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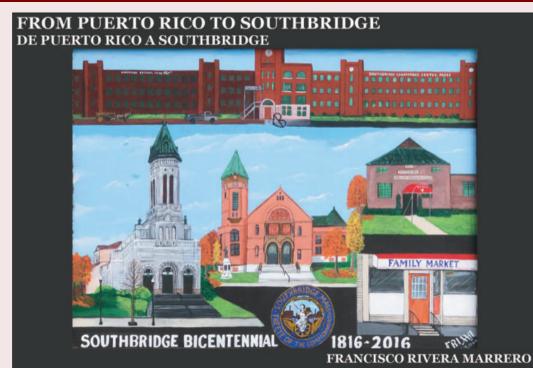
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Vol. XI, No. 36

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COMPLIMENTARY HOME DELIVERY

Friday, September 7, 2018



Old Sturbridge Academy to hold 5k

BY SARAH CHAMPAGNE STONEBRIDGE CORRESPONDENT

The motto at Old Sturbridge Academy is "the way of the ox," which implies hard work and teamwork to accomplish goals. So appropriately, the school's upcoming first annual 5k fundraising event has been named the "Ox Trot 5k."

The event will be held Saturday, Sept. 8 from 8 a.m. to noon on the grounds of Old Sturbridge Village. The event is organized by the academy's "PTSA" or Parent Teacher Scholar Association, and proceeds will be used to support the purchase and installation of playground equipment for the school. Race director and PTSA member Audra Staples, who says that she has participated in other 5k fundraising events, is excited for the launch of the first annual Ox Trot 5k. "I can't wait for this race. More than any other race I've been in, because I know how much went into it — how much love and effort and energy," she reflects.

Old Sturbridge Academy is a charter school based on a model called "EL learning." The model was historically called "expeditionary learning," but the phrase "EL learning" is now more commonly used, almost exclusively. The model is practiced in many schools across the country, and it is based on three principal concepts "mastery and knowledge of skills, character and high-quality student work." The model also includes ten "building blocks" which include concepts such as collaboration and com-

9/8/18 - 9/30/18

Courtesy photo

This painting, representing the Southbridge bicentennial, will be auctioned at the opening of the exhibit.

EXHIBIT TO FEATURE AUCTION

The Quinebaug Valley Council for the Arts and Humanities will present the works of Francisco Rivera Marrero in an exhibit from Sept. 8 to Sept. 30. An opening reception will be held at the arts center, 111 Main St. in Southbridge, Saturday Sept. 8 from 2 p.m. to 4 p.m.

At the opening reception, the arts center will auction off a work by the artist to honor Southbridge's bicentennial. Bids can be placed ahead of time by calling (508) 764-3341 or by using the contact form at www.qvcah.org. The minimum bid is \$1,000.

Organizers at the arts center comment that this painting would be perfect for a public building such as a government building, a bank or other visible spaces, to mark Southbridge's bicentennial with a painting by a celebrated artist.

Opponents say Question

1 endangers patients

petition, success and failure, service and compassion, the natural world and the responsibility for learning.

Old Sturbridge Academy's website claims that the Sturbridge charter school is the first EL education school in southern Worcester County. Learning is based on 8 to 10-week "learning expeditions." Each session is a "multidisciplinary project that provides for deep, meaningful learning and a multi-faceted experience that

Please Read 5K, page A4

The joy of a simple hello

BY SARAH CHAMPAGNE NEWS CORRESPONDENT

Vehicles driving by the busy corner near Monro Muffler and Brake in the Sandersdale section of Southbridge may occasionally receive a warm welcome from a young man who derives great joy just from saying hello. Now and then in that spot, Zachary Wolfe can be seen, energetically waving to each vehicle that passes. The fun Wolfe has greeting passing vehicles is visible in his enthusiastic and happy demeanor. Wolfe was diagnosed with autism at the age of 18 months, but he has had a lot of support growing up. His mother, Carla DiGregorio-Wolfe, is a speech therapist. Zachary's father, Jeff Wolfe, can be seen as a supportive presence just further back from the road when the younger man gets a chance to wave to cars.

Wolfe gets a variety of reactions from passers-by. Some drivers seem puzzled, and others disregard his enthusiastic waving. Many more drivers will wave back. Some will honk their horns to say hello, and sometimes drivers of larger trucks will pull their air horn to acknowledge Wolfe.

Wolfe, now 16 years old, is a student at Southbridge High School who has just started his junior year. His father, who is involved with the Southbridge Softball Association, says that Zachary is well known to players and friends of the league.

"We go down to the field, and he knows every name and their jersey number," the proud father says.

The young man was "in the zone" waving to cars and was a man of few words when asked for comment, staying on task.

Sarah Champagne photo

Zachary Wolfe 1.jpg: Zachary Wolfe, age 16, provides a warm hello.

BY GREG VINE COURIER CORRESPONDENT

Massachusetts voters could be forgiven if they find themselves confused over whether nurses in the Commonwealth support or oppose Question 1 on this November's election ballot. The measure, if passed, would mandate the ratio of patients that could be assigned to a single registered nurse at hospitals throughout the state. Rations range from one nurse to one patient in the intensive care unit, to five patients for each RN in the transitional care unit.

The Massachusetts Nurses Association authored the ballot measure, which opposed by the American Nurses Association of Massachusetts. The MNA represents some 20,000 members statewide while the ANAM has some 2,000 members. Many of ANAM's members are nurse administrators or hold other administrative positions in hospitals across the state.

The question is also opposed by Massachusetts Council of Community Hospitals and the Massachusetts Health and Hospital Association, among other groups.

Last week we featured arguments

Please Read QUESTION 1, page A3



One spectacular day that could lead to so many more.

Please join us for a day full of fun, food, music, games and exhibits, plus a tempting array of goodies. Come see all that's great about The Overlook - and the area that surrounds it.

Please Read HELLO, page A14

Come enjoy hayrides, lawn games for kids and adults, live music all day performed by No Tomatoes, local wood crafts, cupcake eating contest and so much more. Exhibits include, 5 Loaves Food Truck, Blooms & Scapes, Kent Farm Scarves, Parpe Jewelry, Captured Impressions just to name a few.

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Sturbridge Cultural Council seeking proposals

The Sturbridge Cultural Council is seeking proposals for community-oriented arts, humanities, and science programs. Grants will be accepted between Sept. 1 and Oct. 15. 2018.

According to Council spokesperson Ed Cornely, these grants can support a variety of artistic projects and activities in Sturbridge — including exhibits, festivals, workshops, lectures. field trips, short-term artist residencies, or performances in schools.

The Sturbridge Cultural Council is part of a net-

work of 329 Local Cultural Councils serving all 351 cities and towns in the Commonwealth. The LCC program is the largest grassroots cultural funding network in the nation, supporting thousands of community-based projects in the arts, sciences and humanities every year. The state legislature provides an annual appropriation to the Massachusetts Cultural Council, a state agency, which then allocates funds to each community.

Last year, the Sturbridge Cultural Council distrib-

uted about \$4,600 in grants. Previously funded projects include: concerts, adult art workshops, children's programs, lectures, choral groups, a drumming circle, and much more.

For local guidelines and complete information on the Sturbridge Cultural Council, contact Linda Friedmann Chair by email at sturbridgeculturalcouncil@gmail.com. Application forms and more information about the Local Cultural Council Program are available online at www.mass-culture.org.

STURBRIDGE SNIPPETS

PADDLE POKER

The Quaboag Quacumquasit Lake Association (QQLA) will hold its fifth annual Paddle Poker Run on Saturday, Sept. 8, with registration starting at 10:30 a.m. at the Lake Quaboag (North Pond) boat ramp. The family event starts at noon and proceeds approximately four miles into Lake Quacumquasit (South Pond) and back. Paddlers will pick up one playing card at each of five locations around both lakes and return to

the boat ramp with a five-card poker hand. The top hand will win the grand prize of \$250. Prizes will also be awarded for the second and third best hands, and the worst hand. Participants may compete in kayaks, canoes, row boats or on paddle boards. The competition begins at noon and ends at 4:00 p.m. at the Quaboag boat ramp. The entrance fee is \$20 per boat.

TAILS ON THE TRAILS!

Brimfield - Love animals? We do



Car Buying Tips

People ask Place: What can I expect from cars of the future? The Right Answer: The distant future of cars is yet to be determined but we can see the start of things to come in todays cars and some of the next generation vehicles. As for Ford even just the shape of cars is changing. Ford is eliminating the "TRADITIONAL SEDAN SILOUETTE." In the coming years the cars will be more like todays SUV's or Crossover vehicles having shapes giving a higher seating position and view of the road and creating more interior space. These vehicles will continue to build on the technology being developed for self-driving cars. Collision avoidance, lane keeping and adaptive cruise control are the early adoptions from this

developing technology. We can expect more electrification of the autos of the future. Ford is developing and introduced conventional Hybrid, plug-in Hybrid and all electric vehicles like our Focus and Fusion of today and upcoming versions of the Explorer and iconic Mustang. New unnamed models will likely blend all of this technology and some yet to be developed. There is speculation that concepts that show fully autonomous vehicles and even those that fly short distances will be entering the market in the foreseeable future. The future of automobiles looks to be an exciting one. Many things only dreamt of in SCI-Fi books are becoming reality just like much of today's reality was only dreamt of when Henry Ford built his first mass produced automobile.

Send your questions to BillLeavitt@FordPlace.com



too!! Register today for the Here Today Adopted Tomorrow Animal Sanctuary 6th annual Tails on the Trail Walk. The walk is on Sept. 15th on the Brimfield Town Common. You do not need a dog to walk! We will have raffles, prizes, dog training demos, vendors and crafts! Free t-shirt with registration! All proceeds to benefit the trap, neuter and return program along with veterinarian bills at our shelter. Please visit www.heretodaysanctuary.org for more information.

5K BURGESS RUN

The first annual Burgess Bear 5K runwalk will be held on Sunday Sept. 23! Proceeds will go to the Student Activity Fund to support the 6th grade ecology trip. Race will begin at Burgess Elementary School, 45 Burgess School Road Sturbridge. Kids Fun Run at 9:00 a.m.; 5k Run/Walk at 9:30 a.m. 1/2 Mile Kids Fun Run (ages 12 and under): \$5 day of registration only; All Kids Fun Run Participants must be accompanied by a parent or guardian.

Registration: 5k pre-registration 12 and under: \$15; 5k pre-registration 13 and up: \$25; Same day 5k registration: \$25 all ages. www.lightboxreg.com search Burgess or find us on Facebook!

T-shirts: Register by September 1 and receive an inaugural race t-shirt. T-shirts are NOT available for those registering after Sept. 1. Parking: On-site parking will be limited. Shuttle buses will be available from parking lots at former Country Curtains building and OSV Education Center (1 Old Sturbridge Village Rd. Sturbridge)

THE PUMPKINS ARE COMING!

The Pumpkins are Coming! The Pumpkins are Coming! Spread the word that they will arrive at the Sturbridge Federated Church on Sept. 29th and be ready for sale on Sept. 30th. This is where the finest pumpkins and gourds will be on sale throughout the month of October. Proceeds will benefit the ministries of the church.

Rare race for Secretary of State

BY JERRY CARTON COURIER CORRESPONDENT

Bill Galvin has been the Commonwealth's Secretary of State for more than 20 years. First elected in 1994, Galvin has faced nothing more than token opposition, when there was opposition at all, every four years since.

This time around is different.

This time around Galvin finds himself locked in an increasingly contentious race with Boston city Councilor Josh Zakim and last week the animosity was there for all to see in a televised debate.

Galvin took repeated verbal swipes at Zakim, who had won the preference vote at the Democratic state convention in Worcester earlier this summer, saying the challenger was too young and inexperienced, didn't vote on a regular basis, and wasn't being honest with voters regarding the incumbent's accomplishments. Galvin contended Zakim has created "a special committee for only his benefit to take in corporate funds.

For his part, Zakim accused Galvin of being an obstructionist regarding issues like same-day voter registration and suggested Galvin set the primary for September 4, the day after Labor Day, to discourage a large turnout. Zakim added he's never seen Galvin at city council meetings when voting issues are on the agenda.

Zakim picked up just under 55-percent of the non-binding vote at the convention, bolstered by support from Boston Mayor Marty Walsh and Rep. Seth Moulton. He attributed his victory at least in part to his advocacy of making it easier to register to vote

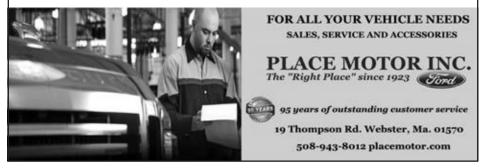
"There are so many simple common-sense steps we can and should be taking to lead on this issue right now. In fact, every one of these shortcomings should have been fixed years ago," said Zakim.

"We set a standard for the nation," countered Galvin, noting Massachusetts had

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no central voting registry when he took office in 1995.

The candidates did agree the Electoral College should be abolished, saying the state's electoral votes should automatically go to the winner of the national presidential popular vote.

That, though, was about the only area of consensus as a usually sleepy race hurtled towards the wire with both candidates sharpening their attacks as the primary nears.



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VILLAGER Almanac

REAL ESTATE

STURBRIDGE

\$7,000,000 178 Main St, #1, Sea Strubridge Plaza LLC to Dragonfly Ibis Sturbridge.

\$590,000 60 Fiske Hill Rd, Dahlstorm LT, and Dahlstorm, Todd W, to Engell, Robert J, and Engell, Karen B.

\$325,000 6 Walker Pond Rd, Palmer, Jeffrey, and Palmer, Laurie, to Culhane, Matthew.

\$290,000 112 Mashapaug Rd, Weaver, Scott W, and Goess, Christian, to Colpitts, Jenifer, and Colpitts, Michael.

\$285,000 56 Breakneck Rd, Fiske-Adams, Robert, and Paquette-Adams, Mary A, to Bryant, Eric W, and Demarais, Jessica M.

\$225,000 164 Podunk Rd, Tremblay, Paul S, to Desourdy, Carrie.

\$195,000 481 Leadmine Rd, Holmgren, Joy S, to PRC Construction LLC

Southbridge Rocks to hold contest



A painted rock touts the community program.

BY SARAH CHAMPAGNE

When the Southbridge Business Partnership started the "Southbridge Rocks" program in May, no one could have predicted just how much it would take off. The program encourages Southbridge-based business, organizations or individuals to paint rocks and hide them in the community for others to find. The designs may promote a business, relay an encouraging message or just display cool art. When someone else finds the rock, they are encouraged to post a picture of the rock on the "Southbridge Rocks!" Facebook

page with where they found it. Finders may re-hide the rock if they'd like. In line with the original intent of the program, many rocks provide some sort of gift or incentive at a local business.

The organizers of "Southbridge Rocks!" have announced a new phase of the program which will encourage

QUESTION 1

continued from page 1

in favor of the initiative; this week we hear from opponents.

Chris Baldini, a registered nurse on the behavioral health unit at Heywood Hospital in Gardner and a member of MNA who opposes the measure, cited California as an example of why mandated patient-to-nurse ratios is a bad idea. For example, Question 1 — officially known as the Patient Safety Act would require a ratio of 1-to-1 for

regarding Question 1, Baldini said, "I am a union member and I've worked clinical nursing for 34 years. I feel it's more of a solidarity initiative in the union to vote 'yes' on this bill."

"It basically takes the independent decision-making, the critical thinking of the bedside nurse, it takes that ability away." Baldini added. "It should not be mandated. We don't need a black-andwhite law for providing patient care at the bedside."

So, who determines what staffing levels should be on a day-to-day basis?

"The critical piece for this," Santos continued, "where the rubber hits the road for us, is that acuity is fluid and we need to be able to adjust in real time to take care of the needs of the patient in that moment. And mandated, rigid ratios do not allow for that. I don't want to abdicate my right to think and do what's right for my patient."

The Coalition to Protect Patient Safety, those opposed to Question 1, have dominated the airwaves in recent weeks. That,

according to MNA



ACCURACY WATCH

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

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

If you find a mistake, call (508) 909-4140 during normal business hours. During non-business hours, leave a message in the editor's voice mailbox. The editor will return your phone call.

a scavenger hunt for three specific rocks. Lisa Brust of Southbridge Credit Union and the Southbridge Business Partnership provides the details of the scavenger hunt with cash prizes.

"I will be hiding three special rocks. Pictures of the rocks that I hide will be posted on the 'Southbridge Rocks!' Facebook page on Sept. 1," she explains.

"I will also post clues if the rocks are not being found, so check back on the 'Southbridge Rocks!' page often. When someone finds one rock, they will win \$25. If they find two they will win \$50 and if they find all three they will win \$100." Brust continues.

All three rocks must be found by the same person to receive the grand prize of \$100. The person finding the rocks must keep the rocks to collect their prize at Southbridge Autumnfest. The Autumnfest celebration will be held on the Southbridge Common Saturday, Sept, 22 from 10 a.m. to 2 p.m. Presentation of the prize or prizes is scheduled for 3 p.m. during the event, and the winner should bring the rocks to the common.

Brust adds that the "Southbridge Rocks!" Facebook page has gained over a thousand members since its launch on May 1.



trauma patients in the emergency, and a ratio of 4-to-1 for non-trauma patients.

"We've seen this already in California," she said. "I think they call it the 'wall of patients,' where basically patients are on stretchers waiting to be seen. They're basically waiting to be seen as if they were at a deli counter until a nurse is freed up from a ratio to take care of them. In our community that would be devastating because in most of these communities it's the fire department that provides most of the EMS care. So, we would be tying up additional community resources to take care of these patients who are in queue waiting for emergency care.'

When asked about the differing opinion among Massachusetts nurses

Tina Santos, vice president of patient care services and chief operating officer for Heywood, said, "Organizations are tasked with creating staffing guidelines. We usually, for our guidelines, look national professional organizations, specialty organizations, and their recommendations. We also look at our critical indicators for staffing, and those are based on acuity."

"For example," she explained, "on a medical/surgical floor most nurses may have about five patients. However, if they have a patient who requires more intervention — maybe they need blood. maybe they need IV therapy — then that nurse would have less patients because they need to spend more time with that one.'

board member and Winchendon resident Michael D'Intinosanto, will change once the primary campaign is over with.

To learn more about the pros and cons of Question 1 visit www.protectpatientsafety.com and www.safepatientlimits.org, the websites of those opposed to and in favor of the ballot initiative, respectively.

STURBRIDGE ADULT RECREATION SPORTS PROGRAM



2018-2019 season, program runs October 1, 2018- April 24, 2019.

Through the Sturbridge Rec Dept, programs take place at Tantasqua

Regional High School, pending their field house availability.		
Program options:		
Advanced Volleyball (highly competitive)	Mondays 7-9pm	
Women's 3 on 3 Basketball	Mondays 7-9pm	
Men's 3 on 3 Basketball	Wednesdays 7-9pm	
 Adult Recreational Volleyball 	Wednesdays 7-9pm	

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Community Center Director - Brenda Palmer

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The COA meets monthly 2nd Tuesday at 10:15 a.m.

Here at the Center we have the 2018 edition of "Taking Control of Your Future: A Legal Checkup" a resource guide. You can also download the guide from the website at:

https://www.massbar.org/docs/ default-source/elder-law-educationguides/2018-elder-law-program-takingcontrol-of-your-future.pdf?sfvrsn=4

DATES TO REMEMBER September 9 - Grandparents Day September 18 - Health Fair

TRY ONE OF OUR EXERCISE CLASSES!

All classes are \$3 for Seniors, \$5 for

everyone else

The first class is always FREE!

STAY FIT - Join Sharon for some gentle exercise and stretching. Chairs and hand weights are used for this class. Mondays at 10 am

DANCE FIT -Do you love to dance? Join Alice for fun, energetic moves set to a variety of music. Tuesdays at 6 pm

BARRE ABOVE -Join Kelly for a fantastic core workout, as she mixes Pilates, yoga, and ballet to create the newest exercise craze, Barre Above. Wednesdays at 10:30 am

WEEKLY EVENTS

MONDAYS: 10 am Stay Fit, 10 a.m. learn to play Mah Jongg; noon Lunch; 6 pm Texas Hold'em,

TUESDAYS: 10:30 am Open Crafts, Quilting; 6 pm Dance Fit; 6 pm Open Crafts 6 p.m. Dance fit

WEDNESDAYS: 10:30 am Barre Above; noon Lunch; 1 pm Mah Jongg; 5 pm Yoga

THURSDAYS: 10 am Stained Glass, 12:15 p.m. Cribbage; 6:30 pm Pitch; 6:30 P.M. twice a month: Bingo!



Hitchcock Happenings

Hitchcock Free Academy 2 Brookfield Road PO Box 155 (413) 245-9977 hitchcockacademy.org

September Monday, 3-Sunday, September 9

BRIMFIELD ANTIQUES SHOW PARKING: Visitors of the Brimfield Antiques Show can park at Hitchcock Academy's parking lot for \$8

and enjoy clean restrooms while supporting Brimfield's community center. The funds gathered from park-ing cars during the Antiques Shows make up about 33% of Hitchcock Academy's annual fundraising efforts!

Friday, September 7

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

SEASONAL CAKE DECORATING RETURNS

Let expert cake decorator Susan Gaulin of Let's Cake Decorate guide you as you frost

and then decorate a 6 inch cake with buttercream frosting! Use a multitude of colors and various techniques to create a mini succulent garden on top of your cake! Between Susan's expert instruction and your own creativity you will go home with an Instagram-ready cake. The first of a series of seasonally themed cake decorating classes — a gorgeous Succulent Cake Decorating Class coming up on Tuesday, Sept. 11th!

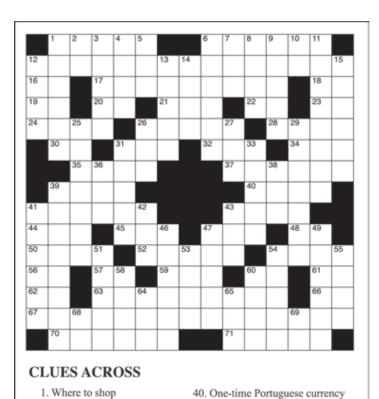
We New Englanders are ready for fall to come, and if pumpkins are your thing, check out October's cake decorating class, a pumpkin cake with beautiful rosettes of buttercream! Add a Jack-O-Lantern face if you feel you need an little extra dose of seasonal flair.

November's cake decorating class takes a sharp detour into cookie territory. Decorate and bring home eight Autumn sugar cookies (pro-tip: You can freeze these to make sure they last until Thanksgiving!)

Get into the Christmas spirit by taking some time to construct and decorate a gingerbread house and yard to your exact specifications. Although all of the cake decorating classes are appropriate for older children, this class is especially recommended for younger students!

View the Seasonal Cake Decorating listing on our website to learn more information about the classes. Register with Susan Gaulin of Let's Cake Decorate by emailing letscakedecorate@gmail.com or call or text Susan at 508-434-6229 to register and pay cash at the event.

For more information about the programs and events at Hitchcock, visit our website.



Honor

43. Beaches have it



Joshua Hyde Public Library 306 Main St. Sturbridge (508) 347-2512

sturbridgelibrary.org

Open Monday noon-5 p.m.; Tuesday & Thursday 10 a.m.-8:30 p.m.; Friday & Saturday 10 a.m.-5 p.m.; Sunday (Oct. 15-April 29) noon-5 p.m.

Saturday, September 15:

The Very Hungry Caterpillar turns 50! Help us celebrate! Children are welcome to enter a drawing for a Very Hungry Caterpillar prize. Drop-in craft available between 10:00 AM and 4:00 PM.

Monday, September 24:

Homeschooling families and those considering homeschooling are welcome to visit the library to learn of the resources available to students (K-6). There will be a brief tour of the children's room as well as opportunity to browse and ask questions. A library scavenger hunt for the children will add to the fun! Pre-register please. 1:00 -1:30 PM

Thursday, September 27:

Hyde and Seek Book Club for Kids. There's no better autumn topic to kick off our book club than squirrels! We'll meet, enjoy snacks, and discuss "Nuts to You" by Lynne Rae Perkins. Copies of the book are available in the Children's Room. Students are not required to have finished reading the book in order to join us. Students in grades 4, 5, and 6 welcome. Pre-register please. Sponsored by the Friends of JHL. 6:30-7:30 PM

5K continued from page **1** connects students to real-world issues and encourages critical thinking and problem-solving.' The 2018-19 academic year will only be the second year that the school has been operating. Staples has found the model, and the school's location on the campus of Old Sturbridge Village, to be very enriching for her child. She and her family have the mindset of being a vital part of a team, contributing to an overall success story. "It's a community. We are not individual students, individual educators or individual parents acting alone. We are a crew, and everybody has to row the boat," Staples says. Third-grade teacher Sam McGuire has helped organize the 5k and to get community sponsors, raffle donations and other contributions. "We are very excited about this event and what it could mean for our school and our connection to the community. We have already started to make what we hope to be lasting partnerships with local businesses," McGuire says. The sponsorships, raffle dona-

support the event have been

tions and "swag bag" items to village's community," to accomplish the goals of the school, she

- A descendant of Shem NBA big man "Boogie" 16. Integrated circuit 17. Voice 18. Larry and Curly's buddy 19. Beloved English princess 20. Used to emphasize 21. Sun worshippers want one 22. Atomic # 44 (abbr.) 23. Lincoln's state 24. Selects 26. Organs present in invertebrates 59. Obliged to repay 28. Self-immolation by fire 30. Trauma center 31. Automobile 32. Mustachioed actor Elliott 34. Something to do at auctions 35. British School
 - 54. Witnesses 56. Indicates position 57. Atomic # 18 (abbr.) 60. Lead prosecutor 61. Sun God 62. The Ocean State 66. Keeps you cool 67. Achievements 70. A beloved street 71. Analyze minutely

39. Drumming pattern CLUES DOWN

37. San Diego ballplayers

- 1. Cooks need one 2. A mystic syllable 3. Male parents 4. Greek goddess of discord 5. U.S.-based church (abbr.) 6. Movies have lots of them 7. Greek goddess of the dawn 8. Influential naturalist 9. Ancient town 10. Atlanta-based rapper 11. Animosities Pop singer 13. Speak 14. One who lives in Burma 15. Not liquids 25. A framework
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33. Murdered in his bathtub 36. Greek letter 38. A hiding place 39. Crazed supporters 41. Winged nut 42. Doctor of Education 43. Unhappy 46. Popular celeb magazine 47. and greets 49. Poke holes in 51. Beloved Mexican dish 53. Monetary unit of Angola 54. More wise 55. Pouches 58. Hindu's ideal man 60. Type of gazelle 64. Revolutions per minute 65. Energy unit

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wide-ranging and generous so far. B.T.'s Smokehouse is the title sponsor of the race, with generous support from a wide variety of businesses including Big Bunny Supermarket, Altruist Brewing Company, Silver Bell Farm, Oxygen Power Yoga and Idea Agency.

Staples reports that the wide range of businesses supporting the effort can be seen in the bag of goodies to be given out to participants, which is "the most amazing swag bag" with something for everyone.

The first 100 people registering for the race are guaranteed a swag bag. Those registering for the race before Sept. 1 will also get a race shirt.

Staples says that the school staff works hard, and she has great respect for the educators at the academy. She finds the setting at Old Sturbridge Village, which is incorporated into learning on a regular basis, to be very enriching for her children.

"My kids know everything about the village. They are so comfortable here. It is their village; they love it," Staples says. "It takes a village — or the whole says.

Registration for the 5k event is available online at racewire. com. Registration is also open in person on Friday, Sept. 7, the night before the race, from 6 p.m. to 8 p.m. at the Old Sturbridge Village campus, 2 Old Sturbridge Road. Registration and packet pick up the day of the event begins at 7 a.m., with the 5k scheduled to start at 8 a.m.

Individuals running or walking the course, which goes through Old Sturbridge Village, pay \$20. The Kids Fun Run, to be held at 8 a.m. is free for Old Sturbridge Academy students and \$5 for unenrolled children. A team or family (four or more people) can register for \$60. At the Racewire registration site, another option for "virtual runner" is listed for \$20. Those who register the morning of the event will pay a slightly higher registration fee of \$25 per person.

For more information about this event, you can call Old Sturbridge Academy at (774) 922-1840 or visit the school's website, www.osacps.org. Online registration can be found at Racewire.com.

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Family Fun Day keeps kids bopping

The town common was a bustling place Aug. 25, as a Family Fun Day event brought locals out for a celebration with free food, activities, a D.J. playing live music, free burgers and hot dogs, raffles and other fun items such as a bounce house.

The event was put on by The Salvation Army in conjunction with Southbridge Community Connections, Tradewinds Clubhouse and Kiva Wellness Center, each of which offers community support in Southbridge. Hometown Bank was a major sponsor for the event, providing for free fun activities and food at the event.



Braulio Jara, Benjamin Jara and Tim Kane enjoy drums set up on the common for anyone to



Sarah Champagne photos





Artist Francisco Rivera Marrero (FRIMA) paints live on the common.



Quinn Chase, age 3 and Ryley Chase, age 9, play an oversized game of Connect Four.

Brady Demers, age 3, of Southbridge dances on the gazebo as the DJ plays tunes for the crowd.



Alexander Gusky, age 9, tests his balance.

Italian picnic draws a crowd

BY SARAH CHAMPAGNE NEWS CORRESPONDENT

The Southbridge Italian Club's annual picnic at its North Street location drew another large crowd this year. The event was held Sunday, Aug. 27. With classic Italian hospitality, family-friendly activities and games, lively music and of course, plenty of delicious food, the event drew many from Southbridge and beyond.

Those attending the event included Joseph Early, Worcester County District Attorney and candidates for various offices: Jen Caissie (for Governor's Council), Tom Merolli (for state Senate), Katie Toomey (for Registrar of Deeds) and Joanne Powell and Dennis McManus (for Clerk of Courts). Father Juan Herrera of Saint John Paul II Parish in Southbridge also attended.

This is a great community event, great for families. We are all about family here," said Mike Bonadies.

"The new generation is doing an amazing job with the club," remarks Sal LeDonne, who led the club for many years. "It is great for the town of Southbridge."



Roberto Sinni and Jay DiGregorio fight off the heat of the day while manning the grill.





Anne Pietroburgo sold her quilts and other craft items at the Italian Picnic.



Paolo Sinni, Debbie Parenteau and Catherine Al Latine, Linda Garieri and others serve up Melendez volunteer at the entrance to the fresh Italian food. tivitie

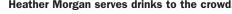


candidates for various offices, attend the environment at the Italian Picnic. Italian Picnic.

L-R: Joanne Powell, Katie Toomey, Tom Worcester County District Attorney Joseph D. Merolli, Dennis McManus and Jen Caissie, Early Jr. and Katie Toomey enjoy the festive







EE PROVIDERS LOCAL S Ε





L-R, Maximillian, Maura and Grady Lapriore join Tyler Daigle in a friendly game at the picnic.



Owen Logan, one year old, enjoys some delicious food. He is the grandson of Jim Ciprari.







Lydia Logan, age 3 enjoys the festivities. She is the granddaughter of Italian Club board member Jim Ciprari.



Madison Diaz, one year old, has fun with her father, Candido Diaz.



Cove Ciprari, one year old, looks around at the activities. Cove is the grandchild of Jim Ciprari.

Father Juan Herrera of Saint John Paul II Parish in Southbridge joins the festivities.

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> FRANK G. CHILINSKI PRESIDENT AND PUBLISHER

RUTH DEAMICIS EDITOR, STURBRIDGE VILLAGER

EDITORIAL Weekly newspaper worries

The information age is not dead, but it is changing.

Up to the minute, right now national news is available 24/7 right on your phone, or even your wrist. There is no need to wait to find out what the latest news is from Washington DC; it's right there, right at your fingertips.

But...

That isn't true, or at least it isn't yet true, of most local news.

Yes, many news outlets attempt to put up websites and Facebook pages, use Twitter feeds and "get the breaking news" out there if it is deemed important enough. The Webster tornado is a good example; a fire, a big accident that affects traffic, that sort of thing.

Otherwise, there's still some problems with online news for local consumption.

And there is equally problems with print news.

We recognize that.

We are a weekly. We have a print schedule that deals with a number of publications, several from other states as well as our own Massachusetts sister newspapers. It means, as an example, the Webster newspaper is finished for print by Tuesday, though the reader isn't going to see it until Thursday or Friday. This week was even worse with a shortened deadline because of a holiday.

Deadlines are not daily because we aren't daily.

NOT being daily causes some unusual difficulties in other areas too. If we miss something, we can't just pick it up the next day, we are in a news cycle of up to 10 days.

Our solution is to find out more about the topic, do a more in depth story, find out more about it and have a better



Dublin (Pt. 2)

The air on the Appalachian Trail was crisp, and Dublin pretended to be a scout, loping ahead, discovering an interesting smell, and then dancing up to me again when his olfactory desire had been satis-

fied. Trailing behind his excited exploring, I could not imagine my life without him. Was I projecting human characteristics onto him, or did he really have a sense of humor? He would lower his head, stare into my eyes, and growl in feigned annoyance until I joined in play. He energized me, kept me in touch with my surroundings, and reminded me that life was to be lived with passion.

Slowly I adjusted to the woods at night. The tree mice that scampered in the dark and rustled the leaves didn't terrify me as much. Besides, I had Dublin the Wonder Dog close by. Nothing big was going to get too close with him around.

I was crossing a brook one morning, and lying on its side, half in the water was what looked like a child's rag doll. On closer inspection, it was a Basset hound, all skin and bones, clearly starved. It was so weak that it couldn't raise its head. I remembered the park ranger talking about the 60 reports of missing dogs just that summer. Dublin came over and sniffed, but didn't stay. Did he smell the imminent death? I removed the dog's collar to give to the Park Rangers when I returned. The collar tag read "Lucky." Death came within an hour.

I left the body there, and followed Dublin who scampered up the hill to the main trail.

This was the night that a black bear sniffed into my camp and Dublin's ferocious baying scared him up a tree. I couldn't believe something so large could scale a tree trunk so fast. I had a flashlight on the bear, but I could see that he was getting tired. The dark mass began to slide slowly down the side of the trunk, scraping off large chunks of bark with his claws. That threatening din mixed with rain patter unnerved me. I jumped out of my sleeping bag and took off through the bushes. The bear spooked Dublin badly too; he passed me with frightened yelps as

IN THAT GREAT TIME PATRICK MOON

site was a distance away, but I began walking with a little more spring in my step. The near empty tent section fell behind and I entered the campsites for RVs, mostly Airstreams. They were shiny and lights were

coming on, and the smell of frying bacon mixed with the pine. This was luxury camping, bringing your living room to the wilderness.

I stopped. Underneath a large awning, an elderly woman was talking to Dublin.

He was sitting on the seat of a picnic table, comfortable, up off the ground, as if he belonged there. I stage whispered his name; he turned, wagged his tail once, and then returned his gaze to the front. He was focused on the woman across the table who was cooking with a large fry pan on a portable stove. We both watched as she finished his scrambled eggs, and delivered them to him...on a plate. The woman smiled: "Is this your

dog? He is so well trained!"

It should be noted that Dublin did not wolf down the food. In an almost dainty fashion, he ate slowly. He seemed to savor the steaming eggs. I thanked her for holding onto Dublin, yes, a beautiful name for an Irish terrier, and for letting the Rangers know; we had coffee under the tarp and a good laugh at the bear story. I was so relieved at finding Dublin alive that I didn't have the heart to address his late night, ahem, "strategic retreat." Much later I took great delight in telling the story of his passing me in the dark, yelping in fear; he never seemed to pay any attention. But every once in a while, he would get a "snarky" gleam in his eye. I worried that one-day he would turn, raise an eyebrow, and whisper, "Who had the eggs?"

Months later in a group training exercise at the Maryland School of Social Work, I stood in the center of a circle of fellow students who lay on the carpet, feet towards me. We were each to stand, step to the center, and look down at each face until slowly completing the 360-degree pivot. Then it was the next person's turn. Most of the students on the floor had their eyes closed. I stood, stepped to the center, and began the slow movement. Suddenly I found myself rushing the turn, and laying back down abruptly. A few of us had experienced the same whirl, and on reflection, my hurry had begun with a glance at Sam's face, an older gentleman with eyes shut tight. And that day at Ocean City came back, the victim's face, and I began to talk about the incident that brought me into intimate contact with death. It was an epiphany. Mine took place with strangers I had come to trust. They encouraged me to examine a profound memory. I flinched. I tried to hide from it. But there it was: once Death kissed me on a sunny beach, a forced kiss, cold and indifferent. I had buried that horror deep in my mind. What I did not grasp immediately was how that memory was bound to the joy of a bouncing Irish terrier. Years later, I wept for days when Dublin died. In that great time, I lost the unconditional love of a friend, and mourned that loss, mourned his death, and my death to come, and yours, and all who lived or would ever live. With Dublin, I learned that fear makes the bear bigger. And with Dublin I learned to embrace anything that makes you feel glad to be alive. But the real lesson of Dublin was that death leaves a heartache nothing can heal.

Have you planned for long-term care?



If you are fortunate, you will retain your physical and mental capacities throughout your life and can always

live independently. But there are no guarantees for any of us. If you ever require some form of long-term care, will you be prepared?

So what is the risk of needing longterm care services? According to the Department of Health & Human Services, about 40% of individuals over age 65 receive some form of paid in-home care, with an average care period lasting less than one year. However, about one-third of the population receives care in a nursing home: Of those individuals, about half stay less than one year, 30% stay between one and three years, and 20% stay longer than five years.

And, unfortunately, this care can be expensive. For example, it costs \$97,500 per year, on average, for a private room in a nursing home, according to the 2017 Cost of Care Survey produced by Genworth, an insurance company. In some major metropolitan areas, the cost is much higher. Furthermore, Medicare typically pays only a small percentage of these expenses.

So, how do you protect yourself against these potentially catastrophic costs? Essentially, you have four options:

Self-insure – You can try to build enough financial assets to cover the costs of a long-term care event. However, you would need to accumulate an extremely large sum to fully protect yourself, and you'd be diverting assets that could be used to help fund your retirement.

Long-term care insurance - A traditional long-term care (LTC) insurance policy will pay for qualified long-term care costs. The younger you are when you purchase your policy, the lower your annual premiums are likely to be. Keep in mind, though, that a basic LTC policy offers no death benefit or cash value - your premiums are only paying for a nursing home stay, home health care or other type of long-term care service. (Also, even a good LTC policy will include a waiting period before the insurance kicks in and a maximum amount of coverage, such as three years.) Hybrid/linked benefit insurance -Because of some concerns about paying for insurance but never needing care with traditional long-term care insurance, this type of insurance provides a death benefit plus long-term care coverage. You can accelerate the death benefit to help pay for long-term care costs, and you can also choose to create an additional pool for these costs after the death benefit has been exhausted., But if you don't need longterm care, you still have the life insurance death benefit. Due to the death benefit, your premiums will be higher than those of a traditional long-term care policy. Life insurance with long-term care/ chronic illness rider – By choosing a permanent life insurance policy with this rider, you can accelerate all or part of the death benefit to pay for long-term care costs. (Your death benefit will then be reduced.) This option generally provides more flexibility in paying premiums than a hybrid policy, which may require a larger dollar commitment. Similar to hybrid, you still have the life insurance benefit if you don't need care. Which option is best for you? There's no one "right" answer for everyone, but a financial professional can help you choose the method that's most appropriate for your situation. And from an economic standpoint - and possibly an emotional one, too – you may be better off by taking action sooner, rather than later.

story with more recent lacts wnen we do have a chance to cover it.

Still, things are missed. Missed entirely.

We are fallible.

We have finite resources, the number of people doing newsgathering varies from situation to situation sometimes; it is the reality of the new newsroom.

And we just aren't omniscient.

If someone doesn't tell us about something, we don't always know.

In that same vein, we can't get to events when someone calls us 15 minutes before it happens most of the time either. We don't have people waiting for phone calls to tell them where to be. They are usually already committed somewhere.

And we are definitely doing it with fewer resources, fewer as compared to say 50 years ago. Some of that can be laid directly at the door of technology. We found a page from a publication in the 1970s, listing all the employees and wishing the readers happy holidays. It included photographers (multiple, they had to develop, crop and print their own photos as well as take them); reporters (multiple); production staff (at least three times as many as today); editor(s); print staff; linotypists (that job no longer even exists); daily courier (he went from office to office physically picking up 'stuff', quickly replaced by fax machines); receptionists, typists, billing and accounting people.... the staff numbered at least 50 people for that single publication.

The photos are done in the computer, the typing and editing, is all computerized; the layout is computerized as is ad creation and compositing; the fax and email do all the messaging; the reporting staff rarely even come physically to an office, doing all their work remotely, staying in touch by phone and email. It's a different world.

But it is still, very, very much rooted in each town. Each newspaper is indeed locally committed. The intent is real, the need to know what is happening in each town hall, in each school system, in the budgets and the ballots is all too real

There is a need for the press to be there, to be looking over the shoulders of those Powers That Be; to ask the questions, to get the answers and to then share those answers with you.

That's why while it will continue to be imperfect, and we hope you'll let us know when we make the errors, you will also continue to stand by us and support us.

ran through the undergrowth.

I smile now but it didn't seem so funny then, especially running in wet socks and long underwear. Dublin's yelps had gotten farther away and then stopped. Now it seemed deathly quiet except for the sound of the rain. I still had my flashlight and made plenty of noise when I returned to the campsite. The bear had torn the tent and dragged some of my clothing outside, but a quick glance showed my backpack still hanging in the tree. Now I just had to find Dublin.

Then the sudden vision hit me: Dublin, skin and bones, dving in the vast wilderness. Dublin was really smart. But there was nothing to make me believe that he would have anymore of a chance in these woods than the unlucky Lucky. I reasoned that he would head down the main trail back the way we had come. The rain slapped the dead leaves with a loud patter.

For the next few hours, I walked and whistled and called...then stopped to listen...and began again. My pack became soaked, heavier, and cut into my shoulders. At about five a.m., I reached the campground. The Ranger Station was closed and the posted hours said opening at 7 a.m. I trudged to my car.

A park ranger later reported that there was a campsite with a lost Airedale. Yes! An Irish terrier certainly looked like an Airedale. The camp-

You just get make room for it.

LETTERS

Extra! Extra! Read All About It!

We think you're important enough to tell all our readers to turn to the Opinion pages and read your Letters to the Editor.

But first, you have to write us!

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

Or e-mail your letters to the editor at ruth@stonebridge press.news. You'll need to provide your name and place of residence, along with a phone

number, so we can verify the letter is yours. We don't have a set limit, but if you keep it around 600 words or so, you're

going to have a better chance at seeing all your words in print.

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

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

So, what are you waiting for? Start writing!

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

OBITUARIES

Kirk D. Dalton, 59



Kirk D. Dalton 59 of Sturbridge and Trinidad Colorado died suddenly on Saturday August 25th at Harrington Memorial Hospital in Southbridge. Born in Southbridge, he was the son of Richard E. and Betty L. (Sanchez) Dalton

Kirk grew up in Sturbridge, was a graduate of Tantasqua Regional High School, and a Glass Tech in the area for many years before moving to Colorado. An avid New England sports fan, Kirk especially loved the Celtics, Red Sox and was a Patriots fan. Kirks great love was bowling and was an active participant on the local softball teams in the summer. Kirk touched many lives and will be greatly missed by all who knew and loved him.

Kirk leaves two sons, Scott Mirabella and Travis Richardson, one daughter Kayla Richardson, a brother Glenn Dalton and four grandchildren Xavier, Jessica, Sylas and Abigail.

Calling hours for Kirk were held on

Saturday September 1, 2018 from 1-4pm at the MERCADANTE FUNERAL HOME AND CHAPEL 370 Plantation St. Worcester Ma 01605. A memorial service to honor Kirk began at 3:30pm for family and friends to share memories and tributes to Kirk's life.

To leave a note of condolence for Kirks family please visit www.mercadantefuneral.com

CALENDAR

Saturday September 8

BUONO SERA! Join us for an Italian Affair. The Charlton City United Methodist Men are starting up their delicious monthly suppers. Join us on Saturday, Sept. 8 5:30-7:00 p.m. Adults \$10, children 6-12 \$6, children under 5 are free. Family maximum \$40. Tickets may be purchased at the door, reservations are greatly appreciated. You may call the church at (508) 248-7379 to place reservations or questions. Handicap accessible with ample parking. 74 Stafford St. Buon Appetito!!

PADDLE POKER: The Quaboag Quacumquasit Lake Association (QQLA) will hold its fifth annual Paddle Poker Run on Saturday, Sept. 8, with registration starting at 10:30 a.m. at the Lake Quaboag (North Pond) boat ramp. The family event starts at noon and proceeds approximately four miles into Lake Quacumquasit (South Pond) and back. Paddlers will pick up one playing card at each of five locations around both lakes and return to the boat ramp with a five-card poker hand. The top hand will win the grand prize of \$250. Prizes will also be awarded for the second and third best hands, and the worst hand. Participants may compete in kayaks, canoes, row boats or on paddle boards. The competition begins at noon and ends at 4:00 p.m. at the Quaboag boat ramp. The entrance fee is \$20 per boat.

Sunday September 9

STURBRIDGE PLANNING HALF-MARATHON: a half-marathon road race to honor Sturbridge resident and ESPN's ESPY award winner, Rick Hoyt will be held on Sept. 9 at 10:00 a.m. Registration page can be found at: https://app.racereach.com/event/ the-rick-hoyt-sturbridge-half-marathon. If you have questions about the event or wish to participate, please contact Kevin Filchak at kfilchak@town. sturbridge.ma.us

STURBRIDGE FARMERS MARKET: Sturbridge Farmers Market every Sunday June 24 until September 30 from 10:00 a.m. to 2:00 p.m. Live music from noon until 2 p.m.

Monday September 10

CHARLTON GARDEN CLUB: Sept. 10 Charlton Garden Club Meeting. at 7 p.m. at the Charlton Federated Church, Charlton. \$5 donation suggested for non-members. Meeting will feature Gretel Anspach from the Massachusetts Master Gardener Association speaking on Using Cold Frames to Extend the Season. For more information, contact Ginny Charette (508) 248-7300 or Marcia Liedigk at (508) 434-0507.

Saturday September 22

GIANT MEAT RAFFLE: On Saturday, September 22 at St. Joseph's Church Hall, Charlton beginning at 6 p.m. 6 Meat Tables and 1 Lobster Table; 3 Early Bird Tickets for arrival before 6 p.m. Sponsored by the Mary Martha Guild

Month of October

PUMPKINS! The Pumpkins are Coming! The Pumpkins are Coming!

Spread the word that the best place to get your fall decorations is at the Sturbridge Federated Church where the best pumpkins and gourds will be for the month of October. Proceeds will benefit many local and regional charities as well as support the daily operation of the church.

ONGOING

ALZHEIMER'S SUPPORT GROUP: third Wednesday each month, 6-7 p.m. at the Overlook Independent Living Building, fourth floor Solarium, 88 Masonic Home Road, Charlton. The intent is to build a support system, exchange practical information, talk through issues and ways of coping, share feelings, needs and concerns and to learn about community resources. Contact Kathy Walker at (508) 434-2551 or kawalker@overlook-mass. org for more information. Presented by Alzheimer's Association MA/NH Chapter, visit (800) 272-3900 or alz.org.

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. About half of our members also like to eat. Each month we have a simple dinner with dessert and refreshments just prior to our meeting, which allows us time to socialize too. We meet the fourth Wednesday of each month starting at 6:30 p.m. in the Oxford Senior Center located at 323 Main St. in Oxford. It is the building directly behind the Oxford Town Hall building. For more information, please contact Dick Lisi at (508) 410-1332 or lisirichard15@yahoo.com.

Free Playgroup at the Hitchcock Academy; sponsored by Union 61 Family Foundation Five Grant. It includes: Music & Movement on Wednesday 9-9:45 a.m. and Playgroup on Monday & Thursday 9-11 a.m. For more information about these and a variety of other classes visit us at www.hitchcockacademy.org or call 413-245-9977

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

THRIFTY: Saint Paul II Parish's Flea Market, at 40 Charlton St., Southbridge, is open each Monday from 9:30 a.m. to 1 p.m. and each Saturday from 8:30 a.m. to 1 p.m. Items for sale include household, linens and furniture. We also have a holiday room. Donations are appreciated. All proceeds go to the support of the church.

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

Harrington awarded grant to fund new approach to chronic disease



Lisa Casasanta will do oversight on the new program.

Courtesy photo

SOUTHBRIDGE — Harrington HealthCare System has been awarded a \$440,000 grant from the Health and Human Services Department to fund a comprehensive approach to managing chronic disease.

The funding falls under the Alternative Payment Methods Preparation Fund of HHS' Delivery System Reform Incentive Payment program, which builds and strengthens the statewide healthcare workforce and healthcare infrastructure by better meeting members' needs through more integrated and coordinated care and moderating the cost trend.

With Harrington's grant money, the health care system plans to focus on a multidisciplinary approach to chronic disease management. beginning with chronic obstructive pulmonary disease and pneumonia patients. Through the employment of care navigators and behavioral health specialists, the program will integrate several touchpoints across a patient's continuum of treatment, including primary care, acute care, behavioral health and post-acute settings.

"The grant will allow for a nurse to assist in the clinical needs of the disease and a behavioral health specialist to assist in barriers to leading a healthy life," said Jessica Calcidise, BSN, RN, vice president of nursing and ancillary operations. "Social determinants can prohibit a patient from leading a healthy life with a chronic disease. Behavior modification can be a key to success." Over the past three

vears. Harrington has expanded its patient navigation program through funding from the Community Hospital Acceleration, Revitalization, and Transformation Investment Program. Through this grant, Harrington was able to achieve a 34 percent reduction in the number of emergency department revisits for patients with behavioral health comorbidities and create a stronger rapport between the navigator and the patient, among other notable successes.

Calcidise explained that while there will not be an extension of the CHART funding, the DSRIP grant, in addi-tion to \$486,000 recently awarded through the HPC, gives Harrington nearly \$1 million in funding to continue to improve and expand these services to the community. Both grants will employ members of the original CHART programs to continue achieving value-based care.

The APM Fund is a statewide initiative with the focus on building and

strengthening PHOs readiness, to enable those providers to join an existing MassHealth ACO, and thus contribute to improved health outcomes and reduce the total cost of care for MassHealth members.

Harrington is planning to participate in the Boston Accountable Care Organization with Boston Medical Center Health Plan to help manage some 10,000 Medicaid patients within its footprint and better align their access to care. The healthcare system has hired Lisa Casasanta, MPH, as its new executive director for the PHO.

"Harrington Healthcare is perfectly positioned for an ACO. The development and growth of the physician network, diverse/robust behavioral health and the care management model lend the health system to great success in the value-based payment model for MassHealth members," said Casasanta. "The opportunity for Harrington Healthcare to be part of this statewide initiative to transform care for MassHealth members in an important step forward in our commitment to patient centered care.'

To learn more about DSRIP Funding, please visit http://www. massleague.org/.



Fun with the sun

The recent heat wave inspired this week's column that reminds us that the power of the sun is incredible, and never is that fact more evident than on a sizzling hot late summer's day! Today, as solar energy gains even more attention, harnessing the sun's rays via simple solar experiments can translate into fun and educational projects for kids and adults alike. Read on for a roundup of easy projects that are sure to bring new meaning to "fun in the sun" as we wind up the summer season:

Solar Warming Oven

This interesting project is recommended for older children. It's a bit complicated, but a very rewarding activity. Children love scientific experiments that allow them handson experience. The solar oven illustrates how the sun's rays are hot enough to bake food. This oven that gets hot enough to warm up cookies and other treats, like s'mores. It won't get very hot, though, so even young children can have the thrill of "baking" without burning themselves!

Materials: One pizza box from a local pizza delivery store (heavy, thick cardboard); newspapers; tape; scissors; black construction paper; clear plastic wrap; aluminum foil; one sheet of notebook paper; a pen or pencil; ruler or wooden dowel or stick.

Instructions: Place the piece of notebook paper in the center of the closed lid of the pizza box and trace its outline on the lid. Put the piece of paper aside. Carefully cut the two long edges and one of the short edges of the rectangle that you just traced on the lid of the box, forming a flap of cardboard. Fold the flap back along the uncut edge to form a crease. Wrap the underside (inside) face of this flap with aluminum foil. Tape it on the other side so that the foil is held firmly. The foil will help to reflect the sunlight into the box. Open the box and place a piece of black construction paper in to fit the bottom of the box to help to absorb the sun's heat.

Close the box, roll up some newspaper, and fit it around the inside edges of the box for insulation. It should be about one inch thick. Use tape to hold the newspaper in place, tape it only to the bottom of the box only. Cut two pieces of plastic wrap an inch larger than the flap opening on the box top. Open the box and tape one piece of plastic wrap to the underside of the flap opening. After taping one side, be sure to pull the plastic wrap very tight, and tape down all

four sides so the plastic is sealed against the cardboard. Close the box and tape the other piece of plastic wrap to the top of the flap opening. Again, be sure the plastic wrap is tight and tape down all four edges to form a seal.

To Use: On a sunny day, pick a treat to warm up and carry it and the box outside to a sunny spot. If it's cold outside, put a towel or blanket under the box so the bottom doesn't get cold. Open the box, put the treat in the center, and close the box. Open the flap and turn the box so the foil is facing the sun. The shadow of the flap should go straight back from the back of the box. Move the flap up and down and note how it reflects the sunlight. Use a dowel, ruler, or stick to prop up the flap so that it bounces the sunlight into the box. Wait about a half hour for the box to warm up in the sun. Then it's time to relax and enjoy the warmed-up treat.

Hot Dog Cooker

Whether you call them hot dogs, frankfurters or wieners – there's no doubt about it, America has a love affair with franks. Using the sun's energy, this project is a fun summertime project (easier than the previous one) to heat up the sizzling sausages! The design of this simple solar cooker allows sunlight to reflect onto the center hot dog to heat it up faster.

You'll need: A cardboard (shoe or boot) box; heavy duty aluminum foil; poster board.

To do: Cut a curve in the sides of the box (see illustration). Cut poster board to fit flush onto the curved cut. Secure poster board to box with duct tape or other strong tape. Cover the curve with heavy duty tinfoil, shiny side out. Smooth foil over poster board, keeping foil as wrinkle free as possible. Attach two "tabs" to the center sides of the box (use cardboard from shoe box cover). Poke TAKEone hole in each tab to
form a rotisserie type
holder. Using a metal
barbecue skewer (or
straighten out a metal
coat hanger section
and twist one end),
thread hot dog onto
skewer and into side
tabs. Place directly in

sun, angling cooker to focus heat onto the center hot dog. Turn hot dog as it heats up.

Sun Power Purifies Water: From Dirty to Drinkable

This amazing demonstration spotlights the power of the sun to purify salt water and make contaminated water drinkable! Using common pantry materials, the project is a great "survival" experiment for all ages.

You'll need: A large clear glass bowl (Pyrex mixing bowl is ideal); a small drinking glass; Saran or other plastic food wrap; food coloring; table salt; a small rock, marble or pebble.

Instructions: Pour tap water into bowl and add a few tablespoons of salt. Add a few drops of food coloring.

Stand up the empty drinking glass in the center of the bowl (water level should be about half way up outside of glass).

Cover the bowl with the plastic food covering. Place a pebble in the exact center of the plastic wrap so it is directly above the top of the glass and forms a dip in the plastic. (There needs to be plenty of space between the glass rim and the plastic wrap to allow for drippage). You might have to loosen wrap a little to allow for dip. Place bowl in direct sun and watch what happens!

Note: The sun's heat is trapped in the bowl. The salty water will evaporate, rise and condense to form clean water that will drip into the glass!

Solar Science: Sun Saturation

Did you ever wonder if it's true that dark colors absorb more heat? Here's an easy experiment from the U.S. Department of Energy (DOE) that shows sun saturations effect on temperatures.

To do: Cut a three inch circle from white construction paper, and a three inch circle from black construction paper. Place one of each in the bottom of two clear plastic cups or clear deli containers of equal size. Pour a quarter cup of cold water into each container and check the temperature. Cover each cup in clear plastic (Saran) wrap, taping down if necessary. Place in full sun and record how fast the temperature rises in each cup.

Sun Dried Tomatoes

True "sun dried" tomatoes are a treat worth waiting for. The authentic recipe thanks the sun for its rich flavor and chewy texture.

Ingredients: Garden tomatoes (plum work well); sea salt; screen frame.

Directions: Slice tomatoes (thinner for firmer tomatoes, thicker for chewy). Place in a single layer atop a clean screen mesh frame. Sprinkle with coarse sea salt and/or herbs. Cover with a second layer of screen mesh; secure edges. Allow to dry in the sun for several days.

Tomatoes are done when they have the consistency of a plump raisin. Store in a zip lock plastic bags or pack in a jar with olive oil. May also be frozen.

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 renowned restaurant, located on Route 131 across the town common in historic Sturbridge. Because I'm in the business of dispensing tips, not inventing them (although I can take credit for some), I'm counting on you readers out there to share your best helpful hints!

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



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www.StonebridgePress.com





SPORTS TANTASQUA FOOTBALL SCHEDULE



All schedules are subject to change.

Friday, Sept. 7 vs. Westborough, 7 p.m.

Friday, Sept. 14 vs. Wachusett, 7 p.m.

Friday, Sept. 21 at Doherty, 7 p.m.

Friday, Sept. 28 at Auburn, 7 p.m.

Friday, Oct. 5 vs. Grafton, 7 p.m.

Friday, Oct. 12 at Southbridge, 7 p.m.

Friday, Oct. 19 vs. Northbridge, 7 p.m.

Friday, Oct. 26 at Bartlett, 7 p.m.

Thursday, Nov. 22 vs. Shepherd Hill, 10 a.m.

File photo

Tantasqua opens its season with a pair of home games (Sept. 7 and 14) at 7 p.m. versus Westborough and Wachusett, respectively.

BAY PATH FOOTBALL SCHEDULE

All schedules are subject to change.

Friday, Sept. 7 at Southbridge, 7 p.m. Friday, Sept. 14 at Bartlett, 7 p.m. Friday, Sept. 21 vs. David Prouty, 7 p.m. Saturday, Sept. 29 vs. Monty Tech, 1:30 p.m. Friday, Oct. 5 vs. Assabet, 7 p.m. Friday, Oct. 12 vs. Blackstone Valley Tech, 7 p.m. Friday, Oct. 19 vs. Worcester Tech, 7 p.m. Friday, Oct. 26 at Abby Kelley, 7 p.m. Thursday, Nov. 22 at Oxford, 10 a.m.



File photo

After a pair of road games to open the season, Bay Path's home opener is slated for Sept. 21 versus David Prouty at 7 p.m.

SPORTS BRIEFS 1 1. Baskethall Wednesdays 7-9 p.m. Adult Recreation

Basketball, Wednesdays 7-9 p.m., Adult Recreational Volleyball, Wednesdays 7-9 p.m. These programs take place at the high school pending their field house availability, and are open to both Sturbridge and Non Sturbridge residents. The deadline to sign up is Sept. 19. More information can be found at https://www.town.sturbridge.ma.us/recreation/pages/adult-recreation-leagues.

Trinity Catholic Academy's annual golf tournament comes to Heritage CC

Trinity Catholic Academy in Southbridge will hold its 24th annual golf tournament at Heritage Country Club on Saturday, Sept. 15. For more information please visit our website at tcagolfclassic. com.

Sturbridge Recreation offering adult leagues

Sign ups are now available for adult recreational sport leagues in Sturbridge. The 2018-19 program is as follows: Advanced Volleyball (highly competitive), Mondays from 7-9 p.m., Women's 3-on-3 Basketball, Mondays 7-9 p.m., Men's 3-on-3



This section reaches 47,000 households in 7 Massachusetts newspapers. Call Jean at 508-764-4325 or email jean@stonebridgepress.news for more information

Auto







Ushering in the fall season anticipating fowl hunting



Courtesy photos

A bit of nostalgia as hunters from left to right: The late Chuck Miedema, late Reno Grassi, Bob Brooks, and the late Stan Oleksyk after a goose hunt in the Valley many years ago.

It sure will be great to see the heat & humidity leave New England. We have had enough heat, and it is now time to enjoy some great fall weather. The first segment of goose hunting in Massachusetts opened this past Tuesday September 4. The daily

bag limit is 15 birds and the special season will run through to September 21. At one time, goose populations were high in the local area, and although there are still a few thousand resident geese in Massachusetts we noticed their feeding patterns have changed dramatically during the past five years or more.

Back in the year 2000 to 2010 or so, myself and a hunting acquaintance had very few problems limiting out on resident Canadian geese. Of course, it helped to have permission to hunt private cornfields and grass fields, but the birds were in the area big time. Climbing out of bed during the early morning hours, we soon found ourselves sitting in a corn field waiting for first light. We had two dogs between us, one German shorthair and my black Lab Max! One of our fields was overlooking a portion of the valley and as first light approached we observed our two dogs were on high alert!!!

"Get ready, the birds are flying," was my remark to my hunting partner.

The dogs keen hearing alerted us to a few dozen birds just clearing the tree tops, and were on a glide path to our blind, and set up of decoys.

We both picked up our guns and barely had time to stand up in our blinds to take aim at the flock of Canadian geese, as they barely cleared the blinds. As the guns discharged, the roar of the shots echoed thru the valley. The smell of spent gunpowder in the early morning air, was better than any fragrance that women wear on a night on the town. The dogs were already running from the blinds to retrieve the downed birds. The excitement of the first hunt had allowed my dog to break prematurely, and we could have had another shot at the birds as they circled around to take another look at our spread of decoys, but they flared just short of shooting range because of the uncontrolled dog.



in a bit of recently spread cow manure in the field we hunted, and did not realize that we had a smell of manure on our boots. After sitting down to place our order for breakfast we noticed that some of the patrons were leaving. The look we received soon made us realize that we were part of the problem!!! Taking off our boots and putting on a clean pair of shoes after future hunts, rectified the problem at the diner.

Because of the warm weather during most hunts in early September, it is essential to clean the birds as soon as possible. Cleaning the birds is fast if you know what you are doing. Laying the birds upside down and making a cut just under the breast, the skin is easily removed from the breast meat. A single cut along each side of the breast bone allows the breast to be totally removed with a few simple cuts. Wash and wrap the meat as soon as possible, packaging two breasts together. Next week we will discuss two great recipes for this tasty bird.

A federal and state waterfowl stamp is needed to hunt waterfowl, along with steel shot and a gun that can hold no more than three shots. No lead shot is allowed!! This week's first picture shows from left to right: The late Chuck Miedema, late Reno Grassi, Bob Brooks, and the late Stan Oleksyk after a goose hunt in the Valley many years ago. They are sadly missed by all that knew them.

Upstate New York is providing



A very happy angler with a king salmon hooked in upstate New York.

in the state with trout. That could be a bit later this month because of the high water temperature.

After receiving my August copy of the New England Outdoors newsletter, I always take time out of my day to read some of my fellow writers' columns. Randy Julius is president of the organization and always writes a very informative story about his hunting and fishing adventures. This month he wrote about his bird hunting for grouse in Maine over the past few years and in his home town of East Bridgewater. The lack of grouse has caused a lot of controversy over what is happening to the ruffed grouse in New England and even parts of Maine. Some thoughts are blaming West Nile virus but the loss of good grouse cover is also being targeted. The grouse population locally has also become very poor, almost to the point of extinction. Hopefully it will be turned around soon, but we do not have high hopes for this once abundant. fast flying, great eating, bird to return to our bird covers.

Fellow writer Paul Renolds discussed the loss of many young moose to tick bites in Maine, and they are depleting the herd buy as much as 50 %. Biologist are considering more moose permits to help reduce the herd. In 2012 Maine had a conservative estimate of "76,000 moose in the North Woods," Renolds stated. Biologist are reluctant to give a present estimate of moose populations, but are taking aerial surveys to help determine the exact amount of moose in Maine. Disease is always a frightening thing among our wildlife, and we depend on our biologists to stay on top of any situation that may arise, that threatens any species. Stay Tuned.

Uxbridge lost a great human being and sportsman last week. John Emrick, former police chief of Uxbridge, loved deer hunting and always enjoyed hunting in Petersham. His favorite hunting spot was on a hillside overlooking a swampy area, that had numerous deer runs through it. He also enjoyed fishing with his buddies in his early years. Our deepest sympathy goes out to his family and many friends.

Take A Kid Fishing & Keep Them Rods Bending!



anglers with some great king salmon fishing. If you enjoy catching big fish Lake Ontario is the place to go at this time of year. For up to date reports on fishing the Pulaski area go to wwwfatnancy.com! This week's second picture shows a happy angler with a nice king salmon.

After a few cold nights, the Mass Fish & Wildlife trucks can start rolling restocking many of the lakes and ponds

HELLO

continued from page ${\pmb 1}$

"It's a good idea. I like saying hi to people," Zachary offered before catching the next car to pass by. Each vehicle that passes is met with the same enthusiasm and warmth as the last one

We were lucky to have numerous

Rick Plante, store manager for Monro Muffler and Brake in Southbridge, says that he enjoys Zachary's presence whenever Jeff comes in for an oil change or service. "It's an inspiration to watch him," Plante remarks. "He has such positive energy."

Drivers will sometimes ask Monro employees if they are having a sale or promotion, but Wolfe's waving is all his own. His father reports that on rare occasion, someone will pull into the parking lot to find out if the young man waving is distressed and needs help. For the most part though, the young man just hopes to brighten the day of those he greets with a simple but enthusiastic salutation.



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Busy Bond impresses bevy of visitors



The Bond team joins legislators and town officials for a photo after the tour.

BY KEVIN FLANDERS

SPENCER – With infrastructure crumbling across the state, legislators recently visited a local manufacturing plant to learn how small producers are impacting a large problem.

On Aug. 27, legislators

and town officials visited Bond Sand, Gravel and Asphalt, a family-owned business for over 40 years. At Bond's North Spencer Road facility, employees produce several aggregate products for road construction, building projects, and landscaping. Though the

company has fewer than 20 employees, it maintains a busy schedule and helps ensure that construction projects are completed on time.

If you've recently driven through a nearby road construction zone, chances are good that the materials were sup-

plied by Bond. From road and bridge renovation materials, to residential project supplies, all of the company's products are used at sites within 50 miles of its manufacturing plant. And with a backlog of road construction projects throughout the state, the production facility is kept busy with a constant stream of dump trucks picking up products.

At the August 27 event, the Bond staff invited officials to see what a day on the job is like. Attendees of the tour included Congressman Jim McGovern, Senator Gobi, Anne state Representative Donald Berthiaume, Town Administrator Thomas Gregory, selectmen, and representatives of the National Stone, Sand and Gravel Association.

"It is critical to engage our lawmakers at every level of government,' said Karen Hubacz-Kiley, the director and chief operations officer at Bond. "The state of U.S. roads creates unsafe conditions for the public, and it is so important to make the necessary improvements to our roads and bridges.'

After watching the loading process for products ready for shipment, officials got a look at Bond's asphalt production equipment. The process begins when liquid asphalt is fed into a mixer from a large storage tank, then heated to 350 degrees and combined with other materials. The aggregate is eventually poured from a gantry into awaiting trucks.

With heavy machinery in operation and frequent truck traffic each day at the plant, Bond takes safety and employee training seriously. Unlike larger companies, which have entire divisions dedicated to in-house training on safety and environmental protection, the Bond staff must obtain employee training through the Department of Labor. Emphasizing safe practices each day, the company has received several awards for safety on the job site.

"Safety is our number one priority. We are extremely proud of our safety record," added Hubacz-Kiley, a third-generation owner. "The majority of our employees are lifelong employees. Many of them have been here since I was a girl."

To help enhance safety training, Bond leaders are asking legislators to support the reinstatement of the Small Mines Office, which was closed in 2014. Prior to its closing, the office was utilized heavily by small producers throughout the country.

Hubacz-Kiley and her team are also hoping legislators will push for a highway trust bill to help accelerate road repair projects.

"It would be a great way to fix the roads and help with the economy,' she said.

To learn more about Bond, visit www.bondsandandgravel.com.



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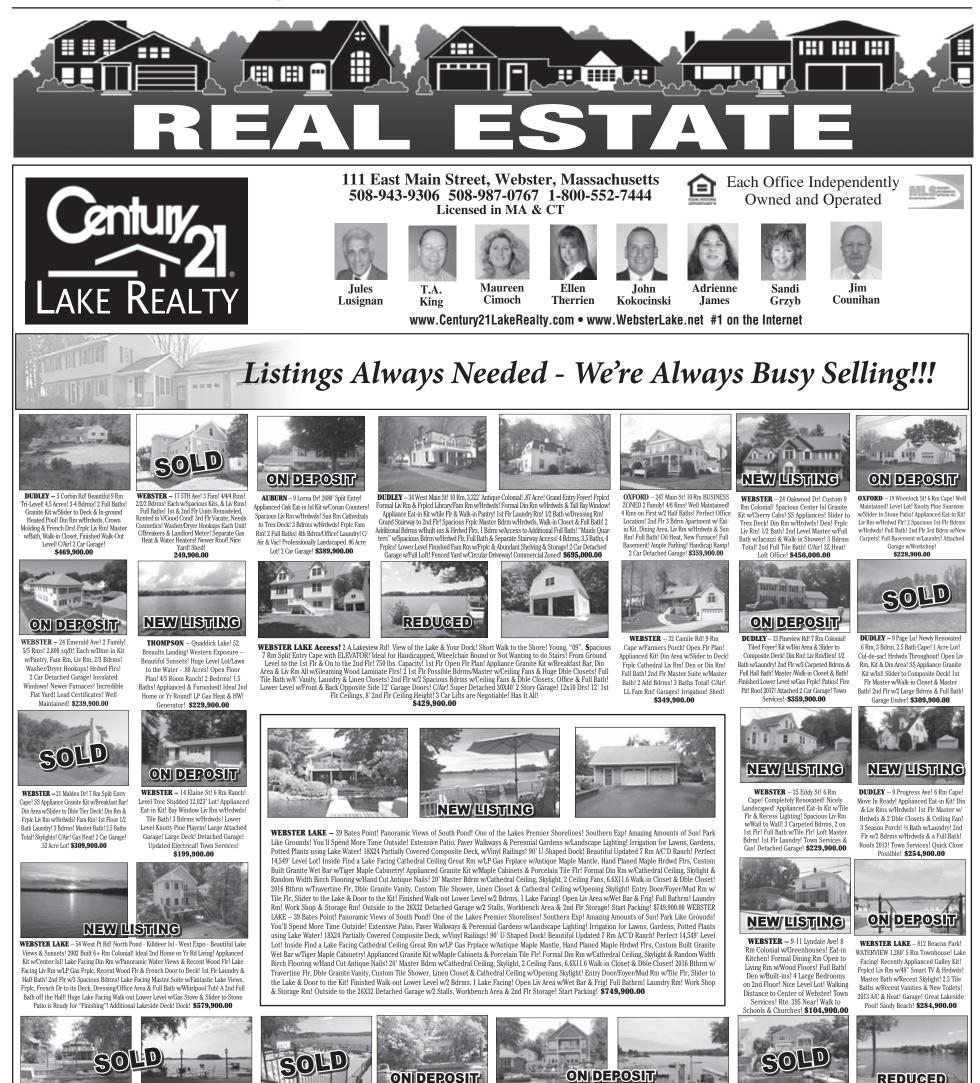
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1 WEBSTER LAKE – 8 Reid Smith Cove Road Panoramic Lake Views! West Expol Super Sunsets! 9,68% Lot! Gently Sloping! 2254' Custom Contemp Cape, Built 09 as 2nd Home, Like New Open Fir Plant Spectacular Lake Facing Great Rm w17' Ceiling, Recessed Lights, Sliders to Trex Deck, Stone Gas Projc, Surroum Sound & Gleaning Hrdwds! Granite Kit w15l, SS Spatiances, Soft Cose Cabinets, Hrdwds & Recessed Lights! Ist Fir Master w1ite Bath, Whirpool Tub/Shower, Dule Sink & Linen Closet! Upstairs Sitting Area Overlooking Grand Rm wlLake Views! Hrdvd Hall to 2 Bdrms wRecessed Lights, Ceiling Fans & Dible Closets! Full Bath & Linen Closet! Lover Level Walkout Fan Rm wTibe IFr 10 Ceilings, Recessed Lights, Ceiling Fans, Stone Gas Pripc, Surround Sound, Wet Bat & Silder! Full Bath wTile Ftr! Utility Rm wlLaundry & Storage! Nice Docks! Get Packing! **\$724,900.00**

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WEBSTER LAKE - 810 Beacon Park! 5 Rms. 1.100' Garden Unit! Fantastic Lake Views! 2 Bdrms! Master Bath! 2 Full Baths! Brand New Heat & A/C Unit! Appliances! Din Rm w/Bay Window! Large Covered Patio & Manicured Courtvard! Garage! Lakeside Pool! Sandy Beach! Best Seat for July 4th Fireworks! **\$259,900.00**

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SATURDAY AND SUNDAY SEPTEMBER 8 AND 9

SATURDAY, SEPTEMBER 8

10 a.m. - 3 p.m. THE OVERLOOK'S 3rd ANNUAL FALL FESTIVAL Full day of fun, food, music, games, goodies & exhibits, hayrides, lawn games, hard cider tasting, local wood crafts, pie eating contest & more. 88 Masonic Hill Rd., Charlton, MA

SATURDAY, SEPTEMBER 15

Doors open at 5 p.m. GIANT MEAT RAFFLE Spnsored by the Sons of the American Legion Post 138 175 Main St., Spencer, MA 6 tables to be raffled totaling over \$2000 in high quality meats. 50/50, door prize Kitchen open for dogs & burgers COSTUME CONTEST 11:00 a.m. - 1:00 p.m. Awards for scariest, most original & funniest KLEM'S 117 West Main St., Spencer, MA 508-885-2708 (Ext. 104) www.klemsonline.com

SATURDAY, DECEMBER 1

PICTURES WITH SANTA AT KLEM'S 10:00 a.m. - 3:00 p.m. Children and pets welcome! With a \$5.00 donation KLEM'S 117 West Main St., Spencer, MA 508-885-2708 (Ext. 104) www.klemsonline.com

ONGOING

JUNE 9 THROUGH

Local Events, Arts, and Entertainment Listings

ROADHOUSE BLUES JAM Every Sunday, 3:00 - 7:00 p.m. CADY'S TAVERN 2168 Putnam Pike, Chepachet, RI 401-568-4102

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

WISE GUYS TEAM TRIVIA Every Tuesday, 8:00 - 10:00 p.m. CADY'S TAVERN 2168 Putnam Pike (Rt. 44) Chepachet, RI 401-568- 4102

LIVE ENTERTAINMENT FRIDAY NIGHT

10 a.m. - 4 p.m. BROOKFIELD ORCHARDS HARVEST FAIR 12 Lincoln Rd., North Brookfield, MA Local artisans, crafters and vendors displaying their homemade items, artwork and goodies. Also apple picking, maze, wagon rides, cider doughnuts, snack bar and playground.

FRIDAY, OCTOBER 5

6 p.m. - 9 p.m. FIRST FRIDAYS FESTIVAL IN DOWNTOWN PUTNAM, CT Theme: Scandinavian-American heritage Live music! Food! Vendors!

SATURDAY, OCTOBER 20 KLEM'S 13th ANNUAL DOG OCTOBER 20 KLEM'S FARMERS MARKET Every Saturday 10 a.m. - 2 p.m. Visit many local crafters, artisans & more! www.klemsonline.com 117 West Main St., Spencer, MA

508-885-2708 (Ext. 104)

HEXMARK TAVERN AT SALEM CROSS INN 260 West Main St., West Brookfield, MA 508-867-2345 www.salemcrossinn.com

TRIVIA TUESDAYS at 7:00 p.m. Cash prizes 308 LAKESIDE 308 East main St. East Brookfield, MA 774-449-8333

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You can also download your photo reprint form at www.StonebridgePress.com

<u>TRIPS</u> <u>OFFERED</u>

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

CHARLTON SENIOR CENTER

Call Elaine or Debra for more info at (508) 248-2231 ~ Sign up sheets & flyers available at the Senior Center. Flyers are available on webpage www.town-ofcharlton.net: click on Departments then click on Council on Aging/Senior Center. Pick up is generally from St. Joseph's Church, 10 H Putnam Road Extension, Charlton

DAUGHTERS OF ISABELLA

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

September 11-13: Pennsylvania Dutch. Sightseeing tours of Lancaster and Philadelphia. \$469 per person. 7 a.m. Webster; 7:30 a.m. Southbridge. Sight and Sound Theater's Jesus.

September 30-October 2: Atlantic City Resorts Casino. \$249 per person. Leave at 7 a.m. Webster; 7:30 a.m. Southbridge. \$25 slot play, \$60 food credit and casino revue show. Right on the Casino Boardwalk!

DUDLEY SENIORS

For information and reservations contact Evelyn Grovesteen at (508) 764-8254

June 2-8 2019: Mackinac Island, Michigan. Seven days, six nights motorcoach transportation, leave Dudley Town Hall at 8 a.m. \$650 per person double occupancy. Includes carriage tour of Mackinac Island, visit to Colonial Michilimackinac, Frankenmuth, cruise, casino, lighthouse tour and more. Some meals included.

LEICESTER SENIOR CENTER

Contact Leicester Senior Center, Joan Wall, (508) 892-3967 for information and reservations.

Wednesday, September 12: Newport Playhouse "There is a Burglar in My Bed" with buffet and cabaret. \$89, due by August 21.

October 11-14: Washington DC: staying at the Embassy Suites. Cost is \$610, including tips for driver and guides. Final payment due Sept. 4.

Friday, November 16: Captain Jack's

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.

2019

September 9-22: Grand Tour of Ireland: Sept. 9-22, 2019

May 20-June 4: USA: Splendors of the Northwest National Parks: May 20-June 4, 2019

MILLBURY SENIOR CENTER

1 River St., Millbury, (508) 865-9154

TURNING STONE RESORT CASINO TRIP

October 21-22, 2 Days 1 Night

Trip includes Overnight Accommodations, Transportation along with meal vouchers and free play packages!! For more Information call or come by the Senior Center for a flyer. 508-865-9154

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 2018 TRIP SCHEDULE OPEN TO PUBLIC

Tuesday-Thursday, Sept. 11-13: Pennsylvania Dutch Tour

For \$469 per person double you will take a deluxe motor coach tour of Lancaster and Philadelphia and see the show JESUS. For details call Jan at (508) 887 2215.

Oct. 9-16: ALL INCLUSIVE ARUBA: Happily Full. I am taking names for standby on this trip and for 2019 trip

Tuesday, Nov. 13: Foxwoods \$25 - 10 a.m. bus.

You will have five hours at the casino as the bus will leave Foxwoods at 4 p.m. You will receive \$10 for gaming and \$15 meal voucher.

UNION SAINT-JEAN-BAPTISTE CHAPTER 12

Union Saint-Jean-Baptiste, Chapter #12, Southbridge, is sponsoring a variety of excursions for all to enjoy in 2018. We are a non-profit family oriented Franco-American fraternal society since 1900. As always, you do not have to be a member to participate in any of the scheduled events. All are welcome. Gift certificates purchased in any amount can be used by the recipient to any event at face value. For information or reservations contact Ted at (508) 764-7909.

All are welcome to travel with our organization.

September 11-13: three day excursion for the performance of Jesus at the Sight & Sound Theatre, Lancaster PA, the Amish Country and Philadelphia. Two nights at the Crowne Plaza Hotel, four meals, wine and cheese reception, a post dinner show, trip insurance, all gratuities included (two local guides, escort and driver). The production has taken three years in the making and involving about 650 individuals in all phases of its completion for the upcoming 2018 presentation. Cost: \$519 pp/ dbl. Waiver insurance and a budget plan available. Early reservation recommended.

November 17: Do as you wish day in New York City. A day of sightseeing, shopping, visit a museum, dine in a special restaurant, attend a Broadway matinee, or visit the 911 Fountains and the new museum via a ticket through 911museum.org. The possible activities are many. Departure from Southbridge is 6:30 a.m., return departure from NYC is 6:30 p.m. \$58 per person. For early reservation call (508) 764-7909. Deadline is Oct. 25.







and I love cartoons!

Hi! My name is Kennadie

prime rib. \$76, due by Oct. 16.

Saturday, December 1: Reagle Theatre Christmas Show and Chateau Restaurant. \$119, due by Nov. 1. 2018

2018 is the Society's 26th anniversary in providing members and non-members alike the opportunity to experience excursions of a day or extended days.

STONEBRIDGE PRESS OTH ANNUAL PET HALLOWEEN COSTUME CONTEST



Send your photos to jsima@ stonebridgepress.news or mail to Stonebridge Press Pet Contest, P. O. Box 90, Southbridge, MA 01550 by OCTOBER 10th.

All photos to run in the October 26th issue of all 7 Massachusetts Papers!

We are also looking for business sponsors! Run in ALL 7 Mass papers for just \$50 in full color!



Don't delay, call June at 508-909-4062 or email today! jsima@stonebridgepress.news





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Kennadie Age: 1

Kennadie is a happy 1-year-old baby of Caucasian descent. Kennadie likes to watch cartoons and she is fascinated by the colors and sounds in the shows. She also loves bouncing in her chair and practicing her walking skills!

Kennadie is legally free for adoption and can be placed with any type of family with or without other children. Interested families will need to be able to accommodate Kennadie's frequent appointments with her doctors and specialists.

Who Can Adopt?

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

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

To learn more about adoption from foster care, call the Massachusetts Adoption Resource Exchange (MARE) at 617-54-ADOPT (617-542-3678) or visit www.mareinc.org.

The sooner you call, the sooner a waiting child will have "a permanent place to call HOME."

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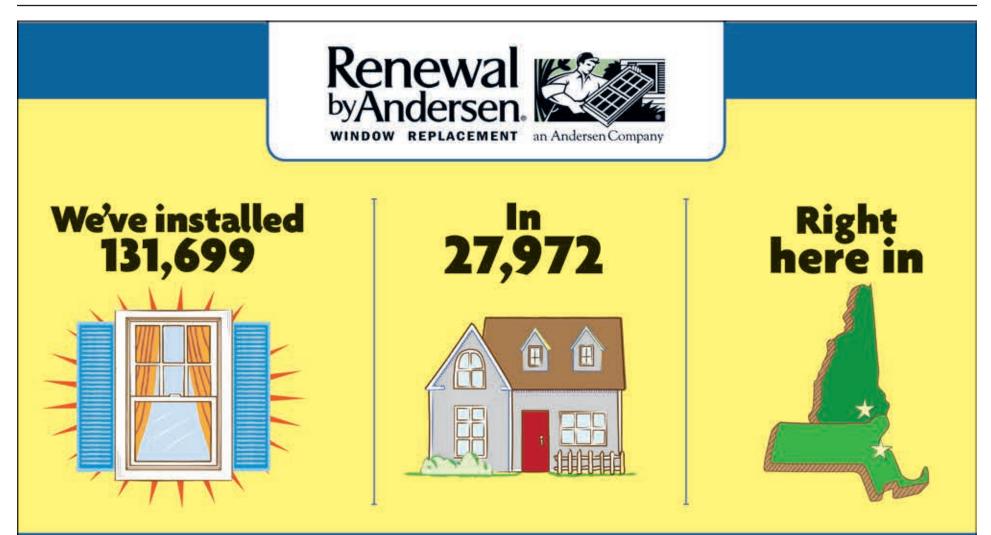
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DETAILS OF OFFER – Offer expires 9/30/2018. Not valid with other offers or prior purchases. Get \$325 off each window and \$700 off each patio door and 12 months no money down, no payments, no interest when you purchase four (4) or more windows or patio doors between 9/1/2018 and 9/30/2018. Subject to credit approval. Interest is billed during the promotional period but all interest is waived if the purchase amount is paid before the expiration of the promotional period. Financing for GreenSky® consumer loan programs is provided by federally insured, federal and state chartered financial institutions without regard to age, race, color, religion, national origin, gender or familial status. Savings comparison based on purchase of a single unit at list price. Available only at participating locations. See your local Renewal by Andersen locations are independently owned and operated. "Renewal by Andersen" and all other marks where denoted are trademarks of Andersen Corporation. ©2018 Andersen Corporation. All rights reserved. ©2018 Lead Surge LLC. All rights reserved. *Based on 2016 homeowner brand survey. Andersen family of brands aggregated: Andersen, Renewal by Andersen, Silver Line and American Craftsmen.

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12 days from \$3,998" \$1,999" Departs year-round

Discover Hawaii on this island-hopping cruise tour. Spend 7 nights aboard Norwegian Cruise Line's renovated *Pride of America* and enjoy freestyle cruising at its finest. Experience Lahaina, the historic whaling village with a near-daily "5 o'clock rainbow", Kona's coffee-rich "Gold Coast," and Kauai's spectacular landscape. Your land tour includes a Pearl Harbor and Honolulu Tour, and time to relax on worldfamous Waikiki Beach.

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12 days from ^{\$1,649'} ^{\$1,399'} Departs April - September, 2019

Take the ultimate trip around the Emerald Isle! Starting and ending in Dublin, enjoy a 12-day loop around the island with an expert local driver guide showing you the legendary hospitality and iconic sights of this lushly green nation. See fairytale castles like Blarney and Bunratty. Experience Titanic Belfast in the very town where the grand ship was built. Travel through the Ring of Kerry and see the Cliffs of Moher and the Giant's Causeway, learn about Irish emigration to America, tour the Waterford Crystal factory, and more, on this exceptional tour!

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SOUTHBRIDGE BUSINESS PARTNERSHIP STIBRIDGE BU WITH PLATINUM SPONSOR **SCHOTT NORTH AMERICA** glass made of ideas PRESENTS SOUTHBRIDGE TOWN COMMON (RAIN OR SHINE) 10AM-4PM

FAMILY FUN DAY: 10AM - 4PM

Crafters – Food Vendors – Live Entertainment **Beer Tent Featuring:** Rapscallion Brewery & The Hardwick Winery

Arts & Crafts, Face Painting, Pumpkin Painting, Southbridge Rocks

Touch-A-Truck Featuring PD & FD and Soper Construction

Harrington Hospital Auxiliary Annual LUCKY DUCK PLUCK Fundraiser

Kids Games and Rides Train Rides, Moon House, Swings and Fun House

The

EVENT SCHEDULE:

10am...Patriotic Opening

10am- 2pm...DJ Phou

10:30am... Maggie the Clown - Magic Show

The performance is supported in part by a grant from the Southbridge Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.

11am... Spotlight Dance School Performance 1:15pm...Kara Anderson's **Dance Studio Performance** 2pm...Live music by "She's Busy" **3pm...Lucky Duck Pluck: 5 Winners Drawn**

Southbridge Rocks: Up to 3 Winners Awarded

VISIT OUR FACEBOOK PAGE FOR ADDITIONAL DETAILS AND EVENT UPDATES

Please join us Saturday, September 8



One spectacular day that could lead to so many more. Please join us for a day full of fun, food, music, games and exhibits, plus a tempting array of goodies. Come see all that's great about The Overlook - and the area that surrounds it.

Come enjoy hayrides, lawn games for kids and adults, live music all day performed by No Tomatoes, local wood crafts, cupcake eating contest and so much more. Exhibits include, 5 Loaves Food Truck, Blooms & Scapes, Kent Farm Scarves, Parpe Jewelry, Captured Impressions just to name a few.



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2009 Smart for 2, Passion convertible,119K	\$4,500
2011 Chevy Cruz LS, 70к	\$4,800
1987 Mercedes Benz 300 SDL, Turbo Diesel, 180K	\$5,900



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VISA

FOOD

Embrace a reason to indulge in Mexican cuisine

Few styles of cuisine are as widely beloved as Mexican cuisine. When celebrating Hispanic Heritage Month, Hispanics and non-Hispanics alike won't want to miss the opportunity to indulge in some delicious Mexican food.

Many Mexican dishes include chipotle peppers. Smoked hot chili peppers, chipotle peppers can add spiciness to a meal for fans who can never get enough kick from their favorite Mexican dishes. The following recipe for "Chipotle Beef with Fresh Tomato Salsa" from Kathy Moore and Roxanne Wyss' "Triple Slow Cooker Entertaining" (Robert Rose) packs a punch and won't disappoint afficionados of Mexican cuisine.

Chipotle Beef with Fresh Tomato Salsa

Makes 8 to 10 servings

1 onion, thinly sliced

 $\mathbf{2}$ to 21/2-lb. beef brisket, well trimmed

chipotle pepper in adobo sauce, 1 chopped (see tip below)

tablespoon dry minced (granulated) garlic

- 1/2teaspoon ground cumin
- teaspoon salt 1/2
- cup tomato juice 1/2
- cup minced fresh cilantro 1/4Tomato salsa (see below) Flour tortillas, warmed

Arrange onion slices in bottom of one slow cooker stoneware, overlapping as necessary. Cut brisket in half and place on top of onions. Sprinkle with chipotle pepper, garlic, cumin, and salt. Pour tomato juice over top.

Cover and cook on low for 9 to 11

hours or on high for 41/2 to 51/2 hours, until beef is very tender.

Using a slotted spoon, transfer beef and onions to a tray. Pour liquid into a deep bowl. Using two forks, shred beef. Return beef and onions to the stoneware. Skim fat from liquid and pour over beef mixture. Sprinkle with cilantro. Turn to warm for serving.

To serve, spoon beef mixture and salsa into center of each warm tortilla, then fold tortilla over filling.

Tip: Chipotle peppers are smoked jalapeño peppers and are often found canned in adobo sauce. Use one for this recipe, then freeze the rest in an airtight container for up to 6 months. For even more convenience, separate the peppers and place in a single layer on a tray, topped with a little adobo sauce; freeze until firm, then transfer each pepper to a sealable freezer bag. You can then use just the amount you need for each recipe.

Tomato Salsa Makes 3 cups

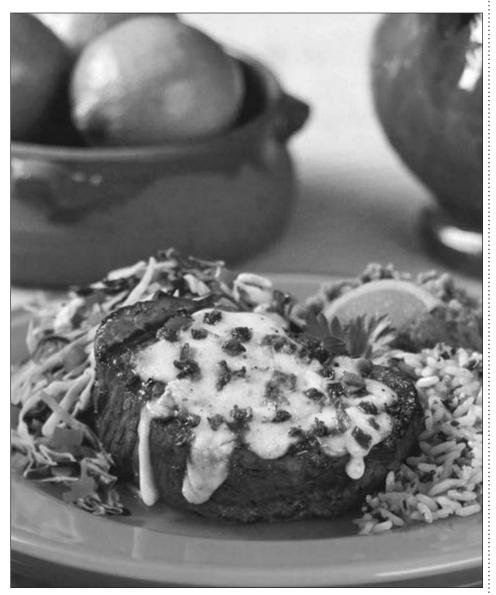
3 ripe tomatoes, seeded and chopped

- $\mathbf{2}$ green onions, sliced
- 1 jalapeño pepper, seeded and minced
 - teaspoons fresh cilantro
 - Juice of 1 lime
- Salt and freshly ground black pepper, to taste

In a bowl, combine tomatoes, green onions, jalapeño, cilantro, and lime juice. Season to taste with salt and pepper. Serve immediately or cover and refrigerate for up to one day.



from the comforts of home



A spicy taste of Mexico Celebrate Hispanic culture at the dinner table



An idyllic country with extensive mountain ranges and miles of coastal beaches, Mexico also is home to beloved cuisine. Men and women who want to create a taste of Mexico in their own kitchens can consider this recipe for "Spicy Steak Tampico" from Kelley Cleary Coffeen's "200 Easy Mexican Recipes" (Robert Rose).

SPICY STEAK TAMPICO MAKES 4 SERVINGS

4 beef tenderloin medallions (each 6 ounces and 34-inch thick)

 $\mathbf{2}$ tablespoons olive oil

- Seasoned salt and freshly ground black pepper
- 1 cup roasted green chile peppers (see below)
- cup shredded Monterey Jack cheese 1

1. Brush steaks thoroughly with olive oil. Season with salt and pepper.

2. Place medallions on preheated grill, close lid and grill, turning once, until an instant-read thermometer registers 145 F for medium rare, 5 to 8 minutes per side. Transfer to a plate, tent with foil and let stand for 10 minutes.

3. Preheat broiler with rack 3 to 4 inches away from heat. Place steaks on individual ovenproof plates. Top each steak with equal amounts of chile and cheese. Broil until cheese melts, about 2 minutes. Serve immediately.

To roast chiles: Preheat greased outdoor grill to medium or preheat an oven broiler. Place fresh chiles on outdoor grill or gas stovetop over medium heat or arrange on a baking sheet and place 2 to 3 inches away from heat under broiler. Grill or broil, turning often with tongs, until surfaces of skin are lightly charred and blistered. Immediately place peppers in a paper bag or an airtight container and close tightly. Let peppers cool for 12 to 15 minutes. Peel off charred skin and remove stems and seeds. Tear into strips or chop as needed according to the recipe. Wash your hands thoroughly after handling chiles. Refrigerate peppers for up to 3 days or freeze in airtight container for up to 6 months.

Hispanic Heritage Month is a celebration of the people who trace their origins to South America, Central America, Mexico, Spain, and certain areas of the Caribbean. Each Hispanic country has its own unique cultural traditions, and many of these traditions revolve around food. Those who want to toast Spanish culture and cuisine can whip up the following recipe for "Morcilla con Setas (Blood Sausage with Mushrooms, Spring Peas and Mint Oil)" from James Campbell Caruso's "España: Exploring the Flavors of Spain" (Gibbs Smith).

MORCILLA CON SETAS (BLOOD SAUSAGE WITH MUSHROOMS, SPRING PEAS AND MINT OIL)

SERVES 4

- pound morcilla blood sausage 1
- pound mushrooms, sliced 1
- $\mathbf{2}$ tablespoons olive oil
- cloves garlic, slivered 4
- Salt and pepper to taste
- 2 tablespoons white wine
- 1 cup shelled spring peas
- tablespoon chopped fresh mint 1
- 2 tablespoons mint oil

Mint Oil

- 1/2cup extra-virgin olive oil
- cup chopped mint 1/2Pinch of salt
- Cut the blood sausage into 12 slices. Sauté the mushrooms in olive oil with garlic, salt and pepper for 5 minutes. Add the wine and cook for 2 more minutes. Boil the peas for 2 minutes and drain. When mushrooms are done, remove from heat and stir in the peas.

In a cast-iron skillet, sear the morcilla in a dry pan for 2 minutes per side. Arrange the slices of morcilla down the middle of a platter. Surround with mushroom/pea mixture and drizzle the plate with the mint oil.

For the mint oil: In a small saucepan over medium heat, heat olive oil to warm. Remove from heat and add the mint and a small pinch of salt. Allow to rest for 1 hour. Drain through a sieve. Reserve extra mint oil for other uses, such as vinaigrette.

FOOD

A realistic guide to organic food



In a perfect world, chemicals would not be needed to produce any foods, all of which would be made in sustainable conditions and from all-natural ingredients. But even the most eco-conscious foodie routinely faces difficult decisions at the grocery store.

The Organic Trade Association says organic food is the fastest-growing sector of the American food industry, and organic food now accounts for more than 5 percent of total food sales. While many people understand the benefits

to consuming organic produce, such foods tend to cost more, compromising shoppers' budgets as a result. Making smart choices and getting the facts about organic food can help consumers make informed decisions.

SMARTER ORGANIC CHOICES

According to the food and health resource the Environmental Working Group, certain fruits and vegetables are more likely to feature residual pesticides than others.

They dub these foods the "Dirty Dozen," which include strawberries, spinach, nectarines, apples, grapes, peaches, cherries, pears, tomatoes, celery, potatoes, and sweet bell peppers. Shoppers who cannot afford strictly organic foods can opt for non-organic items that are less likely to contain residual pesticides.

FEARING ANTIBIOTICS

cerned about milk, meat and poultry treated with antibiotics. Organic foods are antibiotic-free. The Food and Drug Administration has strict guidelines in place to phase out the use of antibiotics in food animals to enhance growth or improve feed efficiency. They're also requiring farmers to select strains of microbials that are less medically important to humans who would need them to treat disease This means that

sumers know.

Also, according to the U.S. Poultry & Egg Association, poultry are not given growth hor-mones, so there's little need to pay more for hormone-free.

Organic and pesticides To be "organic," foods produced and sold in the United States and Canada must be shown to conserve natural resources and be devoid of GMOs, among other requirements However USDA

mones, vaccines for animals and a limited number of natural pesticides. Also, a 2011 survey by the USDA showed 39 percent of 571 organic samples were found to have pesticide residues, but well below tolerance levels set by the EPA. Therefore, pesticide-free and organic are not exclusive.

Organic foods are seen as a healthy alternative to foods that do not fall into this category. While there are many positive reasons to go organic including convential foods in one's diet is not

Many people are con-

conventional milk, meat and poultry may contain less antibiotics than conorganic certification allows for natural substances, such as phero- necessarily unhealthy.

How to preserve ethnic diversity while maintaining one's sense of patriotism



People emigrate for various reasons. Some do so for employment opportunities, while others seek religious or personal freedom. Many others move to be closer to family.

North America is home to scores of emigrants. Many of those people would note that

it's important to maintain pride in one's home country and its culture. And being loyal to one's adoptive country does not have to come at the expense of pride in one's homeland.

TALK ABOUT FAMILIAL HISTORY

Older generations can share stories about their youth and potentially regale young relatives with tales of time spent in their home countries. Stories can compare and contrast

the two living environments and speak to the benefits each offered, but also discuss the decision to move.

CELEBRATE ETHNIC AND NATIONAL HOLIDAYS

People can embrace all cele-

brations, including those that pay homage to their birth and adopted countries. Individual celebrations of culture, such as Hispanic Heritage Month, also can be embraced. Individuals also can take part in the cel-ebrations of other cultural groups, so they can learn more about all of the unique people who come together to make their country what it is today.

DINE ON ETHNIC CUISINE

Americanized food certainly can be tasty and make up a good portion of daily diets. However, routinely incorporate family recipes and ethnic cuisine into cooking so that younger generations can retain that connection to their culture. Think about setting aside one day a week for cultural cooking, trying new recipes each and every time.

RESEARCH IMPACT ON THE NATION

Go online or visit the library to see how certain ethnic groups played key roles in shaping United States history. Understanding the pivotal role immigrants have played throughout the history of the United States can be eye-opening and a great way to develop a sense of appreciation for all members of society.

It is possible to show pride in one's ancestral home while remaining loyal to the country a person now calls home.

Auburn News, Blackstone Valley Tribune, Spencer New Leader, Southbridge News, Webster Times, Sturbridge Villager, Charlton Villager

