, Meghan currently lives and works as a physician in the Boston area.

Saturday, October 19

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

Sunday, October 20

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

Monday, October 21

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

Thursday, October 24

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

Saturday, November 16

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

There will be handmade crafts as well as vendors present. Come purchase some home baked goodies or try a chance at our raffles. The kitchen will be open serving homemade soup and

Turn To CALENDAR page A12



Stonebridge Press is saluting our veterans, with a special keepsake edition

(from all wars & branches, including honoring deceased veterans), reservists, and active duty U.S. Military members

The Veterans Day Salute will run in:
Spencer New Leader, Auburn News, Charlton Villager,
Sturbridge Villager, Blackstone Valley Tribune,
Webster Times and Southbridge News

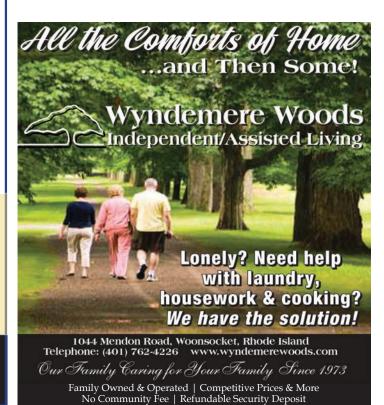
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The cost to advertise is \$100 per 4 column (5") x 2" spot

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Sales deadline is Oct. 17 at Noon

Let's give our veterans the recognition they so greatly deserve!



OBITUARIES

Bruce H. Roy, 67



OXFORD - Bruce H. Roy, 67, died peacefully at home surrounded by his family on September 22, 2019.

He was born in Worcester, son of the late Robert F. Roy and Goldie (White) Roy Studley. He was raised

in Auburn and graduated from Auburn High School in 1970. He worked in the envelope manufacturing field for 30 years.

He leaves his wife, the love of his life and best friend, Jeanne (LaCroix) Roy, whom he was married to for 46 years.

In addition to his wife, he leaves two sons, Jason Roy and his partner Jessica Hilyard, and Joel Roy and his two sons, Dillon and Sylis Roy. He loved his wife, his children and his grandchildren with all his heart. He also leaves a sister, Sharon Biemiller; a brother-in-law, William LaCroix and his wife Paula; three aunts, one uncle and many nieces and nephews. He leaves many cousins and friends.

Mr. Roy loved spending time with family and friends, and will always be remembered for his hearty laugh. He also enjoyed traveling with family and going on special trips with friends.

At his request, there will be no formal funeral services. Family and friends are welcome to attend a celebration of Bruce's life, held on Sunday, October 20, 2019, from 2:00p.m. – 5:00p.m. at the American Legion Post 58, 227 Main St., Oxford. Paradis-Givner Funeral Home in Oxford is directing the arrangements.

paradisfuneralhome.com

Gloria T. Kochinskas, 81



C H A R L T O N -Gloria T. (Gallien) Kochinskas, 81, passed away at home while surrounded by her loving family and friends on Thursday September 26, 2019

Being predeceased by her husband, the

late Richard P. "Koko" Kochinskas and her daughter Bonnie Breitschwerdt, Gloria is survived by three sons: Dennis DeSaulniers of Webster, John Kochinskas of Thompson, CT, and Steven Kochinskas of Charlton; one daughter: Sherry Born of CA; ten grandchildren; seven great-grandchildren; she also leaves many, relatives and friends.

Gloria was born in Northbridge, MA on September 5, 1938, daughter of the late Simon and Cecelia (Mahon) Gallien; she resided in Dudley prior to moving to Charlton in 2010. Gloria was a lifelong member of the PACC where she tended bar for many years; she was also a member of the friends of Webster Senior Center and you would often find her on shopping adventures at JC Penney or the Dollar Store, but nothing compared to the joy and excitement she felt when she spent quality time with her family, most especially her beloved grandchildren and great-grandchildren.

All were invited to attend calling hours on Monday September 30, 2019 from 5:00 - 7:00 pm with a service at 6:45 PM at the Shaw-Majercik Funeral Home, 48 School Street Webster, MA. Committal Services will be announced at a later date at the North Woodstock Cemetery.

In lieu of flowers, Gloria's family requests that memorial contributions be sent to Central MA Hospice, 191 Pakachoag Street Auburn, MA 01501

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

Lisa A. Allen, 54



OXFORD – Lisa A. (Jason) Allen, 54, of Harwood Street, died unexpectedly on Thursday, September 26, 2019, at UMass Memorial Medical Center – University Campus in Worcester. She is survived by her

husband of 26 years, David J. Allen Sr. of Oxford; three children, David J. Allen Jr., Jared J. Allen, and Karisa A. Allen, all of Oxford; her sister-in-law, Geraldine A. Jason of Worcester; and several nephews and nieces. She was predeceased by two brothers, David W. Jason and Scott R. Jason. She was born in Worcester, daughter of the late George and Loretta (Karpowicz) Jason, and lived in Worcester before moving to Oxford 25 years ago. She graduated from North High School in Worcester in 1983.

Mrs. Allen most recently worked at Leggett & Platt in Oxford as an office administrator. Previously, she worked at Paul Revere Insurance in Worcester for 15 years, and owned and operated Rise and Shine Day Care in Oxford for 7 years. She was a member of St. Ann's Church and will be remembered as a very spiritual and charitable person who enjoyed volunteering and helping others. She enjoyed the beach, camping, outdoors, and loved nothing more than spending time with her family and friends.

A funeral Mass was be held at 10 a.m. on Thursday, October 3, 2019, at St. Ann's Church, 652 Main St., North Oxford. Those attending are respectfully requested to meet directly at the church. Burial will follow at St. John's Cemetery in Worcester. Memorial calling hours were Wednesday, October 2, 2019, from 5-8 p.m. at Paradis-Givner Funeral Home, 357 Main St., Oxford. In lieu of flowers, memorial contributions may be made to a charity of one's choice.

paradisfuneralhome.com

Lucille J. Patterson, 85



WEBSTER- Lucille
J. (Normandin)
Patterson, 85, of
Webster Manor
Nursings Home,
died Wednesday,
September 25, 2019
surround by her loving family.

ing family. She leaves three sons, Gary Patterson and his wife, Deborah, Alan Patterson and his wife, Diane and William Patterson; three daughters, Kimberly Nedzweckas and her husband, Todd all of North Grosvenordale CT., Cara Patterson-Vigneault and her husband, Leonard of Southbridge and Kelly Keefe and her husband, William, of Webster; seven grandchildren, Carey Ann Patterson and her wife,Erica of Charlton, Eric Patterson and his wife, Joanne, Chelsea Patterson, Adam Patterson, Amy Patterson-Erkkila and her husband, Emeli of North Grosvenordale, CT., Caroline Vigneault of Southbridge and Jacob Nedzweckas of Miami FL.; two great-granddaughters, Victoria and Madison Patterson; two sisters, Sandra McDonald and Erleen McCarthy; a brother, Roland Normandin. She was predeceased by her sister, Linda Normandin and her former husband, Leo J. Patterson.

She was born in Southbridge on October 29, 1933, daughter of the late Jeannette (Bouchard) and Eugene Normandin.

She enjoyed spending time with her family and friends, singing with the church choir and was also an avid reader.

A funeral Mass was be held on Monday, September 30 at 10:00 A.M. in Saint Anthony of Padua Church, 24 Dudley Hill Road, Dudley. (Please go directly to church) Burial was private for family members and followed in Notre Dame Cemetery, Southbridge. In lieu of flowers, memorial contributions may be made to Hospice of Western and Central Massachusetts, 1325 Springfield St, Suite 12, Feeding Hills, MA. 01030.

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

Ronald J. Zarzecki, 74

DUDLEY - Ronald J. Zarzecki, 74, passed away at home while surrounded by family on Sunday September 29, 2019.

He is survived by two sons: Michael and Ronald Zarzecki, both of Dudley; two grandsons: Brandon and Nathan Zarzecki; one brother: Richard T. Zarzecki; he also leaves many relatives and friends.

Ronald was born in Webster, MA on December 6, 1944, son of the late Alex W. and Helen (Wroble) Zarzecki; he was a hard working man, being employed as an auto body technician for many years, as well as being a truck driver, and working for his father at New Home Appliance in Webster.

A graveside service will be held in St. Joseph's Garden of Peace, Old Worcester Road Webster, MA on Saturday October 12, 2019 at 10:00 am.

Saturday October 12, 2019 at 10:00 am. The Shaw-Majercik Funeral Home, 48 School Street Webster, MA is honored to have been entrusted with funer-

al arrangements.

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

Donald A. Notis, 90



FABYAN, CT-Donald A. Notis, 90, of Fabyan, died Saturday, September 21, 2019 in Day Kimball Hospital.

His wife of 52 years Elinor E. (Prince) Notis died in 2005. He leaves his three

children, John A. Notis and his wife, Kathleen of Killingly, Diane C. Light and her husband, Lawrence and Paul A. Notis and his wife, Melissa all of Woodstock; five grandchildren, Amanda, Christopher, Kyle, Sarah and Keira.; nieces and nephews.

He was born and raised in Fabyan, son of Costas and Christina (Mipa) Notis. He graduated in 1947 from Tourtellotte Memorial High School.

Don proudly served his country in the United States Army later serving in the United States Navy.

He was employed in the trucking industry as a financial analyst through-

out his career until his retirement at the

early age of 58.

Don enjoyed skydiving (completing over 2000 jumps), downhill skiing, backpacking, boating, fishing, hunting and motorcycle



riding. He also maintained an exotic pheasant, quail and dove aviary.

He was a great husband and father who will be missed by all.

The funeral service will be private. There are no calling hours. In lieu of flowers, memorial contributions may be made to: St. Jude's Children's Hospital Fund, 501 St. Jude's Place, Memphis, TN 38105. The Shaw-Majercik Funeral Home, 48 School Street, Webster are handling arrangements. A guest book is available at www.shaw-majercik.com where you may post a condolence or light a candle.

Juan G. Mendez, 37



Juan G. Mendez, 37, of Worcester, died Saturday, September 7, 2019.

Private Funeral Services were entrusted to the care of the Shaw-Majercik Funeral Home, 48 School Street Webster, MA. Burial was in Mount Zion Cemetery in Webster.

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

Kenneth A. Fish, 54



OXFORD – Kenneth A. Fish, 54, died suddenly on Friday, September 27, 2019, in his home. He is survived by three children, Edward L. Fish of Oxford, Amy L. Fish of Oxford,

and Audrey L. Fish of Hanson; three brothers, Stephen E. Fish of Oxford, Mark A. Fish of Spanaway, WA, and Louis A. Fish III of Nashua, NH; his grandson, Austin E. Fish of Oxford; and many nephews, nieces, and extended family members. He was born in Worcester, son of the late Louis A. and Carol F. (Sweeney)

Fish Jr., and lived most of his life in Oxford. He graduated from Oxford High School in 1983.

Mr. Fish was a mechanic for Ryder Truck / Garelick Farms for many years. Previously, he was a truck driver for several companies. He enjoyed karate, dirt bikes, and was a motorcycle enthusiast. Most of all, he enjoyed spending time with his family.

A funeral service will be held at 11 a.m. on Friday, October 4, 2019, at Paradis-Givner Funeral Home, 357 Main St., Oxford. Burial will follow at Hope Cemetery in Worcester. Calling hours were Thursday, October 3, 2019, from 5-8 p.m. at the funeral home.

paradisfuneralhome.com

Mary J. Zoschak, 97

DUDLEY – Mary J. (Vengryn) Zoschak, 97, died Sunday, September 29, 2019 with family at her side. Her husband of 46 years, Peter J. Zoschak, Jr., died in 1992.

She leaves 2 daughters, Patricia Zoschak, and Mary Ann Bohenko and her husband Patrick, all of Dudley; 2 granddaughters, Kimberly Sementa and her husband Mark of Hebron, CT, and Lisa Lessard and her husband David of Waterville, Maine; 5 great-grandchildren, Max, Ellie, Jack, James and Olivia; a brother, Peter J. Vengryn of Dudley; nieces and nephews She was preceded in death by a son Raymond Zoschak in 1972, by her brother John Vengryn and by her 2 sisters, Winifred Kiwak and Josephine Plante.

She was born in Dudley on December 9, 1921, a daughter of Joseph and Wladyslawa (Walicki) Wegrzyn and lived here all her life.

Mrs. Zoschak worked as a fancy stitcher at Webster Shoe Company. She then was an inspector at Anglo Fabrics Company in Webster before retiring in 1985.

She was a member of Saint Andrew Bobola Church. She liked to crochet, knit, solve puzzles and play bingo. She was a loyal Red Sox fan. She loved spending time with her grandchildren and great-grandchildren.

The funeral was held Wednesday, October 2, from the Sitkowski & Malboeuf Funeral Home, 340 School Street, Webster with a Mass at 11:00 AM in Saint Andrew Bobola Church, 54 West Main Street. Burial will be in St. Joseph Garden of peace, Webster. A visiting hour was held from 9:30 to 10:30 AM Wednesday in the funeral home, prior to the Mass.

www.sitkowski-malboeuf.com

Robert E. 'Rob' Scully, 61



C H A R L T O N-Robert E. 'Rob' Scully, 61, passed away unexpectedly on Thursday, September 26, 2019 while spending time at his beloved camp near Bethel, Maine.

Rob was born in Holyoke on February 11, 1958, son of the late George B. and

Cecile (Pinn) Scully, Sr.

He grew up always loving the outdoors and often talked fondly of hiking trips during his early years.

Rob graduated from the College of the Holy Cross in Worcester, then received an MSW from UCONN. He worked passionately as a social worker

for many years in the Worcester area.

Rob leaves behind his wife of 33 years, Beth of Charlton; his two children, Laura of Worcester and Cameron of Charlton; his two sisters, Paula and Liz of Portland, Oregon; his dear nieces and nephews; and his dog and sidekick 'Scotty'.

Beside his parents, he was predeceased by a brother, George B. Scully, Jr. and his uncle, Dr. Robert E. Scully.

Rob retired seven wars ago and

Rob retired seven years ago and enjoyed these years with family and friends. He was most proud of his kids, Cam and Laura, and was in touch with them both every day. His family has many memories of trips to Squam Lake, the White Mountains, and Maine, going camping, and hearing Rob's hunting tales. Rob was famous for his fresh-roasted coffee and homemade pizza, and he was often sought after for household projects. He could be found walking around Wells State Park or Old Sturbridge Village during nice weather, and he loved to keep up on current events.

Rob was patient, kind, and honest; he loved to laugh and joke while enjoying good food and beer; and was always someone who could strike up a great conversation. He will be most remembered for his integrity and devotion to his wife and his kids.

Friends and family are invited to attend a visitation period on Friday, October 4, 2019 from 5-6 pm at the ROBERT J. MILLER-CHARLTON FUNERAL HOME, 175 Old Worcester Rd., followed by a Memorial Service at 6 pm in the funeral home.

In lieu of flowers, donations may be made to: the Squam Lakes Association in Holderness, New Hampshire.

To send a message of condolence, please visit: RJMillerfunerals.net

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



UBITUARIES

Raymond A. Donais, 84



CANTERBURY, CT- Raymond A. Donais, 84 past away Saturday, September 28, 2019 at the Plainfield Emergency Center, Care Plainfield, CT.

His wife of 50 years, Jacqueline (Quintal)

Donais died in 2009. He leaves his daughter, Andrea Donais and her fiance, Bryan Tatro of Canterbury, two grandchildren Courtney Knudson of Dandridge, TN. and Tiffany Knudson of North Charleston, SC. He was predeceased by his son, Christopher Donais.

He was born in Putnam, CT son of the late Antonio Donais and Loretta (Beaulac) Donais. Raymond served in Korea with the US Navy. He was a surveyor for the State of CT.

A Celebration of Raymond's Life will be held on Tuesday October 8, 2019 at 6:00 pm, followed by a prayer service at 7:00 pm at the Shaw-Majercik Funeral

Home, 48 School Street Webster, MA

In lieu of flowers the family requests donations in his memory to the American Cancer Society. The Shaw-Majercik Funeral Home, 48 School St., Webster, MA 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.

Regina S. Bugan, 76



WEBSTER: Regina S. (Wenski) Bugan, 76, passed away on Thursday, Sept. 26th, in the Webster Manor Nursing Home, Webster, after a long

leaves her She Craig two sons,

R. Bugan of Webster and Joseph D. Bugan and his wife Susan of Webster; her six grandchildren, Erica Bugan of Webster, Victoria Bugan of Webster, David Bugan of Worcester, Jocelyn Bugan of Salem, Leah Bugan of Dudley and Jack Bugan of Dudley; and her two great grandchildren, Elijah Bugan and David Bugan, Jr. She was predeceased by her former husband David A. Bugan. Regina was born in Webster the daughter of Leon and Estella (Surozynski) Wenski.

Regina was the Town Clerk for the Town of Webster serving 30 years of dedicated service before retiring many

vears ago. She served 14 years prior as the Assistant Town Clerk. She also served as a Justice of the Peace during her time in the Town Clerk office. Regina was a co-founder of and the 1st President of the Webster Firefighters Women's Auxiliary. She enjoyed watching and going to sports events. She was a fan of many sports teams but was especially a fan of the Brooklyn/ LA Dodgers and the NY Yankees. She was also a music fan, especially a fan of Elvis Presley. Regina had an interest in Route 66 and a desire to drive it. She loved visiting New York City. Regina's favorite place to visit was Cape Cod. Most of all she loved spending time

on Monday, Sept. 30th, from 5:00 to 7:00pm in the Daniel T. Morrill Funeral Home, 130 Hamilton St., Southbridge, with a funeral service following in the funeral home at 7:00pm. Her burial

with her grandchildren. Calling hours for Regina were held

www.morrillfuneralhome.com

Ronald J. Zarzecki, 74

DUDLEY - Ronald J. Zarzecki, 74, passed away at home while surrounded by family on Sunday September 29,

He is survived by two sons: Michael and Ronald Zarzecki, both of Dudley; two grandsons: Brandon and Nathan Zarzecki; one brother: Richard T. Zarzecki; he also leaves many relatives

Ronald was born in Webster, MA on December 6, 1944, son of the late Alex W. and Helen (Wroble) Zarzecki; he was a hard working man, being employed as an auto body technician

for many years, as well as being a truck driver, and working for his father at New Home Appliance in Webster.

A graveside service will be held in St. Joseph's Garden of Peace, Old Worcester Road Webster, MA on Saturday October 12, 2019 at 10:00 am.

The Shaw-Majercik Funeral Home, 48 School Street Webster, MA is honored to have been entrusted with funeral arrangements.

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

Roy Alden Ferguson, 84



CHARLTON/ AUBURN - Roy Alden Ferguson, 84, passed away September 28, 2019 after a long ill-

He was born Worcester, in November 7, 1934, son of the late Charles

and Olive (Stahl) Ferguson and grew up in Charlton where he graduated from Charlton High School in 1953 and was voted Best Dressed in his class.

Roy worked as a tool/cutter grinder for Morgan Construction and a shipper-receiver for CPC Engineering and also served for 8 years in the U.S. Navy

He is survived by his wife of 64 years, Marjorie (Robbins) Ferguson and was the loving father to his sons, Kevin and Mark Ferguson. He also leaves his grandchildren; Wayne and Shawn Ferguson, Michelle Davis and her husband Ben, Laura Anderson and her

husband Keith, and 10 great grandchildren. and his sister, Nancy Johnson. Roy was predeceased by brothers; Russell, Ralph and Warren.

Roy had many hobbies doing wood working making signs,

furniture, clocks and Authentic looking toys and trucks. He also enjoyed landscaping, photography and music, traveling and seeing many places in the U.S.

Calling Hours will be Wednesday, October 2, 2019 from 5-7 PM at the ROBERT J. MILLER-CHARLTON FUNERAL HOME, 175 Old Worcester Rd.. the Funeral will be Thursday, October 3, 2019 at 11 AM in the Funeral Home, followed by burial in Northside Cemetery in Charlton.

To leave a message of condolence, please visit:RJMillerfunerals.net

Michael C. "Chief Two Bears" Confer Sr, 67

SOUTH GRAFTON- Michael C. "Chief Two Bears" Confer Sr, 67, passed away at home surrounded by his loving family and friends on Wednesday September 25, 2019;

He is survived by his faithful and long-

time companion Dianne R. "Lady Bug' Gosselin Griffis; two sons: Michael C. Confer Jr. of Rhode Island and Jason Confer of Southbridge; four daughters: Donna "Spirit Talker" Dickey of Ohio, Raven Pelletier of Oxford, Noel Siberstein of Ware, MA, and Elizabeth "Songbird" Barrus of Grafton; three brothers: John Confer of Florida, Calvin Confer of Massachusetts, and Christian Confer of Florida; six sisters: Dawn Mongeon of New York, Sharilynn Poston of Virgina, Gabrielle Siaz of Massachusetts, Lisa Bain of Massachusetts, Nico Confer of New York, and Reno Oster of New York; He also leaves numerous grandchildren, many nieces, nephews, relatives and friends; he was predeceased by his brother Gregory Confer of Florida.

"Chief Two Bears" was born in Syracuse, New York son of the late Calvin A. and Jeanine S. (Pallas) Confer, living in South Grafton twenty years, residing in Worcester prior. Michael "Chief Two Bears" was a proud Native American belonging to the Mohawk tribe and lived at the Akwesasne Mohawk Reservation for thirteen years in St. Regis, New York; he also was a member of the Roaming Buffalo Singers and Drummers. Michael worked in the construction industry for most of his life; he enjoyed fishing, wood carving, drawing, and model trains.

There are no calling hours. Private funeral services will be celebrated in the tradition of the Mohawk Tribe.

The Shaw-Majercik Funeral Home, 48 School Street Webster, MA has been entrusted with funeral arrangements.

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

William J. Wieczorek, 76



CHARLTON-William J. "Wizzy" Wieczorek, 76, passed away on Saturday, Sept. 28th, in the Memorial UMass Medical Center, University Campus, Worcester, after a brief illness.

He leaves his wife of 40 years, Joan C. (Welcome) Wieczorek; his three daughters, Anne-Marie Beaulieu and David of Cerritos, CA, Victoria L. Salisbury and her husband Jon of Ferndale, WA and Sherri L. Cloutier and her husband Edward of Sturbridge; his two sons, Matthew J. Burek and his wife Barbara of Auburn and Mark F. Burek of Oxford; his seven grandchildren, Connor Beaulieu, Cassidy Cloutier, Benjamin Beaulieu, Dylan Cloutier, Haley Burek, Madison Burek and Drake Burek; and a great grandson, Oliver Paquette. Bill was born in New London, CT the son of William and Viola Ann (Calenda) Wieczorek. Bill was a US Marine Corps Veteran of the Vietnam War era. After serving in the Marines Bill graduated from Western New England College with a bachelors

degree in engineer-

Bill worked for the Riley Stoker Corporation which became DB Babcock Power Inc. in Worcester for years, retiring 2004. He previously



grandfather and great grandfather. A memorial service for Bill was held on Saturday, Oct. 5th, at 11:00am in the Charlton Federated Church, 64 Main St., Charlton. There are no calling hours. Burial will be private at the convenience of the family.

In lieu of flowers donations may be made to the Charlton Helping Hands Society, P.O. Box 643, Charlton, MA

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

www.morrillfuneralhome.com

Zachary Albert Gove, 32



WORCESTER-Zachary Albert Gove, 32, of Worcester, went to be with the Lord on Tuesday, September 24, 2019 at St. Vincent's Hospital after a courageous battle with cancer.

He leaves his wife, Michaela Jane (Buckley) Gove, two Brothers 0, Donald Gove Jr. and his wife, April and Elijah Daniel; his mother, Denise (Poirier) Daniel; his father Donald Gove; maternal grandmother, Gail Poirier;

his stepfather, Craig Daniel; his nother-in-law Brenda Buckley; mother-in-law father-in-law Michael Buckley; his brother & sister-in-laws, Michael & Jenilee Buckley, Shawn & Mercedes Budzinski, and Timothy & Shannon Parker and Felicia Gove; many cousins, nieces and nephews whom he loved and cherished, Athene Gove, Shawn Budzinski Jr., Mayson Budzinski, Bianca Budzinski, Alana Budzinski, Ava Budzinski, Sophie Gove, Josie Gove, Dominic Gove, Bentley Parker, Penelope Parker, and Jasper Parker.

Zach was predeceased by his brother Nathan, maternal grandfather Albert Poirier and paternal grandparents George & Grace Gove.,

Lastly, he leaves behind his Best

Friend and "Adopted Brother," Shane Flynn and fiancee Yvette Pinero. Blood couldn't make these two any closer then they were! Shane was there since day one for Zach.

Zach worked for Target as an Awesome Team Member, as well as Herbal Life as an independent distributor. He loved what he did and everyone that he met and got the pleasure to know. Zach graduated from Douglas Byrd High School in North Carolina and studied Acting at Leeward Community College in Hawaii.

Zach was a huge fan of Comics, Comic Con, Marvel, DC, and of course Ghostbusters his absolute favorite! Zach & Michaela's love was young & pure! Some would say it is true love. Michaela would say, Zach I love you with all my heart and soul! You're my

Zach's memorial service was held Sunday, September 29 at 1p.m. in Shaw-Majercik Funeral Home, 48 School Street, Webster. Burial will be private. There are no calling hours.

In lieu of flowers, memorial contributions may be made to: St. Jude's Children's Hospital Fund, 501 St. Jude's Place, Memphis, TN 38105. A guest book is available at www.shaw-majercik.com where you may post a condolence or light a candle.

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



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WEBSTER LAKE – 9 Pebble Beach Rd! Middle Pond – Winter Cove! Private Peninsula Protected from the Storm – Safe Harbor! Custom 3,179' 8 Rm Contemp Ready for Your Immediate Enjoyment! Grand Entry Foyer! Ideal Open Flr Plan w/Sky Lighted Cathedral Ceilings, Tall Windows & Hrdwd Flrs! Beautiful Applianced Custom Granite Kit w/

Center Isl! Formal Din, Fireplace Liv Rm w/Water/Estuary Views! 1st Flr Laundry! Second Floor Master Suite, Ideal Full Bath, Huge Walk-in Closet! 3 Bdrms Total! 2 Full & 2 Half Baths! Walk-out Lower Level Fireplace Fam Rm!



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



PUTNAM - 49 Fox Road! Fantastic 2.680' 9+ Room Center Hall Colonial Set On 3 Beautiful Acres! Featuring Center Island Stainless Applianced Kitchen! Formal Dining & Living Rooms w/Hardwoods! Comfortable Brick Fireplaced Family Room! Office/Den! Half Bath w/Laundry Closet! Side Entry Foyer w/Coat Closet! Upstairs to 4 Spacious Bedrooms! Huge Master w/Hardwoods, Full Bath & Walk-in Closet! Full Hall Bath w/Double Sinks! Full Walk-up Attic w/Plumbing Leads for Additional/Future Expansion! 5 Zone Oil Heat! 24X30' w/Second Floor Storage! Convenient to Everything Putnam! \$369,900.00



DUDLEY — 90' WATERFRONT! 12 Lakeview Ave! Full Recreational Merino Pond! 12 Rms, 4/5 Bdrms, 3.5 Baths Total! 2 Complete Residences, Single Family w/In-Law or as a 2 Family! Right Side w/Open Flr Plan! Lake Facing Kit, Din & Liv Rms! 2nd Flr w/ 2 Lake Facing Bdrms! Finished Walk-out Lower Level! Left Side w/Granite Kit w/ Skylight! Frplce Din/Liv Rm! 2/3 Bdrms! Master w/Bath! Town Services! In Time for Summer! \$439,900.00

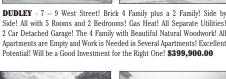






Buderus Oil Heat! C/Air! Oversized 2 Car Garage! \$799,900.00





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









SUTTON - LAKE SINGLETARY WATERFRONT! 5 West Sutton Rd! 8 Rm Cape! 3 Bedrooms! Screen House at Waters Edge! Gradual Access to the Water! Well Maintained! Kit, Formal Dining Rm! Spacious Fireplace Living Rm! Den! Sun Rm! Updated Windows! Brand New Furnace w/Hybrid Hot Water System & New Sentic Just Installed Quick Closing \$474,900.00

REDUCED







CHARLTON - GLEN ECHO LAKE! 3 Sunset Dr! Western Exposure = Beautiful Sunsets! Fantastic 105' Waterfront! Ideal 15,941' Gently Sloping Lot! Comfortable 9 Rm Ranch! Stainless Appliance Eatin Granite Kit! Din Rm w/Hrdwd Flr! Lake Facing Liv Rm w/Panoramic Water Views! 4 Bdrms, 3 Lake the Spacious Master! Full Hall Bath! Enjoy the Sun Rm w/Lake Views!



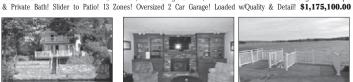
CHARLTON - 105' WATERFRONT! Baker Pond! 63 Lincoln Pt Rd! East Facing = Fantastic Sunrises! Custom 9 Rm Colonial! Beautiful 1/2 Acre Lot w/Lawn to Water's Edge! 2 Story Foyer! Natural Woodwork! Open Flr Plan! Appliance Granite Kit wilst, Recessed Lights, Tile Fir & Water Viewl Din Area wSlider to Deck!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





WEBSTER LAKE - 50 West Point Rd! Killdeer Island! 4.700' Entertainers Dream! Magnificent Sunsets! Built 2016, Has It All! 2 story Foyer! Granite Kit w/Center Isl, Dble Oven, High End Appliances & Walkin Pantry! Din Rm w/
Wet Bar, Sliders to 14x30' Deck! Bright & Airy Liv Rm w/Lake Views, Custom Built Cabinets, Gas Frple! 1/2 Bath + Tray Ceiling, Walk-in Closet + Private Balcony! Master Bath, Soaker Tub & Large Tile Shower! Walk-up Attic wExpansion Possibilities! Lower Level w/Full Kit. 1/2 Bath, Lake Facing Fam Rm, Media/Exercise Rm + Lake Facing Bdrm w/Frplc











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



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



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



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OPEN HOUSE, SAT. • 11-1

DUDLEY - 35 NW SCHOOLHOUSE RD

SPACIOUS 1364 sf +/- stone faced Ranch on 2.93 +/-ACRES! PRIVATE SETTING, 2 car garage! sunny rear vard! Scenic country area of Dudley amongst farms, fields & woods! This home features; one level living, 3 BRs (14x16) Master BR w/walk-in cedar closett 2 full baths, 3 season side porch, formal dining room, living room w/fireplace & pellet stove, open concept kitchen/ casual dining! Truly a rare find! \$249.900.

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

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 campled Bedrooms. Granite counters, center island & dining rm wysliders! Master BR, private master full bath wjextra wide shower & walk in closet, plus 2 more spacious BRs & at full hallway bath. 24! lower Level family room, half bath w/laundry hookups! Two car garage! Central AC. \$309,900.

WEBSTER - 3 STEFANIAK AVE.



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

DUDLEY - 71 EAGLE DRIVE



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

CHAPLIN, CT - 74 FEDERAL HILL RD



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

SOUTHBRIDGE - 79 N.WOODSTOCK RD



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

WEBSTER/DUDLEY/DOUGLAS LAND!

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

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

OXFORD - 66 CHARLTON ST



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

WEBSTER - 34 EASTERN AVE UNIT A

AN AFFORDABLE LIVING OPPORTUNITY PRESENTS ITSELF! This 20 Unit Condo Complex is tucked away at the very end of Eastern Ave, fenced in & private, Easily accessible I395,! There's a lot to love about Webster! Unit 34 A is an 1,037 SF₄/= RND UNIT. Large living room w/picture window, an eat-in kitchen, access to rear deck, 2 spacious bedrooms, 1-1/2 baths, full basement! **NEW PRICE \$154,900**

WEBSTER - 212 SCHOOL ST



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

WEBSTER LAND - COOPER RD



ATTENTION DEVELOPERS

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

On the shores of Lake Chargoggagoggmanchauggagoggchaubunagungamaugg



WEBSTER LAKE - 118 POINT BREEZE RD

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

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

WEBSTER LAKE - 54 KILLDEER RD



KILLDEER ISLAND! A RARE OPPORTUNITY ON WEBSTER LAKE! ABSOLUTELY THE WATERFRONT PROPERTY YOU'VE BEEN WAITING/LOWING FOR! 2.45+/- Acres! 345+/- road front, 336/334+/depth, 275-y-Lakefront! Mature landscape provides unprecedented privacy
& a friendly level to lat water's edge - like very few waterfront properties! The
3700 SF+/- Mid-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+/- det'd garage w/summer kitchen 1/2 bath Family owned gem for 60+years!

WEBSTER LAKE - 32 JACKSON RD



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

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- CATHEDRAL CEILING LIVIN ROOM AND DINING ROOM
- 130' FRONTAGE ON THE WATER 2 CAR GARAGE
- 3 BEDROOMS • FAMILY ROOM, OFFICE, DEN
- 16 Pattison Rd ~ \$749,900

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EXTRA SPECIAL home built on secluded lot! 7 rooms 3-4 bedrooms. 3 baths. Full in-law over garage-beautiful. Living room has soaring ceilings with views of the private backvard with wonderful waterfall e-built into stone wall. Great kitchen with built in kitchen nook. First floor master bedroom with stunning master bath! Lower level finished family room. 3 car garage. Brand new paved drive! 1.75 acres. Easy access to Rt 84 and Mass Pike.



Beautifully maintained Colonial with 6 rooms 3 bedrooms 2 1/2 baths. Large kitchen/dining room combo with tile floor. Half bath and first floor laundry. Master bedroom with large walk in closet and master bath. 2017 Pellet stove to keep you warm. Cozy three season sun room which leads to patio/deck and a large flat yard. Finished lower level for your "man" or "woman" cave. New roof in 2019. Nothing to do but



Webster: Fabulous Ranch! Simple move in & enjoy. 6 rooms 2 bedrooms but possible Lovers! Great winter project. 7 rooms Webster: Fabulous Ranch! Simple move in Brd in basement. Pretty kitchen with stainless 3-5 bedrooms 1 ½ baths. Stunning stone steel appliances & granite counters. Cathedral fireplace in living room. Red Oak floors ceiling 4 season room with sliders to great deck. Lower level finished with possible Two car garage. Secluded. Close to Old

bedroom & family room. Level yard. Tranquil colors. New Roof being installed. \$239,900. Sturbridge. Village and the Heins Farm Conservation Area Trail Systems.



Colonial! 5 rooms 2-3 bedrooms Home has been updated with vinyl siding, newer furnace, and electric Newer flooring, freshly painted. Porch. \$124,900.

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



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



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SAT 12:30-2 **Rent To Own**

THOMPSON, CT - \$249,900 223 Stawicki Road 3 Bedroom, Split, Full Inlaw Worcester MA - \$225,000

15 South Flagg St. Desirable neighborhood with great bones.



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Friday, October 11, 2019

12:00 PM-FISKDALE (Sturbridge) 16 Camp Road

sgl fam, 1,288 sf liv area, 1.75 ac lot, 5 rm, 3 bdrm, 1 bth,

Worcester(Worc): Bk 34897, Pg 29

TERMS: \$5,000 cash or certified check at the time and place of the sale. The balance to be paid within thirty (30) days at the law offices of Korde & Associates, P.C. 900 Chelmsford Street, Suite 3102, Lowell, MA 01851, Attorney for the Mortgagee

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ReMax Advantage 1 179 Shrewsbury St., Worcester MA 01604

Licensed in MA & CT



WEBSTER LAKE: • 130' frontage on the water 3 baths • 3 bedrooms, cathedral ceilings, office, den,

- family room · Wrap around deck
- Fireplace • 2 car heated garage
- Town water & sewer

16 Pattison Rd ~ \$749,900



WEBSTER: 3 bedroom, 1/2 acre lot, sided-garage, hardwood floors, seller motivated-view now! School St ~ \$250's

l	(C) Condo (B) Business (P) Land
l	(B) Business
ı	(P) Land

- (X) Condex (U) Duplex (L) Mobile Home
- (T) Townhouse (D) Adult Community (W) Waterfront

ADDRESS

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

(A) Apartment

(M) Multi-Family

(S) Single Family

SATURDAY, OCTOBER 5

\$249,900

DUDLEY

35 New Schoolhouse Rd

11-1

Sharon Pelletier 508-954-7222

WEBSTER

90-A Sutton Rd

Patrick Sweeney 774-452-3578

Re/Max professional Associates/

Hope Real Esate Group/

THOMPSON, CT

223 Stawicki Rd

12:30 -2 \$249,900

11-12:30 \$289,900

Re/Max professional Associates/ Patrick Sweeney 774-452-3578

SUNDAY, OCTOBER 6

SOUTHBRIDGE

483 Alpine Dr

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

STUBRIDGE

78 Stallion Hill Rd \$415,000 Noon-2

WEBSTER

17 Cutler St

44 Central St

W. BOYLSTON

\$119,900 11-1

\$334,900

12:30-2

ReMax Advantage 1 / Jo-Ann Szymczak 774-230-5044

Aucoin Ryan Realty 508-765-9155

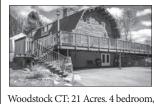
ReMax Advantage 1 / Maria Reed

508-873-9254



DUDLEY: New Construction. 4 bedroom, gas heat, central air, HW floors, Formal DR, Cathedral ceiling family room.

16 Francis Dr ~ \$419,900



2.5 baths, 2 fireplace, CEDAR LOG HOME, HUNTER'S PARADISE 480 Route 197 ~ \$650,000



LAND

18 lot subdivision \$575,000

DUDLEY: build-able lot, water & sewer \$75,000

LEICESTER: 1/2 acre lot sewers available \$20,000



WEBSTER: 2-Family. Contractors — check it out! Vinyl sided, 9 rooms, Offers! Offers! Offers! By appointment "Group Shows" 46 Granite St ~ \$94,900



E. BROOKFIELD: 136' on Lake Lashaway. New septic, 2 kitchens, 2.5 baths, 3 bedrooms, 2 car garage.

142 Gleason Ave ~ \$310,000

INVESTMENT PROPERTY

DUDLEY: COMING SOON 4 units \$300's

> DUDLEY: 401' Bungalow

with sub-dividable lot \$359,900



DUDLEY: 1st floor condo. 2 bedroom, hardwood floors, appliances, in unit washer /dryer, garage

17 Cutler St ~ \$119,900



W. BOYLSTON: Offers Considered 3 bedrooms, 1.5 baths, sided, recent roof, kitchen windows, 1 + acres. 44 Central St ~ \$334,900

SZYMCZAK SELLS!



WERSTER 2 Family 23 Klebart Ave



WERSTER 3 Family 61-63 Myrtle Ave



DUDLEY 48 Airport Rd

Attend Buyer or Seller Coffee Hours in October

Become an informed buyer or seller.

> Call Jo-Ann 508-943-7669 774-230-5044

RE&THE

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

SATURDAY, OCTOBER 5

16TH ANNUAL AUCTION. Sponsored by VFW Auxiliary to Thompson Memorial Post 10088.Food – 5 pm, Auction – 6 pm. VFW Post Home 654 Quinebaug Rd. (Route 131) Quinebaug, CT 06262. Benefit: veterans and community programs

FRIDAY, SATURDAY & SUNDAY OCTOBER 11, 12, & 13



EGYPTIAN FESTIVAL Friday 12-6, Sat & Sun 10-6 Egyptian &has Mediterranean food, shopping bazaar, Egyptian music, Photos dressed as a Pharaoh, Face painting, Church tour, Children's activities, and more.

Rain or shine. St. Mary & Pope Kyrillos VI Coptic Orthodox Church. 74 Gould Road, Charlton, MA



SATURDAY OCTOBER 19

3RD ANNUAL AMERICAN LEGION AUXILIARY HANDMADE CRAFT FAIR 9am-2pm. Crafters featuring their handmade wares, raffles, and bake tables Serving Lunch

American Legion Gaudette Kirk Post 138

175 Main Street

Spencer, MA 01562

WEDNESDAY, OCTOBER 23

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

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

SUNDAY, OCTOBER 27, MURDER MYSTERY DINNER



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

sales required salemcrossinn.com or call 508-867-2345. 260 West Main Street West Brookfield, MA 01585

ACOUSTIC FRIDAYS AT 308 LAKESIDE New England Weather 308 Lakeside

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

WEDNESDAY, NOVEMBER 13

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

Mentor Tea & Refreshments will be served Limited seating Quaboag Rehabilitation & Skilled Care Center 47 East Main Street West Brookfield, MA

SUNDAY, SEPTEMBER 29



RSVP 508-867-7716

SUNDAYS AT 308 LAKESIDE Chris Barber 308 Lakeside 308 East Main Street, East Brookfield, MA 01515 774-449-8333

SUNDAY-TUESDAY

NOVEMBER 10-12 BUS TRIP TO ATLANTIC CITY Leave from Big Y Parking Lot Call 508-885-5560 or 508-885-2458 for more

info and trip amenities **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



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



Po Something FUN This Weekend!

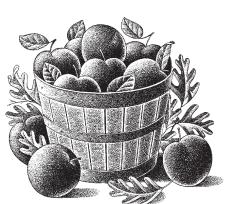
LIVE ENTERTAINMENT FRIDAY NIGHT HEXMARK TAVERN AT SALEM CROSS INN 260 West Main St., W. Brookfield, MA 508-

867-2345 salemcrossinn.com THE CENTRAL MA CHAPTER OF TROUT



meets the first Monday of every month from September through May. We discuss a variety of conservation programs to improve the local cold water fisheries, local fishing opportunities. Our annual

High School Fly Fishing Championship (open to all MA high school students) And our annual fund raising banquet. Auburn Sportsman's Club 50 Elm St., Auburn, MA





LEGALS

Notice of Sale of Motor Vehicle Under G.L.c. 255, Section 39A

Notice is hereby given by: School St Towing 17-31 School St Webster MA 01570. pursuant to the provisions of G.L.c. 225, Section 39A, that on: 5 October 2019 at 9AM at: 17-31 School St Webster MA 01570 by Private Sale the following Motor Vehicle will be sold to satisfy the garagekeeper's lien thereon for storage, towing charges, care and expenses of notices and sale of said vehicle. Vehicle description: Year: 2002 Make: Audi Model: A4 Registration#/State: 8JX844

VIN: WAULC68E82A155350 Name and address of vehicle owner: Stavre Vesovski 22 McGovern Lane, Webster, MA 01570 by: Frank A Czechowski Jr Dated: 13 Sept 2019 This notice has been given under the provisions of G.L.c. 255, Section 39A September 20, 2019

September 27, 2019 October 4, 2019

LEGAL NOTICE MORTGAGEE'S SALE OF REAL ESTATE

By virtue of and in execution of the Power of Sale contained in a certain mortgage given by Stephen L. Latino to Mortgage Electronic Registration Systems, Inc. acting solely as a nominee for Countrywide Home Loans, Inc., dated January 17, 2007 and recorded in Worcester County (Worcester District) Registry of Deeds in Book 40525, Page 376 (the "Mortgage") of which mortgage The Bank of New York Mel-Ion FKA The Bank of New York as trustee for the certificateholders of CWABS Inc., Asset- Backed Certificates, Series 2007-2 is the present holder by assignment from Mortgage Electronic Registration Systems, Inc.as nominee for Countrywide Home Loans, Inc., its successor and assigns to The Bank of New York Mellon FKA The Bank of New York as Trustee for the Certificateholders of CWABS Inc., Asset-Backed Certificates, Series 2007-2 dated October 2, 2012 recorded in Worcester County (Worcester District) Registry of Deeds in Book 49752, Page 330, for breach of conditions of said mortgage and for the purpose of foreclosing the same, the mortgaged premises located at 1 Tremont Street, Oxford, MA 01540 will be sold at a Public Auction at 11:00 AM on October 22, 2019, at the mortgaged premises, more particularly described below, all and singular the premises described in said mortgage, to wit:

A certain tract or parcel of land situated near the center of said Town of Oxford, containing 7 1/2 square rods, to be the same more or less, with all buildings thereon, bounded as follows: BEGINNING at the northwest corner of said tract on the easterly line of the Norwich and Worcester Railroad Company's land and on the line of land formerly of Calvin Hall;

THENCE S. 75 degrees. E, on said Calvin Hall land, Ten (10) rods, eighteen (18) links, more or less, to land now or formerly of Alonzo H. Dana et als;

THENCE S. 15 degrees W., on said Alonzo H. Dana et als land, six (6) rods, eighteen (18) links to a street;

THENCE N. 75 degrees W. on said Street, ten (10) rods, eighteen (18) links, more or less, to land of said Railroad Company:

THENCE Northerly by land of said Railroad Company, six (6) rods, eighteen (18) links to the place of beginning, WITH all the privileges and appurte-

nances to the same belonging.

EXCEPTING a certain piece consisting of four and one half (4 1/2) square rods, conveyed to Olin D. Vickers, September 25, 1894, and recorded with Worcester District Registry of Deeds, Book 1452, Page 571.

Being the same premises conveyed to the herein named grantor(s) by deed recorded with the Worcester Registry of Deeds in Book 35624. Page 221.

For mortgagor's title see deed recorded with the Worcester County (Worcester District) Registry of Deeds in Book 35624, Page 221.

The premises will be sold subject to any and all unpaid taxes and other municipal assessments and liens, and subject to prior liens or other enforceable encumbrances of record entitled to precedence over this mortgage, and subject to and with the benefit of all easements, restrictions, reservations and conditions of record and subject to all tenancies and/or rights of parties in possession.

Terms of the Sale: Cash, cashier's or certified check in the sum of \$5,000.00 as a deposit must be shown at the time and place of the sale in order to qualify as a bidder (the mortgage holder and its designee(s) are exempt from this requirement); high bidder to sign written Memorandum of Sale upon acceptance of bid; balance of purchase price payable in cash or by certified check in thirty (30) days from the date of the sale at the offices of mortgagee's attorney, Korde & Associates, P.C., 900 Chelmsford Street, Suite 3102, Lowell, MA 01851 or such other time as may be designated by mortgagee. The description for the premises contained in

said mortgage shall control in the event of a typographical error in this publica-

Other terms to be announced at the sale.

The Bank of New York Mellon FKA The Bank of New York as trustee for the certificateholders of CWABS Inc., Asset- Backed Certificates, Series 2007-2 Korde & Associates, P.C. 900 Chelmsford Street **Suite 3102**

Lowell, MA 01851 (978) 256-1500 Latino, Stephen L., 17-029016 September 27, 2019 October 4, 2019 October 11, 2019

DUDLEY CONSERVATION COMMISSION Public Hearing Notice

A Public Hearing will be held at the Dudley Municipal Complex, 71 West Main Street in Dudley, MA at 6:15 PM on Wednesday. October 9, 2019 to consider a Notice of Intent for Conrad Allen for the property located at 14 Lakeview Avenue for razing of existing dwelling, construction of a 2 story house and removal of 19 trees.

This is a Public Hearing under the requirements of G.L. CH. 131 §40, as amended. Plans are available at the Conservation Commission's office at the Dudley Municipal Complex on Mondays and Tuesdays from 11:30-4:30 PM. For more information, call 508-949-8011.

October 4, 2019

MORTGAGEE'S NOTICE OF SALE OF REAL ESTATE

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

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

The premises are to be sold subject to and with the benefit of all easements,

Deeds at Book 13111, Page 326.

restrictions, encroachments, building and zoning laws, liens, unpaid taxes, tax titles, water bills, municipal liens and assessments, rights of tenants and parties in possession, and attorney's fees and costs.

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

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

U.S. Bank Trust, N.A., as Trustee for LSF11 Master Participation Trust Present Holder of said Mortgage, By Its Attorneys, **ORLANS PC** PO Box 540540 Waltham, MA 02454 Phone: (781) 790-7800

18-002873 October 4, 2019 October 11, 2019 October 18, 2019

OF THE ESSENCE.

MORTGAGEE'S SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Tiana Cristina Montoya to "MERS", Mortgage Electronic Registration Systems, Inc., a separate corporation that is acting solely as nominee for Evolve Bank & Trust, "Lender"; and its successors and assigns dated January 25, 2017 and recorded with the Worcester County (Worcester District) Registry of Deeds, in Book 56660, Page 8, as assigned by Assignment of Mortgage dated January 12, 2018 and recorded with Worcester County (Worcester District) Registry of Deeds, Book 58403, Page 346, of which mortgage the undersigned is the present holder, for breach of the conditions of said mortgage and for the purpose of foreclosing the same will be sold at Public Auction at 1:00 PM, on October 18, 2019, on the premises known as 5 Pine Street, Dudley, Massachusetts, the premises described in said mortgage, together with all the rights, easements, and appurtenances there-

to, to wit: The land on the southerly side of Pine Street and the westerly side of West Street in the Town of Dudley. County of Worcester, Commonwealth of Massachusetts, being described as Lot B as shown on a plan entitled "Division of Lot in Dudley, Massachusetts for Helen J. Hession and Stanley J. Moroz, Para Land Surveying, Inc., Southbridge, Massachusetts" dated May 18, 1989 and recorded in Worcester District Registry of Deeds in Plan Book 622, Plan 4.

Terms of Sale: These premises are being sold subject to any and all unpaid real estate taxes, water rates, municipal charges and assessments, condominium charges, expenses, costs, and assessments, if applicable, federal tax liens, partition wall rights, statutes, regulations, zoning, subdivision control, or other municipal ordinances or bylaws respecting land use, configuration, building or approval, or bylaws, statutes or ordinances regarding the presence of lead paint, asbestos or other toxic substances, sanitary codes, housing codes, tenancy, and , to the extent that they are recorded prior to the above mortgage, any easements, rights of way, restrictions, confirmation or other matters of record.

Purchaser shall also bear all state and county deeds excise tax. The deposit of \$10,000.00 is to be paid in cash or bank or certified check at the time and place of the sale, with the balance of the purchase price to be paid by bank or certified check within forty-five (45) days after the date of the sale, to be deposited in escrow with Guaetta and Benson, LLC, at 73 Princeton Street, Suite 208, North Chelmsford, Massachusetts.

In the event that the successful bidder at the foreclosure sale shall default in purchasing the within described property according to the terms of this Notice of Sale and/or the terms of the Memorandum of Sale executed at the time of the foreclosure, the Mortgagee

reserves the right to sell the property by foreclosure deed to the second highest bidder or, thereafter, to the next highest bidders, providing that said bidder shall deposit with said attorney, the amount of the required deposit as set forth herein within five (5) business days after written notice of the default of the previous highest bidder. Other terms, if any, are to be announced at the sale.

Dated: September 19, 2019 Present holder of said mortgage Nationstar Mortgage LLC d/b/a Mr. Cooper by its Attorneys

Guaetta and Benson, LLC Peter V. Guaetta, Esquire P.O. Box 519 Chelmsford, MA 01824 September 27, 2019 October 4, 2019 October 11, 2019

(SEAL)

COMMONWEALTH **OF MASSACHUSETTS LAND COURT DEPARTMENT OF** THE TRIAL COURT

ORDER OF NOTICE TO:

19 SM 002393

Lee S. Prescott and Erin F. Prescott and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. c. 50 §3901 (et seq) The Bank of New York Mellon, as Trustee for CIT Mortgage Loan Trust 2007-1 claiming to have an interest in a mortgage covering real property in Webster, 3 Upper Gore Road, given by Lee S. Prescott and Erin Prescott to Wilmington Finance, a division of AIG Federal Savings Bank, dated November 1, 2004, and recorded at Worcester County (Worcester District) Registry of Deeds in Book 34976, Page 277, has filed with this court a complaint for determination of Defendants' Servicemembers status. If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at Three Pemberton Square, Boston, MA 02108 on or before October 28, 2019 or you may lose the opportunity to challenge the foreclosure on ground of noncompliance with the Act. Witness, GORDON H. PIPER, Chief Justice of said Court on September 19, 2019

Attest: Deborah J. Patterson Recorder October 4, 2019

A.C.116A

COMMONWEALTH OF **MASSACHUSETTS** WORCESTER, SS

19E0090QP To Dorothy Harvey of Clearwater, Mary Lor Campbell of Citra and Susan Higgins of Augustine all in the state of Florida, Ronald C. Purdy of Dayville in

the State of Connecticut A petition has been presented to said

by Armand Peter Guertin as Personal Representative of the Estate of Gayle Purdy late of Douglas in th County of Worcester, praying said Court seeking for approval of license to sell real estate as set forth in said petition and for such further relief as this Court deems proper.

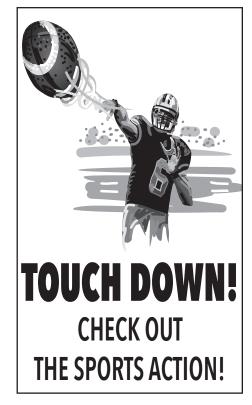
If you desire to object thereto you or your attorney should file a written appearance in said Court at Worcester

before ten o'clock in the forenoon on the eighth day of October 2019, the return day of this citation.

Witness LEILAH A. KEAMY, Esquire, First Judge of said Court, this twelfth day of September 2019.

Stephanie K. Fattman Register of Probate

October 4, 2019



LEGALS

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain mort-gage given by Allinton G. Silcott to Bank of America, N.A., dated June 16, 2008 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 42972, Page 327, of which mortgage the undersigned is the present holder, by assignment from:

Bank of America, N.A. to Specialized Loan Servicing, LLC, recorded on February 23, 2018, in Book No. 58471, at Page 107

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

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

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

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

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

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

CONTAINING 43,561 square feet of land.

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

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

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

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

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

SPECIALIZED LOAN SERVICING LLC Present holder of said mortgage

By its Attorneys, HARMON LAW OFFICES, P.C. 150 California St. Newton, MA 02458 (617)558-0500 14658

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

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Division
Worcester Probate and Family
Court
225 Main Street
Worcester, MA 01608
Docket No. WO19P3177GD

PERSON PURSUANT TO G.L. c. 190B, §5-304 In the matter of: Zachary T Legasey Of: Webster, MA

CITATION GIVING NOTICE OF

PETITION FOR APPOINTMENT OF

GUARDIAN FOR INCAPACITATED

RESPONDENT

Alleged Incapacitated Person To the named Respondent and all other interested persons, a petition has been filed by

Tracy Legasey of Webster MA in the above captioned matter alleging that **Zahcary T Legasey** is in need of a Guardian and requesting that Tracy Legasey of Webster MA

(or some other suitable person) be appointed as Guardian to serve **Without Surety** on the bond.

The petition asks the court to determine that the Respondent is incapacitated, that the appointment of a Guardian is necessary, and that the proposed Guardian is appropriate. The petition is on file with this court and may contain a request for certain specific authority. You have the right to object to this proceeding. If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 A.M. on the return date of 10/22/2019. This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail to file the written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date.

IMPORTANT NOTICE

The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.

WITNESS, Hon. Leilah A. Keamy, First Justice of this Court. Date: September 25, 2019 Stephanie K. Fattman

Register of Probate

October 4, 2019

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Division
Docket No. WO19P3008EA
Estate of:
Joseph F. White, Jr.

Date Of Death: April 27, 2019

PUBLICATION NOTICE

To all persons interested in the above captioned estate, by Petition of Petitioner Constance E. White of Webster, MA

A Will has been admitted to informal probate.

Constance E. White of Webster, MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court, Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained October 4, 2019

LEGAL NOTICE

Notice is hereby given by S.H Auto repair .llc 120 schofield ave unit 8 Dudley ma 01571 pursuant to the provision of G.L.c.255, Section 39A that on October 25, 2019 @ 5PM at:S.H Auto Repair .llc 120 Scofield ave unit 8 Dudley ma 01571 The following motor vehicle will be sold at a private sale to satisfy the garage keepers lien thereon for storage , towing , charges , care and expenses of notices and sale of said vehicles:

Vehicle: Vin#1LNHM97V5YY760334; 2000 LINCOLN CONTINENTAL OWNER: DAVIS JENNIFER L,30 RAC-ICOT AVE WEBSTER MA 01570 VEHICLE: VIN#4S3BH806417621853; 2001 SUBARU LEGACY OWNER: KRIS A FITTON,108 LOW-ER GORE RD WEBSTER MA 01570 VEHICLE: VIN#1D4GP2433B307345; 2003 DODGE CARAVAN OWNER: RIVAS ERASTO L, BX 623 SOUTHBRIDGE MA 01550

THIS NOTICE HAS BEEN GIVEN UNDER THE PROVISION OF G.L.c255, Section39A
October 4, 2019

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



Town-to-Town

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ARTICLES FOR SALE

010 FOR SALE

ABOVE GROUND OVAL POOL

used 12 seasons. 15 x 24 all aluminum. Walk around deck, patio, privacy fence. All equipment included, including electric heater. Needs liner and bottom rail.\$1,200 Call 508-476-1467

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

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

CANON CAMERA **AE-1 MANUAL** With Lens and Flash

52 mm UV 35 mm 52 mm Zoom II 62 mm UV model 202 35-70 mm 1007773 Asking \$180.00 1-508-347-3145

CHINA FOR SALE 8 place settings of Golden Peony by Princess.

interested please between 9am-6pm 508-764-8870

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

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

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

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

ENTERTAINMENT

3 Pieces Each 6ft 2 inches Tall 31 Inches Wide Adjustable shelves for TV's ect.. Cabinets for storage BEST OFFFR Call 1-508-347-3145

010 FOR SALE

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

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

cord. Call: 508-282-0232

FOR SALE Brand new8ft Leers Cap. Fits a bed for 2016

FOR SALE

call 508-909-6070

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

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

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

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

Misc items. 508-234-7252

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

SEWING 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. 413-436-5073.

010 FOR SALE

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

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

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

508 244 9699

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

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

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

740 Motorcycles

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babied miles and care.

Silver metallic. Recorded 100%

mechanically sound by Shel-

don's of Auburn. Bike is truly

for showing. Firm \$12,000 as

bike is MINT!

HARLEY

5300

condition. 508-414-9134

DAVIDSON

010 FOR SALE

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Model 385-IC/385LH **Used Once** Best Offer

BEAR CAT VAC-N-CHIP PRO & VAC PRO

Models 72085, 72285,

72295 **Used Twice** Best Offer CALL (508)765-5763 **TO SEE COME TO**

22 TAFT ST. 2ND FLR SOUTHBRIDGE, MA

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 \$1050. 508-259-8805

TWO DBL HUNG VINYL CLAD WINDOWS glazed white; 30 3/8 by 56 3/4

inches: dbl pane; removable sash & screen: \$85.00 each call Jim @ 508-892-3564.

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

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

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

YARD SALE 11 FABYAN RD Dudley, MA Saturday October 5 9am-3pm household items, furniture Vintage sports clothing. electronics &more.

200 GEN. BUSINESS

205 BOATS

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

265 FUEL/WOOD

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

284 LOST & FOUND **PETS**

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



LET US KNOW!!! Please call us so that we

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Items, gold & silver of Contact H.R. Salem Transport, LLC.(508) 867-3235 any form! Qualified with over 30 years experience

isfied 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

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Badges, Flags, Uniforms, etc

Over 40 Years Experience. Call

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310 GENERAL HELP

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in person.

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and fairness are our best available. Bonded- Call Wendy policies! Lee's Coins & Jewelry, 239 West Main for a FRFF Street, East Brookfield estimate at (Route 9 - Panda Garden

Plaza) (508) 637-1236 or 442 LICENSED DAY

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

448 FURNITURE

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

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

454 Home IMPROVEMENT

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

500 REAL ESTATE

505 Apartments for RENT

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

530 Houses for Sale

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

400 SERVICES 433 CLEANING

325 Professional

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546 CEMETERY LOTS

DOUBLE LOT at waldroncemetetery 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 at \$8,500) Call 508-892-9843

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

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CAPE COD DENNISPORT Clean 2 bedroom Cottage

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

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576 VACATION RESOURCES

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

motive

700 AUTOMOTIVE

715 Auto Services

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

725 AUTOMOBILES

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

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

2003 MERCURY GRAND MARQUIS GS Like New 21712 miles.

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

508-377-8729

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-

FOR SALE

508-789-8230

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

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

725 AUTOMOBILES

PLACE MOTORS

2014 FORD F150

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

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

Call (508) 943-8012

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

740 Motorcycles

2014 HARLEY DAVIDSON

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

bike is MINT!

508-943-1790 or ndc0001@charter.net

760 VANS/TRUCKS

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

2006 GMC 1500 **SIERRA** 7.5 Plow 205K miles \$3000 B.O 413-824-9807 call: must see in Douglas

8' PLOW - three cable hook, in

good condition. \$700 or best

offer. Call Jim at 774-317-0628.

No texting please.

K75 (4-stroke in-line 3 cy 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 toolses and bike manual. OEM windshield. Corbin low seat. Trickle charger, heated handgrips. This bike was stored in a garage for many years and is

BMW MOTORCYCLE, rare

in like-new condition. Cruises

between 60-80 with no effort

and accelerates 0 to 60 in 4.5

seconds. A true 3-seasor





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Senior Center Program Assistant Town of Sturbridge

The Town of Sturbridge is seeking applicants for the Parttime (15 HOURS/WEEK) position of Program Assistant for the Council on Aging.

The position requires planning, administration, and coordination of Senior Center Activities. Must be able to communicate effectively, have initiative and be selfmotivated. Ideal candidates will be proficient in Microsoft Office, including Publisher.

The position pays between \$16.75 and \$17.35/hour DOQ. For a full description, go to the vacancies link at www.town.sturbridge.ma.us.

Submit resumes no later than October 17, 2019 to: The Town Administrators Office 308 Main Street, Sturbridge, MA 01566. Or email to amensen@town.sturbridge.ma.us.

The Town of Sturbridge is an EOE.

StonebridgePress.com If it's important to you, important to us.



TOWN OF SPENCER is seeking private snow plowers for the 2019-2020 Winter Season.

If interested, please contact the Office of Utilities and Facilities, 3 Old Meadow Road, Spencer, MA Monday-Thursday 8:00am - 5:00pm, call 508-885-7515 or on the Town website www.spencerma.gov

Applications should be submitted as soon as possible.

The Town of Spencer is an equal opportunity employer.

Sturbridge – Part-Time Front Desk Reception/Processor

Here's an opportunity to join a small dynamic insurance agency in Sturbridge, MA. We are looking for a part-time afternoon receptionist 2pm-5pm M-F, needs to be processor reliable, organized, personable, detail oriented individual who can maintain a flexible schedule. Also must have good working knowledge of Microsoft programs.

Email resume to: siacobucci@mccurdyinsurance.com





TOWN OF DOUGLAS HIGHWAY DEPARTMNENT

The Town of Douglas Highway Department, 56 Main St. 508-476-3378 is now accepting applications for the Full-Time (40hrs) position of Laborer/Driver/Equipment Operator. Applicants must possess a valid Massachusetts Class B CDL and a 2B hoisting license with a minimum of 3yrs of experience operating equipment and snow plowing. Must have knowledge of construction and maintenance operations and be willing to work overtime. Starting pay is \$20.34 per hour with full benefits.

Applications can be obtained at the Highway Department and Selectmen's office and must be submitted by 3pm on October 21st, 2019.

The Town of Douglas is an equal opportunity employer.



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NOW HIRING

Front Desk / Night Auditor

Part-Time to Full Time

High School Diploma or GED Preferred Pay based on experience. Apply in person.



328 MAIN STREET, ROUTE 20 STURBRIDGE, MA 508-347-6466



ISSN - INFORMATION SUPPORT SERVICES & NETWORKING INSTRUCTOR

Bay Path Regional Vocational Technical High School Apply for this job online at http://www.schoolspring.com

Job Details

Job ID: 3168077 * Application Deadline: OPEN UNTIL FILLED * Starting Date: IMMEDIATELY

Vocational Instructor, Full Time, permanent position, school year (184) days, Secondary Vocational School. Must be licensed by MASS DESE as an "Information, Support, Services & Networking Instructor" OR possess the necessary criteria to become licensed. Associates Degree or higher related to subject matter and skills to be taught, 4 years recent full time experience [within the last 7 years] directly related to ISSN. Teaching experience preferred but not required.

Job Requirements

- Please submit Resume, college transcripts and 3 letters of reference. Please address all
- correspondence to Donald Montville, Vocational Director. * Citizenship, residency or work visa required

Contact Information: Peggi Corsi, Secretary to the Vocational Director 57 Old Muggett Hill Road, Charlton, MA 01507 Phone: (508) 248-5971, Ext. 1700 Fax: (508) 248-4747 Vocational Director: dmontville@baypath.net

Bay Path Regional Vocational Technical High is an Equal Opportunity Employer



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- Thompson Villager
- Putnam Villager
- Killingly Villager



Email: Phone: ads@stonebridgepress.news (508) 909-4105

CALENDAR

continued from page **B4**

food. Admission is free, but we ask that you consider donating a non-perishable food item to us to help out our local food bank.

CHRISTMAS BAZAAR: 10 a.m.-5:30 p.m., St. Andrew Bobola Parish, Dudley. Crafters wanted; please call Joyce at (508) 943-1689 or send e-mail to crafting01@hotmail.com to reserve a space.

ONGOING EVENTS & INFORMATION

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

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

cuss the ways, means, and the help you will need as your loved one progresses in this disease.

NUMISMATICS: Looking for a new hobby? Come learn about the hobby of Coin Collecting. Or maybe you are an old time collector. Our club, the Nipmuc Coin Club, has both. We learn from each other through our monthly guest speakers, show and tell presentations, monthly coin auctions and free attendance prizes. Our group loves to share their knowledge with each other. Each month we have a simple dinner with dessert and refreshments just prior to our meeting, which allows us time to socialize too. Fourth Wednesday of each month at 6:30 p.m. in the Oxford Senior Center located at 323 Main St., the building directly behind Oxford Town Hall. For information contact Dick Lisi at (508) 410-1332 or lisirichard15@yahoo.

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

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

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

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

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

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

STORY TIMES: Tuesdays, 10:30 a.m. for ages 1-3; Thursdays, 10:30 a.m. for ages 3-5, Pearle L. Crawford Library, 40 Schofield Ave., Dudley. Join Ms. Pam in the Story & Craft Room for songs, stories and crafts! No registration required. Children under 12 must be accompanied by an adult. For more information, call 949-8021.

LEGO CLUB: Wednesdays, 3:30-4:30 p.m., Pearle L. Crawford Library, 40 Schofield Ave., Dudley. Drop in. Build

and play! Recommended for ages five and up. No registration required. Children under 12 must be accompanied by an adult.

KNIT & CROCHET @ THE PEARLE: Thursdays 5:30-7:30 p.m. and Fridays 10 a.m.-noon, Pearle L. Crawford Library, 40 Schofield Ave., Dudley. Knitters, crocheters and all other fiber artists are welcome. No registration required.

CHAIR YOGA — WINTER SESSION: Wednesdays, Jan. 16-Feb. 20, 10:30-11:30 a.m., Pearle L. Crawford Library, 40 Schofield Ave., Dudley. Chair yoga modifies some of the basic poses to make them more accommodating for those who need to gain or maintain strength from a seated, more stable position. Dress comfortably. No registration required. Sponsored by Friends of the Library.

SUPPORT GROUP — OPENING THE WORD PEER RECOVERY CENTER: Are you feeling helpless, alone, confused or angry? Opening the Word Peer Recovery Center's mission is to provide support and resources to those suffering from addiction and their loved ones. Our newest endeavor is a support group for the family and friends of those suffering from this disease. It is a family and friends illness. The meeting is not affiliated with any other group. It is designed to provide an informal forum for those who are suffering where they can share experiences in a safe, anonymous and supportive place. The gatherings are on Thursday evenings from 7 to 8 p.m. at Opening the Word Peer Recovery Center, 10 Mechanic Street, Webster. If you have any questions, feel free to call Mark at 774-482-6013. We hope to see you there.

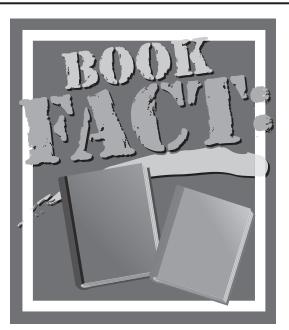
THIS DAY IN...

• 1863: PRESIDENT LINCOLN DECLARES THE LAST THURSDAY IN NOVEMBER AS THANKSGIVING DAY.

• 1932: IRAQ GAINS ITS INDEPENDENCE FROM THE UNITED KINGDOM.

• 1990: EAST GERMANY AND WEST GERMANY UNITE AFTER 45 YEARS.





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E	U	C	K	N	D	F	S	D	K	E	U
D	E	В	G	A	R	C	K	S	E	X	T
U	K	Y	E	V	Η	A	E	J	В	E	E
T	Q	R	L	O	J	D	E	U	N	Н	A
S	M	O	O	R	S	S	A	L	C	T	C
D	K	L	S	E	D	A	R	G	V	A	Η
I	L	O	X	Η	E	L	P	D	S	M	E
O	W	K	O	R	N	U	O	R	T	T	R
U	V	Ο	P	В	U	N	V	C	Ο	R	M

Get Scrambled

Unscramble the words to determine the phrase.

ARDGENI GLO



LESSON

amount of teaching given at one time

Answer: Reading log



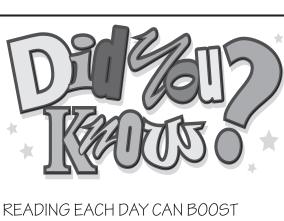
ENGLISH: Word

SPANISH: Palabra

ITALIAN: Parola

FRENCH: Mot

GERMAN: Wort



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Can you guess what the bigger picture is?

• VN2MEK: BOOK LYGE2

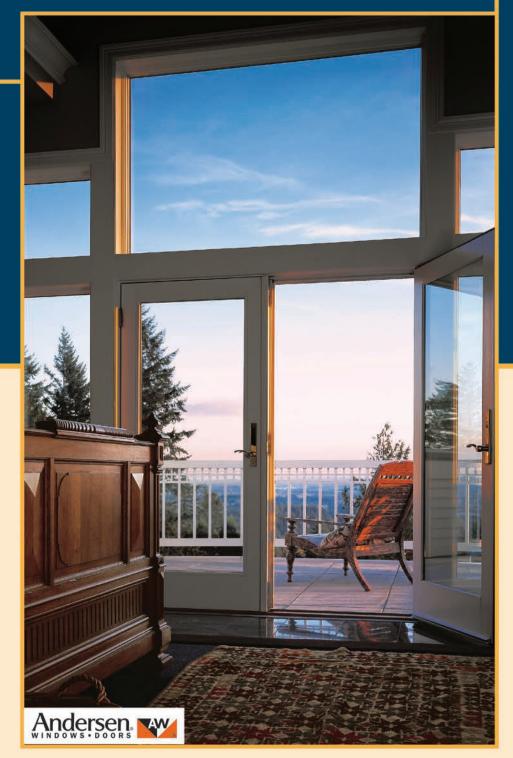


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FOOD

Match food to your favorite brews



The rise of craft and home brewing has created more beer flavor profiles than ever before. In fact, there's likely a beer for everyone, whether you're a novice or connoisseur.

The Brewer's Association, a trade association that represents small and independent American craft brewers, reports that, in 2018, small and independent brewers collectively produced 25.9 million barrels and experienced a 4 percent total market growth. The BA also states that these small brewers achieved a collective retail dollar take-in of \$27.6 billion.

While wine will always have its enthusiasts, beer is fast on its heels as a popular mealtime beverage. Much in the way wines are paired with certain foods, it has become the natural course of action to pair certain foods with particular styles of beer.

"Beer is a great match for food because of the complexity of its flavors, its ability to provide refreshment and to interact with many food flavors," says Marc Stroobandt, a master beer sommelier for the Food and Beer Consultancy, UK.

Although each person has his or her preferences, here is a brief listing of generalized pairings, courtesy of the Brewer's Association and CraftBeer.com.

 American Amber Lager: Creamy risotto, wild rice, polenta

• American Pale Ale: Game birds, such as duck and quail

• Belgian-style Dubbel: Pork chops, sausage, tenderloin

• Belgian-style Flanders: Grilled ribeye, root vegetables

· Blonde Ale: Chicken,

salads, salmon, nutty cheese
• Dark Lager:

Barbecue, sausage, roasted meat

• Hefeweizen:

Weisswurst, seafood, sushi • Imperial Stout: Smoked goose, foie

gras, strong cheeses
• IPA: Spicy foods, curries

• Porter: Roasted or smoked foods, blackened fish

The Brewer's Association recommends matching delicate dishes with delicate beers and strong dishes with assertive beers. Commonalities, like aromas and sub-flavors. also work together. A beer with roasted notes may pair well with chocolate, for example. Opposites also attract, in that a spicy food may taste best when paired with a sweet beer.

Pairing might once have been limited to matching wines with certain foods. But the booming craft beer business has popularized pairing flavorful beers with foods to make meals even tastier.

What to know about food portions

Portion control is a big part of a healthy diet. In fact, the National Institute of Diabetes and Digestive and Kidney Diseases notes that, when it comes to maintaining a healthy weight, how much food a person eats is just as important as what he or she eats.

No two people are the same, so a portion that's satisfying and healthy for one person won't necessarily be the same for another person. Answering some common questions about food portions can help people understand this vital component of a healthy lifestyle.

What is the difference between portions and servings?

The NIDDK notes that a portion is how much food a person chooses to eat at one time, while a serving size is the amount of food listed on the Nutrition Facts label. The portions a person eats may or may not match a serving size. That's because a healthy portion size is typically based on various factors, such as age, weight and gender, unique to individuals.

Should calories come into play when determining healthy portion sizes?

Calories definitely merit consideration when determining healthy portion sizes. However, the amount of calories a person needs is based on a number of factors, including how physically active that person is. The NIDDK notes that a 150-pound woman who exercises vigorously throughout the week will need more calories than a woman about the same size who is not as physically active. When trying to determine their calorie needs, men and women should consult with their physicians, who will consider their lifestyle, age, medical history, and other factors before advising patients about how much they should eat.

What if I am still hungry after reducing portion sizes?

It's likely that people accustomed to big portions will still be hungry as their bodies adjust to reduced portion sizes. In such instances, people can try taking more time to eat. Even if there's less food on the plate, eating slowly gives the brain a chance to receive the



message that the stomach is full. According to the NIDDK, it can take as long as 15 minutes for that message to make its

way to the brain. Eating slowly reduces the risk of overeating, and you may even be surprised to learn that a smaller portion

size than you're used to is all you really need to feel satisfied. Portion control is a great way to get healthy and main-

tain a healthy weight

Vegetarian-friendly foods high in protein

tarian lifestyle for a number of reasons. Some individuals have an aversion to eating meat because they're concerned about animal welfare, while others find that a low-calorie, vegetarian diet promotes long-term health.

Vegetarianism can certainly be a healthy option, but those who eschew meat and sometimes eggs often have to find alternative sources of protein to meet dietary needs. According to the Dietary Reference Intakes, the average sedentary man should have 56 grams of protein per day, while an average sedentary woman should consume 46 grams per day. The amount of protein needed will increase if a person is more active, advises Healthline.

Protein helps a person feel fuller, longer, and it is crucial for all cells in the body. Protein is used to build and maintain bones, muscles, skin, and much more. The Academy of Nutrition and Dietetics also states that protein is very important as one ages because aging men and women don't absorb or metabolize amino acids, which are the building blocks of protein, as well as they did when they were younger.

Those adhering to vegetarian diets will find there are plenty of nonmeat protein sources. Meatless protein sources that offer the biggest health bang for one's buck are "complete pro-



Vegetarians have several non-meat choices to get their recommended protein allowances.

teins," which have the essential amino acids the body requires. Some complete proteins include:

milk.

· eggs,

soy, and • quinoa.

Some other great pro- cheese. tein sources may not have all of the amino acids, but

they can be paired with other foods to get a fuller nutrient package.

• seitan: This is a meat alternative made from wheat gluten.

• lentils: Lentils pack 18 grams of protein per cooked cup.

• beans: Many forms of beans contain a high amount of protein per

• nutritional yeast: This is a strain of yeast that has a cheesy flavor. It can be sprinkled on foods to add a protein punch.

 ancient grains: Ancient grains include spelt, teff, barley, sorghum, farro, and einkorn. These ancient grains are higher in protein than common grains.

· hemp seeds: These seeds come from hemp, which is in the same family as marijuana. However, hemp will not cause a high because it only has trace amounts of the THC compound that produces that effect. Hemp seeds contain 50 percent more protein than chia seeds and flax seeds, offers Healthline.

In addition to these foods, peanuts and other legumes, almonds, peas, oatmeal, spirulina, broccoli, brussel sprouts, and sweet corn also are good protein sources for vege-

Even though it may seem like skipping meat products would leave vegetarians lacking for protein, there really are quite a number of alternative protein sources out there.

Skewered chicken goes great on the grill



Grilling chicken is an easy way to transform this versatile food into something even more delicious. Various cultures serve chicken in kebab form after grilling it over an open flame, and taste is a big reason this particular method of cooking chicken is so beloved.

While you might not expect to see kebabs on the menu at your favorite Italian restaurant, "spiedini" is Italian for "little skewers," proving that Italian chefs recognize how delicious chicken can be when served in kebab form. In this recipe for "Spiedini of Chicken and Zucchini with Almond Salsa Verde" from "Cooking Light: Dinner's Ready" (Oxmoor House) by The Cooking Light Editors, skewers are paired with a zesty salsa full of nuts, herbs and citrus,

which makes for the perfect complement to the smoky grilled flavor.

Spiedini of Chicken and Zucchini with Almond Salsa Verde Makes 6 servings

Salsa:

cup chopped flat parsley

tablespoons chopped almonds, toasted

tablespoons chopped fresh chives

tablespoons capers, chopped 3

teaspoon grated lemon rind 3 tablespoons fresh lemon juice tablespoon extra-virgin olive oil

teaspoon chopped fresh thyme

teaspoon chopped fresh orega-1/2

teaspoon kosher salt 1/4 1/8 teaspoon freshly ground black

pepper

garlic clove, minced

Spiedini:

no

pounds skinless, boneless

chicken breast, cut into 1-inch pieces small zucchini, cut into 1-inch

slices (about 11/4 pounds)

Cooking spray 1/4 teaspoon kosher salt

teaspoon freshly ground black 1/8 pepper

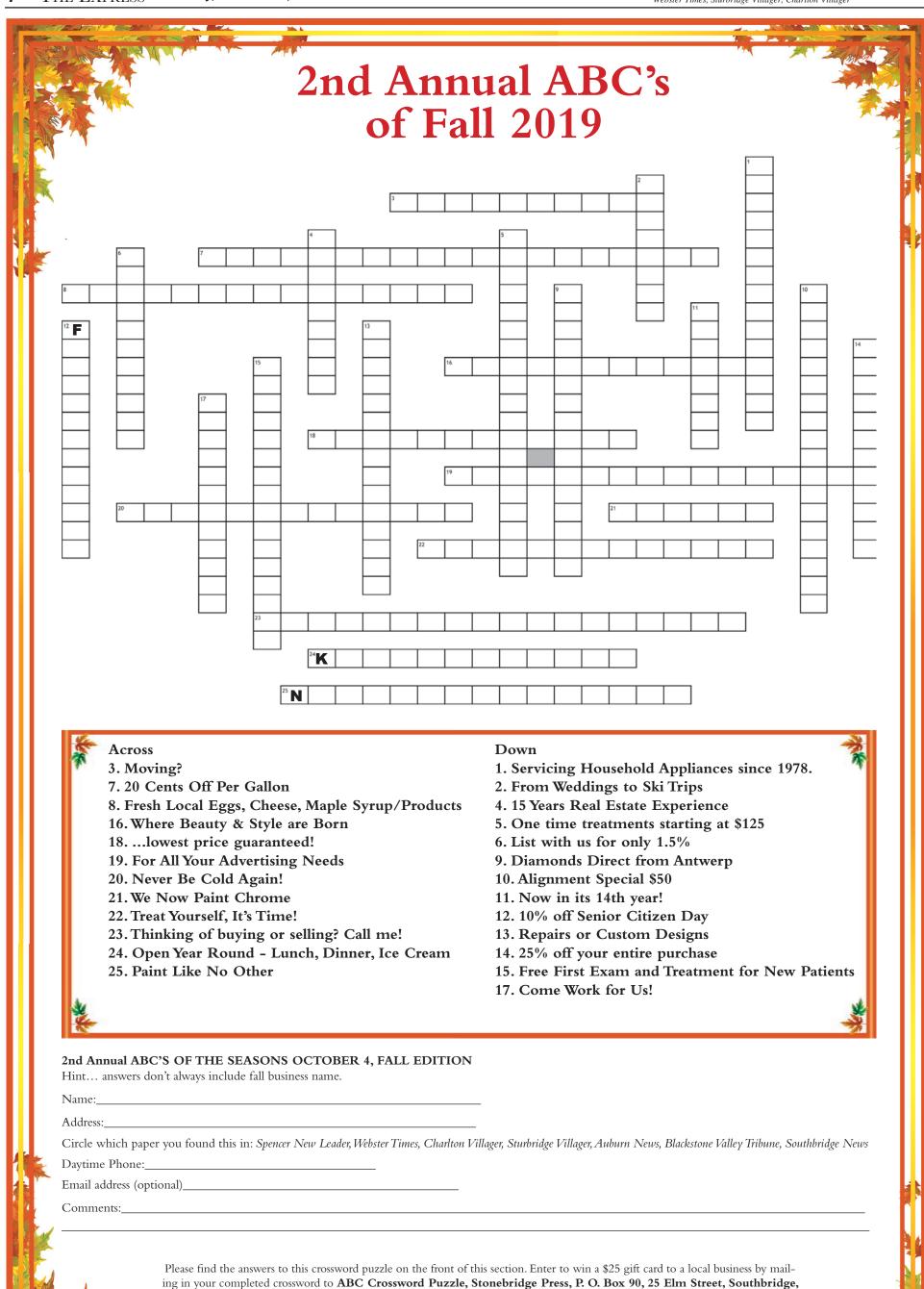
Soak 12 (10-inch) wooden skewers in water for 30 minutes to prevent burn-

Bring the grill to medium-high heat To prepare the salsa, combine the first 12 ingredients; set aside.

To prepare the spiedini, thread the chicken and zucchini alternately on each of the 12 skewers. Coat the spiedini with cooking spray; sprinkle evenly with 1/4 teaspoon salt and 1/8 teaspoon pepper. Place on a grill rack; grill 6 minutes or until done, turning once. Serve

Tip: Prepare the salsa up to a day ahead, and assemble the skewers earlier in the day. Coat with the seasonings just before grilling.

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