

COMMUNITY CALENDAR

Thursday, October 17

AUBURN HISTORICAL SOCIETY: Ken Ether, noted expert on all things relating to trains, is giving his talk “The Building of the Western/Boston and Albany Railroad” on Thursday, Oct. 17 at 6:30 p.m. at the Lorraine Gleick Nordgren Senior Center, 4 Goddard Drive, Auburn. The talk is sponsored by the Auburn Historical Society. There will be some artifacts and photographs to examine. The event is free and open to the public. Light refreshments will be served.

Saturday, October 19

PUMPKIN PATCH FAIR: 9 a.m.-3 p.m., First Congregational Church, 128 Central St., Auburn. The fair includes unique handmade crafts, Grandma’s pantry (baked goods, soups, homemade preserves, etc.), frozen meals to go, jewelry, a silent auction, holiday décor items, and so much more! Get a jump start on your holiday shopping at our Pumpkin Patch Fair, where you’ll find something for everyone! Craft vendors, please contact the church office, 832-2845, if you would like to be a part of our upcoming fair.

ONGOING EVENTS

12 STEP PROGRAM: Christian 12 Step Program for Men and Women 7-8:15 p.m. every Tuesday at Faith Baptist Church, 22 Faith Ave, Auburn. Do you feel your life/relationships/habits are spinning out of control? A Christian 12 Step Program is the key to Christ and life providing abundance, blessing and grace. Come as you are or contact (508) 832-5044 x 155 for information.

SUICIDE PREVENTION: Attempted

Suicide Prevention Group. Held each Wednesday at 7:30 p.m. at St Bernard’s Church, 236 Lincoln St., Worcester Gym Entrance Side, second floor meeting room. Parking & T services. Weekly facilitator, inspirational speaker, founder Dan Pelly, two time attempted suicide survivor. Your life matters, never give up. No charge. More info at (617) 592-5081.

STORY TIME: Have a little one in the house? Looking to get out and do something? The Auburn Public Library may have just the thing for you. Mother Goose Story time is for children ages 6-15 months. It’s a great place for children and their grownups to listen to stories, share nursery rhymes and have time to connect with others during musical free play. Mother Goose Story Time is held Tuesdays at 10 a.m. Please stop by and join us. For information, you call the library at (508) 832-7790.

MUSEUM HOURS: The Auburn Historical Museum, 41 South St. is open Tuesday, 9 a.m. to noon, and Saturday 9:30 a.m.-12:30 p.m. Admission is free to see a variety of artifacts and memorabilia concerning Auburn as far back as when it was known as the town of Ward. All are welcome to come. For more information contact Sari Bitticks at sarilb@verizon.net.

HISTORIC HOUSES SCAVENGER HUNTS: The Auburn Historical Museum at 41 South St. will be hosting a family historic houses scavenger hunt on Tuesday and Saturday from 9:30 a.m. to noon for the month of July. Come and find out about some of the historic houses of Auburn that are in the newest book available at the museum. The event is free and open to the public.

NEW GROUP FORMING: If you’re separated or divorced, you don’t have to go through it alone. DivorceCare meets

weekly, you’ll receive practical support and find healing and hope for the future in a friendly, confidential setting. We meet Thursdays, 6:30-8 p.m., beginning Feb. 1 at Faith Church, 22 Faith Ave., Auburn. Call (508) 832-5044 or email divorcecare@faithauburn.org for more information.

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.

STORY TIME: Open Story Time will be held 4:30 p.m. every Thursday at the Auburn Public Library. No registration required. Please drop in. Open to all ages. For information, call (508) 832-7790.

BOYS’ GROUP: Chuck wants boys in the 6th through 10th grades to join The Man Cave. The Man Cave is a boys’ group that meets from 7:30 to 8:45 p.m. Thursdays at the AYFS, 21 Pheasant Court, Auburn. This is where members will learn that peers their own age share similar concerns. Group members will be able to discuss ways to cope with their concerns as well as receive positive feedback. Each week

will center around a particular topic for discussion. No cost to join. For information, call Brandon Pare (508) 832-5707 x 16 or Dan Secor (508) 832-5707 x 14. Free food available.

PUMPKINS, GET YOUR PUMPKINS HERE!: The Pumpkin Patch at the First Congregational Church, 128 Central Street, Auburn will be open daily 10 a.m. (11 a.m. on Sundays) ‘til dusk Sept. 28 through Oct. 31. There will be gourds and pumpkins of all sizes and prices – one for every need; be it for your fall decor, carving, baking – you name it! Taking in the beautiful sight of the pumpkins, in combination with the changing leaves and the backdrop of the church steeple – makes it worth the trip! If you have any questions, feel free to call the church office at 508-832-2845. See you there! Where do these pumpkins come from? The pumpkins are raised and harvested by the Navajo Indians on their reservation in New Mexico. The money they receive helps their schools and other programs and a percentage of the sales helps our church as well.

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

Bay Path Regional announces eighth grade tour and Open House dates

CHARLTON — Bay Path Regional Vocational Technical High School, located at 57 Old Muggett Hill Road in Charlton,



is pleased to announce that its annual eighth grade tours will take place during the day on Wednesday, Oct. 9, 2019. Bay Path is arranging the tours with district schools and will provide transportation to and from the local schools to Bay Path. The tours give in-district eighth graders the opportunity to see the 22 vocational programs offered by the regional vocational technical high school.

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

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

Bay Path are encouraged to apply as soon as possible.

Bay Path Regional Vocational Technical High School serves students from Auburn, Charlton, Dudley, North Brookfield, Oxford, Paxton, Rutland, Southbridge, Spencer and Webster. At this time the school is unable to accept students from outside the 10-town district. Students with questions about the school are encouraged to call the guidance office at (508) 248-5971.



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\$950,000, 111 Washington St, Holden Storage LLC, to JTD Investments LLC.

\$355,000, 14 Wallace Ave, Slade, Sarah, and Doray, Eric, to Marini, Danielle F, and King, Catherine L.

\$320,000, 61 School St, Conway, William J, and Conway, Donna L, to Rizzitano, Kenneth J, and Rizzitano, Lisa M.

\$309,000, 3 Coachman Ln, Picard, Christopher, and Picard, Tatiana, to Keller, Megan K.

\$300,000, 79 Jerome Ave, Bryant, Ray, and Stanley, Eileen C, to Hassett, Brian D, and Zanelli, Kathleen E.

\$250,000, 3303 Forest Park Dr #3303, Robert P Church RET, and Church, Robert P, to Dibenedetto, Lori A.

\$240,100, 77 Rochdale St, Judkins, Lisa, and Bianco, Margot E, to VSTFT Mat LLC.

\$230,000, 41 Bryn Mawr Ave, Resi Reo Sub LLC, to Termo Real Estate Invests.

\$225,000, 19 Waterman Rd, Anderson, Brian, and Anderson, Leiana, to Siple, Arynne E, and Sponseller, Alexander C.


\$128,900, 144 Old Meetinghouse Rd #144, Renault, Joseph J, and Renault, Cindy L, to Besardi, Nancy.

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To SUBMIT A LETTER TO THE EDITOR:
E-MAIL THE EDITOR AT news@stonebridgepress.news

To SUBMIT CALENDAR ITEMS:
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Backpack Drive helps local schools in need



Courtesy photos

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



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

Harvest season hits Old Sturbridge Village with Apple and Agricultural Days

STURBRIDGE — Old Sturbridge Village is celebrating the harvest season with Apple and Agricultural Days, select Saturdays and Sundays in October. As the trees burst into color, the village transforms into a bustling operation as costumed interpreters harvest the grains, fruits and vegetables that have been growing at OSV all summer long.

Visit and learn how food makes its way from the farm to the dining room table in 19th century New England life.

Explore the village, take a tour of gardens and root cellars, and meet the oxen as additional guest teams arrive at the village to plow and demonstrate field preparation.

Witness the apple harvest — one of the most popular items of fall. Apples at the village are selected and fermented to get “squeezings” from the fruit, a process that produces a different variation than the sweet cider typically recognized at today’s farm stands. Cider in the 1800s was kept through the spring

planning, summer heat, and into the harvesting of the following season so it could be enjoyed year-round. During Apple and Agriculture Days, costumed interpreters will be cooking and demonstrating the fermentation process using the ox-powered Cider Mill on-site.

For two days only during Apple and Agriculture Days, on Oct. 12 and 13, enjoy a special screening of Forgotten Farms in the Old Sturbridge Village Visitor’s Center. This documentary-style film examines class divides in today’s farm and food communities. Once at the center of a thriving local food economy, dairy farmers are often “forgotten” in today’s new farming landscape, with New England alone losing over 10,000 conventional dairy farms in the past 50 years. Following the screening on Oct. 12, Old Sturbridge Village will host a panel discussion, featuring the film’s director, Dave Simonds, producer, Sarah Gardener, local dairy farmers, and OSV’s agricultural and horticultural staff.


from 9 a.m. to 4 p.m. on Oct. 5, 6, 12, 13, 14, and 19. Activities are included with Standard Daytime Admission, a season pass, or membership to Old Sturbridge Village. Save \$2.50 per adult, senior, or youth ticket when you purchase online instead of at the door. Purchase tickets by visiting: <https://www.osv.org/visit/purchase-one-day-tickets-online/>.

More information on Apple and Agriculture Days 2019 can be found online at: <https://www.osv.org/event/apple-and-agriculture-days/>.



Courtesy photo

Old Sturbridge Village will celebrate the harvest season with Apple and Agricultural Days in October.



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WWW.TCHEALTH.ORG

Rep. Frost October Office Hours

CHARLTON — Representative Paul Frost (R-Auburn) announces he will be holding an office hour in Charlton on Oct. 10 at the Charlton Office Hour at 10 a.m. This is an opportunity to meet and discuss issues with Representative Frost and a member of his staff.

Constituents do not need to wait for office hours to voice any concerns or request assistance, or to schedule an alternative opportunity to meet with Representative Frost. You can always

contact his office at the State House by calling (617) 722-2489.

Office Hours and Locations for October:

Oct. 8: Oxford Senior Center: 10-11 a.m.

Oct. 10: Charlton Senior Center: 10-11 a.m.

Oct. 15: Millbury Senior Center: 11 a.m. – noon

Oct. 17: Auburn Senior Center: 11 a.m. – noon

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October 2019

Bay Path High School

Full Price \$1.75 Reduced \$0.30

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Or Try the Grab and Go Line with an assortment of pastries

All meals are served with a choice of assorted 8oz low fat milk

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Upload funds to your child's account: <https://unipaygold.unibank.com/customerinfo.aspx>
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Any questions please call Katie Tilton at (508)248-5971 ext.1348

****Coming Soon** MySchoolbucks, a new and improved way of monitoring your child's account and processing payments. Please keep an eye on your mail for more information ☺**

Monday

****Menu Subject to Change Without Notice****

Homemade Coffee Cake
4oz Yogurt
4oz Fruit Juice
Fruit Variety

Columbus Day

Homemade Coffee Cake
4oz Yogurt
4oz Fruit Juice
Fruit Variety

Homemade Coffee Cake
4oz Yogurt
4oz Fruit Juice
Fruit Variety

Tuesday

Sausage, Egg & Cheese on a Biscuit
4oz Yogurt
4oz Fruit Juice
Fruit Variety

Bacon, Egg & Cheese on a Croissant
4oz Yogurt
4oz Fruit Juice
Fruit Variety

Assorted Bagel Assorted Cream Cheese
4oz Yogurt
4oz Fruit Juice
Fruit Variety

Sausage, Egg & Cheese on an English Muffin
4oz Yogurt
4oz Fruit Juice
Fruit Variety

Bacon, Egg & Cheese on a Biscuit
4oz Yogurt
4oz Fruit Juice
Fruit Variety

Wednesday

Scrambled Eggs Bacon
Whole Wheat Toast
4oz Fruit Juice
Fruit Variety

8th Grade Tours No School

Scrambled Eggs Sausage
Whole Wheat Toast
4oz Fruit Juice
Fruit Variety

Scrambled Eggs Bacon
Whole Wheat Toast
4oz Fruit Juice
Fruit Variety

Scrambled Eggs Sausage
Whole Wheat Toast
4oz Fruit Juice
Fruit Variety

Thursday

Assorted Bagel Assorted Cream Cheese
4oz Yogurt
4oz Fruit Juice
Fruit Variety

Pancakes with Mixed Berries
4oz Yogurt
4oz Fruit Juice
Fruit Variety

Waffle Bar with Assorted Toppings
4oz Yogurt
4oz Fruit Juice
Fruit Variety

Assorted Bagel Assorted Cream Cheese
4oz Yogurt
4oz Fruit Juice
Fruit Variety

French Toast with Syrup
4oz Yogurt
4oz Fruit Juice
Fruit Variety

Friday

Ham, Egg & Cheese on an English Muffin
4oz Yogurt
4oz Fruit Juice
Fruit Variety

Sausage, Egg & Cheese Quesadilla
4oz Yogurt
4oz Fruit Juice
Fruit Variety

Bacon, Egg & Cheese on a Biscuit
4oz Yogurt
4oz Fruit Juice
Fruit Variety

Ham, Egg & Cheese on a Croissant
4oz Yogurt
4oz Fruit Juice
Fruit Variety

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CLUES ACROSS

1. Fertile desert spots

6. Married woman

9. Some animals travel in one

13. Fear

14. Hawaiian island

15. Fit to work

16. Electronic counter-countermeasures

17. Former Senator Specter

18. Cambodian currency

19. Dave Matthews Band hit

21. Lists ingredients

22. Endangered antelope

23. Jerry's TV partner

24. Blue grass state

25. Obstruct

28. Luke's mentor ___-Wan

29. Fencing swords

31. Oh, heavens!

33. Insensitive to changes in price

36. Hillsides

38. Brew

39. Gland secretion

41. A typical example

44. Get up

45. You put it on your pasta

46. Expresses surprise

48. News organization

49. Disorder of the lungs (abbr.)

51. One millionth of a gram

52. Some are of the "suit" variety

54. Group of organisms

56. Produces

60. Passage into a mine

61. ___ and cheeses

62. Semitic fertility god

63. Dry or withered

64. Religious ceremony

65. ___ Winger, actress

66. German river

67. Midway between northeast and east

68. Take something or somebody somewhere

CLUES DOWN

1. Lyric poems

2. Genus of saltwater clams

3. Ingroup

4. Type of lounge chair

5. Memory card

6. Archipelago

7. Common Korean surname

8. It's up there

9. Quantity that helps to define

10. First month of the Jewish ecclesiastical year

11. Metal-headed golf club

12. A shade of green

14. Begin

17. A good thing to have

20. Language spoken in Laos

21. Loosely compacted sediment

23. Naturally occurring protein

25. Central Indian city

27. Volcanic craters

29. Largest existing land animals

30. Rumanian city

32. Equal to 10 meters

34. Historic Nevada city

35. A point of transition

37. Remove

40. Overwatch character

42. Records electric currents linked to the heart

43. Settles in calmly

47. Partner to his

49. Banking giant

50. Slowly disappeared

52. End

53. Sword with a v-shaped blade

55. Fabric with smooth, shiny surface

56. Wild cherry tree

57. Traditional Japanese socks

58. Make of your hard work

59. Stony waste matter

61. Woman (French)

65. Unit of loudness

PUZZLE SOLUTION

Q	N	I	R	B		E	N	E		R	E	D	E	
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RALLY

continued from page 1

above the 20th-century average, with almost all of that warming happening since 1980. Projections for the future range greatly, largely dependent on whether atmospheric carbon keeps growing, levels off or declines. The best IPCC model (RCP 2.6) shows a roughly stable temperature slightly above that of the present through 2300. The worst (RCP 8.5) projects an increase that ranges from 3 deg C to more than 12 deg C above present by 2300. The wide range is in part because scientists do not yet have a good handle on numerous natural feedback loops that might be triggered by such events as melting permafrost and sea ice or ocean acidification.

Worcester's event was organized by Climate Strike Worcester, a coalition of several regional environmental groups. Participants primarily came from four Worcester colleges — Holy Cross, Worcester State, WPI and Clark — in marches to the City Hall rally site from WPI and Clark. Several older residents (one dressed like

Greta Thunberg) and younger children were also involved, as were representatives of the state's Green-Rainbow Party, Socialist Alternative and Extinction Rebellion. One counter-protestor carrying a "useful idiots" sign also walked by the peaceful crowd.

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October 2019

Bay Path High School

LUNCH

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Upload funds to your child's account: <https://unipaygold.unibank.com/customerinfo.aspx>
Free/Reduced lunch application: <http://www.baypath.net/role/students/reduced-lunch/>
Any questions please call Katie Tilton at (508)248-5971 ext.1348

****Coming Soon** MySchoolbucks, a new and improved way of monitoring your child's account and processing payments. Please keep an eye on your mail for more information ☺**

Monday

****Menu Subject to Change Without Notice****

Taco in a Bag 7
Seasoned Ground Beef & Cheese served in a bag of Nacho Cheese Doritos w/ assorted toppings Black Bean and Corn Salad Fruit Variety

Columbus Day 14


Chicken Quesadilla 21
Seasoned Chicken Slices & Cheddar Cheese in a Crisp Tortilla Salsa, Sour Cream & Guacamole Fiesta Corn Salad Fruit Variety

Meatloaf 28
Beef Meatloaf w/ Mashed Potatoes & Gravy Glazed Carrots Biscuit Fruit Variety

Tuesday

Grilled Cheese 1
Tomato Soup Green Beans Fruit Variety

Buffalo Chicken Dip 8
with Whole Grain Tortilla Chips Veggie Sticks w/Ranch Fruit Variety

Mozzarella Sticks 15
Baked Mozzarella Sticks Marinara Sauce Steamed Green Beans Fruit Variety

Cuban Sandwich 22
Roast Pork, Ham & Cheese Toasted on French Bread Onion Rings Tomato Salad Fruit Variety

BBQ Chicken Sandwich 29
BBQ Chicken Breast on a Bun w/ lettuce, tomato & Onion Tater Tots Roasted Chick Peas Fruit Variety

Wednesday

Pig in a Blanket 2
Beef hotdog wrapped in garlic bread stick Baked Fries Cucumber Salad Fruit Variety

8th Grade Tours No School 9

General Tso's Chicken 16
Crispy Chicken tossed in a S & Spicy Ginger Sauce Vegetable Fried Rice Vegetable Egg Roll Fortune Cookie Fruit Variety

Assorted Calzones 23
An Assortment of Calzones filled with meats, veggies and cheese Marinara Dipping Sauce Tossed Salad Fruit Variety

Grilled Cheese 30
Tomato Soup Tossed Salad Fruit Variety

Thursday

Macaroni & Cheese 3
Elbow Pasta in a Creamy Homemade Cheese Sauce WW Dinner Roll Sweet Peas Fruit Variety

Chicken Parmesan 10
Crispy Chicken topped with Marinara & Mozzarella Cheese over a bed of pasta Roasted Zucchini & Squash Garlic Bread Fruit Variety

Brunch For Lunch 17
Pancakes w/ Sausage or Ham, Egg & Ch. On an English Muffin Home fries Strawberries

Cheeseburger or Hot Dog 24
Beef Burger topped with Cheese or a Hot Dog on a Whole Wheat Bun Baked Beans Fruit Variety

Chicken & Sausage Jambalaya 31
Chicken & Smoked Sausage Cajun style Rice Dish Patio Beans Fruit Variety

Friday

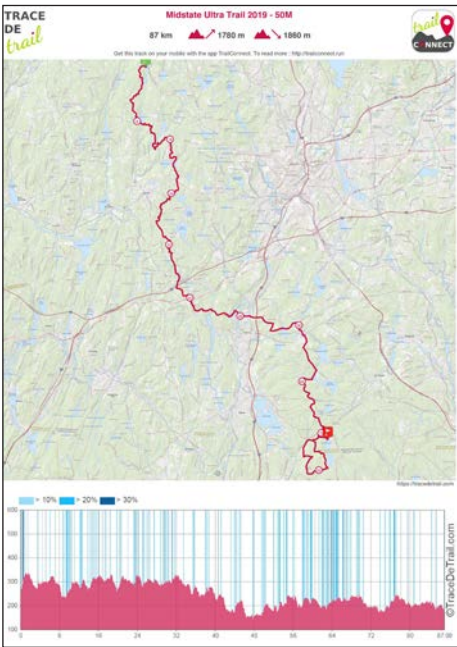
Spicy Chicken Patty Sandwich 4
Spicy Chicken Patty on a Whole Grain Bun w/ Lettuce & Tomato Veggie Sticks w/Hummus Fruit Variety

Turkey Bacon Melt 11
Tender slices of Turkey, toasted with Bacon & Cheese Tossed Salad Fruit Variety

Chicken Tenders 18
WW Dinner Roll Peas & Carrots Fruit Variety

Cheese Lasagna 25
Cheese Lasagna Rollup Smothered in Marinara Sauce Garlic Bread Stick Mixed Vegetables Fruit Variety

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MIDSTATE
continued from page 1

ning surface. They're not running it terribly quickly. You can go at your own pace completely."

Mazzola said he expects around 100 runners total.

"We are prepared to be able to handle most weather situations so we can provide a safe event for all participants. However, we do require the support of state and local officials to conduct this

race safely and will only do so with their continued approval," the race handbook states. "... If a significant event were to occur on or near race weekend and state and/or local authorities deem it unsafe for us to hold the event, we will be obligated to cancel the event."

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

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

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

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

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

So he's traveling its length and adding reflective signs at all intersections.

One thing he said he didn't expect to be an issue was wild animals.

"That kinda goes with the territory. It's never been a problem," he said.

"We're making noise, running the trail, have lights and are not trying to be quiet."

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

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Felix and Felixiano
Age 8 and 9

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

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

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

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

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

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



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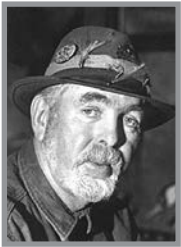


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Youth deer hunt passes, while pheasant hunting approaches



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

This week’s picture shows Tyler with his first doe he harvested with his dad a few years

ago using his shotgun.

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

Concerned local bird hunters are worried about West Hill in Uxbridge being stocked this year with pheasant because of a dispute with an abutting land owner, which has shut down access to a section of the West Hill. There should not be a problem, as the access to the site can be made at the Dam area on Hartford Ave.! It was

used for years prior to the shut-down for access to the hunting site and hopefully it will be used this year if no changes or settlements are made with the abutting landowner. Unfortunately, hunters will have a longer walk to the hunting areas, as they will need to park at the parking lot off of Hartford Ave. Stay Tuned!

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

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



not bothered by the taste.

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

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

Fish stocks of some species in the saltwater are being devastated by Cormorants and seals. These protected species are causing serious damage to our winter flounder populations, especially in Rhode Island waters. The winter flounder fishing is nearly non-existent in the Narragansett Bay area for years now because of cormorants. In past years I have watched these birds eat hundreds of the recently hatched winter flounder in Rhode Island waters.

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

Take A Kid Fishing & Keep Them Rods Bending!!

Uber 911 safety integration now available across all of Massachusetts

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

Uber first introduced the emergency button for all riders and drivers in 2018. The feature shows GPS location and car details (make, model, color, and license

plate) in the app so that when a rider or driver taps Uber’s emergency button to call 911, they can tell dispatchers that information.

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

“Safety is at the heart of everything

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

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

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

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

LEGALS

(SEAL)

**COMMONWEALTH
OF MASSACHUSETTS
LAND COURT
DEPARTMENT OF
THE TRIAL COURT
19 SM 004419
ORDER OF NOTICE**

To:
Michael S. O'Neill; Jennifer B. O'Neill
and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. c. 50 §3901 (et seq)
PennyMac Loan Services, LLC
claiming to have an interest in a Mortgage covering real property in Auburn, numbered 20 Linda Avenue, given by Michael S. O'Neill and Jennifer B. O'Neill to Mortgage Electronic Registration Systems, Inc., as nominee for Countrywide Home Loans, Inc., dated January 26, 2007, and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 40568, Page 330, and now held by the Plaintiff by assignment, has/have filed with this court a complaint for determination of Defendant's/ Defendants' Servicemembers status. If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at Three Pemberton Square, Boston, MA 02108 on or before November 11, 2019 or you may lose the opportunity to challenge the foreclosure on the ground of noncompliance with the Act. Witness, GORDON H. PIPER, Chief Justice of this Court on September 25, 2019.
Attest: Deborah J. Patterson
Recorder
17127
October 4, 2019

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE By virtue of and in execution of the Power of Sale contained in a certain mortgage given by Roger Gordon and Nicole Gordon to Mortgage Electronic Registration Systems, Inc. as nominee for America's Wholesale Lender dated January 5, 2007, recorded at the Worcester County (Worcester District) Registry of Deeds in Book 40486, Page 333; said mortgage was then assigned to Bank of America, N.A., successor by merger to BAC Home Loans Servicing, LP FKA Countrywide Home Loans Servicing, LP by virtue of an assignment dated September 6, 2011, and recorded in Book 47819, Page 146; and further assigned to Green Tree Servicing LLC by virtue of an assignment dated May 14, 2013, and recorded in Book 50929, Page 76; and further assigned by Ditech Financial LLC FKA Green Tree Servicing LLC, sometimes known as Greentree Servicing LLC to U.S. Bank Trust, N.A., as Trustee for LSF9 Master Participation Trust by virtue of an assignment dated February 6, 2017, and recorded in Book 56761, Page 255; of which mortgage the undersigned is the present holder for breach of conditions of said mortgage and for the purpose of foreclosing the same will be sold at PUBLIC AUCTION at 11:00 AM on October 29, 2019, on the mortgaged premises. This property has the address of 6 Eastford Road, Auburn, MA 01501. The entire mortgaged premises, all and singular, the premises as described in said mortgage: The land in said Auburn on the southwesterly side of Eastford Road and further bounded and described as follows: BEGINNING at a stone monument set on the southwesterly line of said street about two hundred seventeen and three tenths (217.3) feet southeasterly of the southeasterly line of Bryn Mawr Avenue; THENCE deflecting to the right 97 degrees in a southwesterly direction, two hundred thirty-nine and eleven hundredths (239.11) feet to a stake;

THENCE deflecting 90 degrees to the left, in a southeasterly direction, fifty-nine and fifty-five hundredths (59.55) feet to a stake; THENCE deflecting 90 degrees to the left, in a northeasterly direction, two hundred forty-six and forty-two hundredths (246.42) feet to a stake set on the southwesterly line of said new street; THENCE by the southwesterly line of said street, in a northwesterly direction, sixty (60) feet to the place of beginning. 25456/172 Subject to and with the benefit of easements, reservation, restrictions, and taking of record, if any, insofar as the same are now in force and applicable. In the event of any typographical error set forth herein in the legal description of the premises, the description as set forth and contained in the mortgage shall control by reference. Together with all the improvements now or hereafter erected on the property and all easements, rights, appurtenances, rents, royalties, mineral, oil and gas rights and profits, water rights and stock and all fixtures now or hereafter a part of the property. All replacements and additions shall also be covered by this sale. Terms of Sale: Said premises will be sold subject to any and all unpaid taxes and assessments, tax sales, tax titles and other municipal liens and water or sewer liens and State or County transfer fees, if any there are, and TEN THOUSAND DOLLARS (\$10,000.00) in cashier's or certified check will be required to be paid by the purchaser at the time and place of the sale as a deposit and the balance in cashier's or certified check will be due in thirty (30) days, at the offices of Doonan, Graves & Longoria, LLC ("DG&L"), time being of the essence. The Mortgagee reserves the right to postpone the sale to a later date by public proclamation at the time and date appointed for the sale and to further postpone at any adjourned sale-date by public proclamation at the time and date appointed for the adjourned sale date. The premises is to be sold subject to and with

the benefit of all easements, restrictions, leases, tenancies, and rights of possession, building and zoning laws, encumbrances, condominium liens, if any and all other claim in the nature of liens, if any there be. In the event that the successful bidder at the foreclosure sale shall default in purchasing the within described property according to the terms of this Notice of Sale and/or the terms of the Memorandum of Sale executed at the time of foreclosure, the Mortgagee reserves the right to sell the property by foreclosure deed to the second highest bidder, providing that said second highest bidder shall deposit with the Mortgagee's attorneys, the amount of the required deposit as set forth herein. If the second highest bidder declines to purchase the within described property, the Mortgagee reserves the right to purchase the within described property at the amount bid by the second highest bidder. The foreclosure deed and the consideration paid by the successful bidder shall be held in escrow by DG&L, (hereinafter called the "Escrow Agent") until the deed shall be released from escrow to the successful bidder at the same time as the consideration is released to the Mortgagee, whereupon all obligations of the Escrow Agent shall be deemed to have been properly fulfilled and the Escrow Agent shall be discharged. Other terms, if any, to be announced at the sale. Dated: September 25, 2019 U.S. Bank Trust, N.A., as Trustee for LSF9 Master Participation Trust By its Attorney DOONAN, GRAVES & LONGORIA, LLC, 100 Cummings Center, Suite 225D, Beverly, MA 01915 (978) 921-2670 www.dgandl.com 54559 (GORDON)
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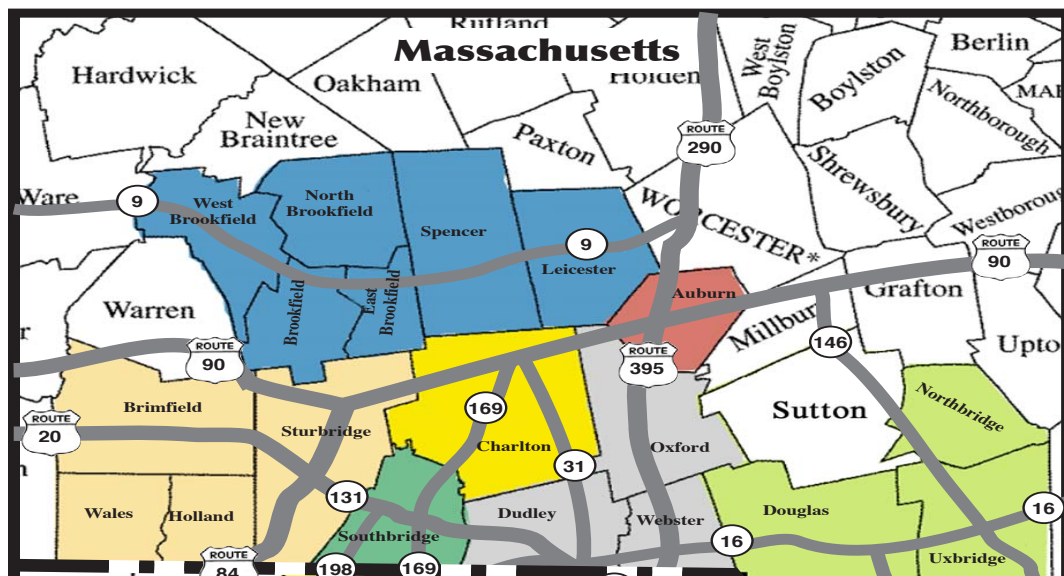
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FRANK G. CHILINSKI
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BRENDAN BERUBE
EDITOR

EDITORIAL

Don't give in to the winter blues

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

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

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

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

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

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

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

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

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

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

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

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

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

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

I find it fascinating how the most successful people I know are rarely the most talented. It doesn't matter ... whether it's business, inter-personal relationships, the arts, sports ... the people who achieve the greatest heights all share a single quality that propels them above others. It's not talent, intelligence or luck. It's not knowing the right people or being in the right place at the right time. What is it that the successful have that others do not?

POSITIVELY SPEAKING

By GARY W. MOORE

Persistence.

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

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

What would happen if you didn't quit?

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

Is persistence the only quality needed to succeed?

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

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

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

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

It's rarely the most talented that achieve the pinnacle of success. Of course, talent matters, but ability is something that can be achieved through dogged determination. Sticking with your dream and driving to greater heights through practice, study and a passionate drive that always ask the question: If others can reach the top and achieve their dreams, why not me?

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

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

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

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

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

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

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

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

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

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

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

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

It's never too late.

Why not you?

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

How to become a long-term investor



FINANCIAL FOCUS

DENNIS ANTONOPOULOS

It's a fairly predictable pattern: When the stock market rises, more people invest, but after a large-scale drop, many of these same people head for the exits. But by staying out of the financial markets, and only putting their money in "safe" vehicles that offer few or no growth prospects, are they really helping themselves? Here's the bottom line: If you're going to make progress toward your long-term goals, you have to become a long-term investor. But how?

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

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

Only invest money you won't need for a long time. If you can tell yourself that the money you are investing today is money you won't really need for 20 or 30 years, you'll be better prepared, psychologically, to get through the down periods of the financial markets. And as long as you aren't overextending yourself financially in other parts of your life, you really shouldn't need those investment dollars for a very long time. They should be earmarked for goals you hope to achieve far into the future, such as a comfortable retirement.

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

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

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

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

Harvest Goods = Impressive Gifts

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

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

Pear Honey

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

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



TAKE THE HINT

KAREN TRAINOR

Process is hot water bath for ten minutes.


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

Thanksgiving Pickled Eggs

For some New Englanders pickled eggs are as traditional as cranberry sauce on the Thanksgiving table. This recipe is sure to "hit the spot!"

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

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



TOUCH DOWN!
CHECK OUT
THE SPORTS ACTION!

Touch a Truck event brings attention to DPW's space needs



4531: DPW staff members hang out during Touch a Truck Day Saturday.

BY GUS STEEVES
CORRESPONDENT

OXFORD – A lot of kids love trucks. On Saturday, the town turned that love to its advantage by hosting Touch a Truck Day at the DPW facility. Kids got to climb all over various plows, dump trucks, an ambulance and a fire truck while their parents learned something about the plan to seek voter support for completely rebuilding the Charlton Street facility.

That plan's first phase – the engineering and design work, bidding, and hiring a project manager, estimated to cost \$1.7 to \$2 million – will be Article 7 of the Special Town Meeting warrant next week, Oct 2.

"We've needed this since long before my time, and I've been here 12 years," said DPW Director Sean Divoll, who noted the existing facility is overcrowded and fails OSHA regulations (especially ventilation), among other issues.

Those are most visible indoors, where trucks inside the main garage are packed very tightly right to the walls, with just inches between plows and neighboring vehicles. Many are permanently parked outside year-round.

DPW foreman Steve Esposito said the department's issues really date back to 2003, "when we became a DPW." At that time, the equipment for several smaller departments, including tree warden, facility maintenance and cemetery, joined the highway vehicles already here. The ambulance service was also housed here for a while.

"We've been making do all this time," he said. "We've been squishing in ever since."

"We [want to] wipe the slate clean and rebuild in a configuration that's a lot more thoughtful" and "shields

the neighbors" from noise and other nuisances, Divoll added. The plan is to rent space elsewhere during the overall project, and maybe "team up with a neighboring town" to store some vehicles, he said.

The engineering work will determine the total project cost and timeline, but he estimated it at \$15-20 million.

That number was a little too big for resident Jeanne Barker.

"They obviously need it, but the money is an issue. Roads come first because our roads are a disaster," she said. "I don't think it's going to fly, but hopefully they can get grant money" to reduce the cost to taxpayers.

Town Manager Jen Callahan said the town has been putting more effort and money into the roads since she began a year ago. While most towns rely on state Chapter 90 aid for roadwork, Oxford added some local funds to that in this year's budget. But the demand is very high, and Oxford has many "non-conforming" roads, she observed.

She said the first phase will cost residents just \$20 per household (on average). The second part, obviously will cost more, but she and Divoll both note it's a debt exclusion, not an override, so the tax increase to cover it will go away eventually. Its duration remains to be seen, but payment for such projects typically lasts 20-30 years.

Callahan said the town's recent audit specifically cited this project as one Oxford should do. Right now, the town has only \$9 million in outstanding debt with a \$60 million cap, and bond agencies rate towns in part on how effectively they're maintaining their property, she said.

"Renovating the DPW complex is a major improvement and will help raise



Jack Berry, Cavan Comeau and Liam Cormier check out the inside of a vehicle parked outside.



Jeremiah Johnson takes the wheel of one of the DPW's smaller vehicles while Brad Demers and Selectman Mike Daniels look on.

the value of people's houses," she added.

Resident Elissa Comeau likes that concept, saying she supports the work because of the "health and safety issue for the employees."

"If people want the benefits of the [department's] hard work, they need to pitch in a little bit," she added.

Town Meeting also features several other items. Among the biggest are a proposal to exempt new hires and promotions within the Police Department from Civil Service requirements, the

purchase of land near the Town Beach on Carbuncle Pond, a few bylaw amendments, and a \$16,813 transfer to fund work and the Middle School. Town Meeting convenes Wednesday, Oct 2 at 7 p.m. at the high school auditorium.

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

TRAINOR

continued from page A8

eggs loosely into canning jars. Pour bet mixture over eggs. Chill for at least four hours before eating.

Note: Pickled eggs should be refrigerated, not processed. Refrigerated pickled eggs can last up to ten days in the refrigerator.

**
Peach Salsa
Sweet and spicy, a fiesta of spices elevates this salsa from simple to sensational!

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

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

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

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

**
Wine Jelly
Made from just four ingredients, this simple recipe transforms white or red wine into a

sweet spread sure to impress.

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

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

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

**
Roasted Red Cherry Tomatoes
Rich, red Lilliputian tomatoes, fresh garlic and authentic Italian spices create this savory Mediterranean side dish.

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

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

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

**
Festive Red & Green Jelly
The pop of festive colors in this pepper jelly make it a favorite accompaniment to the holiday meal.

Ingredients: 1 cup chopped red bell pepper; 1/2 cup chopped jalapeno pepper; 5 cups sugar; 1 1/2 cups apple cider vinegar; 1 six ounce bottle liquid pectin

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

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

Win Dinner for Two at the Publick House

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

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

Veterans Day Salute November 7-8, 2018

Stonebridge Press is saluting our veterans

(from all wars & branches, including honoring deceased veterans), reservists, and active duty U.S. Military members in the November 7-8th issue.



Please send in a photo of your loved one with his or her name, rank, branch of military, and hometown by email to julie@villagernewspapers.com

The deadline for photos is October 17. There is no cost to submit a photo.

If you submitted a photo in previous years, please DO NOT re-send. All previous submitted verterans photos will be run again.

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

SPORTS

Auburn scores in final minute to draw even with Rams



Nick Ethier photos

Auburn's Mick Sampson catches a pass in between Northbridge's defense.



Auburn's Karina Sargent dribbles the ball down the field versus Northbridge.



Liv Mathews of Auburn surveys the field while possessing the ball.



Keeper Alyssa Wright of Auburn punts the ball down the field.

BY NICK ETHIER
SPORTS STAFF WRITER

NORTHBIDGE — When Hannah Lomonaco scored in the 73rd minute to give the Northbridge High girls' varsity soccer team a 2-1 lead over Auburn High on Monday, Sept. 30, it appeared as if the Rams were destined to grab their second victory of the season.

But, in the final minute, the Rockets' Emily Turcotte scored her second goal of the game to draw even, 2-2, and keep Auburn's unbeaten streak alive.

And while neither side was

thrilled with the tie, both teams will take the positives from the outcome.

"I think in the second half our effort definitely improved," said Auburn head coach Emily Para, whose team trailed at the half, 1-0. "We can't go into games thinking that we're going to win."

"We're totally proud of our effort," said Northbridge head coach Kristin Strazzulla. "It's just heartbreaking because of all the work that went into the 80 minutes. They continue to get better every game."

The Rams struck first in the

10th minute when Lily Modica worked the ball down the right sideline and into a scoring area. She then sent a centering pass over to Ally Boucher, whose shot left her foot like a laser beam, and it found the upper portion of the net.

"She was up and down that sideline all game," Strazzulla said of Modica's work to set up the goal. "She just works and works and works and does not stop."

With a few minutes remaining in the half, a timeout was called. There, Para let her team know that they could and

should be playing better.

The message was well received, as the Rockets scored just six minutes into the second half. Turcotte was in the right place at the right time when the ball ricocheted off a Northbridge defender and right to her. Turcotte's shot then got past keeper Hannah Dizenzo for the equalizer.

Then, in the 73rd minute, Lomonaco made a huge defensive stop for the Rams. She wasn't done there, though, as she kept control of the ball, dribbled past an Auburn midfielder, outraced a Rocket defender and launched a 25-yard shot up and over keeper Alyssa Wright and into the goal.

"She sat in the back all game...and then found her moment," Strazzulla said of Lomonaco's play. "We've been trying to put her in the mid-field, but when we play a team that has some speed up top, we sit her back. When she sees that moment, away she goes."

Turcotte, again, was then in the perfect spot in the final minute to salvage her team the tie. Emily Flaherty sent a 40-yard boom of a kick from just inside the midfield line down to Turcotte, who adjusted her body to make sure her shoulder made contact with the ball. It then slowly rolled into the back of the net.

"I moved Turcotte, our cen-

ter-midfielder, up because she's just a hustler," Para said of the second half adjustment that paid ultimate dividends. "I'm glad that she got those two goals."

On that second goal, Para said, "She [Flaherty] looked, she saw her [Turcotte], and it was a great ball. She threw her body into it and it was just enough to roll in. We were very lucky, but we'll take the tie."

Auburn is now 6-2-1 at the season's midpoint and hasn't lost in seven games.

"We're in a good place. Sitting at 0-2, it's hard to coach the morale of the team knowing that we're better, but I was happy that we've turned it around and have had a good streak," said Para.

Northbridge, meanwhile, is only 1-7-1, but they play harder and better than their record indicates.

"The thing I like about these girls is they don't look at the record and say they stink. They look at it and say, 'we're getting better every game,'" said Strazzulla. "It's my first year with this program and you always want a winning record, but we have learned to look for the wins in every game. At first we put together 20 minutes and today I really feel like we put together 80 minutes of soccer."

SPORTS

Tantasqua's win ends Rockets' unscored upon streak



Auburn's Emmanuel Teedo Pannah attempts to dribble his way past Tantasqua's Evan Thomas.



Jason McKay photos

Auburn's Dillon Winkellmann fights with a Tantasqua defender for possession of the ball.



Zack LaPoint of Auburn searches for an open teammate before throwing the ball in.

BY KEN POWERS
SPORTS CORRESPONDENT

STURBRIDGE — There are few high school boys' varsity soccer teams that face a must-win game in the first half of the season, but that was the case for Tantasqua Regional in its game with visiting Auburn High on Wednesday, Sept. 25.

The Rockets entered the game undefeated and unscored upon, but the Warriors netted a pair of goals in the first 20 minutes and three in the first half en route to defeating Auburn, 3-1.

Tantasqua improved to 7-2 overall and 6-1 in the Southern Worcester County League (SWCL) with the win, while knocking Auburn out of the ranks of the unbeaten teams. The Rockets are now 5-1-2 overall and 5-1-1 in the SWCL.

"This was definitely a measuring-stick game for us; this was one we knew we had to have," Warriors' head coach Matt Guertin said. "I thought we played very well in the first half in terms of our execution."

Tantasqua jumped out to a quick 1-0 lead in the fifth minute of the game, senior Kai Von Bleicken gathering in

a left-to-right direct kick from about 20 yards out by junior Ethan Bergeron and booting it into a wide open Auburn net.

"Our goalkeeper, Coleman Picard, slipped and fell down on the direct kick and because of that was unable to have a chance to make a play on the ball," Auburn head coach Chris Bailey said. "That completely changed the game for us. If Coleman is able to make a play on that ball and the game stays 0-0, then their second goal is their first goal and at 1-0 it's still anybody's game."

The Warriors' second goal was scored in the 19th minute by senior Roger Leland, who re-directed a pass into the middle of the field by freshman Paddy McGrath past Picard to put Tantasqua ahead, 2-0. The goal was Leland's eighth of the season.

Tantasqua extended its lead to 3-0 with 7:30 left in the first half, senior Sam Valcor scoring his first goal of the season on a shot that bounced past Picard.

Auburn looked as if it may make things interesting in the second half, scoring off a corner kick three minutes after intermission to cut its deficit to 3-1. Senior Mike Breen scored for the Rockets, leaping high in the air to head the ball past Tantasqua goalie Cooper Hurt after a perfect kick in by classmate Sam Almeida.

Unfortunately for the Rockets it was the only ball they could get past Hurt, who finished with five saves. Hurt and the Tantasqua defense kept Auburn away from the Warriors' net for the

rest of the second half.

"We knew they were going to take it to us in the second half and they did," Guertin said. "We knew coming in they were a good team with a good goalie and that we were going to have to play a solid 80 minutes if we hoped to beat them."

"But, we struggled in the second half and didn't move the ball as well as we did in the first half," Guertin continued. "I thought we played a good 40 minutes [the first half] in this game; or maybe a good 60. I thought Auburn got

to us a little in the second half."

Tantasqua's three goals were the first goals Picard — who finished with nine saves — has allowed all season. Despite that, Bailey said he is not worried that his goalkeeper will go into a funk because the Warriors got to him.

"I have no worries at all about Coleman," Bailey said. "He is a great goalie and a stellar athlete. I have all the confidence in the world in him. I don't think he'll allow a total of three [more] goals the rest of the season."

SPORTS BRIEF

Bay Path boys' varsity soccer results

Saturday, Sept. 21

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

Tuesday, Sept. 24

Bay Path 3, Tri-County 1 — Competing in a 1-1 tie through halftime, Devin Hanlan of the Minutemen scored a pair of second half goals to lift the boys' varsity soccer team to victory. Ben LaPointe had the first half goal, and Colin Richardson recorded two assists. The Minutemen are now 5-2-1.

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OBITUARIES

William J. Wieczorek, 76



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

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

with a bachelors degree in engineering. Bill worked for the Riley Stoker Corporation which became DB Babcock Power Inc. in Worcester for 30 years, retiring in 2004. He previously worked for Electric Boat in Groton, CT. Bill enjoyed playing golf and fishing. He was an avid lifelong fan of the New York Giants football team. Above all Bill was a devoted husband, father, grandfather and great grandfather.

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

In lieu of flowers donations may be made to the Charlton Helping Hands Society, P.O. Box 643, Charlton, MA 01507.

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

www.morrillfuneralhome.com



Roy Alden Ferguson, 84



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

He was born in Worcester, November 7, 1934, son of the late Charles and Olive (Stahl) Ferguson and grew up in Charlton where he graduated from Charlton High School in 1953 and was voted Best Dressed in his class.

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

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

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

Roy had many hobbies doing wood working making signs, furniture, clocks and Authentic looking toys and trucks. He also enjoyed landscaping, photography and music, traveling and seeing many places in the U.S.

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

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



Ruby L. (Cash) Stanikmas, 97



LEICESTER- Ruby L. (Cash) Stanikmas, 97, of Pine Street died Thursday, Sept. 26 in Life Care Center of Auburn after a brief illness.

Her husband William Stanikmas died in 2005. She leaves a son Scott D. Stanikmas and his wife Ellen of Charlton whom she has been living with and being cared for, five grandchildren; Richard Hynes, Jr., Heather Brooks, Steven & Michael Stanikmas and Julianne Thom, two great grandchildren; Shaleigh & Dalton Brooks, a brother Charles “Bill” Cash of Zanesville, and several nieces and nephews. She was predeceased by a son William “Tim” Stanikmas, a daughter Christina Hynes and several brothers and sisters.

Ruby was born in Zanesville,

Ohio, daughter of Clyde C. and Hazel (Brown) Cash. She worked in the medical records department at Fairlawn Hospital for many years before retiring. She served her country in the United States Navy during WW II, working as a courier in the records department in Washington DC. She enjoyed going to flea markets and collecting antiques. The family would like to thank the Overlook visiting nurses and physical therapists for their compassionate care.

A graveside service was held on Tuesday, October 1 at 11 A.M. in Pine Grove Cemetery, Pine Street, Leicester. There are no calling hours. In lieu of flowers memorial donations may be made to Veterans Inc., 69 Grove Street, Worcester, MA 01605. MORIN FUNERAL HOME, 1131 Main Street, Leicester is directing funeral arrangements.

www.morinfuneralhomes.com



OCEAN PARK, ME- Gail A. Lewis, age 68, of Ocean Park, Maine; Mt. Pleasant, South Carolina; and formally of Auburn, Massachusetts, passed away on Tuesday, September 24, 2019 after battling esophageal and brain cancer.

Gail was born in New Castle, Pennsylvania and raised in Pittsburgh, PA. She was the daughter of the late David Arnold Lewis and Anna “Nancy” Louise Berg.

Gail is survived by her loving husband of 33 years, Michael “Mick” A. Godkin, her daughter, Erin M. Fuller and two grandsons, Aidan and Colin Leurdijk, from Arlington, Virginia and five siblings, David Lewis of Perkaskie, PA, Deborah Lewis Conyers of Roswell, GA, Daniel Lewis of Carrollton, GA, Douglas Lewis of Roxbury, CT and Christine Lewis Lakso of Norcross, GA.

After graduating North Hills High School, Gail attended Baldwin Wallace College, Ohio and received her undergraduate and graduate degrees at Worcester State University, as a young mom. Gail had an amazing career that focused on community health and social justice, including serving as a special education teacher in the Auburn school system. She was the Executive Director of Central Mass AHEC in Worcester, a regional health education center, and was the brainchild behind the launch of an interpreter services program to allow better health care access for

immigrants and refugees.

Gail was a loving mom to her daughter Erin and so proud of her and all that she has accomplished. She showed Erin that each life has stages, with endings and beginnings to celebrate. She loved and treasured her grandchildren, spending time with them in Ocean Park and having “great conversations”.

One of Gail’s greatest joys was the beautiful love she shared with Mick. She loved to be in Ocean Park with him, sitting on the beach and listening to music and dancing on the porch. They shared many enjoyable trips to Central America, Cuba, Portugal and beyond. She loved all her close friends from the US and Canada who found her brilliant, feisty, funny and kind. She was a consummate reader and completed the New York Times crossword puzzle every day in ink.

Gail was a lifelong volunteer, from leading Campfire Girl troops as a young mother, to volunteering at the local library in retirement.

The family will have a private memorial service to honor Gail’s life. Contributions can be made to the African Community Education program in Worcester, MA (<https://ace-children.org>) or the Hospice of Southern Maine in Scarborough (www.hospiceof-southernmaine.org) for the extraordinary care and comfort the caregivers provided.

Online condolence messages can be submitted at the Chad E. Poitras Cremation and Funeral Service website, www.mainefuneral.com.

Todd R. Worsham



Auburn, MA- Todd R. Worsham passed away unexpectedly on Tuesday, September 10, 2019. Todd was the beloved son of Robert and Elizabeth (Denne) Worsham. He was born in Putnam and grew up in Woodstock.

Todd worked as a carpenter and cabinetmaker his whole life, most recently at Lopes Carpentry in West Newbury and at Commonwealth Carpentry in Boston. Prior to that he worked for Stephen Swift Furniture, and then ran his own company, Form and Function Design, in the Auburn area for several years. He earned Associates degrees from both QVCC and New England Tech. Todd enjoyed music, nature, sports, trail running, the ocean, and time spent with his family. He played the bass guitar with the Satellite Rockers, a reggae group, putting on shows in the Worcester area and throughout New England, many as fundraisers for various charities. He was a talented carpenter/cabinetmaker, meticulous at his craft, and especially enjoyed doing custom design work for his clients or friends. He also worked on one of the tiny houses for the Tiny House Nation show. He will be

remembered by his family and friends for his infectious smile, big heart, sense of humor, loving nature, and willingness to help others.

In addition to his parents, Todd is survived by his sister, Erin Blake and her husband Jacob of Reno, NV, and their children, Hayden, Annabel, and Thayer. He is also survived by his uncles, Thomas (Cynthia) Denne of Cheshire, and Mark (Darlene) Denne of Lincoln, RI; and his cousins, Thomas (Jennifer) Denne, Jill (Jonathan) Stanizzi, Scott (Tatjana) Denne, Greg Denne, and Eric Denne; and other family and close friends. Todd will be remembered with love by Stacey Rogers and the Rogers family. Todd was predeceased by his girlfriend Tanner Katherine Wilson and their unborn son.

Arrangements have been entrusted to Gilman Funeral Home and Crematory, 104 Church St, Putnam, CT. A celebration of his life is being planned for a later date. In lieu of flowers, donations in his memory may be made to the Wyndham Land Trust, PO Box 302, Pomfret Center, CT 06259 or online at wyndham-landtrust.org. For memorial guestbook, visit www.GilmanandValade.com.

Robert E. ‘Rob’ Scully, 61



CHARLTON - Robert E. ‘Rob’ Scully, 61, passed away unexpectedly on Thursday, September 26, 2019 while spending time at his beloved camp near Bethel, Maine.

Rob was born in Holyoke on February 11, 1958, son of the late George B. and Cecile (Pin) Scully, Sr.

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

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

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

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

Rob retired seven years ago and enjoyed these years with family and friends. He was most proud of his kids,



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

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

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

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

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



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FREEMASON
continued from page 1

Quinebaug Lodge – 339 Ashland Ave. – Southbridge, MA 01550

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built Europe’s cathedrals and castles during the early part of the last millennium. As construction of these buildings declined, they began accepting members from outside their trade. These new members, influenced by the “Age of Enlightenment,” transformed the organization from a group for builders to one focused on developing the character of its members. Officially, Freemasonry was founded in London, England in 1717.

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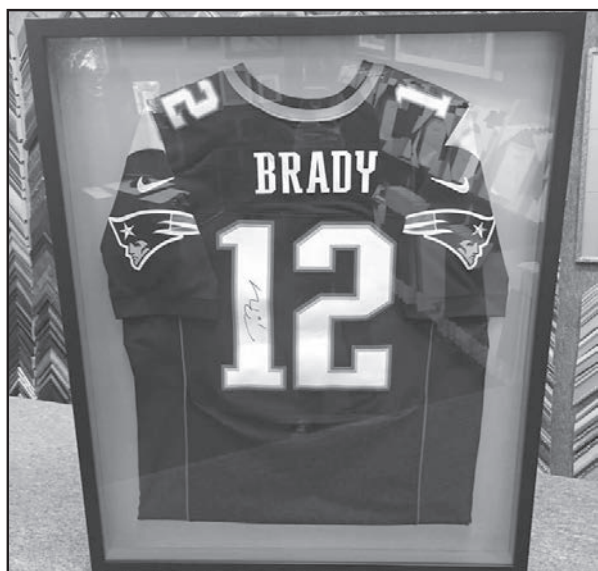
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FALL

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Weather is often the first indicator that the seasons are changing. For many people across the globe, the hot days of summer will soon be giving way to the more crisp days of fall.

For those who live in regions where summer only subtly gives way to fall or is seemingly gone before the end of August, the 2019 autumnal equinox occurs on September 23. That marks the official beginning of fall, also known as autumn. In fact, that the season the follows summer seemingly goes by two different names is just one of many interesting facts about fall.

- A season by any other name ... Fall is the term most often used to reference the season succeeding summer in the United States. But the season is referred to as “autumn” in other parts of the world, including Great Britain. Fall was once even known as “harvest” because of the harvest moon, which appears close to the autumnal equinox.
- The colors of fall foliage are actually present year-round. Fall is known for its colorful foliage. But the pigments responsible for those colors are actually present year-round. According to the SUNY College of Environmental Science and Forestry, green, yellow and orange pigments are present year-round. However, during spring and summer, the leaves serve as factories where many foods necessary to help the tree grow are manufactured. That process takes place in the leaf in cells containing chlorophyll, which gives the leaves their green color. This process ceases as hours of daylight decrease and temperatures drop. As a result, chlorophyll breaks down, the green color disappears and the vivid colors of fall foliage begin to appear.
- Squirrels have a (sophisticated) plan out there. Squirrels hiding food in autumn for the upcoming winter is a familiar sight. And squirrels are more organized than many people may know. Groundbreaking research released in 1991 found that, even when squirrels bury that stash of nuts closely to one another, they will each return to the precise location of their personal cache. Recent research also has shown that squirrels bury their stash based on certain traits, such as the type of nut being buried.
- Babies born in fall are more likely to see the century mark. Researchers at the University of Chicago studied more than 1,500 centenarians born in the United States between 1880 and 1895. They then compared birth and death information with those centenarians’ siblings and spouses so they could compare their early environment and genetic background and their adult environment. Their research found that most centenarians were born between September and November.

Natural ways to fight fall allergies



Leaves are a known cause of fall allergies. Raking them can stir up mold and pollen.

As the days become shorter and the weather cools down, a new crop of allergy symptoms can arise, turning the autumn season into one marked by sneezing, scratchy throats and itchy eyes. Medications can alleviate such symptoms, but allergy sufferers may want to investigate some natural ways to beat allergies.

According to the American College of Allergy, Asthma & Immunology, ragweed is one of the more common triggers of autumnal allergies.

Ragweed contributes to “hay fever,” which is a term to describe allergic rhinitis that occurs as a symptom of ragweed pollen in the air. Ragweed releases pollen in mid-August, and it can continue to be problematic until a deep freeze arrives.

Other sources of fall allergies include leaf mold and pollen that is present on fallen leaves. This gets circulated when people begin to rake or blow fallen leaves. Classroom pets and chalk dust in schools (although chalkboards are largely a thing of the past) are other autumn allergens.

The good news is that many natural remedies work just as effectively as over-the-counter medications in regard to combatting ragweed and pollen problems. Here’s how to beat the fall allergy blues.

- Stay away from pollen. Stay away from pollen and prevent it from being tracked indoors. Remove shoes when walking through the door. Take off clothes worn outside and launder them promptly, showering to wash pollen off of the body. Use an air conditioner or keep windows closed when the pollen count is high.
- Increase omega-3 fatty acids. It is well documented that fatty acids are good for brain health and cardiovascular well-being. But these acids also may help with allergies. A German study linked foods high in omega-3 fatty acids with the ability to fight inflammation, which is a hallmark of allergy suffering. Foods that are high in fatty acids include walnuts, flax, eggs, and cold-water fatty fish.
- Rinse off pollen. Use a mild cleanser to rinse the eyelids and eyelashes of pollen, as this is where it tends to congregate after being outdoors. Use saline spray to clear nasal passages of excess pollen as well.
- Take natural supplements. A study published in the journal Clinical and Experimental Allergy found participants who used tablets of the herb butterbar showed significant allergy relief after only one week. Select herbs from reputable manufacturers who certify them.
- Use eucalyptus oil. This oil is great to have in the house to help clear up sinuses and provide nasal congestion relief. Mix a small amount with coconut oil and rub onto the chest. There also is some evidence that adding a few drops of eucalyptus oil to cleansing products can help kill dust mites around the house.
- Wear a mask. When doing housework or yard work, wear a mask to reduce the inhalation of specific allergens.

Avoid seasonal allergies by exploring natural ways to find prevention or relief of symptoms.

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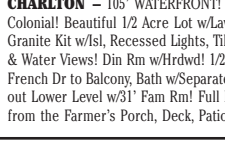
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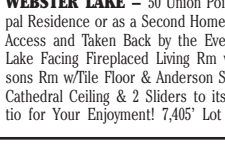
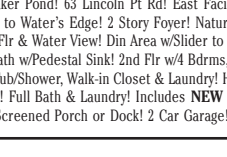
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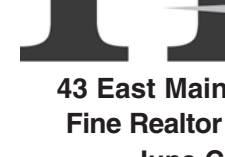
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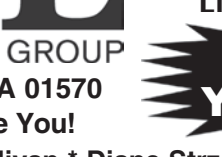
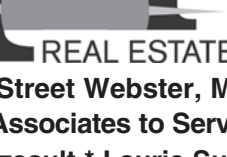
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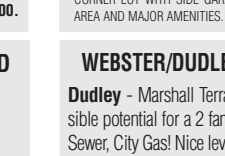
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OXFORD - 66 CHARLTON ST



VERY UNIQUE PROPERTY! ADORABLE 4 BEDROOM 1.5 BATH CAPE! W/CARTRIDGE HOUSE/CABANA WORK AREA! EXPANSIVE GARAGE! STAINLESS STEEL APPLIANCED KITCHEN, UPDATED BATHROOM W/JACUZZI TUB AND SHOWER BRAND NEW FORCED HOT AIR HEATING SYSTEM & HOT WATER PUMP! RECENT 300 AMP CIRCUIT BREAKERS. ONE YEAR OLD WOOD STOVE! ENCLOSED SIDE PORCH HEATED FOR FALL AND WINTER ENJOYMENT! TWO STORY GARAGE, ATTACHED CABANA/FAMILY & WORK ROOMS. NEW 4800 PSI SEPTIC SYSTEM COMPLETED PRIOR TO CLOSING.
MOTIVATED SELLER \$349,900

WEBSTER - 212 SCHOOL ST



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

WEBSTER - 3 STEFANIAK AVE.



Cute 2 Bedroom Ranch! All hardwood floors, gas fireplace living room! 2 baths. Appliances included. 2 zone heat. Large deck! Young asphalt road. Walk out lower living level. Town Water & Sewer, City Gas
\$229,900.

CHAPLIN, CT - 74 FEDERAL HILL RD



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

WEBSTER/DUDLEY/DOUGLAS LAND!



Dudley - Marshall Terrace 12,000 +/- Sq. Ft. Possible potential for a 2 family to be built! Town Water, Sewer, City Gas! Nice level lot. **\$70,000**
Douglas-Mount Daniels Lot #2-2.5 Acres of flat land that abuts Douglas State Forest **\$132,900**

WEBSTER - 34 EASTERN AVE UNIT A



AN AFFORDABLE LIVING OPPORTUNITY PRESENTS ITSELF! This 20 Unit Condo Complex is tucked away at the very end of Eastern Ave, fenced in & private, Easily accessible (385)! There's a lot to love about Webster! Unit 34 A is an 1,037 SF +/- END UNIT. Large living room w/picture window, an eat-in kitchen, access to rear deck, 2 spacious bedrooms, 1-1/2 baths, full basement!
NEW PRICE \$154,900

WEBSTER LAND - COOPER RD



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



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Realtor



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Buyer and Seller Representation





Key Realty SERVICES



Donna Morin Flannery, Realtor, ABR
415B Main St., Spencer, MA 01562
c: 508-612-6771 f: 508-885-6047
DonnaFlannery@ERAKey.com
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Brookfield, MA
Hours: M-Th 9-6, Fri 9-5 and by appointment


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Featured House - Webster Lake




- 3 BATHS
- CATHEDRAL CEILING LIVIN ROOM AND DINING ROOM
- 130' FRONTAGE ON THE WATER
- 2 CAR GARAGE
- 3 BEDROOMS
- FAMILY ROOM, OFFICE, DEN

NEW PRICE Reduced \$50,00

16 Pattison Rd ~ \$749,900

ReMax Advantage 1
25 Union Street
Worcester MA 01604



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SANDRA TERLUZZI
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CAN'T FIND A HOUSE, BUILD ONE!! WE HAVE LOTS & BUILDERS! CONTACT US!

OPEN HOUSE 12-2PM SUNDAY
78 Stallion Hill Rd.
Southbridge \$415,000.



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



Webster: Fabulous Ranch! Simple move in & enjoy. 6 rooms 2 bedrooms but possible 3rd in basement. Pretty kitchen with stainless steel appliances & granite counters. Cathedral ceiling 4 season room with sliders to great deck. Lower level finished with possible bedroom & family room. Level yard. Tranquil colors. New Roof being installed. **\$239,900.**



Sturbridge: \$150,000!! Nature Lovers! Great winter project. 7 rooms 3-5 bedrooms 1 1/2 baths. Stunning stone fireplace in living room. Red Oak floors in upstairs bedrooms. Enclosed porch. Two car garage. Secluded. Close to Old Sturbridge Village and the Heins Farm. Conservation Area Trail Systems. **\$124,900.**



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



ACTIVELY SEEKING LISTINGS IN THE FOLLOWING AREAS:
SOUTHBRIDGE, STURBRIDGE, DUDLEY, CHARLTON, WEBSTER, HOLLAND. PLEASE CONTACT US!



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OPEN HOUSE SAT 11-12:30



New Construction

WEBSTER, MA - \$289,900
90-A Sutton Rd.
3 Bedroom, Raised Ranch. Come Choose Your Colors & Finishes Now!

ON DEPOSIT



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

SOLD



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

FEATURE PROPERTIES



OPEN HOUSE SAT 12:30-2

Rent To Own

THOMPSON, CT - \$249,900
223 Stawicki Road
3 Bedroom, Split, Full Inlaw
COMPLETELY REMODELED



PENDING

Worcester MA - \$225,000
15 South Flagg St.
Desirable neighborhood with great bones.



NEW CONSTRUCTION PROPERTIES COMING SOON
BUILD TO SUIT

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REAL ESTATE

MORTGAGEE'S SALE OF REAL ESTATE AT PUBLIC AUCTION

Friday, October 11, 2019

12:00 PM-FISKDALE (Sturbridge)
16 Camp Road
 sgl fam, 1,288 sf liv area, 1.75 ac lot,
 5 rm, 3 bdrm, 1 bth,
 Worcester(Worc): Bk 34897, Pg 29

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

Auctioneer makes no representation as to the accuracy of the information contained herein.

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WEBSTER LAKE:

- 130' frontage on the water
- 3 baths
- 3 bedrooms, cathedral ceilings, office, den, family room
- Wrap around deck
- Fireplace
- 2 car heated garage
- Town water & sewer

16 Pattison Rd ~ \$749,900



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



DUDLEY: New Construction. 4 bedroom, gas heat, central air, HW floors, Formal DR, Cathedral ceiling family room.
 16 Francis Dr ~ \$419,900



Woodstock CT: 21 Acres. 4 bedroom, 2.5 baths, 2 fireplace, CEDAR LOG HOME, HUNTER'S PARADISE
 480 Route 197 ~ \$650,000

LAND

DUDLEY:
 18 lot subdivision
 \$575,000

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

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



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



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

142 Gleason Ave ~ \$310,000



INVESTMENT PROPERTY

DUDLEY:
 COMING SOON 4 units
 \$300's

DUDLEY:
 401' Bungalow
 with sub-dividable lot
 \$359,900



DUDLEY: 1st floor condo. 2 bedroom, hardwood floors, appliances, in unit washer /dryer, garage
 17 Cutler St ~ \$119,900



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

SZYMCAK SELLS!



WEBSTER
 2 Family
 23 Klebart Ave

MAUREEN MADE IT HAPPEN



WEBSTER
 3 Family
 61-63 Myrtle Ave

ON DEPOSIT



DUDLEY
 48 Airport Rd

**Attend
 Buyer or Seller
 Coffee Hours
 in October**

**Become an
 informed buyer or seller.**

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

Open House Directory

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

ADDRESS STYLE TIME PRICE REALTOR/SELLER/PHONE

SATURDAY, OCTOBER 5

DUDLEY

35 New Schoolhouse Rd S 11-1 \$249,900 Hope Real Estate Group/
 Sharon Pelletier 508-954-7222

WEBSTER

90-A Sutton Rd S 11-12:30 \$289,900 Re/Max professional Associates/
 Patrick Sweeney 774-452-3578

THOMPSON, CT

223 Stawicki Rd S 12:30-2 \$249,900 Re/Max professional Associates/
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SUNDAY, OCTOBER 6

SOUTHBRIDGE

483 Alpine Dr S Noon-2 \$289,900 Aucoin Ryan Realty 508-765-9155

STUBRIDGE

78 Stallion Hill Rd S Noon-2 \$415,000 Aucoin Ryan Realty 508-765-9155

WEBSTER

17 Cutler St C 11-1 \$119,900 ReMax Advantage 1 / Jo-Ann Szymczak
 774-230-5044

W. BOYLSTON

44 Central St S 12:30-2 \$334,900 ReMax Advantage 1 / Maria Reed
 508-873-9254

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

SATURDAY, OCTOBER 5

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

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

EGYPTIAN FESTIVAL
 Friday 12-6, Sat & Sun 10-6
 Egyptian & has Mediterranean food, shopping bazaar, Egyptian music, Photos dressed as a Pharaoh, Face painting, Church tour, Children's activities, and more.
 Rain or shine.
 St. Mary & Pope Kyrillos VI Coptic Orthodox Church, 74 Gould Road, Charlton, MA



SATURDAY OCTOBER 19

3RD ANNUAL AMERICAN LEGION AUXILIARY HANDMADE CRAFT FAIR
 9am-2pm. Crafters featuring their handmade wares, raffles, and bake tables
 Serving Lunch
 American Legion Gaudette Kirk Post 138
 175 Main Street
 Spencer, MA 01562

WEDNESDAY, OCTOBER 23

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

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

SUNDAY, OCTOBER 27, MURDER MYSTERY DINNER

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

ACOUSTIC FRIDAYS AT 308 LAKESIDE
 New England Weather
 308 Lakeside
 308 East Main Street, East Brookfield, MA
 01515 774-449-8333

WEDNESDAY, NOVEMBER 13

HOW TO MOVE ON - CREATING A BRIDGE TO A NEW LIFE
 1:30-2:30. Barbara Perman, President, Moving Mentor
 Tea & Refreshments will be served
 Limited seating
 Quaboag Rehabilitation & Skilled Care Center
 47 East Main Street
 West Brookfield, MA
 RSVP 508-867-7716

SUNDAY, SEPTEMBER 29

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



SUNDAY-TUESDAY NOVEMBER 10-12

BUS TRIP TO ATLANTIC CITY
 Leave from Big Y Parking Lot
 Call 508-885-5560 or 508-885-2458 for more info and trip amenities

SUNDAY, NOVEMBER 15

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

ONGOING



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

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



Do Something FUN This Weekend!

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

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

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red fabric with pillows, good con-
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BLOWER.** 13hp Tecumseh
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ing, 6 FRWD, 2 REV, new con-
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got stamps?. Call Ron 413-896-
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12"-14" \$300 per cord. 16-18"
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sage.

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kitchen table with four chairs
and a side table. Inversion
Table and Ellipticle and 3
book cases. Call 508885-
6570

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Eagle Magna 3 plus Fish
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speakers. 774-241-0027

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dinning room set with
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Must See. Stereo Equipment
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Misc items. 508-234-7252

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Generator**-Unboxed, never
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12 draws of type, 1 lead cutting-
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one end table \$500. Also lighter
oval table with leaf and 4 cush-
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miles, \$1000, 508-564-3556

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Transport chair, Excel Deluxe
by Medline 19" seat, up to 300
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Best Offer

**BEAR CAT
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Used Twice
Best Offer
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TRUCK CAP: fits newer
Dodge Trucks. 6.6 Bed size
Removable front window,
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\$1050. 508-259-8805

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household items, furniture,
Vintage sports clothing,
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THRUST, VARIABLE
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265 FUEL/WOOD

FIREWOOD: Cut, Split & Deliv-
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new condition.
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K75 (4-stroke in-line 3 cyl
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(tires have about 1K wear)
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and insert bags, tail rack,
Monoshock upgraded to YSS
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Senior Center Program Assistant Town of Sturbridge

The Town of Sturbridge is seeking applicants for the Part-time (15 HOURS/WEEK) position of Program Assistant for the Council on Aging.

The position requires planning, administration, and coordination of Senior Center Activities. Must be able to communicate effectively, have initiative and be self-motivated. Ideal candidates will be proficient in Microsoft Office, including Publisher.

The position pays between \$16.75 and \$17.35/hour DOQ. For a full description, go to the vacancies link at www.town.sturbridge.ma.us.

Submit resumes no later than October 17, 2019 to:

The Town Administrators Office
308 Main Street, Sturbridge, MA 01566.

Or email to amensen@town.sturbridge.ma.us.

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TOWN OF DOUGLAS HIGHWAY DEPARTMENT

The Town of Douglas Highway Department, 56 Main St. 508-476-3378 is now accepting applications for the Full-Time (40hrs) position of Laborer/Driver/Equipment Operator. Applicants must possess a valid Massachusetts Class B CDL and a 2B hoisting license with a minimum of 3yrs of experience operating equipment and snow plowing. Must have knowledge of construction and maintenance operations and be willing to work overtime. Starting pay is \$20.34 per hour with full benefits.

Applications can be obtained at the Highway Department and Selectmen's office and must be submitted by 3pm on October 21st, 2019.

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- * Citizenship, residency or work visa required

Contact Information: Peggi Corsi, Secretary to the Vocational Director
57 Old Muggett Hill Road, Charlton, MA 01507
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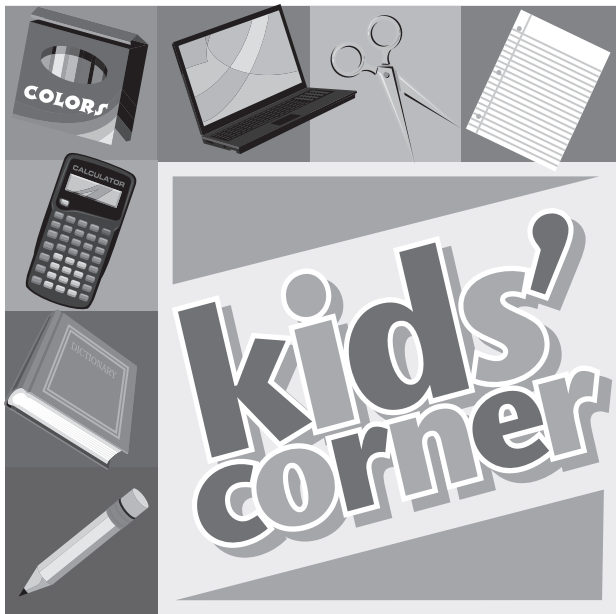
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Education Word Find

Find the hidden words in the puzzle.

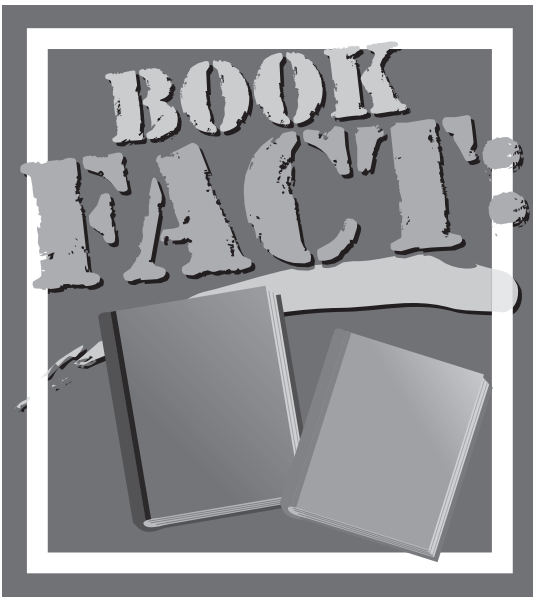
ABILITY	GRADES	READING
BOOKS	HELP	SCHOOL
CLASSROOM	LEARNING	STUDENTS
DESK	MATH	TEACHER
S	G	F
D	P	V
Q	M	G
H	U	T
T	E	N
Z	P	A
U	N	I
J	S	W
N	A	Z
I	A	B
I	L	I
T	Y	F
E	U	C
K	N	D
F	S	D
K	E	U
D	E	B
G	A	R
C	K	S
E	X	T
U	K	Y
E	V	H
A	E	J
B	E	E
T	Q	R
L	O	J
D	E	U
N	H	A
S	M	O
O	R	S
S	A	L
C	T	C
D	K	L
S	E	D
A	R	G
V	A	H
I	L	O
X	H	E
L	P	D
S	M	E
O	W	K
O	R	N
U	O	R
T	T	R
U	V	O
P	B	U
N	V	C
O	R	M

THIS DAY IN...



HISTORY

- 1863: PRESIDENT LINCOLN DECLARES THE LAST THURSDAY IN NOVEMBER AS THANKSGIVING DAY.
- 1932: IRAQ GAINS ITS INDEPENDENCE FROM THE UNITED KINGDOM.
- 1990: EAST GERMANY AND WEST GERMANY UNITE AFTER 45 YEARS.



A TEXT FONT CAN HELP
MAKE READING
EASIER FOR PEOPLE WHO
HAVE THIS CONDITION.

ANSWER: DYSLLEXIA

Get Scrambled

Unscramble the words to
determine the phrase.

ARDGENI GLO

ANSWER: Reading log



LESSON

amount of
teaching given
at one time



ENGLISH: Word

SPANISH: Palabra

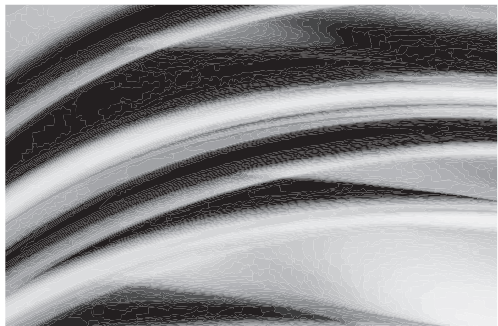
ITALIAN: Parola

FRENCH: Mot

GERMAN: Wort



READING EACH DAY CAN BOOST
INTELLIGENCE,
REDUCE STRESS
AND IMPROVE
VOCABULARY.



Can you guess what
the bigger picture is?

ANSWER: BOOK PAGES

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to adventure.
Each number corresponds to a letter.
(Hint: 20 = e)

A. 20 15 13 18 4 20 14

Clue: Very enthusiastic

B. 9 5 20 11 4

Clue: Long search

C. 4 6 8 22 20 21

Clue: Make a journey

D. 23 5 4 14 23 23 6 11

Clue: In the wilderness

Answers: A. excited B. quest C. travel D. outdoors

SUDOKU

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

Level: Intermediate

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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

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&

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on every patio door¹

&

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FOOD

Match food to your favorite brews



The rise of craft and home brewing has created more beer flavor profiles than ever before. In fact, there's likely a beer for everyone, whether you're a novice or connoisseur.

The Brewer's Association, a trade association that represents small and independent American craft brewers, reports that, in 2018, small and independent brewers collectively produced 25.9 million barrels and experienced a 4 percent total market growth. The BA also states that these small brewers achieved a collective retail dollar take-in of \$27.6 billion.

While wine will always have its enthusiasts, beer is fast on its heels as a popular mealtime beverage. Much in the way wines are paired with certain foods, it has become the natural course of action to pair certain foods with particular styles of beer.

"Beer is a great match for food because of the complexity of its flavors, its ability to provide refreshment and to interact with many food flavors," says Marc Stroobandt, a master beer sommelier for the Food and Beer Consultancy, UK.

Although each person has his or her preferences, here is a brief listing of generalized pairings, courtesy of the Brewer's Association and CraftBeer.com.

- American Amber Lager: Creamy risotto, wild rice, polenta
- American Pale Ale: Game birds, such as duck and quail
- Belgian-style Dubbel: Pork chops, sausage, tenderloin
- Belgian-style Flanders: Grilled rib-eye, root vegetables
- Blonde Ale: Chicken, salads, salmon, nutty cheese
- Dark Lager: Barbecue, sausage, roasted meat
- Hefeweizen: Weisswurst, seafood, sushi
- Imperial Stout: Smoked goose, foie gras, strong cheeses
- IPA: Spicy foods, curries
- Porter: Roasted or smoked foods, blackened fish

The Brewer's Association recommends matching delicate dishes with delicate beers and strong dishes with assertive beers. Commonalities, like aromas and sub-flavors, also work together. A beer with roasted notes may pair well with chocolate, for example. Opposites also attract, in that a spicy food may taste best when paired with a sweet beer.

Pairing might once have been limited to matching wines with certain foods. But the booming craft beer business has popularized pairing flavorful beers with foods to make meals even tastier.

What to know about food portions

Portion control is a big part of a healthy diet. In fact, the National Institute of Diabetes and Digestive and Kidney Diseases notes that, when it comes to maintaining a healthy weight, how much food a person eats is just as important as what he or she eats.

No two people are the same, so a portion that's satisfying and healthy for one person won't necessarily be the same for another person. Answering some common questions about food portions can help people understand this vital component of a healthy lifestyle.

What is the difference between portions and servings?

The NIDDK notes that a portion is how much food a person chooses to eat at one time, while a serving size is the amount of food listed on the Nutrition Facts label. The portions a person eats may or may not match a serving size. That's because a healthy portion size is typically based on various factors, such as age, weight and gender, unique to individuals.

Should calories come into play when determining healthy portion sizes?

Calories definitely merit consideration when determining healthy portion sizes. However, the amount of calories a person needs is based on a number of factors, including how physically active that person is. The NIDDK notes that a 150-pound woman who exercises vigorously throughout the week will need more calories than a woman about the same size who is not as physically active. When trying to determine their calorie needs, men and women should consult with their physicians, who will consider their lifestyle, age, medical history, and other factors before advising patients about how much they should eat.

What if I am still hungry after reducing portion sizes?

It's likely that people accustomed to big portions will still be hungry as their bodies adjust to reduced portion sizes. In such instances, people can try taking more time to eat. Even if there's less food on the plate, eating slowly gives the brain a chance to receive the



message that the stomach is full. According to the NIDDK, it can take as long as 15 minutes for that message to make its way to the brain. Eating slowly reduces the risk of overeating, and you may even be surprised to learn that a smaller portion size than you're used to is all you really need to feel satisfied.

Portion control is a great way to get healthy and maintain a healthy weight

FOOD

Vegetarian-friendly foods high in protein

People choose a vegetarian lifestyle for a number of reasons. Some individuals have an aversion to eating meat because they're concerned about animal welfare, while others find that a low-calorie, vegetarian diet promotes long-term health.

Vegetarianism can certainly be a healthy option, but those who eschew meat and sometimes eggs often have to find alternative sources of protein to meet dietary needs. According to the Dietary Reference Intakes, the average sedentary man should have 56 grams of protein per day, while an average sedentary woman should consume 46 grams per day. The amount of protein needed will increase if a person is more active, advises Healthline.

Protein helps a person feel fuller, longer, and it is crucial for all cells in the body. Protein is used to build and maintain bones, muscles, skin, and much more. The Academy of Nutrition and Dietetics also states that protein is very important as one ages because aging men and women don't absorb or metabolize amino acids, which are the building blocks of protein, as well as they did when they were younger.

Those adhering to vegetarian diets will find there are plenty of non-meat protein sources. Meatless protein sources that offer the biggest health bang for one's buck are "complete proteins," which have the essential amino acids the body requires. Some com-



Vegetarians have several non-meat choices to get their recommended protein allowances.

plete proteins include:

- eggs,
- milk,

- cheese,
- soy, and
- quinoa.

Some other great protein sources may not have all of the amino acids, but

they can be paired with other foods to get a fuller nutrient package.

- seitan: This is a meat alternative made from wheat gluten.

- lentils: Lentils pack 18 grams of protein per cooked cup.

- beans: Many forms of beans contain a high amount of protein per serving.

- nutritional yeast: This is a strain of yeast that has a cheesy flavor. It can be sprinkled on foods to add a protein punch.

- ancient grains: Ancient grains include spelt, teff, barley, sorghum, farro, and einkorn. These ancient grains are higher in protein than common grains.

- hemp seeds: These seeds come from hemp, which is in the same family as marijuana. However, hemp will not cause a high because it only has trace amounts of the THC compound that produces that effect. Hemp seeds contain 50 percent more protein than chia seeds and flax seeds, offers Healthline.

In addition to these foods, peanuts and other legumes, almonds, peas, oatmeal, spirulina, broccoli, brussel sprouts, and sweet corn also are good protein sources for vegetarians.

Even though it may seem like skipping meat products would leave vegetarians lacking for protein, there really are quite a number of alternative protein sources out there.

Skewered chicken goes great on the grill



Grilling chicken is an easy way to transform this versatile food into something even more delicious. Various cultures serve chicken in kebab form after grilling it over an open flame, and taste is a big reason this particular method of cooking chicken is so beloved.

While you might not expect to see kebabs on the menu at your favorite Italian restaurant, "spiedini" is Italian for "little skewers," proving that Italian chefs recognize how delicious chicken can be when served in kebab form. In this recipe for "Spiedini of Chicken and Zucchini with Almond Salsa Verde" from "Cooking Light: Dinner's Ready" (Oxmoor House) by The Cooking Light Editors, skewers are paired with a zesty salsa full of nuts, herbs and citrus,

which makes for the perfect complement to the smoky grilled flavor.

Spiedini of Chicken and Zucchini with Almond Salsa Verde
Makes 6 servings

- Salsa:
- 1 cup chopped flat parsley
 - 2 tablespoons chopped almonds, toasted
 - 2 tablespoons chopped fresh chives
 - 3 tablespoons capers, chopped
 - 12 teaspoon grated lemon rind
 - 3 tablespoons fresh lemon juice
 - 1 tablespoon extra-virgin olive oil
 - 12 teaspoon chopped fresh thyme

- 12 teaspoon chopped fresh oregano
- 14 teaspoon kosher salt
- 18 teaspoon freshly ground black pepper
- 1 garlic clove, minced

- Spiedini:
- 1 1/2 pounds skinless, boneless chicken breast, cut into 1-inch pieces
 - 6 small zucchini, cut into 1-inch slices (about 1 1/4 pounds)
 - Cooking spray
 - 14 teaspoon kosher salt
 - 18 teaspoon freshly ground black pepper

Soak 12 (10-inch) wooden skewers in water for 30 minutes to prevent burn-

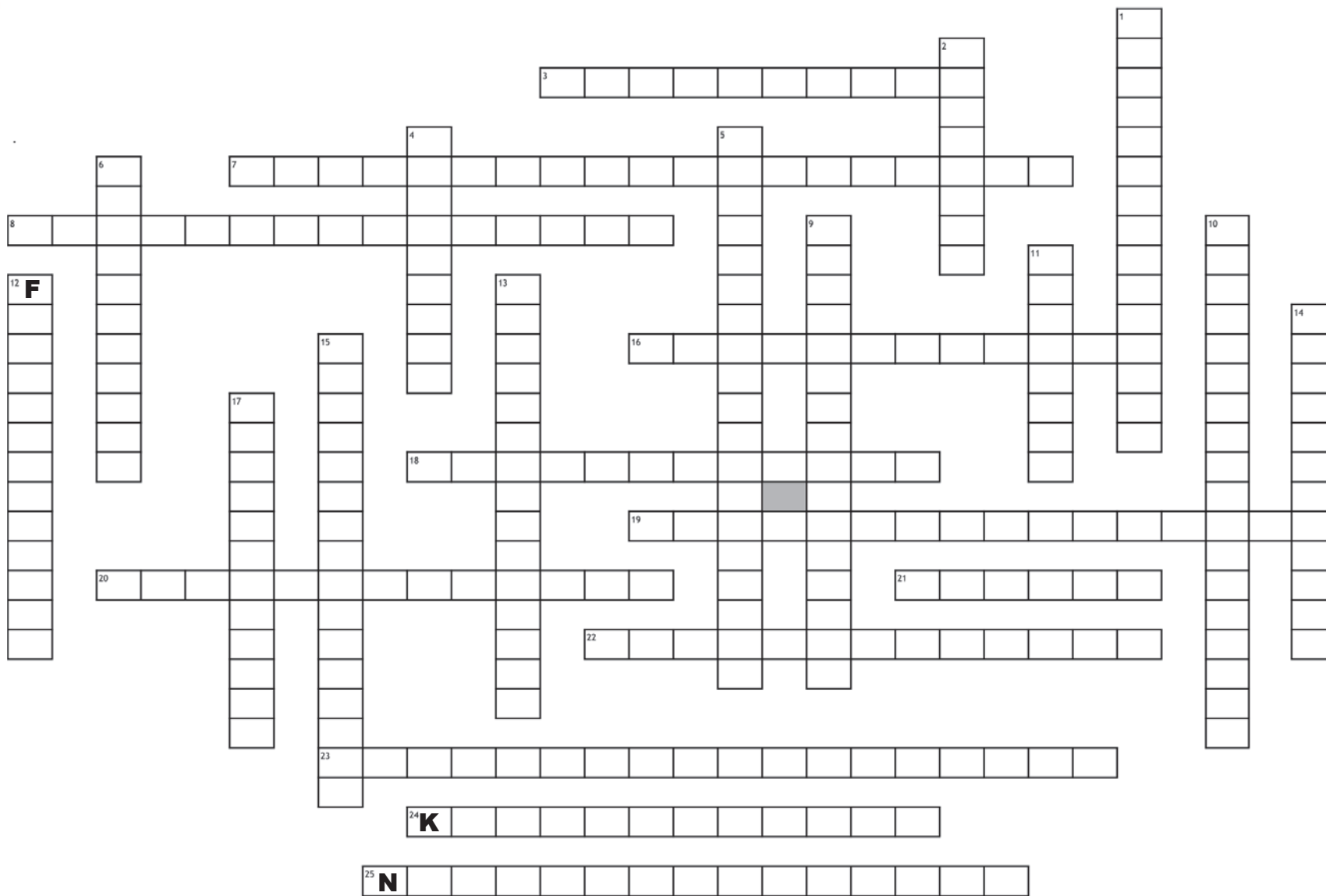
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Bring the grill to medium-high heat. To prepare the salsa, combine the first 12 ingredients; set aside.

To prepare the spiedini, thread the chicken and zucchini alternately on each of the 12 skewers. Coat the spiedini with cooking spray; sprinkle evenly with 1/4 teaspoon salt and 1/8 teaspoon pepper. Place on a grill rack; grill 6 minutes or until done, turning once. Serve with salsa.

Tip: Prepare the salsa up to a day ahead, and assemble the skewers earlier in the day. Coat with the seasonings just before grilling.

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