

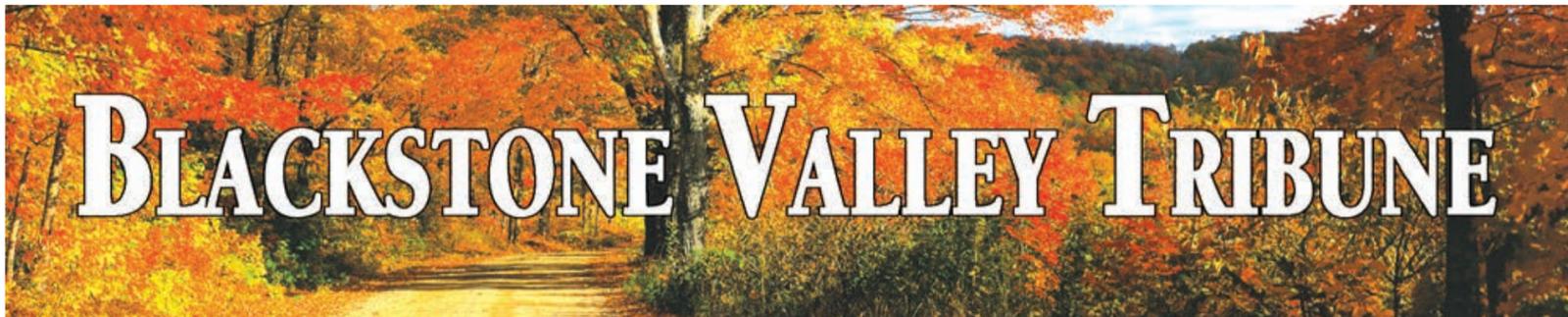
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Friday, November 2, 2018

Uxbridge High School earns acceptance to National Consortium

Superintendent of Schools, Dr. Frank Tiano, is proud to announce that Uxbridge High School has earned acceptance into the National Consortium of Secondary STEM Schools.

The National Consortium of Secondary STEM Schools (NCSS) was established in 1988 to provide a forum for specialized secondary schools focused on science, technology, engineering, and mathematics (STEM) disciplines to exchange information and program ideas.

Celebrating its 25th anniversary in 2013, the Consortium now includes approximately 100 member schools (high schools), many 'ranked' as the best in the country, along with 55 affiliate members (colleges, universities, summer programs, foundations, and corporations) located in 32 states, that share the goals of transforming mathematics, science, and technology education. UHS was accepted through a competitive process

that included an application process and interview with the national director.

"It is humbling for us to be considered in the company of some of the best schools in the nation," said UHS Principal Michael Rubin. "What this means is that we have met some challenges of the evolving face of education, and we now have the opportunity and responsibility to continue to be innovative and creative to say ahead of that curve."

Uxbridge High School joins Nipmuc Regional High School, the Academy of Math and Science at WPI, Essex (VT) High School, and the Connecticut Academy of Aerospace and Engineering as the only schools in New England who have been accepted into the NCSS. The school was accepted due to its innovative practices in working with local industry, the Blackstone Valley Ed

Turn To **UXBRIDGE** page **A9**



Courtesy of R. Gary Bechtholdt II

Overview of Rockdale

Downtown Rockdale brainstorming session held

BY KIM PALMUCCI
TRIBUNE CORRESPONDENT

The Northbridge Community Planning and Development Office, in partnership with the Planning Board, is working with MassDevelopment and the Urban Land Institute in developing strategies to enhance and promote future development opportunities for downtown Rockdale.

Recently, a day-long brainstorming session was held at the Northbridge Memorial Town Hall, designed to provide objective, expert advice to residents and community-based organizations on the feasibility, design, and implementation of development initiatives identified.

According to Northbridge Town Planner R. Gary Bechtholdt II, Northbridge's Rockdale downtown study was selected as one of three Urban Land Institute's Technical Assistance Panel projects sponsored by MassDevelopment.

An interdisciplinary team of professionals was assembled, including specialists from a variety of fields such as land use consultants, real

estate and marketing, planning and architecture, and engineering, building, and developers. Attendees were encouraged to participate in the informal sessions during the day, as well as attend an evening presentation by the Technical Assistance Panel. The morning session began with a tour of downtown Rockdale, followed by two input and listening sessions, attended by residents and local stakeholders, said Bechtholdt.

Topics discussed included slum and blight, or what role can the town play to assist in addressing vacant, underutilized, and deteriorated properties; zoning, or what role the town can play in promoting private reinvestment; and flooding, what can be done to minimize the potential for flooding along the Blackstone River?

Downtown Rockdale presents itself visually as being in transition, showing great potential in becoming a vibrant village center, said Bechtholdt, with riverfront opportunities, open space

Turn To **ROCKDALE** page **A5**



Courtesy photos

Example of runoff at a solar installation in Rhode Island caused by lack of temporary swales and sediment traps according to RI DEM.

Balancing water quality concerns and large scale solar arrays

The Blackstone River Watershed Association released a resource guide for local officials and citizens to use in evaluating proposed solar farms. While the watershed group supports solar and other renewable energy, the disturbance associated with

large-scale solar installations is a concern for water quality. Installations that clear forests and disturb the soil lead to erosion due to a large number of solar panels concentrating water that naturally would have soaked into the ground. Officials and individuals con-

sidering solar installations should be aware of these impacts and the many ways to reduce them through proper stormwater controls and revegetation.

BRWA President JoAnne

Turn To **WATER** page **A5**

Blackstone Heritage Corridor Visitor Center opens

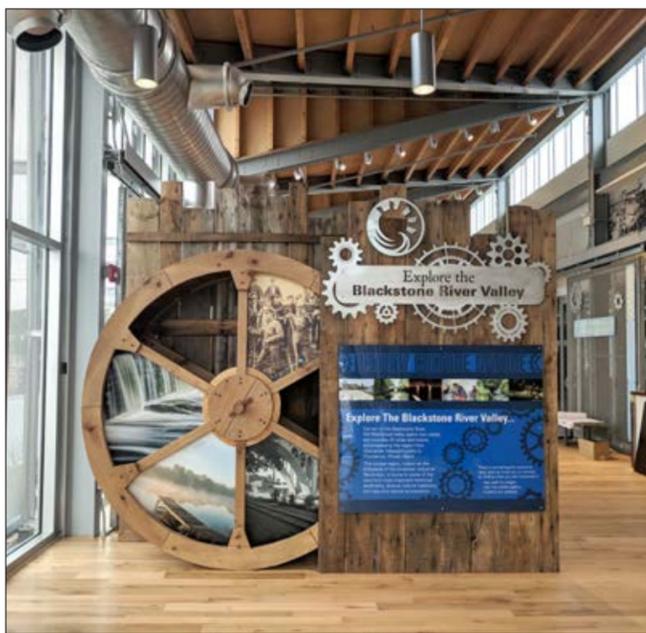
BY KIM PALMUCCI
TRIBUNE CORRESPONDENT

Blackstone Heritage Corridor announced recently that the new Blackstone Heritage Corridor Visitor Center at Worcester opened on Oct. 27. Festivities began with a ribbon cutting ceremony, followed by a community celebration.

The Visitor Center is located at 3 Paul Clancy Way in Worcester and will also serve as the future location of the Massachusetts Department of Conservation and Recreation's Central Region Headquarters. The new Visitor Center will be an interpretive, recreational, and cultural resource serving as a gateway to the City of Worcester and the communities located in the Blackstone River Valley National Heritage Corridor.

"This state-of-the-art facility will be a connecting hub for the newly created Blackstone

Turn To **CENTER** page **A7**



Kim Palmucci photos

Displays within the visitors center.

What's so important about cold water fisheries?"

Come find out the importance of cold water fisheries and help the Blackstone River Watershed Association (BRWA) toast 40 years as a non-profit organization at Purgatory Beer Company!

Following a 10-minute business meeting to elect a new slate of officers, Adam Kautza Ph.D.

of Massachusetts Division of Fisheries & Wildlife will give a presentation on coldwater fisheries resources. Coldwater streams are streams and small rivers with water cold enough throughout the year to support cold water fish such

Turn To **FISHERIES** page **A2**



Courtesy photo

Purgatory is part of the Blackstone Watershed

BLACKSTONE BRIEFS

RECYCLING EVENT

St. Patrick's Church, 7 East St., Whitinsville will hold an electronic recycling event on Saturday, Nov. 10 from 9am-2pm. All proceeds to benefit ministries at St. Patrick's Parish. Most electronic items will be accepted. No propane tanks & no batteries. Cash only. We will also be collecting bottles and cans to benefit Young Neighbors in Action. For more information, please call the rectory at 508 234-5656.

TURKEY DINNER

Stop by for the annual 'Turkey Dinner' for area seniors, sponsored by Senator Moore and the Blackstone Valley Chamber of Commerce. The event is free and open to local senior

residents. Interested attendees are requested to RSVP to the local Senior Center no later than one week prior to the event. The event is Monday, Nov. 19 noon to 1 p.m. at Northbridge Senior Center, 20 Highland St., Whitinsville.

CLASSIFICATION HEARING

The Northbridge Board of Selectmen will hold a public hearing to determine the allocation of local tax as required by Chapter 40, S. 56 of the MGL on Monday, Nov. 19, 2018 at 7:05 PM in the Selectmen's Meeting Room, Northbridge Town Hall, 7 Main Street, Whitinsville, MA 01588. Taxpayers and others are invited to present oral or written information on their views at that time. After the public hearing, the Board of Selectmen will determine the percentage of tax levy to be paid by each class of real property and personal property for FY 2019. All persons interested in this most important subject are

urged to attend the meeting.

FLEECE SNOWMEN

Douglas Sunshine Club presents on Nov. 28 a Holiday Decoration workshop with Sue Gagnon at 10:00 am. Come learn how to create a "fleecy" snowman for this winter season. Bring an empty soup can and sewing needles. All other materials will be provided by the Douglas Sunshine Club. Coffee and treats will be available. Space is limited to 10 active participants and everyone else is welcome to come observe. Sign up by calling or coming to the Douglas Senior Center 508-476-2283.

BEEF STEW IN A BOWL

On Nov.29 The Douglas Sunshine Club is sponsoring the autumn Beef Stew in a Bread Bowl Dinner at the Douglas Senior Center. Doors open at 5:30 pm with dinner at 6 pm followed by the talented and amusing Maurice with his Accordion at 7pm. Reservations are

required. Tickets are \$8 and available from Sunshine Club members or by calling the Douglas Senior Center at 508-476-2283 or Pam at 508-476-4474.

SOCIAL SECURITY QUESTIONS?

Social Security Questions? We've Got Answers. Social Security will likely be the foundation of your retirement income. Before you retire, it's important to understand your options and the impact your decisions have on your retirement. Join Us! Your questions will be answered Thursday Nov. 15 at 5:45pm Brookdale Eddy Pond East, 669 Southbridge St., Auburn. Light refreshments will be served! RSVP Karen Rieser 508-832-5385.

JINGLE JAUNT

Jingle Jaunt 5K, Dec. 8 10:30 A.M., First Congregational Church, 307 Boston Road., Sutton. Info: howie189@verizon.net, 508-865-0198, FB page Jingle Jaunt 5K.

Are there still distressed properties?



REALTOR'S REPORT

JAMES BLACK

Regardless of how good the market is there will always be distressed properties. It has not been as common the last couple years however our team has been helping sellers in short sale situations the whole time and there are also still plenty of foreclosures as well. Many of them are still left over from the market we were in a few years ago but there are many new ones as

well. I wanted to quickly explain the difference between a short sale and a foreclosure. The short sale is when the owner still owns the house and are attempting to sell it while not having enough funds to release the liens on the property. In this scenario, they would be asking the lienholders to take less than is owed and typically also asking for forgiveness for the difference. The foreclosure is when the lienholder actually takes possession of the property for non-payment of the mortgage.

There are still opportunities in both foreclosures and short sales. One thing to keep in mind is that the bank will intend to sell for what they consider to be market value of the property and will have an Appraiser or Real Estate Agent give their opinion of value and they will typically accept a percentage of that amount. Sometimes I will find they will want more than market value based on a bad Appraisal or Broker Price Opinion. The new trend I see with foreclosures is that banks are looking to unload the properties at a discount as long as the buyer will purchase with all occupants in place. The challenge with this is that as a buyer you need to pay a much lower amount assuming the worst possible scenario with the condition of the home as well as the difficulty in evicting the tenants. The other challenge is that you will not be able to get an appraisal done as you won't have access to the interior of the property so the sale will most likely need to be cash.

If you are deciding to purchase a short sale or foreclosure, I would suggest interviewing Agents to find one that is well versed in distressed sales since every scenario is different and many times even with the same bank you will have a different experience.

FISHERIES

continued from page A1

as brook trout. The effects of climate change on the water temperatures in these streams are of critical concern – and not just for the fish and people who like to catch them.

Attendees will then step across the courtyard to Purgatory Beer Company to toast our 40 years as a non-profit organization. Food and drink will be available for purchase but the first drink will be on us! Wine and non-alcoholic beverages will also be available.

The event will be held on Sunday Nov. 4 from 3:00 to 6:00 pm, starting at the offices of the Heritage Corridor, Inc., 670 Linwood Ave., Whitinsville, followed by a gathering at Purgatory Beer Company, located at the same address.

We need a head-count! Please register at <https://thebrwa.org>

The BRWA's mission is to engage, educate and advocate for improved water quality in the Blackstone River watershed. The organization participates in water quality monitoring, organizes cleanups, and removes invasive species in waterways. The Watershed Education Program is an interactive, hands-on demonstration using the Enviroscape model and it is available to all educators in the Blackstone River Watershed.

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Winter Car Care Tips: Keep Your Vehicle in Peak Condition During Frigid Weather

Don't let cold temperatures wreak havoc on your car!

Install Snow or All-Season Tires on Your Vehicle

Since your tires are the only four points of contact your Ford has with the pavement, it's essential that you have the best traction possible once the weather starts to change. Winter and All-Season tires have deeper, thicker treads installed in them, allowing you to rip through snowy conditions much easier!

Top Off All Fluids

Since winter is always accompanied by colder weather, it's integral that your vehicle is filled up with washer and transmission fluid, gasoline, oil and all others. This way, your pipes and hoses are much less likely to freeze over and you'll get much better performance out of your daily drive.

Make a Winter Emergency Kit

If by some circumstance you get stuck in the snow, we can't stress enough that you have a devoted winter safety kit in your car at all times. We recommend the following if you find yourself in a stressful situation:

- Flashlight
- Blanket, gloves, hat, etc. To keep yourself warm
- Ice scraper, brush, and shovel
- Kitty litter or salt (to melt ice or snow around your car)
- Non-perishable snacks

With your Ford model equipped with these, you'll minimize the risk of potential danger and keep safe as you seek help!

Contact our service team at Place Motor, Inc If you need any maintenance or service done on your Ford vehicle to prepare for winter, feel free to contact us here at Place Motor Inc. Our factory-trained technicians are certified to work with all Ford models, and we'll get you back out on the road with peace of mind no matter what lies ahead.

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TRIBUNE ALMANAC

REAL ESTATE

BLACKSTONE

\$300,000 38 Farnum St, Hurteau, Marc, and Hurteau, Emily, to Jobin, Tracey J, and Jobin, Kenneth M.

\$220,000 30 Montcalm Ave, Jobin, Kenneth M, and Jobin, Tracey J, to King, Marc.

\$200,000 9 Bridge St, Murphy, Matthew C, and Murphy, Susan E, to Ryan, Aubrey A.

DOUGLAS

\$520,000 55 Pine St, Lavalley, Tj, and Lavalley, Mark A, to Carlson, Suzanne K, and Kass, Ignatius J.

\$430,000 298 Main St, Taiple, Edwin E, and Taipale-Scanlon, Barbara, to Cotter, Micahael F, and Maloney, Mary S.

\$312,500 41 Fairbanks Ct, Succimarr, Peter, and Scucimarr, Gina M, to Bernard Zachary N, and Bedrosian, Ashley E.

\$300,000 215 Yew St, Pond, Jennifer M, to Hutchins, Rosana N.

\$106,414 10 Laurel Hill Rd, Brault, Omer J, and MTGLQ Investors LP, to MTGLQ Investors LP.

\$50,000 24 Main St, Taipale, Gretchen A, and Emanuel, Derek J, to Cotter, Susan C, and Cotter, William M.

NORTHBRIDGE

\$416,000 150 Samuel Dr, Norbridge, Restoration, to Maiuri, Lindsey-Leigh a, and Campos, Renan D.

\$325,000 120 Cottage St, Nugent, Terrence C, and Nugent, Susan L, to Spada, Louis A, and Henderson, Lauren.

\$315,000 6 High St, Over Bridge Investments, to Roberson, David L.

\$292,500 260 Mason Rd, Craig, Francine, and Pappas, Lee, to Perez, Alejandro, and Rivera, Karen.

\$290,000 127 School St, Li, Yong, to Boartfield, Ralph E.

\$259,900 716 Sutton St, Gosselin Irene M Est, and Tauson, Sandra, to Oldfield, John W, and Oldfield, Terry A.

\$220,000 309-315 Union St, Elmwood NtT, a nd Leblanc, Gerald F, to Americo Properties LLC.

\$204,000 232 Heritage Dr #232, Lavigne Faye M, to Curving, Douglas C.

\$200,000 235 Church St, MTGLQ Investors LP, to Americo Properties LLC.

\$150,000 202 Church St, MJW Real Estate Mgmt, to 789 LLC.

UXBRIDGE

\$604,000 49 Waterman Way, Masiello, David A, and Masiello, Marisa A, to Olson, Richard, and Constantino, Paul.

\$435,000 67 Charles Ave, Compton, Roseanne K, and Compton, Michael C, to Rosborough, Emily, and Rosborough, Thomas P.

\$419,200 48 Saratoga Dr, AFCO Land&Development, to Siliva, Eric D, and Silva, Melissa C.

\$368,000 33 Julia Dr, Harshaw, Justin B, and Harshaw, Melissa A, to Turcotte, Jean B, and Turcotte, Briana.

\$366,000 16 Rose Ln, Lataille, Alexander J, and Lataille, Valbona, to Davis, Jordan M, and Davis, Amanda C.

\$340,740 99 Rogerson Xing #22, Rogerson Crossing RT, and Boardman, Chad, to Cauley, Kathleen T.

\$322,208 125 Johnson Rd, Flood, Thomas J, and Ditech Financial LLC, to Ditech Financial LLC.

\$320,000 73 S Main St, Massey, Eric, to Russo, Peter J.

\$290,000 55 Chestnut St, Bourque, Jesse W, and Bourque, Kristen L, to Dunn, Joseph, and Hatem, Katrina.

\$230,000 105 Douglas St, RKP RT, and Peckham, Robert K, to Thurber LLC.

\$195,000 450 River Rd, Louise J&J Salome IRT, and Salome, Robert, to Tsimogiannis, Thomas.

Successful Crop Walk helps local organizations

The 2018 Blackstone Valley Crop Hunger Walk, held on October 20th, was blessed with good weather and 46 walkers, some pictured with coordinator Tanya Morin (center). The event held a range of ages with our youngest and oldest walkers: Jonathan Vandewerken-age 4 and Justine Brewer-age 82, along with Whitinsville Christian School's Girls' Volleyball team & several families.

online at www.crophungerwalk.org/northbridgema/ or checks can be made out to CWS/CROP. Contact Tanya Morin, coordinator at 508-341-6652 or Mike Tatarek, treasurer at 508 234-5488.

The success of this event is thanks to the NAC representatives who shared the information with in their churches, schools and communities.

Over \$4,000 in donations have been collected and there is still time to donate



Courtesy photos

BackCarolyn Lavalee, Jeff Allard, Linda Taintor, Tanya Morin, Lois Holmes, Charlie Hill, Marlene Bishop, Edna John. Front-Mary Landry, Cathy Warren, Keith VanderAkker, Robert Nydam



Walkers get ready to set out.

Crafty Nest opens second location

WHITINSVILLE — Do-it-yourselfers in Central Massachusetts will now have a second location to build and create customized treasures. The wildly popular Crafty Nest DIY, located in Whitinsville, will be celebrating its grand opening of a second location in Northborough, on Friday, Nov. 2. Conveniently located at 290 North Main Street, the Crafty Nest Northborough will open its doors and allow the community a sneak peek at the new workshop, and raffle off chances to win some of Nest's signature rustic, farmhouse-style décor. A gallery of pre-made items will also be on sale.

The Crafty Nest offers reasonably priced workshop events that

give patrons the opportunity to create unique, "Pinterest worthy" items with careful, step-by-step instruction. Co-owners Miranda Osterman and Lesley Woods, who first started the Crafty Nest in 2015, have seen their business grow exponentially since its inception. Woods attributes their success to the boom in the DIY industry, "We specifically select projects that are relevant to the season, and the current trends in DIY. We also stand by the slogan 'Not, crafty? Not a problem!' because we guide our customers through each craft with step-by-step instruction."

Osterman added, "Our craft nights

are a fun night out, and our customers leave with a beautiful craft that they made themselves! It's a confidence boost when you create a treasure that is not only Pinterest-worthy, but also looks store-bought."

On Saturday, Nov. 3, The Crafty Nest will host its first public workshop event at the Northborough location. The workshop will feature a selection of customizable holiday decor and gift ideas for crafters to choose from. Registration is required for all workshops so that personalization can be prepared prior to the event.

In addition to public workshops, The Crafty Nest also offers private parties

for groups of ten or more, as well as children's events and birthday parties. For more information about The Crafty Nest DIY, or to register for an upcoming workshop, The Crafty Nest Facebook page, www.thecraftynestdiy.com, or call (508) 341-3781.

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Malone ready for election

SUBMITTED BY LAURA OLSON

The smell of Fall is in the air and so are the Midterm Elections. In early September Pat Malone won the Democratic Primary for Massachusetts State Representative - 8th Worcester District, which represents Bellingham, Blackstone, Millville, and Uxbridge. Fresh off of this victory, he is already getting back to work by continuing to knock on doors and receiving endorsements from the Massachusetts Teachers Association, the Environmental League of Massachusetts, and former Massachusetts State Senator Richard T. Moore.

Pat is on the campaign trail daily listening to constituents' concerns. His top three priorities are first, helping to better fund schools by fighting to fix the chapter 70 school funding formula and fully funding regional transportation. Second, protecting the environment by giving the Department of Environmental Protection the resources they need to do their job, and third, securing grants for infrastructure improvements to aid with commercial development. He is energetic and passionate about going to Beacon Hill as our voice to tirelessly push for these changes and continually help to better

our communities.

Not only is Pat energized, but so are those who volunteer their time to his campaign. There are over a dozen dedicated volunteers who are committed to helping Pat bring the much needed improvements back to our communities.

Volunteer MaryJo Bazarian Murray stated, "As an elected member of a town board in the 8th Worcester District, I take pride in my small contribution to my community. I value the work of my fellow board members and appreciate that we can work together in a non-partisan way to improve our community. When I met Pat, I immediately felt that he understood that communities wanted to get past partisanship to work toward common goals. I support Pat because I feel he has the energy and open-mindedness to work for our collective interests."

Let your voice be heard loud and clear on Tuesday, Nov. 6. Check your local polling center for when the polls will open and close. This is an important election year and every vote counts.

To learn more about Pat Malone's campaign, visit his website at www.patmalonestaterep.com or contact pat@patmalonestaterep.com. He can also be

found on Facebook at www.facebook.com/pat4staterep/ and on Instagram [pat4staterep](https://www.instagram.com/pat4staterep/). To support Pat's campaign visit secure.actblue.com/donate/patmalone.

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Blackstone Valley TIME CAPSULE

A Look Back.
~1918~

Here is an ad from the *Blackstone Valley News* from 100 years ago this month.

The ad below appeared in the News in 1918.

MENDON, ST. Tel. 48-2

Calumet Cash Market

\$5,000 WORTH

of New Stock just arrived for the HOLIDAY

COME DOWN AND LOOK THEM OVER BEFORE GOING ANY WHERE ELSE.

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North Uxbridge Clothing Store

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MyTrib@StonebridgePress.news

Douglas, Northbridge, Uxbridge, Linwood, Whitinsville and North Uxbridge

SENIOR SCENE

Uxbridge Senior Center

36 South Main Street
(508) 278-8622

The Center will be CLOSED Nov. 11 in honor of Veterans' Day

Thursday & Friday, Nov. 22 and 23 The senior center will be CLOSED in observance of Thanksgiving.

Computer classes Students from UHS & BVT run these classes from 3-4 p.m. every Tuesday. You can call ahead to sign up 508-278-8622 or just stop in. Everyone is welcome! Our student teachers can help you on your tablet, phone, nooks, iPads, Kindles, etc. Bring in your device and learn. We are wireless at the center so please feel free to come take advantage of this service.

Hannaford shopping is every Tuesday morning. Shaw's, Dollar Tree & Ocean State will be on the 2nd and 4th Thursdays instead of Walmart.

FUEL ASSISTANCE: We are now assisting residents with Fuel Assistance Applications. For a household size of one, the annual income limit is \$35,510. You may be able to receive \$400 plus off the cost of your fuel bill this winter. Please stop by or call the Center for more information.

The Senior Work Off Program is seeking interested candidates to apply for the upcoming year. This program has been put into place in order to assist eligible seniors with the burden of property taxes, while tapping into seniors' wealth of knowledge and skills. Seniors work for various town departments with the assistance applied as an abatement to their tax bill. Space is limited. Eligibility requirements include the following: age 60 y/o or older; resident of the town of Uxbridge for at least one year; legal

owner of the property, cannot be in a trust (if in a trust, see Assessor's office to see if you may qualify); report annual household net income; and residents must possess applicable skills.

First time applicants will have priority consideration. Applicants will be chosen on the basis of skills, availability and physical ability, as necessary. Please call the Senior Center for more information and for the application. Assignments will start in January 2019.

LUNCH AND LEARN WITH CHIEF MARC MONTMINY: Friday, Nov. 2 11:30am-12:30pm. Uxbridge Police Chief Marc Montminy will hold his monthly Community Policing Bureau Presentation. His guest speaker will be Michele Ellicks, Community Outreach Mass DOT/Registry of Motor Vehicles. She will be discussing Real IDs and other RMV transactions. Uxbridge Community Television will film this and they will air it on local cable access 192. We will have it on our Facebook page in the near future. We are thankful to continue working closely with the Uxbridge Police Department and to have Uxbridge Community Television film these events.

The Southern Worcester County Alzheimer's Group is sponsoring an educational event on Nov. 9 from 12:45-2:30pm at the Bellingham Senior Center. Dr. Elizabeth Nasser will be presenting on The Diagnostic Process & Early Detection of Dementia. Please call the Alzheimer's Association to register at 1-800-272-3900.

The Senior Center is getting ready to distribute Thanksgiving Dinner Baskets again this year on Nov. 19. If you are in need of food or know someone who is need, please call the Center to let us know so we can ensure that they receive a basket.

Both Fire Chief William Kessler and Uxbridge Police Chief Marc Montminy will be present along with our famous K-9 dog Bear and Officer Stockwell, for this presentation and honor given to those who serve our community daily. Please join us in this wonderful celebration! Call 508-278-8622 to reserve your seat.

Tuesday, Nov. 13 1:00pm Uxbridge Free Public Book Club Meeting with Zach Parrish. They will be discussing "Everyone Brave Is Forgiven" by Chris Cleave. They will also pick out a new book to read at this meeting. All are welcome to join us for lunch on this day and we will provide transportation home after if you ride in on the van. Please call 508-278-8622 to sign up. The next Library Page Turners with Chris Powloka will be on Dec. 11

Tuesday, Nov. 13 *5:30-7:30pm Uxbridge Senior Academy Movie Night! *Note time change. Pass the popcorn; it's Movie Night at the Uxbridge Senior Center second Tuesday of each month! We will be watching The African Queen with Katherine Hepburn and Humphrey Bogart. After religious spinster's (Katharine Hepburn) missionary brother is killed in WWI Africa, dissolute steamer captain (Humphrey Bogart) offers her safe passage. She's not satisfied so she persuades him to destroy a German gunboat. The two spend most of their time fighting with each other rather than the Germans. Time alone on the river leads to love. Transportation will be available for those who are unable to drive. Call the Uxbridge Senior Center at 508-278-8622 to set up a ride. Refreshments will be provided by the Uxbridge Elderly Connection. Be sure to eat an early supper! Remember, you can watch a movie on TV at home, but how much more fun to see it with friends! Sign up if you need a ride on the van or just come in and enjoy the movie. Everyone is welcome! Next movie night will be Tuesday, Dec. 11

Wednesday, Nov. 14 1:00-2:00pm **CAREGIVER SUPPORT GROUP OFFERED AT THE UXBRIDGE SENIOR CENTER** A caregiver support group for those caring for a loved one with a diagnosis of dementia. Support groups are confidential meetings for caregivers of persons diagnosed with Alzheimer's or other forms of dementia. You can learn more about the disease and meet others going through similar situations. This group is free and open to all who are interested in receiving vital education about managing dementia care and aide in reducing stress and assist caregivers to cope. Lisa Bernard, LSW, director of the Uxbridge Senior Center and Terry Murray, volunteer and former caregiver will be co-facilitating this group. Lisa and Terry have personal and professional experience working with persons diagnosed with Alzheimer's and other forms of dementia and also assisting their caregivers.

Monday, Nov. 19 - 8:30am: The Foot Doctor will be at the Senior Center. Appointments are set up on a first come, first serve basis and run rather quickly. If you would like an appointment with Dr. Biancamano, please call 508-278-8622 to schedule an appointment. Also, please let us know if you require transportation to the podiatry clinic. Dr. B will be back on Monday, Jan. 21, 2019.

Monday, Nov. 19 1:00-2:00pm **Benefit Enrollment Center** Tri-Valley, Inc. is now a Benefits Enrollment Center. Benefits Specialists assist with education around public benefits as well as the application process. This is a free service to help connect elders and younger people with disabilities access needed benefits. Specialists can help complete applications for Mass Health, SNAP benefits (food stamps), fuel assistance, Medicare Extra Help, Medicare Savings Plans, housing, SafeLink telephones etc. A benefits specialist will be at the Uxbridge COA every third Monday of the month. You can stop by and meet the specialist and see how she can help you or you can call Tri-Valley at 508-949-6640 to book an appointment.

Tuesday, Nov. 20 11:30 am-12:30 pm: Our Annual Thanksgiving Celebration!! We will have the Spartones, under the direction of Kathleen Penza;

UHS Music Director, here to entertain you! Be sure to call ahead to reserve your lunch as seating is limited. Come celebrate Thanksgiving with us!

Tuesday, Nov. 20 1:00-3:00pm: Brian Guagnini, sales executive Medicare sales for Fallon Health will be here for his Open Enrollment meeting for 2019. If you have any questions, please feel free to come speak with him. You can meet up with Brian after lunch.

Wednesday, Nov. 21 8:00am-12:00pm. The Senior Center will be open the morning only. There will not be any lunch served.

Tuesday, Nov. 27: 11:30am-12:30pm: Ask the Nurse. Salmon Health VNA will be available for the Free Blood Pressure Clinic. Janet Iocabelli will be at the senior center today and every fourth Tuesday. Feel free to join us for lunch and participate in this important free monthly clinic offered by the Salmon VNA. You are welcome to join us for lunch!

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

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

March 21, 2019 "THE PHANTOM OF THE OPERA" at PPAC- Lunch at Mossimo's on Federal Hill. Please choose: eggplant Parmesan, salmon, or chicken piccata - \$99.

April 9 JFK Library and museum w/wine tasting & Venezia Restaurant for lunch. \$81. Lunch choices: Baked Haddock, chicken parmesan, steak tips, chicken piccata, or pasta primavera Kentucky w/ARK, horses and more \$869. 7 day trip! March 31-April 6. Includes 12 meals, 2 shows; Loretta Lynn's homestead; Hatfield & McCoy tour; Toyota Tour; tour of Wheeling, WV; cut-through project in Pikeville; horse farm tour; "Grand Canyon of the South" and other fun highlights!

Hotel Frontenac ("bucket list" hotel), Quebec: 5 days w/White Mt. Hotel, N. Conway, NH, April 27-May 1: \$999. 8 meals, show, and touring in Quebec. Come and stay at the famous hotel that's in all the photos of Quebec! True luxury!

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

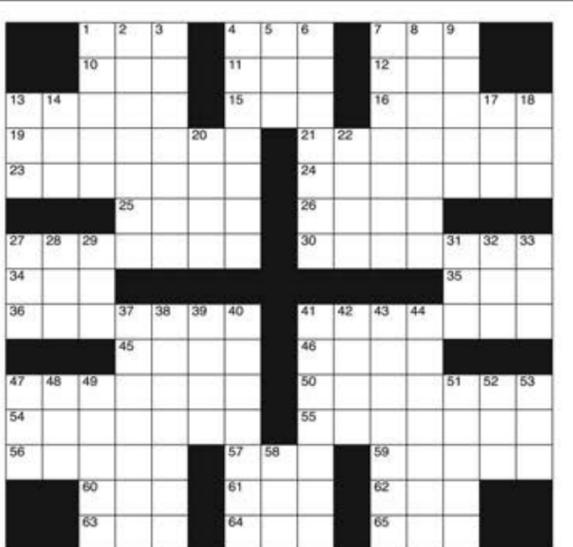
DEC 13-14: CHRISTMAS BY THE SEA: \$329. 1 breakfast, 1 elegant holiday buffet lunch, 1 dinner. "Magic of Christmas" Portland Symphony Orchestra plus Ogunquit's "Christmas by the Sea" celebration

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

CENTRAL MASS SHINE WEBSITE
The Central Mass Region has recently launched its website. Visit us on the web at www.shinema.org. Our site has valuable general information and links to other agencies that can assist you with your insurance needs. Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. During Open Enrollment, it may take a couple of days to return your call. You can now visit us on the internet at www.shinema.org

SENIOR CENTER WISH LIST: We welcome and appreciate the support of anyone in a position to give. Your donations make a significant difference in the lives of our elders and help support our daily lunch program. All monetary gifts can be made out to the Town of Uxbridge with Senior center in the memo section of your check. Gift cards for Hannaford, Walmart and CVS also make nice gifts for senior citizens in need.

Turn To **SENIOR SCENE** page **A9**

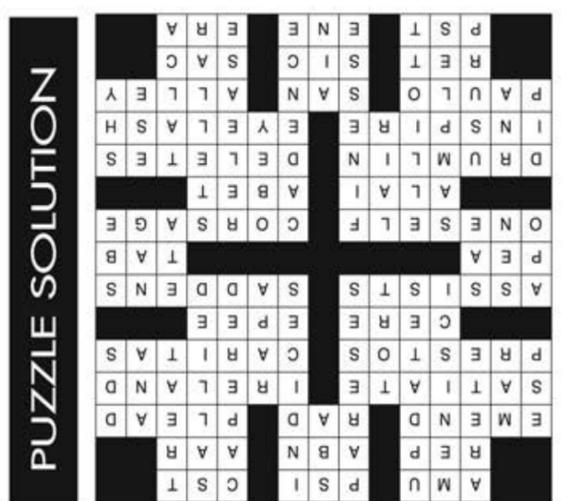


CLUES ACROSS

- 1. Expresses weights (abbr.)
- 4. Pounds per square inch
- 7. Central Time
- 10. One who speaks for others
- 11. Aussie TV station
- 12. Swiss river
- 13. A way to improve
- 15. Awesome!
- 16. Appeal to
- 19. Satisfy
- 21. The Emerald Isle
- 23. Quick passages
- 24. Love of humankind
- 25. Fleshy beak covering
- 26. Type of sword
- 27. Basketball stat
- 30. Makes unhappy
- 34. The Princess can feel it
- 35. Bar bill
- 36. Of one
- 41. Prom accessory
- 45. Jai __, sport
- 46. Assist in wrongdoing
- 47. Small hill
- 50. Erases
- 54. Fill with motivation
- 55. Part of your face
- 56. Novelist Coelho
- 57. Francisco is one
- 59. Narrow space between two buildings
- 60. Soak
- 61. Proofreading mark
- 62. A baglike structure in a plant or animal
- 63. Time zone
- 64. Midway between northeast and east
- 65. Baseball stat

CLUES DOWN

- 1. Sharp mountain ridge
- 2. Types of lenses
- 3. Informs
- 4. Partial paralysis
- 5. Helps little firms
- 6. Alphabetical lists
- 7. Danced about
- 8. Set out
- 9. Trick's partner
- 13. Second sight
- 14. Disfigure
- 17. Comedienne Gasteroy
- 18. Tooth caregiver
- 20. Wrongful act
- 22. __ Nui, Easter Island
- 27. Away from
- 28. Member of Congress (abbr.)
- 29. Car mechanics group
- 31. When you plan to get there.
- 32. Bother incessantly
- 33. One point east of due south
- 37. Small giveaways
- 38. "MASH" actor Gould
- 39. A type of habitat
- 40. Refined delicacy
- 41. Inflection of the voice
- 42. Follow orders
- 43. Discharge
- 44. Of the stars
- 47. Briefly place into
- 48. Present in all living cells (abbr.)
- 49. Take illegally by force
- 51. Genus of moth
- 52. Midway between east and southeast
- 53. Bashful
- 58. French river



Thursdays, Nov. 8, 15, 29 and Dec. 6 *1:00-2:00 pm Tai Chi Classes with Ron Allen, Lark Studio will be held at the Uxbridge Senior Center. *Note the new start time. Sessions are free, but a suggested donation of \$2.00 per class is welcome. If you ride in on the van for lunch, you are welcome to stay for the class and we will provide transportation home afterwards. This is a fun way to help you with balance, meditation and to stay active. Call 508-278-8622 if you have any questions or check our Facebook page for updates and info on more sessions. Walk-in's and public are Welcome! If joining us for lunch, please call ahead at least 24-48 hours to sign up.

Friday, Nov. 9 11:30am-12:30pm - Unveiling of the USPS Postage Stamp Honoring First Responders. Postmaster North Uxbridge; Linda E. Monahan, P o s t m a s t e r Uxbridge; Karen McDonald, along with other postal officials will be present to unveil this new postage stamp honoring those who serve.

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Record attendance at annual Douglas Oktoberfest



Courtesy photos

Dance sensations with their Larger than Life puppets were a great hit during the Oktoberfest.

BY KIM PALMUCCI
TRIBUNE CORRESPONDENT

Thousands attended the 27th annual Oktoberfest in Douglas, an event that featured old favorites and new entertainment.

Oktoberfest Committee member Keith Menard said the largest the event has been in previous years was around 12,000 people; this year seemed bigger than that, he added.

“By all accounts, it was record attendance,” Menard said. “A lot of vendors were sold out by 3 p.m. It was really a great day.”

Highlights included the Larger than Life parade, an interactive musical parade of specially created, 10-foot puppets and dancers. Members of Dance Sensation Studio in Douglas performed in the parade and helped choreograph the dance. Menard noted that a radio receiver was used to broadcast the parade music to three of the four event stages, filling the entire downtown area with music.

This year’s headlining act was Boombox: the ‘70s and ‘80s experience, a seven-member band comprised of seasoned veterans of the Worcester music scene. The popular beer garden

was back for another year, serving Berkshire Brewing Company beer and featuring German music from the Vagabonds.

The wiener dog race was also wildly popular, with more than 20 dogs competing on an artificial racetrack on Main Street.

“We raced wiener dogs down Main Street,” Menard laughed as he compared the event to a book about the history of the town called “They Raced Horses on Main Street.”

Menard also noted that many local organizations use Oktoberfest as a major fundraising push, including the wiener dog race, which was a fundraiser for Dog Orphans in Douglas.

“You have this sense of pride because for so many hours during the day, the streets were crowded with people who may or may not visit Douglas on a daily basis and were able to check out the vendors and entertainment,” Menard said. The event could not have happened again this year without the entire town once again rallying together.

“Thank you to our sponsors, our volunteers, Committee members, and the town staff. We have a lot of support from the Board of Selectmen, Police, Fire, Ambulance, the Highway Department—truly the entire town comes together to make the event happen.”



WATER

continued from page A1

Holahan said, “We are advocates for the protection of water quality, the restoration of degraded ponds and streams, and public enjoyment of the waters and watershed of the Blackstone River and its tributaries. While we support solar energy as an important component of renewable energy, we have become concerned with the increase in large-scale solar facilities in the Blackstone Valley.”

Ted Beauvais, Ken Bedard, Maggie Plasse and other BRWA board members developed this position paper and resource guide in the past six months. Beauvais said, “We wrote this resource guide to not only describe our position, but to gather information from a range of reliable sources to provide information and guidance for town officials and citizens as they evaluate large-scale solar proposals.”

Ken Bedard noted, “There were at least 91 large-scale solar installations

located in the towns that comprise the Blackstone River watershed as of July 2018. When these facilities are ground-based (as opposed to roof-mounted) they can have impacts on the watershed and environment.”

Maggie Plasse observed that, “Large-scale solar facilities are significant business ventures that involve millions of dollars in investments, hundreds of thousands of dollars in revenues, and significant amounts of land for ground-based installations. Town officials and commissions need to take a close look at solar proposals submitted for review and approval.

If you have any questions or comments, please contact the following BRWA board members: Ted Beauvais at tedbeauvais@gmail.com; Ken Bedard at kbedard04@gmail.com; or Maggie Plasse at maggie.plasse@gmail.com.

The Large-Scale Solar Installations Position Paper and Resource Guide is posted on our website. Please visit <http://www.thebrwa.org/guides.htm> for the latest version.



Native plants may add habitat on solar sites.

ROCKDALE

continued from page A1

venues, historic buildings, parking, and siting for a mix of residential and commercial-businesses within this pedestrian-scale, walkable downtown core. There has been evidence of private reinvestment recently, and public commitment remains to advance economic development opportunities in Rockdale.

The Urban Land Institute Technical Assistance Panel will presents its findings and recommendations in report to be published in eight to ten weeks. Once received, a link will be included on

the Northbridge Community Planning and Development webpage. The Northbridge Economic Development Committee will help coordinate action items identified and will work with property owners and stakeholders to implement recommendations.

A mass-mailing to property owners of record was sent out in advance of the October 16 event. Those interested in learning more about this initiative or volunteering to participate on the town’s Economic Development Committee, where three vacancies remain, are encouraged to contact Bechtholdt at 508-234-2447 or by email at planning@northbridgema.org.

➔ News Tip?

Story Idea? ←

➔ Reason to Celebrate? ←

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SPORTS CORRESPONDENT



The Stonebridge Press Sports Department is seeking an individual to cover high school sports on a freelance basis. Candidate will be reliable and flexible with hours, and will be needed on nights and weekends as assigned.

Correspondent must have the ability to e-mail stories on deadline.

Local applicants are preferred, but is not a requirement.

Please apply to
Sports Editor Nick Ethier
at sports@stonebridgepress.com
or call (508) 909-4133.



Email Us:
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Happy Hauntings

Erica Chick photos

Donna C. Sunshine (a clown entertainer) spearheaded this fun event in Uxbridge town hall. Several businesses also participated in the event: Harry's Pizza, Hairworks Jess Stanick Lambert, Subway & Depot Café. Town Hall offices
1st Floor: Assessor's, Veteran's, Town Clerk's, Collector's & Town Manager's.
2nd Floor: Building Department & Economic Development
2nd Floor had kid's activities.



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BLACKSTONE VALLEY TRIBUNE

Heavy Snow is Expected

Snow will be in the weather forecast again sooner than we realize! Rest assured, even in the heavy snow of the winter season, your local Blackstone Valley Tribune is delivered to every home in the area in the secure delivery compartment known as your mailbox.

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Country Montessori hosts Pumpkin Fest at Waters Far



Maggie Hudon and Charlotte Erickson enjoyed the festivities.

faces painted to match their costumes by Tami Erickson, MAP president and one of the organizers of the event.

The beautiful "Darling" vintage barn was an ideal setting for the festive celebration held on a chilly overcast day. The large space was filled with children laughing and playing, a pumpkin patch, many craft tables, games and colorful decorations including the students' own Halloween inspired artwork. Families enjoyed posing for photographs and taking selfies in the pumpkin patch sitting on hay bales.

Yummy macaroni and cheese, chili, pulled pork, pizza and an assortment of baked goods were available for purchase. MAP volunteers Kelli Locicero and Carla Coan with Pam Farnham of Waters Farm helped serve the delicious food. Children enjoyed eating cupcakes, brownies and other goodies.

All proceeds from Pumpkin Fest will help sponsor MAP school events like the Valentine's Day dance, field day and garden day. Many parents helped by contributing lunch entries and baking goodies. Michelle and Nate Ouellette and Christian and Jim Dotzler helped with tear-down. A special thank you to Waters Farm for assisting with the event and for the beautiful setting. Thanks to Paul Dunn for contributing hay bales and Whittier Farms for their generous donation of pumpkins, gourds and corn stalks.

Founded in 1987, Country Montessori is an independent Montessori school offering half and full day preschool and kindergarten programs, year-round extended hours and a summer learning and activity program. The school provides a preschool and kindergarten environment with extended hours recognizing the need for a quality preschool and kindergarten for working parents.



Alice Lamontagne poses with her grandmother Robie Townsend.

Courtesy photos

SUTTON — Preschoolers and kindergartners of Country Montessori Early Learning Center of Sutton enjoyed an afternoon of Halloween and fall inspired games, activities and delicious food with their families at the school's annual PumpkinFest at Waters Farm in Sutton. The fund-raising event was organized by MAP, the school's parent association to help support school activi-

ties. The young students dressed as unicorns, fairies, dinosaurs, Ninjas and other colorful characters bowled with pumpkins, danced to monster music, threw bean bags into Halloween cutout decorations and played the fun doughnut on a string game. They created scary spider monsters, skeleton masks and scratch artwork, too. Many children had their



Country Montessori students pose for a photograph in the pumpkin patch.



Leah Walsh and her sister, Hayley a student at Country Montessori.

CENTER

continued from page A1

River Valley National Historical Park, important state parks in both Massachusetts and Rhode Island, and the Blackstone River Bikeway," said Devon Kurtz, acting executive director for Blackstone Heritage Corridor and project coordinator for the exhibits at the Center. "The exhibits explore the Valley's enduring legacy of innovation and invention; immigration, ethnicity, and cultural traditions; transportation history; and changes to architecture and landscapes."

The building's design reinforces themes of industrial history and environmental conservation and reclaimed vital resources from the former brownfield site. The LEED certified silver structure features reclaimed brick walls, reclaimed wood flooring, a furnace powered by sustainable wood pellets, and solar panels supplying electricity and providing shade. Bioswales, vegetated areas designed to filter storm water by capturing pollutants, will filter all the water runoff from the building and parking lots, cleaning the water before it is released into the environment.

"The Visitor Center is such an exciting project because it plays a number of important roles for our community," said City Manager Edward M. Augustus Jr. "It's a site that helps tell the story of the Blackstone Canal and its role in the rise of Worcester as a powerhouse of the American Industrial Revolution. Serving as a gateway into the city, it functions as a launch point for both residents and visitors to learn about the many exciting opportunities we offer. Representing a key investment in the



Quinsigamond Village neighborhood, this is a project the city and entire region can be proud of."

According to Kurtz, a visitor's experience will be delivered by interactive exhibits, reproduction objects, and sculptures within a 4,000-square foot exhibit hall, as well as outdoor elements on the 6-acre site. The Visitor Center also features a theater/classroom space which seats 64 people theater-style, with sink, digital projector and AV, and direct access to exterior deck overlooking the river. An adjacent storage room can serve as a caterer's prep space. The space is available for rent for corporate meetings and private functions.

"Having lived in the Quinsigamond Village neighborhood all of my life, I have seen our neighborhoods transform through effective partnerships and determination," said Dan Donohue, Massachusetts State Representative. "We still take pride in our industrial heritage and its place in history as one of the anchors of the Industrial Revolution. The district that is my honor to serve encompasses all of the neighborhoods surrounding the new Visitor Center. My constituents not only look forward to begin using the site and its exhibitions for their own

exploration, but they clearly see the economic impact that this Center and its exhibitions will provide in encouraging both our neighbors and tourists to explore and support our region's businesses."

The Visitor Center will be open daily, Monday through Saturday from 9:00 a.m. to 5:00 p.m. and Sundays from noon to 5:00 p.m. For more information, visit www.blackstoneheritagecorridor.org.

"The Blackstone Heritage Corridor Visitor Center at Worcester is a signature project for the City of Worcester, the communities of the Blackstone Valley and for all of central Massachusetts," said Congressman Jim McGovern. "I am proud to have played a role in securing the federal investments necessary to make this project a reality. In conjunction with the new Blackstone Gateway Park and the recently completed Quinsigamond Bike Spur, the visitor center will spur significant economic development - not only in Quinsigamond Village, but throughout the region."

The Visitor Center, Blackstone Gateway Park, and improvements in the Quinsigamond Village neighborhood total approximately \$26 million.

Friday's Child



Sacoya
Age: 12

I like soccer and cheerleading!

Sacoya is an outspoken, charismatic teenage girl of African-American descent who is always open to exploring new activities and settings. She likes playing sports, especially soccer and basketball, and also enjoys swimming, gymnastics and dancing. This past year Sacoya was on a local soccer team, as well as a Pop Warner Cheerleading team. She enjoyed these experiences because she liked being a part of a team and was able to meet new friends. Sacoya just started the sixth-grade at a new school and loves it. She is on target academically but receives extra support in the classroom.

Sacoya is legally freed for adoption and is seeking a home with two mothers, a mother and a father or a single mother. She does best with a lot of one-on-one attention from the adults in her life and therefore should be the only or youngest child in the home. Sacoya currently visits with her two biological sisters on a monthly basis and this should continue after she joins her new family.

Who Can Adopt?

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

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

To learn more about adoption from foster care, call the Massachusetts Adoption Resource Exchange (MARE) at 617-54-ADOPT (617-542-3678) or visit www.mareinc.org. The sooner you call, the sooner a waiting child will have "a permanent place to call HOME."

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EDITORIAL

On Voting

This is not an editorial about politics. This is not a column written in support of a candidate. This is not even about any particular upcoming election or issue or policy. This is actually an editorial just about voting.

For most of us, voting isn't super exciting. It's not a holiday around which we can theme a cook-out or picnic or party. No one wishes anyone a Happy Election Day and children definitely do not clamor to be taken to the polls to watch the voting process.

But wouldn't it be terrific if they did?

What if we treated elections the way we treat Super Bowl Sunday? What if we made it the "Big Deal" that it truly is? Why don't all Americans LOVE voting? Does voting need a marketing make-over? Maybe so.

Think about it: your vote is your voice. It is your most powerful way to decisively state your preference. No one can or should influence your vote. Your vote is an actual, documented and counted opinion. It's better than a Facebook "like", or a retweet or a swipe. It means even more than holding a sign, or having a bumper sticker, signing an online petition, or sending an email.

Voting, in our country, is a right. It cannot be taken from you. Throughout American history, it has been fought for, debated, argued, amended and signed into law...for YOU. What was once a privilege restricted to a single, narrow segment of the population is now a freedom with which all Americans are literally born.

Yet for many, voting is a guilt-driven, exasperating "why do I have to do this?" burdensome task. It's one more thing to do on a busy work day and inspires inner arguments: "What if the lines are long?"

"I can't stand any of these politicians!"

"Should I vote for or against Issue whatever?"

"I don't want to admit how LITTLE I really know about anything on the ballot."

In the same spirit of granting Election Day a status equal to major football games, what's needed is just a little pre-game prep. You wouldn't predict your Super Bowl winner without at least knowing the teams' records. Do the same with those candidates and issues! We have so much information at our fingertips today, including right here in the newspaper you are reading. You know more than you think.

Along with voting, we are granted the right to express opinions. Active, engaged citizens can and do discuss issues and situations and very often disagree with one another. Voting is the civilized expression of putting action behind words. Anyone can speak an opinion. Anyone can also vote in matters relating to that opinion. If someone chooses NOT to vote, their opinion, while no less valid, is nonetheless wasted. Your vote is your choice to use your voice...and to truly make it heard.

On Tuesday, Nov. 6, don't sit this one out. Your vote is REAL. It is counted. It matters. VOTE!



OPINION

Opinion and commentary from the Blackstone Valley and beyond

LETTERS TO THE EDITOR

Northbridge: let US build a new school

To the Editor:
I apologize, but I take exception to the recent editorial provided by Ms. Buma in your paper. I feel that, in spots, it was misleading to the residents of Northbridge. While Ms. Buma had some good points, I'd like to elucidate on some of her misclassifications. (I, too, can use words that folks must look up in a dictionary)

I'd like to start with a sentence Ms. Buma wrote herself. "Let's come up with a more modest proposal..."

I want to first thank Ms. Buma for acknowledging that the current proposal is indeed modest. I totally agree. Who else agrees is the MSBA, who gave Northbridge a grant at a reimbursement rate of 63%, which works out to be a net reimbursement rate of 47% on the project. Shrewsbury's \$92M 790-student elementary school project has a net reimbursement rate of 36%. One of the reasons for our higher reimbursement rate...modesty.

Ms. Buma also states "the Town anticipates receiving..." I think this is misleading in that the MSBA has already approved the Town to receive the grant money. The Town does not "anticipate" getting this money, the Town "will" get the \$47M.

Ms. Buma is correct in that the MSBA money did not come from a munificent donation. The money came from Ms. Buma, herself, and me, and every other sales tax payer in Massachusetts. We all paid into this fund. Would we rather get our own tax money back or give it to other local school districts?

Ms. Buma feels that the SBC kept secrets and were "covering up" the tax rate impact schedule. This can't be further from the truth. The last thing the SBC wants is controversy. The SBC presented the facts as most all other SBC's from other Town's did. The SBC has made 100's if not 1000's of decision over this process. Are we going to nitpick the presentation of every decision? Hey SBC, why did you pick the beige toilets and not the tan toilets? I

want to see the color charts you used!!! Can't we place trust in the SBC? The SBC made a financing decision, unbeknownst to most taxpayers, that saved the Town about \$7 million dollars. Where is the outrage that the SBC didn't publish the fact that they saved the Town all this money???

Going back to Ms. Buma's sentence, from my understanding "Let's" stands for "Let US". "Us" then includes the speaker, meaning Ms. Buma. I didn't go to every SBC meeting or Community Forum, but I went to a number of them. I'm sorry, but I don't recall Ms. Buma at any of these meetings. I'm also part of an organization in favor of the school and we never received any emails from Ms. Buma with questions or solutions to issues.

The SBC has been working on this school project for years. If Ms. Buma truly wanted to part of the "US" and be part of the solution, where was she over the past few years?

Unfortunately, the current appearance to many residents is that Ms. Buma only shows up at Town Meetings to nitpick and throw out conspiracy theories versus trying to be part of the solution. I hope that is not true.

Northbridge residents, for what it's worth, in MY opinion, being a CPA, having an MBA with a concentration in Finance and being the CFO of a global company, the current proposal for the New Balmer Elementary School IS the most modest plan (besides maybe teaching our kids under a huge tent). The time is now. Northbridge, please vote YES for a New Balmer Elementary School on November 6th.

P.S. Ms. Buma, I hope you do not feel like I am personally attacking you because that was not my intention and I apologize to you if you do feel that way. If you truly do want to be part of the "US" and be part of the solution for this great Town we live in, you know where to find me.

ROBERT DZIEKIEWICZ, JR.
ROCKDALE/NORTHBRIDGE

Hanny: learn first

To the Editor:
Before you do anything else, watch the October 24th Freedom Network Show (Gary Rosenberg's show) on NCTV, and the outrage that he and his callers expressed to the significant duping the Northbridge School Committee, School Administration, and Selectmen tried to perpetrate on the taxpayers of Northbridge. Your taxes will be approximately somewhere near 40% more than the significant increase the school told you, you would be receiving. The increase of around \$557 on a \$301,000, home will be close to \$800. that first year. As Gary Rosenberg made so clear you will not be getting the bill you thought you would be getting. You were lied to repeatedly in every flyer, ever school website, and every school meeting including recent town meeting.

No this is a fact and cannot be white washed away as the school committee has tried to do. Its not the only lie that has been told, the SCBC repeatedly said that as part of the MSBA Core program we could not participate in the

MSBA Flexible Model School program that Marlborough in the MSBA Core program just took part in saving the town an additional \$20 Million.

The folks that built the first Balmer school were criticized for building the school on wetlands, now this proposal is building on the same site with wetlands and it's a 3 story building. The existing Balmer school could still be in use today at 50 years old if the School had maintained it. This new school will need to be replaced before the 30 year bond is paid off based on this school's maintenance history.

Given the facts just brought to light at the Fall town meeting, if this vote fails as it has in the past, shame on the School Committee and SCBC in particular for not having a backup plan. It's on the school, if they have to figure out something the community will get behind, because they sure messed it up good this time.

LAURA HANNY
NORTHBRIDGE

Davis: urges a yes vote

To the editor:
Being a long time, former public official in Northbridge I strongly urge a YES vote at the polls on November 6th for the new Balmer K-5 school. Is it expensive-yes. Should it have been done years ago-yes. Is it needed-yes. Maybe even more important will the costs of either a new school or renovations to the two existing schools continue to go up without action now-yes.

I suppose the information given about the impact to our tax rate could have been done better but it doesn't change the fact the work is required and should be done now-not wait for even higher costs in the future. Those advocating against the school do not offer any

suggestions for what happens if the vote does not succeed.

One thing the school building committee has constantly been upfront about was the difference between the cost of a new school-with state reimbursement-and the cost of renovating both old, dilapidated, non-functioning buildings. Very poor choice and one we should not make.

If we intend to continue to offer our children a first class education a new school is the only way to go. Please vote Yes.

JOHN A. DAVIS, FORMER SELECTMAN
NORTHBRIDGE

Beshaw: concerned about hunters

To the Editor:
Uxbridge has wonderful parks for families and people to walk in and enjoy nature and the outdoors. Hunting season has begun, and bird hunters are now allowed to hunt among people and families out for a stroll.

I was quite disturbed by the close proximity of hunters with shotguns and families and joggers. I am not addressing gun control or hunting yet a concern about the present day state of society. Things have changed dramatically in this day and age and I cannot help but see this

as a catastrophe waiting to happen.

Attention needs to be brought to the need to end bird hunting and all hunting in these parks for it is more dangerous than ever. I do not feel the need to elaborate on the obvious danger this hunting activity in a town park brings. It only takes one disgruntled hunter to take out a family.

Sincerely concerned.

RACHEL BESHAW
DOUGLAS

LaPorte: voting yes

To the Editor:
On Tuesday November 6th voters in Northbridge will be tasked with voting for a not insignificant tax increase for the purpose of building a new elementary school.

I would like to share a couple of thoughts and opinions I have. I am a no voter since the advent of overrides/debt exclusions. This will be the first time that I will be voting YES because;

Spending a mere 4 million less to make major repairs to old, decrepit, too small buildings that have outlived their usefulness just doesn't seem fiscally responsible.

One way or another the conditions of these buildings need to be addressed...will the

repairs last for the next 50 years? Doubtful will the new school? With proper maintenance, absolutely!!

Was the front end loaded loan discussed clearly enough? It would appear not, but I honestly believe there was ZERO intent by the School Building Committee to purposely deceive anyone!

I implore all fellow Northbridge citizens to please address the issues with our aging schools the most fiscally responsible way and vote YES!

PAMELA LAPORTE
WHITINSVILLE

Is your 'digital estate' in order?



FINANCIAL
FOCUS

DENNIS
ANTONOPOULOS

If you spend a lot of time on the internet, you're not just shopping or being entertained, or following the news or participating in an online community. You're probably also dealing with accounts and information that eventually can become part of your digital "estate." And if this estate isn't properly looked after, it can lead to confusion and conflict among your survivors, as well as an opportunity for hackers to try to get at whatever resources they can touch.

If you haven't stopped to think about it, you might be surprised at the number of assets that could become part of your digital estate. You may have financial accounts (banking, brokerage and bill-paying); virtual property accounts (air miles, "points" for hotel bookings); business accounts (eBay, Amazon, Etsy); e-mail accounts (Gmail, Outlook, Yahoo); social networking accounts (Facebook, Twitter, Instagram); online storage accounts (Google Drive, iCloud, Dropbox); and application accounts (Netflix, Kindle, Apple).

Given all these areas, how can you protect and preserve your digital estate? Here are a few suggestions:

Create a detailed inventory of digital assets. Following the categories listed above, draw up a list of all your digital assets.

Document your wishes for how you want your digital assets managed. If you don't specify how you want your digital assets managed upon your death or incapacitation, you might be opening the door to lengthy legal battles over access to these assets. In a worst-case scenario, your heirs and beneficiaries might never get the assets you had intended for them.

Name a digital executor in your last will and testament. A digital executor can accomplish a variety of tasks related to your digital estate, such as transferring online assets to your heirs; closing accounts you don't want transferred; managing personal materials by archiving or deleting files, photographs, videos and other content you have created; and, finally, informing online communities of your passing. When choosing a digital executor, you'll want someone you can trust, of course, but you'll also want to make sure that person is skilled enough in technology to search your computer properly and navigate the internet and multiple websites. Not all states recognize a digital executor, so you may want to consult with a legal professional to learn about the laws governing digital estate planning in your state. Also, even if you have a digital executor, online platforms enforce their own rules about who can or can't access a deceased person's accounts. If you are concerned about this, you may want to contact the customer service areas from these types of providers - Google, PayPal, Facebook, etc. - to learn their policies.

Review your plans. Review your digital estate plans on a regular basis, just as you do with your physical/tangible estate plans. The digital world is a fast-moving one, so you'll need to stay current with changes.

In some ways, managing a digital estate can be more challenging than dealing with a physical estate. But by following the above suggestions, you can help reduce any "cyber-angst" your loved ones may feel when it's time to deal with the digital presence you've left behind.

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 Street, Auburn, MA 01501 Tel: 508-832-5385 or dennis.antonopoulos@edwardjones.com.

SENIOR SCENE

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We also continue to need in kind donations of, decaf coffee, paper towels and 8oz plastic cups. One can donate directly to the center at 36 S. Main Street or on-line via the town's web page. Every donation helps and comes enormously appreciated. Thank you to all who have already donated as well! Feel free to contact us at 508-278-8622 or visit us on our web page at Uxbridge-ma.gov/coa or like us on our FB page or by googling Uxbridge Senior Center, or even dropping by.

The Senior Center is a drop off site for the People First Food Pantry. Donations are accepted Monday through Friday from 8am-4pm.

Douglas Senior Center

331 Main Street
PO Box 1294
(508) 476-2283
FAX (508) 476-1681
Facebook: DouglasMaSrCtr

Open Monday through Thursday 9 a.m.-2 p.m.

The Blood Pressure Clinic: The Blood Pressure Clinic with Nurse Ann will be from 10-noon on Nov. 9, Nov. 16, Dec. 4 & Dec. 21. Appointments are not necessary and walk-ins are welcome.

During Medicare Open Enrollment (Oct. 15- Dec. 7) you may change your insurance plan for next year. Shine counselors can help you understand your plan changes, as well as other options you may have. We have a Shine counselor available for any questions you may have. Please call to schedule an appointment at (508) 476-2283.

Tuesday November 13th at 11:00: The Scam Play this is always a favorite! Lunch will be the Famous Potato Bar for \$3, please sign up by 11/8/18.

Thursday November 15th at 10:30: Sandwiches and salad will be served. This program and lunch are free and being sponsored by New England Hospice. Please sign up for this event by 11/8/18.

Friday Nov. 16 at 11:00: Summit Elder Care presents "how to destress your life" Lunch to be announced! Please reserve your spot by Nov. 13.

Wednesday Nov. 28: A Holiday Decoration workshop with Sue Gagnon at 10:00 am. Come learn how to create a "fleecey" snowman for this winter season. Bring an empty soup can and sewing needles. All other materials will be provided by the Douglas Sunshine Club. Coffee and treats will be available. Space is limited to 10 active participants and everyone else is welcome to come observe. Sign up by calling or coming to the Douglas Senior Center 508-476-2283.

Thursday Nov. 29: The Douglas Sunshine Club is sponsoring the autumn Beef Stew in a Bread Bowl Dinner at the Douglas Senior Center. Doors open at 5:30 pm with dinner at 6 pm followed by the talented and amusing Maurice with his Accordion at 7pm. Reservations are required. Tickets are \$8 and available from Sunshine Club members or by calling the Douglas Senior Center at 508-476-2283 or Pam at 508-476-4474.

Thursday Dec. 6 at 11:00 Holiday Party come and enjoy a festive holiday meal and holiday singalong! Please reserve your spot by Nov. 30. This event is being sponsored by the Douglas Cultural Council.

SUNSHINE CLUB

Sunshine Club night out Saturday Nov. 4 at 7:00: Enjoy a night out at the Sokol club with Brian Tiernan. Brian is a super talented Comedian/Ventriloquist who will leave you wanting more. Tickets will be \$10.00 starting September 15th please call Pam Schwartz for tickets at (508)476-4474.

Nov. 15 at 11:00: Dog sled presentation with a mac & cheese for \$5. Please sign up by 11/13.

FLEECE SNOWMEN

Douglas Sunshine Club presents on Nov. 28 a Holiday Decoration workshop with Sue Gagnon at 10:00 am. Come learn how to create a "fleecey" snowman for this winter season. Bring an empty soup can and sewing needles. All other materials will be provided by the Douglas Sunshine Club. Coffee and treats will be available. Space is limited to 10 active participants and everyone else is welcome to come observe. Sign up by calling or coming to the Douglas Senior Center 508-476-2283.

BEEF STEW IN A BOWL

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with dinner at 6 pm followed by the talented and amusing Maurice with his Accordion at 7pm. Reservations are required. Tickets are \$8 and available from Sunshine Club members or by calling the Douglas Senior Center at 508-476-2283 or Pam at 508-476-4474.

HEALTH SERVICES

The Blood Pressure Clinic with Nurse Ann will be from 10-12 on. Appointments are not necessary and walk-ins are welcome. 11/5 & 11/15.

Podiatrist: November 19th Appointments are necessary please, call (508) 476-2283 as soon as possible to set up your appointment.

EVENING EVENTS

Movie Nights: The last Wednesday of every Month!

TRANSPORTATION INFORMATION

Elder Bus Service Schedule
S.C.M. Elderbus, under contract to the Worcester Regional Transit Authority, provides transportation services to senior and disabled clients for twenty-one communities within central Massachusetts. Please call elder bus directly at (1-800 321-0243) to make all reservations. Reservations must be made 48 business hours ahead of time.

DAILY SCHEDULE

Monday:
9 a.m.: walking club; 10 a.m. osteo exercise; 10 a.m. reverse glass painting; noon: needleworks
Tuesday
9 a.m.: walking club; 9:30 a.m.: Zumba; 9:30 a.m.: cribbage; noon: bingo
Wednesday
9 a.m.: walking club; 10 a.m.: osteo exercise; 11 a.m.: coloring; noon: needleworks; 1 p.m.: yoga; 11 a.m. (once a month) book and movie club.
Thursday
9 a.m.: walking club; 9 a.m.: yoga; 9:30 a.m.: computers; 10 a.m.: tai chi; 10 a.m. and noon: acrylic painting; noon: bingo

Douglas Service Schedule in Town:
Monday-Friday
Medical first pick up 8:30 a.m. – last pick up 3:30 p.m.
Work first pick up 8:30 a.m. – last pick up 3:30 p.m.
General Business first pick up 8:30 a.m. – last pick up 3:15 p.m.

Out of Town Medical: Wednesday, Thursday, Friday Service Hours
Trips to Worcester/Auburn
10:00 - 12:00
12:00 - 2:00

Out of Town Grocery Shopping: Tuesday
Customer Choice Drop-Off Pick-Up
Walmart - Whitinsville 11:00-12:30

Sunshine Club News
Monthly Meetings: Are held on the first Tuesday of the month at 2:00 p.m. Meetings are held at the senior center.

Outreach News
Insurance: If you are thinking about changing your insurance or you are confused by any changes going on, let us know. We have a Shine Councilor able to meet and discuss any issues you are having.

Medical Equipment: We have lots of walkers, shower chairs, and commodes available at the center if you would like to borrow one. Please, do not drop off any equipment without letting us know, as we have very little storage.

File of Life: We have many available at the center. These are very important and could save your life. Please, stop in anytime and pick yours up for free.

Emergency Information Sheets: Please, call the center if you would like to be added to the list or update your information.

Millbury Council on Aging

1 River St., Millbury
(508) 865-9154
Lunch is served daily at noon, call to reserve your place 48 hours in advance.

Millbury Senior Center Transportation Services

Residents can travel on Monday through Friday 9 a.m. to 3 p.m.

ADA clients and job assignments (disabled) 7 a.m. to 4:45 p.m.

We require a 48 hour reservation for rides

One way van ride in town is \$1.50; one town out \$1.75; ADA ride costs are \$2.75 in town and \$3 for one town out.

All rides to the Senior Center are 25¢ Escorts are also available!

Our service is curb to curb, call for more information or a Reservation! (508) 865-9247

THE MILLBURY SENIOR CENTER IS NOW ACCEPTING SNAP APPLICATIONS

(Food Stamps)
Our appointments are on Tuesdays & Thursdays 10 a.m.-2 p.m.

Call for an appointment & required documentation (508) 865-9154

UPCOMING HOLIDAY CRAFT FAIR

Saturday, Nov. 10 9 A.M.-2 P.M.
Call or Stop by the Senior Center to reserve your table. New Items along with Creative Crafts. Great gifts for the Holidays! Luncheon served along with Homemade Chicken Soup, Hotdogs and Pastries. Also featuring food items to go. We have Raffles! 508-865-9154

ANNUAL HOLIDAY POLICE DINNER

Pasta & meatballs dinner at the Millbury Senior Center Thursday, Nov. 8 at 6 P.M. Sponsored by the Millbury Police. Reservations Required! Call or Stop by the Center. 508-865-9154

SENATOR MOORE TURKEY LUNCHEON

Wednesday, Nov. 14th at noon. Sponsored by Michael O. Moore
Call (508) 865-9154 or stop by for reserve seating!

MEMORY CAFÉ

Please join us for our Memory Café Tuesday, November 27 2:00-3:30 pm, at the Center

A Memory Café is a monthly gathering for people with memory loss/challenges

and their care partners. It is a time to socialize, make new friends, and have a good time.

Fourth Tuesday of each month, refreshments will be served.

Our Outreach worker, Julie Fitzgerald, is happy to answer

any questions, call to RSVP 508-865-9154!

WEEKLY EVENTS

Craft Classes
Wednesdays from 9:30-11 a.m. Plan what you would like to make & pay for the materials you use! For more information call.

MONDAY

8:30a.m.: walking club; 9:30 a.m. light exercise; 12:30 p.m.: Wii bowling; 12:45 p.m.: Mahjong (ALL NEW); 1p.m.: cribbage, game day, Scrabble, Chinese checkers, scat and Wii bowling.

TUESDAY

9-10 a.m.: blood pressure; 9:30-10:30 a.m.: Tai Chi; 10:45-11:30 a.m.: Zumba Gold; 11:45 a.m.-12:30 p.m.: Yoga. 11 a.m.: Sing-A-Long; 1 p.m.: cribbage & Scat.

WEDNESDAY

Craft Classes, 9:30-11 a.m. Plan what you would like to make & pay for the materials you use! For more information call us. 1 p.m. Social bingo

RMV Transactions

EVERY WEDNESDAY 10 a.m.-2 p.m. including license renewals (drivers younger than 75); registration renewals, change of address, duplicate license

or registration, reporting lost or stolen disability placard and how to request a replacement. Call for an appointment.

THURSDAY

9 a.m.: cards; 10-11:30 a.m.: adult coloring class; 12:45 p.m.: whist; 2:30-3:30 p.m.: computer and cell phone classes, reservations required, please call.

FRIDAY

9 a.m.: shopping; 9:30 a.m.: light exercises; 12:30 p.m.: bridge and Scat.

Northbridge Senior Center

(508) 234-2002
www.northbridgemass.org/council-on-aging
Monday-Thursday 8:30 a.m.-4 p.m., Friday 8:30 a.m.-1 p.m.

Upcoming Special Events and Announcements

We require registration for all of our events and trips. Additionally, if you need transportation, please inform the center at the time of registration. Simply call to sign-up. Deposits and fees are required at time of sign up in order to reserve your spot.

WEEKLY:

MONDAY
Coloring Club: Every Monday 1:00
BINGO Every Monday at 1 p.m. Chair Yoga at 10 a.m.

Mondays we are adding an evening Tai-Chi class from 6:30-7:30. \$4/class for seniors, \$7 for all others. Call to sign up.

TUESDAY

Tai Chi
Tuesdays from 10:45-11:45 \$2/class
Pokeno at 12:45 p.m.

WEDNESDAY

.Computers
Wednesdays: Our computer expert is here from 1:30-3:30 to help with any questions you have. Call to sign up.
Low Impact aerobics at 10:15 a.m.

THURSDAY

Chair Yoga
Chair Yoga at 10 a.m. Thursdays

FRIDAY

Painting Class
Every Friday @ 9:00; Stretch and Strengthening Class at 10:15

TRIPS

December 2, The Newport Playhouse presents, "A Doublewide Texas Christmas". A day of food, fun, and farce! Enjoy a fantastic luncheon buffet at the playhouse followed by this hilarious comedy. After the show, you will be entertained with a Cabaret filled with songs and laughter. \$87/person, call Jeannine to sign up.

DO YOU HAVE A SMART PHONE?

We want your pics!

DO YOU LIKE TO WRITE A LITTLE?

We want your stories and writings!



The
Blackstone Valley
Tribune
is YOUR local newspaper,
and we want to share your
stuff with our
10,000 + readers who read
the Tribune every week.
In print and online.

**Your pics, your writings, your news...
If It's Important to You, It's Important to Us!**

Send your stories, pics and anything else to:
MyTrib@StonebridgePress.news.

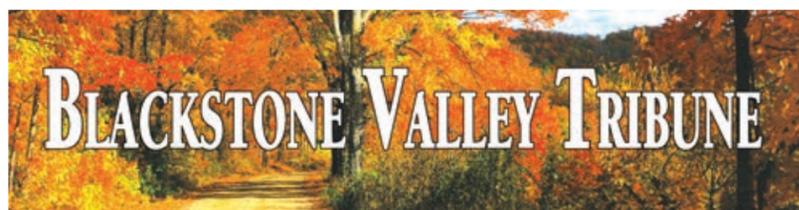
UXBRIDGE

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Hub, the Blackstone Valley Chamber of Commerce, and the MassSTEMHub and Project Lead the Way, as well as its commitment to bringing science and STEM work to a broader population, including its Science Olympiad team and post-secondary counseling

program.

"I could not be more proud of the work being done on behalf of our students by our educators and our entire school community," said Tiano. "Earning acceptance into the NCSST is not only an honor for our high school, but it reflects positively on the entire town of Uxbridge."



**If It's Important to YOU
It's Important to US**

www.StonebridgePress.com

The hunt is on with the birds now migrating



THE GREAT
OUTDOORS
.....
RALPH
TRUE

This past weekend's storm had a positive impact on migrating birds, taking advantage of the wind currents as they fly south. Duck and goose populations were up as they stopped in the valley area to rest and feed for a day or two, and then continue on their journey. The next two weeks should provide some great shooting as the migrant birds continue to fly to their winter homes. Woodcock should also start to migrate, providing bird hunters with some great shooting opportunities over well trained pointing dogs. Very few native woodcock exist in the valley area today, mainly because of lost habitat from development. Ducks and Canada geese close Nov. 24, this year and reopen Dec. 11.

Archery deer hunters have been harvesting some large bucks locally with a few sporting antlers with 10 points or

more. Local hunters are also finding more activities from deer that are leaving ground scrapes in local covers. Seasoned deer hunters are contemplating the rutting season to peak around Nov. 5-15 this year. It is a time that archers need to put all of the time they can in their tree stand, as it is the best time to encounter a big buck. Big bucks often let their guard down while chasing does that are in heat during peak rutting season.

Unfortunately, some of the hunting public are out stealing deer hunters gear again this year, and it is more wide spread than previous years. Deer cams are the target of choice by many of the local outlaw hunters this year. The cameras can be a bit expensive to replace. Some of the cameras have had the chip removed from them giving the thieves the data that was captured for the camera owner. A couple of local deer hunters have purchased a couple of cameras, setting one in clear view of other hunters, but they have another close by, hoping to catch the thieves in the act. It has worked numerous times in prior years.

One local deer hunter shared

some comical news with this writer about information he captured on his deer cam. Along with pictures of coyotes, skunks, squirrels, and chipmunks but no deer, the video captured a squirrel harvesting acorns for the winter and burying them for his winter food supply next to a tree. After the squirrel left, the chipmunk appeared and dug up the squirrel's nuts and scampered off with them. I wonder where he got that idea from?

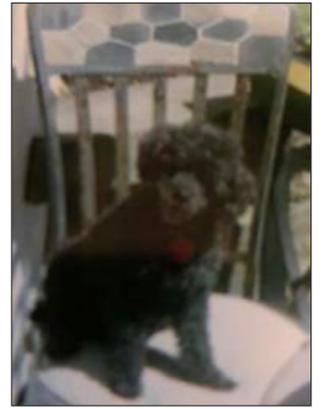
Shotgun deer season opens Nov. 26 this year, with the remaining season of black powder opening Dec. 10.

Hopefully weather conditions will improve soon allowing saltwater anglers the opportunity to harvest tautog and stripers. Heavy wind and rough seas kept a lot of boats tied to the dock this past weekend, but weather was expected to improve this week. This week's picture shows this writer with old rubber lips, and a bucket of them caught this past spring. The limit on tautog has now increased to five fish daily for tautog in Rhode Island waters, but be careful to read the new regulations.

Charter boat customers are allowed five fish daily, but if



Ralph with a nice 'rubber lip' tautog



Courtesy photos

Madi-B is doing well and just wants everyone to know.

you own your boat, only 10 fish may be retained even if you have more than two anglers in the boat!! What a stupid regulation. It also seems unfair. The little guy gets hammered again!!!!

This past week this writer received some mail from a 92 year old gentleman that was responding to my column about the high cost of veterinarians. His dog Madi-B, a 9 year old poodle, had leg problems and his final cost at Tufts veteri-

nary school was a cool \$4,400. He is extremely grateful for the great care his dog Madi B received and is now doing well on her three legs. He would do it again as the poodle is one of the family and losing her would be devastating. It sure is sad to hear stories like his as most people his age do not have that kind of money laying around. Thanks for your story.

Take a Kid Fishing & Keep Them Rods Bending!!

Media burdens run two ways

I was chatting with a group of students the other day when one of them looked me in the eye and commented, "You're very tough on journalists."

I had to plead guilty. Of course I'm tough on journalists. Maybe even as tough on them as they are on politicians.

Our representative democracy depends on journalists doing their jobs. Why? Because it's essential that citizens get the solid, accurate, and fair information they need to make good judgments about politicians and policy decisions. Our system cannot work if journalists and the institutions they work for don't shoulder the burden of serving as watchdogs, holding government accountable, shining a light on overlooked challenges, and exploring

complicated issues in as clear-eyed a manner as possible.

Which is why, if you value representative democracy, you have to be deeply concerned about the once-over-lightly journalism that fills our media. Too often, reporters, commentators and online contributors focus on trivia, partisan posturing, and political gamesmanship, and not on the substance of issues.

The disruptive forces that have laid waste to traditional journalistic organizations have pared down the newsrooms that can carry out in-depth journalism and investigative reporting. Yet



BEYOND
CIVIC
ENGAGEMENT
.....
LEE H.
HAMILTON

convey solid information to the citizen.

I have no illusions about how difficult this is. Nailing down good information requires a lot of effort, persistence, and time. A single story can take months to follow carefully. Making sense of the issues that affect us — in politics, the legal system, medicine, war and peace, the economy — requires patience, expertise, analytical skill, and the ability to convey complexity in a simple fashion.

The prevalence of fake news and misinformation makes this search for objective truth ever more difficult and challenging. If we don't have the right information as citizens, then we don't have the facts to shape our opinions — and we're going to be in trouble as a nation.

Disentangling truth and untruth from the citizen's standpoint is really hard. So, I applaud and admire journalists who are dedicated to truth. And there are enough of them that there is still plenty of good, solid reporting.

It's not always easy to find, though, amidst all the less-than-solid noise that fills our media landscape. This places a particular burden on us, as citizens, to work hard to find it and understand it. Especially because some of the institutions we once relied upon for independent, objective information — I'm thinking specifically of Congress here — have increasingly stopped serving as models for the search for truth.

The plain truth is, there's much to distract both journalists and citizens from

what's really necessary to cover and to understand. Sorting through all the information at our fingertips, distilling meaning from it, zeroing in on what's really important: that's work that both journalists and ordinary citizens have to undertake.

If you're a local journalist, that means looking into every nook and cranny of government and chasing down what's important and what doesn't add up. For more broad-based journalists, the responsibility is to look at events, analyze them, and convey what needs to be conveyed to the public to make sound decisions about good governance.

And for citizens, it means conscientiously following reliable, fact-oriented media — and not just a single source, either, because none has a monopoly on the truth — and using their reporting to make discriminating judgments about public affairs.

Getting all of this right is essential to making our government work. Journalists have to ask themselves whether they are getting to the bottom of stories and giving enough information to citizens so they can make good judgments — or are they too focused on trivia and entertainment and posturing? And citizens — whose media tastes drive so much of what the media provide — need to be focused on what matters.

It's a complicated dance, but in the end, it comes down to one thing: journalists need to provide, and citizens need to ask for, the reporting that's necessary to make the country work.

Lee Hamilton is a senior advisor for the Indiana University Center on Representative Government; a distinguished scholar, IU School of Global and International Studies; and a professor of practice, IU School of Public and Environmental Affairs. He was a member of the U.S. House of Representatives for 34 years.

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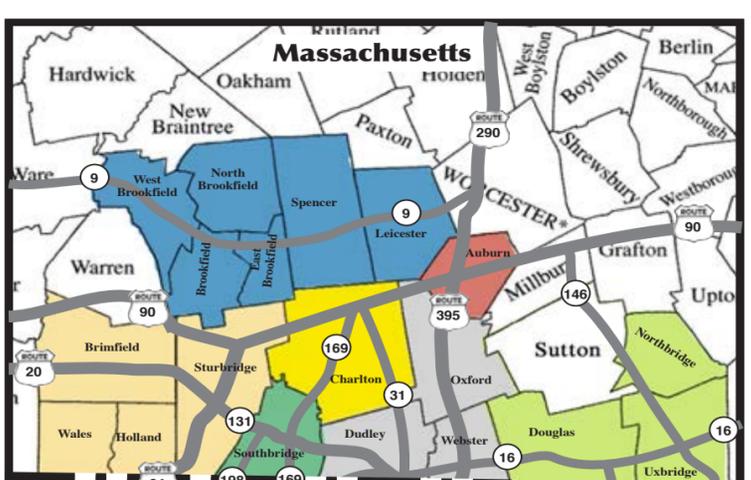
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OBITUARIES

Ernest J. Roy Jr., 86



WORCESTER - Ernest J. Roy Jr., 86, formerly of Pilgrim Avenue died Sun. Oct. 28, 2018 after an illness at the Sutton Hill Center in North Andover, where he had been a resident the past 3 years.

He is survived by his 4 children: Michelle Roy Haley of Mansfield, MA, Michael E. Roy and his wife Carol of Hendersonville, TN, Jeannine M. Roy of North Andover, and Paul G. Roy and his wife Karen of Shrewsbury; 8 grandchildren, Hannah, Sarah Roy and husband J.D. Shadburne, Nicholas, Kyle, Jesse, Zachary, Garrett, and Katrina; several nieces and nephews; and his former wife, Rhea (Lacombe) Roy presently of Attleboro, MA. He was predeceased by his sister, Gloria St. Martin. Born in Worcester, on Jan. 3, 1932 Ernest was the son of Ernest J. Roy, Sr. (former City of Worcester Tax Collector) and Marie-Ange (Robitaille) Roy and lived in Worcester many years.

Mr. Roy worked as a waiter for many years at Locke-Ober restaurant in Boston, and in his later years, was a driver for Worcester Airport

Limousine. He was a graduate of North High School in Worcester, and served in the U.S. Army as a Private 1st Class during the Korean Conflict. He was a proud member and Vice Commander of the VFW Post #3329 in Millbury. Ernest was an avid sports fan and loved watching football, hockey, and basketball. He also enjoyed playing horseshoes and doing crossword puzzles. His other hobbies included current events, reading, and most of all spending time with his family.

His memorial funeral service was held on Thurs. Nov. 1st at 11:30 am in the Jackman Funeral Home, 12 Spring St., Whitinsville. Calling hours at the funeral home were held from 10 - 11:30 am. A private burial will be held at a later date. In lieu of flowers donations in Ernest's memory made be made to: The Alzheimer's Association: 225 N. Michigan Ave. Floor 17, Chicago, IL 60601. To leave a condolence message for his family please visit: <http://www.Jackmanfuneralhomes.com>



Loretta M. "Peggy" Ledger, 94

N O R T H B R O O K F I E L D - Loretta M. "Peggy" (Dilling) Ledger, 94, passed away peacefully early on Sunday morning, October 21, 2018. Peggy had been living with her daughters,

Susan Sacco and Carol Wexler, in Whitinsville, MA at the time of her death. She had lived with Susan over the last eight years but previously had been born, raised and lived in North Brookfield for most of her life.

Peggy was married to the late Clifford J. Ledger, Sr. and is survived by her two daughters, Susan Sacco and Carol Wexler, of Whitinsville, and her son Capuchin Franciscan Friar Clifford (Kip) J. Ledger, Jr. of Philadelphia, PA; 5 grandchildren, 7 great grandchildren, many nieces and nephews. She was the daughter of the late Bernard and Evelyn Dilling of North Brookfield and is predeceased by sisters Pauline Dilling, Ruth Miner, Myrtle Rebello and Shirley Rogers, and brothers Raymond Dilling, Ernest Dilling, Wilford Dilling, all of North Brookfield and brother

Bernard Dilling of East Brookfield. At the beginning of her secretarial career, Peggy worked at American Optical in Southbridge and then at Warren Pumps in Warren.

Peggy was an avid gardener for most of her adult life. She loved her flowers and had beautiful flower gardens. She loved to sew and quilt and always played a mean game of scrabble, playing Words With Friends on her iPad for hours on end and was rarely beat, as many can attest to. She also loved crossword puzzles and jigsaw puzzles and was an avid reader. Family was very important to Peggy and she was always happiest when surrounded by her loved ones.

She had a great sense of humor and was loved by everyone.

Calling hours were on Thursday, October 25, 2018 from 4-7PM in Pillsbury Funeral Home 44 Gilbert St. North Brookfield. The funeral was held on Friday from the funeral home with a Mass at 1:30PM in St. Josephs Church 296 Main St. North Brookfield. Burial was in the parish cemetery followed by refreshments served at the church. For an online tribute and guestbook please visit: Pillsburyfuneralhome.com

Anne R. Wood, 79



WHITINSVILLE - Anne R. (Riffanacht) Wood, 79, passed away on Sun. Oct. 21, 2018 at Umass Memorial Hospital after a brief illness. She was predeceased by her beloved husband of 43 years, Robert P. Wood in 2011.

She is survived by 4 children, Joseph R. Wood and his wife Jamie Smida of Brooklyn, NY, Marie A. Wood of Worcester, Karen T. Cadieux and her husband Michael of Auburn, NH, and Jacqueline M. Bessette of Woonsocket, RI; 7 adored grandchildren; and a cherished great-granddaughter. Born in Binghamton, NY on Sept. 17, 1939, Anne was the daughter of Joseph and Mildred (Shaudt) Riffanacht and grew up in Vestal, NY where she lived until her mid twenties.

Anne was a proud graduate of Endicott College, earning her degree

in elementary education, working as a third grade teacher for 30 years. She worked at St. Mary's School in Cortland, NY, where her children attended school, and after moving to Northbridge in 1984, she began working for Our Lady of The Valley School in Uxbridge. Anne was an avid Yankee fan, who above all enjoyed spending time with her family. She was an amazing mother, grandmother, and great grandmother who will be sorely missed by her family.

Her funeral Mass was held on Fri. Oct. 26 in St. Patrick's Church, 1 Cross St., Whitinsville at 11am. Burial followed in St. Patrick's Cemetery. Calling hours at Jackman Funeral Home, 12 Spring St., Whitinsville were held on Thurs. Oct. 25 from 5-7 pm. To leave a condolence message for her family please visit: <http://www.Jackmanfuneralhomes.com>

Laurette C. (Wunsch) LeCour, 56

DUDLEY - Laurette C. (Wunsch) LeCour age 56 died Wednesday, Oct. 24, 2018. She leaves two sons, Jean Paul Breault of Dudley and Robert Niewiera and his wife Ashley of Texas, her parents Edward F. Wunsch and Jeanne L. (Jeffrey) Wunsch of Webster, two brothers Edward R. Wunsch and his wife Pamela of Douglas, Randy Wunsch and his wife Susan of Holland, one sister Julie Wunsch of Webster and three grandchildren.

She was born in Webster and lived in Dudley for the past three years prior to that living in Webster. Laurette

was employed by IPG Corp where she worked in research and development. She enjoyed reading, painting, fishing and movies. A celebration of life will be held Saturday, November 3, 2018 from 10:30 am -11:30 am with a service at 11:30 am in the Shaw-Majercik Funeral Home, 48 School St., Webster, MA. Please omit flowers, donations may be made in her memory to the Community Cat Connection, 289 Thompson Rd., Webster, MA 01570. A guest book is available at www.shaw-majercik.com where you may post a condolence or light a candle

*Send all obituary notices to
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CALENDAR

Saturday November 3

HOLIDAY BAZAAR: St. Peter's Parish in Northbridge will be holding its annual Holiday Bazaar on Nov. 3 from 9am-3pm in the Parish Hall, 39 Church Ave. Santa Claus will be making a special appearance starting at 10 am for pictures! Home-made baked

goods, white elephant table, craft tables with handmade items, knitted items & handmade quilts. Tables filled with raffles & the famous silent auction. "Old-Time" favorite foods served. For more information contact the rectory at 508-234-2156.

Thursday November 8

BLACKSTONE VALLEY GARDEN CLUB MEETING on Nov 8. Julie Picard will be presenting a program on Seasonal Decorating at the Blackstone Valley United Methodist Church, 116 Linwood Ave., Whitinsville at 7:00 p.m. Parking and entrance are at the rear of the building off Church Street by Domino Pizza. Julie, a member of

our Club, will demonstrate the making of a floral filled pumpkin and a boxwood centerpiece just in time for Thanksgiving. Come, enjoy and get some great ideas!

Saturday November 10

HOLIDAY CRAFT FAIR: Saturday, Nov. 10 9 A.M.-2 P.M. Call or stop by the Millbury Senior Center, 1 River St. to reserve your table. New items along with creative crafts. Great gifts for the holidays! Luncheon served along with homemade chicken soup, hotdogs and pastries. Also featuring food items to go. We have Raffles! 508-865-9154

RECYCLING EVENT: St. Patrick's Church, 7 East St., Whitinsville will hold an electronic recycling event on Saturday, Nov. 10 from 9am-2pm. All proceeds to benefit ministries at St. Patrick's Parish. Most electronic items will be accepted. No propane tanks & no batteries. Cash only. We will also be collecting bottles and cans to benefit Young Neighbors in Action. For more information, please call the rectory at 508 234-5656.

Saturday November 17

FUNDRAISING FAIR: Douglas Senior class of 2019 is holding Celebration Graduation and this includes a Holiday Marketplace Vendor Fair Nov. 17 at the Sokol Hall, 405 Main St., Douglas from 10 a.m.-3 p.m.

Monday November 19

TURKEY DINNER: Stop by for the annual "Turkey Dinner" for area seniors, sponsored by Senator Moore and the Blackstone Valley Chamber of Commerce. The event is free and open to local senior residents. Interested attendees are requested to RSVP to the local Senior Center no later than one week prior to the event. The event is Monday, Nov. 19 noon to 1 p.m. at Northbridge Senior Center, 20 Highland St., Whitinsville.

Wednesday November 28

FLEECE SNOWMEN: Douglas Sunshine Club presents on Nov. 28 a Holiday Decoration workshop with Sue Gagnon at 10:00 am. Come learn how to create a "fleece" snowman for this winter season. Bring an empty soup can and sewing needles. All other materials will be provided by the Douglas Sunshine Club. Coffee and treats will be available. Space is limited to 10 active participants and everyone else is welcome to come observe. Sign up by calling or coming to the Douglas Senior Center 508-476-2283.

Thursday November 29

BEEF STEW IN A BOWL: On Nov.29 The Douglas Sunshine Club is sponsoring the autumn Beef Stew in a Bread Bowl Dinner at the Douglas Senior Center. Doors open at 5:30 pm with dinner at 6 pm followed by the tal-

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SPORTS

Uxbridge boys, Grafton girls claim SWCL cross-country championships



Nick Ethier photos

Behind the third place effort of Uxbridge's Colin Caso, the Spartans won the team portion of the SWCL cross-country championships.

BY NICK ETHIER
SPORTS STAFF WRITER

WEBSTER — The annual Southern Worcester County League cross-country championships were again held at Memorial Beach, this time on Wednesday, Oct. 24.

There, the Uxbridge High varsity programs — both the boys' team and girls' squad — headed in undefeated at 10-0. The boys cruised to the team title, while the girls were edged by Grafton High.

"It was a real team effort," Spartans' head coach Walter Berkowicz said of the boys' team. "It was our second year winning this meet in a row and we had five boys in the top nine, which is one place better than last year [when] we had

five in the top 10."

With third (Colin Caso), fourth (Ryan Semle), fifth (Stephen Sanches), seventh (Thomas Burke) and ninth (Patrick Burke) place finishes, Uxbridge accumulated just 28 points. Second place Millbury High was far behind with 69 points.

"They've been running close together most of the season," Berkowicz said. "We've got a pretty tight pack one through five."

Uxbridge's sixth and seventh runners — each team is allowed to bring up to seven, with the top five scores counting — still finished near the top in 12th (Aidan Ross) and 19th (William Chenis) place.

On the girls' side, Berkowicz

knew that both Grafton and Millbury would provide a tough challenge to the Spartans, and the Indians certainly did so. And although Uxbridge's Hannah Jones won the 5k (3.1-mile) race in 22:19.8, Grafton's cumulative total was 57, two better than the Spartans' 59. Millbury finished in third with 73.

"I knew they had their hands full today," said Berkowicz. "My fifth girl used to be my No. 2, she's had some hip problems."

On Jones' win, Berkowicz added: "That was a nice race. Hannah [Jones] is a senior and she had a great day. She ran a nice back half of the course."

Uxbridge's other scoring finishers included Abigail Deary (seventh place), Anastasia Achiaa (12th place), Kathleen Redgate (13th place) and Bridget Redgate (26th place).

The team scores and top-10 individual results — where those athletes won medals — are as follows:

BOYS' TEAM RESULTS

1. Uxbridge, 28 points
2. Millbury, 69
3. Grafton, 90
4. Tantasqua, 101
5. Bartlett, 108
6. Auburn, 145
7. Quaboag, 189
8. Leicester, 209

Boys' Top-10 Individuals

1. Aidan Gilmore, Grafton, 18:18.4
2. Avinash Bissoondi, Millbury, 18:26.2
3. Colin Caso, Uxbridge, 18:52.8
4. Ryan Semle, Uxbridge, 18:59.0
5. Stephen Sanches, Uxbridge, 18:59.6
6. Keegan Gleason, Millbury, 19:03.9
7. Thomas Burke, Uxbridge, 19:33.9
8. Armando Chung, Tantasqua, 19:36.7
9. Patrick Burke, Uxbridge, 19:54.2
10. Cameron Szalay, Auburn, 19:56.0

GIRLS' TEAM RESULTS

1. Grafton, 57 points
2. Uxbridge, 59
3. Millbury, 73
4. Leicester, 93
5. Tantasqua, 99
6. Bartlett, 161
7. Auburn, 170
8. Quaboag, 173

Girls' Top-10 Individuals

1. Hannah Jones, Uxbridge, 22:19.8
2. Emma Bouvier, Grafton, 22:30.1
3. Dani Blodgett, Tantasqua, 22:59.0
4. Anabelle Nelson, Millbury, 23:02.1
5. Jena Taubert, Millbury, 23:04.4
6. Emily Moughan, Leicester, 23:07.5
7. Abigail Deary, Uxbridge, 23:11.9
8. Ellie Hills, Leicester, 23:50.8
9. Abigail Hamilton, Grafton, 23:58.8
10. Megan Wajer, Grafton, 24:04.0



Hannah Jones of Uxbridge was victorious in the SWCL 5k race, crossing the finish line in 22:19.8



At the SWCL cross-country championships, Anastasia Achiaa and Kathleen Redgate finished 12th and 13th, respectively, to help Uxbridge take second place as a team.



The Uxbridge tandem of Ryan Semle (11423) and Stephen Sanches (11421) took fourth and fifth place, respectively, at Memorial Beach.

SPORTS BRIEFS

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Are you interested in having a lot of fun while also helping to make the winter fly by? Any student (8 years and older), parent or teacher from any of the surrounding towns and states can ski or snowboard eight consecutive Saturday nights at Wachusett Mountain for just \$150 through the Southbridge Ski Club. You drive to Wachusett Mountain on your own. The eight-week program begins on Saturday, Jan. 5 and ends Saturday, March 2. Ski or snowboard rentals as well as lessons are also available at a very reasonable cost. You may also be able to ski or snowboard for

free through your health insurance coverage.

Also anyone (students or non-students) can purchase Gold, Silver and Bronze Season Passes at a lower discounted price through our Club. All eight week and season passes must be ordered through the Wachusett website by Nov. 30 for these lower discounted prices. For more information on how to order, please contact Dick Lisi at (508) 410-1332 or at lisirichard15@yahoo.com.

Worcester State University to hold baseball clinics

Worcester State Baseball Indoor

Clinics are now held in the \$52 million gymnasium and wellness center. The second floor multipurpose gym allows for live practices with plenty of storage for the six indoor mounds, bats and balls, etc. Hitters will use the double-barrel cages on the first floor. Here kids will bunt/bat off the Hack Attack pitching machines (uses real balls; speed adjusted for ages), hit close-range BP, use soft toss nets, tees, and utilize slow-motion video analysis.

There are multiple upcoming clinics to choose from. For questions, please call (508) 929-8852 or (774) 230-3872, or email dbaker1@worchester.edu. Also, please visit wsulancers.com/camps-clinics for more information.

Softball pitching lessons coming to Southbridge Community Center

Softball pitching lessons will be available at the Southbridge Community Center (152 Chestnut Street) on Sunday mornings from 8:30 to 10:30 a.m. They started Oct. 21 and run through Feb. 24, 2019. Team and league discounts are available for three pitchers or more. Pitchers must bring a catcher (no fee) that can be a parent, teammate, etc. Please contact Bill Rahall (wlah@yahoo.com 860-576-3440) for more details. Clark University pitching coach Steve Genese will be on hand at the lessons.

SPORTS

Crusaders' cross-country teams turning the corner toward stardom

BY KEN POWERS
SPORTS CORRESPONDENT

NORTHBIDGE — The boys' cross-country team at the Whitinsville Christian School (WCS) is very good — the Crusaders are ranked 16th in the state by the Massachusetts State Track Coaches Association (MSTCA) — and it's only going to get better. Of the Crusaders' top eight runners, four are sophomores, two are eighth graders and one is a freshman.

"The kids were pretty excited when they heard they were ranked 16th in the state," said WCS coach Chris Vander Baan, who is also the principal of the Whitinsville Christian School. "It was exciting for me to find out we were ranked so high because I have a real, real young group of boys who are just going to get better and better."

Leading the Crusaders' harriers is sophomore Joe Thumann. So far this season Thumann — who last week won the Dual Valley Conference championship meet, covering the 5K distance in 15:54 — had finished second three times in invitational meets the team has participated in. Thumann was second at the John Kelley Invitational in Wrentham, the Martha's Vineyard Invitational, and the MSTCA Twilight Meet, which was held under the lights in Barnstable. He was third at the Ocean State Invitational.

"Joe is running real, real well; in all the non-official polls he's ranked as one of the top seven runners in the state in Division 2," Vander Baan said. "His worst finish in an

Invitational meet is sixth, and that came at the Bay State Invitational Meet where they combine all the Division 1 and 2 runners and run them in the same race. He was the first non-senior to finish the race. Joe has done very well all year at the big meets."

Running in the No. 2 slot for the Crusaders is A.J. Gorman, one of the top freshman runners in the state. Gorman is followed by sophomores Jack Hearn and Anthony Gilbert, senior tri-captain (along with Thumann and girls' team member Hadley Koeman, a junior) Sam Hearn — Jack's brother — sophomore Ben Piet, and eighth graders Jack Crowley and Aidan Giunta.

"It's going to be really exciting around here for the next couple of years," Vander Baan said.

Whitinsville Christian finished the dual meet portion of its season 5-1; its only loss being to Hopedale High, which also won the DVC Meet last week, finishing one spot (and 10 points) ahead of the Crusaders. Vander Baan said he focuses more on running his teams (he's in charge of the girls' team, too) in larger invitational meets rather than dual meets.

"I've got real young teams, so I try to get my kids to the biggest possible races without driving all over New England," Vander Baan said. "I want the kids to see the best competition possible. That way, when we do get to the District Championship and hopefully the state meet, there are no surprises; the kids know what it's like to run against the best of the best."



Courtesy photo

Whitinsville Christian's Joe Thumann, who last week won the Dual Valley Conference Championship Meet, is a big reason for the Crusaders' ranking of 16th in the state by the Massachusetts State Track Coaches Association.

The WCS girls' cross-country program isn't one of the top teams in the state yet, but Vander Baan thinks it's only a matter of time until the Crusaders are one of those teams.

"Our girls' program has really turned the corner," Vander Baan said. "I have two girls at the top of my team who are extraordinary."

Those two girls are freshman Molly Lashley and junior Koeman. Lashley, like Thumann, won the DVC Meet on Oct. 26, covering the 5K course in 18:58, which was 29 seconds faster than the runner-up finisher, Hopedale senior Izzy Doran.

"Molly is nationally ranked; she has only been beaten twice

this year — at the Twilight meet and at another big invitational earlier in the year," Vander Baan said. "And at the Twilight meet she was running in the Championship Race, not the freshman race. Other than that, she has just been running over everybody."

Earlier this year Lashley turned in the seventh-fastest 5K time in the state, 18:38.

"For a girl that is incredibly fast," Vander Baan said. "I've never coached an athlete in cross-country with the kind of talent that Molly has. She's scary good."

Earlier this season Vander Baan had to tend to some medical issues he was having; he was forced him to miss a month of the season, but the

WCS girls' and boys' programs didn't miss a beat.

"I was lucky to have some great people fill in for me for that month I was out," Vander Baan said. "One was our retired girls' cross-country coach Ann MacKay, along with one of my former runners, Nate Brookhouse (WCS Class of 2013), and T.J. Hearn, Sam and Jack's father."

"They filled in the gap beautifully," Vander Baan said. "I wrote the workouts and they helped the kids get through them. Those folks worked really hard while I was out for a month. I can't thank them enough."

Spartans spread out passing to open the field, defeat Quaboag

BY NICK ETHIER
SPORTS STAFF WRITER

UXBRIDGE — Patience is a virtue, and for the Uxbridge High girls' varsity soccer team, patient passing all while looking for the proper opportunity to strike worked wonders en route to a 2-0 victory versus Quaboag Regional on Friday, Oct. 26.

"As a soccer player myself, I wouldn't have it any other way," Spartans' head coach Brian Linnehan said. "We train all the time with combinations — just passing, passing, passing."

"The only thing that concerns me a little is our lack of quality finishes," Linnehan added. "We can get into the third and we can penetrate, we just need to get that quality shot."

But Uxbridge did score twice — once in each half — which proved to be enough for the win.

The Spartans scored the eventual game-winner just past the midway point of the first half. Bella Borjeson-Troupe sent a pass in to Lindsey Moss, who directed her shot toward the inside left corner of the net. Quaboag goalie Victoria Morgan guessed correctly and dove to her right, but the ball narrowly escaped her grasp and Uxbridge took the lead.

It wasn't until the 76th minute when the Spartans put the game away, Moss collecting a pass from Elena Franzosa and giving it back to her. Franzosa then beat Morgan (eight saves) for the second and final goal.

The Cougars didn't generate too many offensive chances, but they found a golden one back in the first half when they were looking to tie the score. Kirah Czub chased down a long pass, got ahead

of Uxbridge's defensive unit and only had keeper Sydney Bretana to beat.

Czub one-touched the ball to try and dribble around Bretana, but the Spartans' goalie intercepted the touch with her foot and cleared it out.

Aside from that one play, Uxbridge's defense was a rock — forcing nearly 10 offside calls against Quaboag — and Bretana needed to make just four saves for the shutout.

"We spend a lot of time on defense," said Linnehan. "We talk about the pressure defender, which is the first defender, the second defender, which is a cover defender, and the third defender, which is our balance defender. We've had games this year where our cover defender always seems to be there when our pressure defender gets beat, so we do a really nice disciplined job of that."

Linnehan added that he likes where his team is at as they improved to 11-5-1 and will play in the Central Mass. Division 4 Tournament.

The Cougars, meanwhile, slipped to 6-7-4 as they were without the services of three starters in Paige Baldwin (illness), Julissa De Leon (injury) and Jordan D'Angelo (injury). Baldwin is normally a center back defender, so Kiarra Dorman slid back and filled in nicely. Dorman, with well over 100 career varsity goals to her name, came up to Quaboag as a defender in the seventh grade, so the transition was seamless.

"Wherever you put her on the field she's going to be the best player on the field. It's just you're robbing Peter to pay Paul; wherever you pull her from it's going to be weaker," explained head coach Chris Bailey.



Nick Ethier photos

Uxbridge's Maia Harris stabs at the ball with her right foot to collect a pass.

With Dorman playing defense until the final seven minutes — when she went up to offense, looking for the equalizer — Bailey was content with playing for a draw.

"You're hoping for zero goals and then you'll settle for a tie and be happy with it and not move her up," he said.

But the Cougars lost and had one final regular season game to try and win to earn a spot in the same Central Mass. Division 4 Tournament as the Spartans.

"Everyone has known it for a week now that we have to get one," Bailey said of the regular season's final few games.

And Quaboag was able to surge past Notre Dame Academy, 5-0, on Monday, Oct. 29 to advance to districts, finishing 7-7-4. Dorman scored four times, Bella Clowes added the other goal, and Morgan had an excellent game in net to post the shutout.

CRUSADERS TOP HOPEDALE TO CLAIM DUAL VALLEY CONFERENCE TITLE



Courtesy photo

HOPEDALE — Following a 3-0 victory over Hopedale High on Friday, Oct. 26, the Whitinsville Christian School's varsity volleyball team was able to call themselves champions of the Dual Valley Conference. The Crusaders improved to 18-1 and had a final regular season game to play at Millis High on Monday, Oct. 29 before embarking on the Central Mass. Division 3 Tournament.



Lindsey Moss of Uxbridge runs up to the ball while on the attack.

SPORTS

Douglas tops David Prouty in battle of postseason-bound teams



Aidan Gordon of Douglas eyes the ball before kicking it on its way.

BY KEN POWERS
SPORTS CORRESPONDENT

SPENCER — Aidan Ferguson scored a pair of goals and set up a third as the Douglas High boys' varsity soccer team qualified for the Central Mass. Division 4 Tournament with a 5-0 shutout of David Prouty Regional on Wednesday, Oct. 24 at Eugene R. Hurley Memorial Field.

With the win the Tigers improved to 7-4-5 and then upped their record to 8-4-5 the following day with a 1-0 victory over Tyngsborough High.

"Back-to-backs are tough, so we wanted make sure this was the day we came out and played and took care of business," Douglas head coach Alex Ferguson said after defeating

the Panthers. "We needed at least a point in this game to make Districts. They knew how important this game was."

Douglas took a 1-0 lead in the first minute, being credited with a goal after a defensive miscue by David Prouty. The Tigers doubled their lead to 2-0 in the 29th minute of the first half, freshman Aidan Ferguson — one of the two sons of coach Ferguson on the team — scoring off a corner kick.

Tigers' senior Connor Goncalves placed his corner kick in the middle of a group of players from both teams who were set up right in front of the net. The ball ricocheted around within the group before squirming out right onto the foot of Ferguson, who slammed it into

the back of the net.

Douglas put the game away with three second half goals.

Ferguson put the Tigers in front 3-0 when he scored with 15:15 remaining off an assist by his older brother, junior Keegan Ferguson. The pair worked like a well-oiled machine, passing the ball back and forth until Aidan Ferguson had enough space to tuck the ball past Prouty goalkeeper Alex Skov.

"The third goal was a result of Aidan and Keegan moving the ball back and forth and finding each other. They slot the ball pretty well," coach Ferguson said. "They work well together when they're on the soccer field, but not so well when they're at home. They like to fight a lot. When they're on the field, though, soccer takes precedence."

Douglas sophomore Ethan Moulder made it a 4-0 game when he scored with 9:18 remaining and eighth-grader Michael O'Toole closed out the scoring with a goal in the final two minutes.

Coach Ferguson said he feels good about where his team is at heading into the postseason.

"Looking at the seeding, everything that's going on and the teams that are in, I think Division 4 is pretty stacked, especially on the top end," coach Ferguson said. "At the top you've got Sutton, Bromfield, Maynard and Hopedale, and they are all really good teams, and then you've got everybody else in the mix that's in the middle — Douglas, David Prouty, Leicester, and those types of teams. I think there will end up being about 13 to 14 teams in Division 4. It's going to be a big field."

David Prouty, despite falling to 6-9-2 due to its loss to Douglas, has also qualified for the Central Mass. Division 4



Jason McKay photos

Douglas' Ethan Moulder runs down the field with possession of the ball while a David Prouty defender tries to stop him.

Tournament. The Panthers are in as a result of the Sullivan Rule.

The Sullivan Rule states that in leagues where a team's schedule is comprised of 70 percent or more of higher division schools, and there is no small and large breakout, all Massachusetts Interscholastic Athletic Association (MIAA) league and MIAA non-league contests played against equal and/or lower divisions may solely be considered in the 50 percent qualifying criteria.

Since the Panthers are assured of finishing against those teams with a winning record — the worst they could end up is 5-4-1 — they have advanced to the postseason.

"Since we had already qualified for the tournament we didn't start most of our regulars in the game. We had a lot of kids getting some rest today," David Prouty head coach Jed Prouty said. "We went with a heavily freshmen-weighted team today. We want to see

what they've got coming into the postseason.

"Going into the second half is when we really went heavy with the freshmen, giving them the bulk of the playing time. I was impressed with what I saw from our freshmen. There are definitely some players from the freshman class that I think we'll be able to use in the playoffs. Brendan Auger in particular is a standout, and Evan Fournier, too, he's outstanding. He's a big, strong young freshman who's got some good speed."

Despite the fact that his freshmen got a lot of work against the Tigers, Prouty knew his team had chances to make a game of the contest, especially in the first half.

"The first half we definitely outplayed them; we definitely had some goal-scoring opportunities," Prouty said. "The own goal stunk and then on the second goal my keeper said he had the sun in his eyes. He said he couldn't see the ball at all."

Tigers put it all together on Senior Day to roll past Colonels

BY NICK ETHIER
SPORTS STAFF WRITER

DOUGLAS — Senior Day is full of emotion for any team, and it has hurt the Douglas High varsity volleyball squad in the past. For three straight years — 2012, '13 and '14 — the Tigers were 9-10 and needed a win on the special occasion to earn a trip to the Central Mass. Division 3 Tournament. All three times Douglas was unsuccessful, and then they endured a 9-10 season in 2015, an 8-12 campaign in 2016 and a 6-14 year last fall.

"In the past we've come into this Senior Night needing a win to get in [playoffs] and we haven't been able to get it done, and I thought emotions would take over the volleyball," explained head coach Ed LaChapelle.

But the Tigers, having already qualified for districts for the first time since 2011 — where they reached the championship game — were dominant in a 3-0 victory over South High of Worcester. Set scores were 25-14, 25-8, 25-10, as Douglas ended its regular season at 12-8. Standout players for the Tigers were Devin Haire with her serving and Arouny Souphida with her outside hitting.

"I thought we played really, really well," said LaChapelle. "One of the things we've struggled with all year is putting together three solid sets of

volleyball. There's some nights we've played an amazing first set, not so great second, and a horrible third, fourth and so on. We just couldn't seem to stay focused on the grind."

But the Tigers have figured it down the stretch, which is the perfect time as districts approach.

"It's been the last three or four," LaChapelle said of the winning streak. "I really think we are [peaking]. In fact in our last three matches we haven't lost a set."

Focusing on the task at hand, and not the opponent, has been what's taken Douglas over the hump, according to LaChapelle.

"Our mantra lately has been — and they seem to be buying into it — we don't care who's on the other side of the net, you play against the game. Rise to the challenge and when the point is done you put it behind you and play the next one."

Because of the strong play, the seniors — of which there are eight — will play in districts for the first time in their careers.

"At the beginning of the season that was our goal," LaChapelle said of qualifying for the Central Mass. Division 3 Tournament. "We have a mature team, if you will."

The seniors include Melina Schilling, Daniella Damasio, Sarah Finnegan,

Brynn Hurley, Devin Haire, Keara Madden, Maureen Grady and Alexa Gresian. Schilling, who has been injured all year but has acted like another coach, has been on the varsity for four years, Gresian two years and the other six seniors three years.

"This is a special group," said LaChapelle. "It became more like a family than a team and I'll miss them, I'll miss them a lot. I'm really honored to have been able to coach them."

The brackets for the postseason tournament were revealed after press time.



Daniella Damasio of Douglas sends a high-arc push back over the net.



Douglas' Devin Haire keeps her eyes transfixed on the ball while bumping over a pass.

Nick Ethier photos



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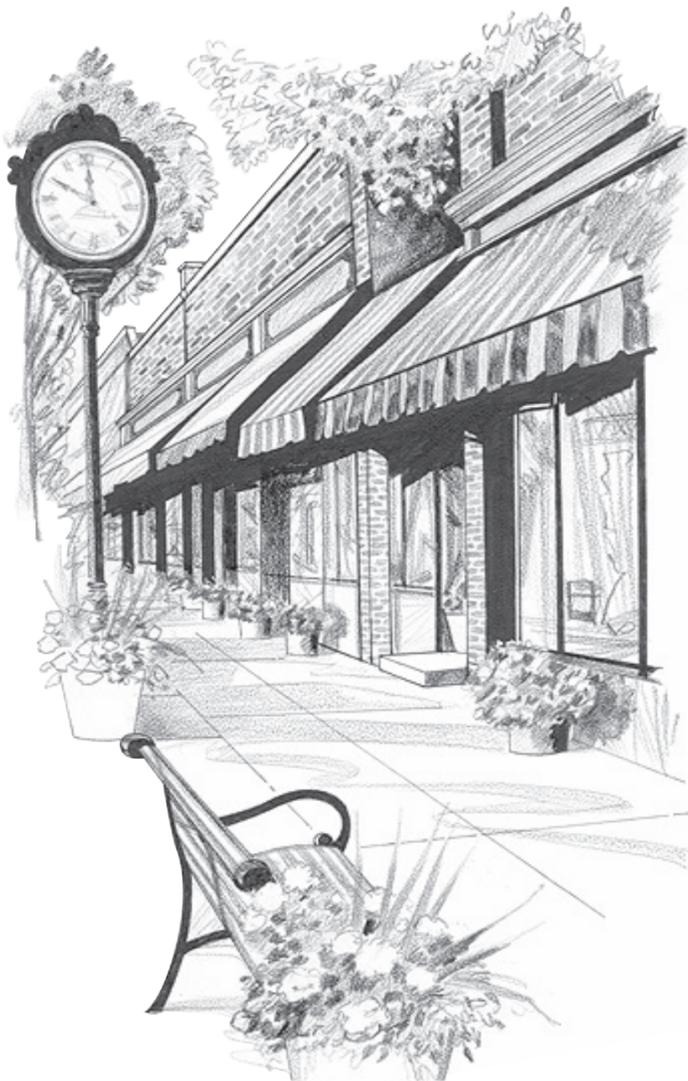
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Steampunk Symposium - Monday, Nov. 5 at 7pm
 We will be sharing ideas and information on all things Steampunk - crafts, costumes, and more. Costumes welcomed!

Card Making Workshop - Thursday, Nov. 8 at 6:15pm
 Sick of buying cards at the store? Learn how to make your own! Registration is required.

Uxbridge Senior Center Book Club - Tuesday, Nov. 13 at 1pm
 We will be discussing Everyone Brave is Forgiven by Chris Cleave. Please call 508-278-8624 x100 or stop by the Library to request a copy.

Author Spotlight: Sheryl Corriveau - Saturday, Nov. 17 at 12pm
 New local author and town

resident, Sheryl Corriveau, will present a talk about her journey that inspired the lessons she wrote about in her new book, The Best U. A Q&A will follow, with a book signing. Copies of the book will be available to purchase. Registration is encouraged.

Let's Talk About Sugar - Monday, Nov. 19 at 6pm
 Monique Salvas, Wellness Coach, will present a talk on sugar cravings and how to transform them. Learn about the different types of sugar and what it does to your body.

Bookies Book Club - Monday, Nov. 26 at 6:30pm
 Check in at the Library to see what we're reading next!

Tangled Words - Thursday, Nov. 29 at 6pm
 Pam Lisak, CZT is returning to teach a Zentangle Class that will create beautiful wooden Zentangle words. We will be tangling words like Love, Hope, Dream and a few surprises! These inspiring words can make great gifts or would be a nice addition to a bookshelf or even a refrigerator magnet. This class is great for

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Youth Programs
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 Join us for this fun and healthy class for kids ages 5-10.

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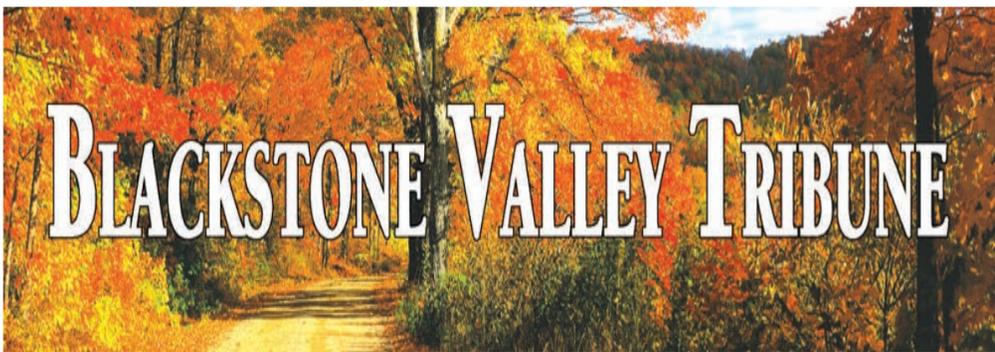
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Open House Saturday 12-2pm 237 Marcy, Southbridge
Adorable low maintenance Ranch with updated kitchen, new counters & floor. 5 spacious rooms with 2 bedrooms with large closets. Open Bright & Sunny floor plan. Cabinet packed kitchen. Newer stainless steel appliances. Steel beam construction. Open basement great for future finishing! Garage under. Walk to Town Amenities. **\$179,900.**

Open House Saturday 12-2pm 41 Charlier Lane, Southbridge
PRISTINE CONDITION! All beautifully remodeled! 6 rooms 3 bedroom 2 1/2 baths! Master bathroom is stunning! Open Spacious eat in kitchen w/under counter lighting, recessed lighting, all updated. Livingroom gas fireplace, gleaming hardwood floors, with French doors opening out to private patio to inground pool. Wait till you view the lower level! **\$275,000.**

Open House Sat., 12-2pm 17 Cedar St., Southbridge
Beautiful Ranch with 5 rooms 2 bedrooms & 2 baths. Spacious living room with hardwood floors, formal dining room. Large master bedroom with double closets & huge master bath w/white floor, walk in shower and washer & dryer. 1 car garage. CAIR. Many updates done. **\$199,900.**

Dudley: Charming Cape situated in quiet country setting! 8 rooms 3 bedrooms 2 baths. Front to back kitchen/dining area with brick fireplace. Three bedrooms up with full bath. First floor office/guest room with full bath. Level backyard! Two car garage. **\$229,900.**

Open House Saturday 12-2 19 Mary Ellen Lane, Southbridge
Pride of Ownership. Expandable cape with updated, kitchen, bath, roof, furnace. Fully Appliance kitchen. Hardwood and tile throughout. One car garage. Expansion possibilities. 19 Mary Ellen Lane. **\$219,900**

OPEN HOUSES SUNDAY, NOVEMBER 4TH

<p>\$499,900</p>  <p>11:30am - 12:30pm 22 Morton Station Rd Charlton, MA 01507</p> <p>Here's your new dream home you've been wishing & waiting for. This high-end home comes with hardwood flrs throughout all the rooms except the bathrooms, which have beautiful ceramic tile flrs. Builder has given great attention to details with stately crown molding & decorative wainscoting.</p>	<p>\$329,900</p>  <p>1pm - 2pm 114 Ramshorn Rd Charlton, MA 01507</p> <p>Magnificent cape near dudley town line! Here's your opportunity to enjoy the country living in this big, beautiful home with all the fabulous features you've been looking for. New granite kitchen with stainless steel appliances, new granite baths with high-elevation vanities, hardwood floors, & heated garage with plenty of room for storage.</p>	<p>\$349,900</p>  <p>2:30pm - 3:30pm 146 Berry Corner Rd Charlton, MA 01507</p> <p>This sprawling home is exactly what you have been looking for to accommodate your growing family. The property has many recent updates with granite kitchen & baths, new paint, new deck & so much more. You will love the open floor plan with the cathedral ceiling in the living room & the stone fireplace with pellet stove insert. The huge great room above the garage could be used as the master bedroom for a total of 4 bedrooms if needed. Located in a quiet neighborhood only 1.4 Miles to heritage country club.</p>
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Open House Directory

ADDRESS	STYLE	TIME	PRICE	REALTOR/SELLER/PHONE
SATURDAY, NOVEMBER 3				
SOUTHBRIDGE				
237 Marcy St	S	12-2	\$179,900	Aucoin Ryan Realty 508-765-9155
19 Mary Ellen Ln	S	12-2	\$229,900	Aucoin Ryan Realty 508-765-9155
WEBSTER				
81 Lakeside Ave	S	11-1	\$225,000	ReMax Advantage 1 /Maureen O'Connor 508-981-4902
SUNDAY, NOVEMBER 4				
CHARLTON				
114 Ramshorn Rd	S	11:30-12:30	\$329,900	Keller Williams /George Goulas 508-509-3833
22 Morton Station Rd	S	1-2	\$499,900	Keller Williams /George Goulas 508-509-3833
146 Berry Corner Rd	S	2:30-3:30	\$349,900	Keller Williams /George Goulas 508-509-3833
DUDLEY				
348 Dudley Oxford Rd	S	11-1	\$320,000	ReMax Advantage 1 /Maureen O'Connor 508-981-4902
WEBSTER				
11 Blueberry Ln	S	11-1	\$329,900	ReMax Advantage 1 / Jo-Ann Szymczak 508-943-7669

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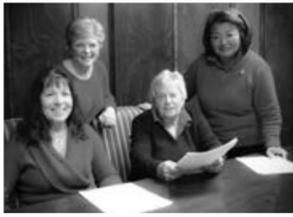
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For \$183,300!**

This is an opportunity for 31 affordable duplex-style homes. These 31 homes will be sold at affordable prices to households with incomes at or below 80% of the area median income.

All brand-new homes have three bedrooms, one and a half bathrooms, 1605 square feet, excluding basements and attached garages, and at least 2 parking spots. North Village Condominiums are situated within an ambient community on scenic North Street in Douglas, Massachusetts, encompassing the luxury of Blackstone Valley's serene country surroundings. The community of duplex style homes encompass a 20-acre parcel of manicured grounds abutting 40 acres of open space.

CONTACT US TODAY!

The next affordable homes will be ready by the end of 2018!

Open weekdays by appointment
 or visit our Open House Saturdays & Sundays 11:00- 2:00.

Compass North Realty, Inc. ~ 774-280-1105

compassnorthrealty@yahoo.com

www.northvillagecondominium.com

SALES PRICE : 3 Bedrooms: \$183,300

Condo Fees are \$125 / month

Maximum Allowable Household Income

1 Person Household: \$48,100	4 Person Household: \$68,650
2 Person Household: \$54,950	5 Person Household: \$74,150
3 Person Household: \$61,800	6 Person Household: \$79,650

Households cannot have more than \$75,000 in assets



NEW LISTING

Paxton: 4 Bedrooms, inground pool, 1/2 acre lot, 2000 sq. ft., 2 car garage, 1.5 baths, hardwood floors, fireplace
 15 Indian Hill Rd ~ \$309,900



OPEN HOUSE SUN 11-1

Webster: Great location! 1+ acre lot, 2.5 baths, 2400 sq. ft., 1st floor family room, 4 bedrooms
 11 Blueberry Ln ~ \$329,900



Dudley: Nature Lovers Lot! Private backyard abutting conservation land, Eat-in kitchen with double pantry, updated baths, 3 bedrooms, and New Septic System

348 Dudley Oxford Rd ~ \$320,000



Dudley: 2500 sq. ft. Cape, 1 hour to Boston, Hartford, Providence. 6.7 acres, 1/2 wooded and 1/2 cleared. 2-story barn with stalls, workshop and storage, 8 room, 4 bedrooms, 3.5 bath, cherry cabinet kitchen.

7 Dudley Oxford Rd ~ \$449,900



Shrewsbury: Master bedroom suite, 3-4 bedrooms, 1st floor family room, fireplace, 2 baths, Dead-end Street
 14 Lebeaux Dr ~ \$404,900



Southbridge: 2.5 acres, 2 baths, 3-4 bedroom, hardwoods, family room, near hospital area

153 Highland St ~ \$274,900



Webster: Condo, 3 bedrooms, 2.5 bath, garage, upgraded cabinets/granite counter tops

25 Third St ~ \$238,500



Bill Roland
 508-272-5832
 NMLS #20398



Szymczak Sells!

Diane Buyer Assisted



Dudley: 1/2 Acre Lot Off Raymond Street
 \$30,000



Leicester:
 10 Sanfred Rd
 \$380,000



Oxford: LEASE PURCHASE OR POSSIBLE LEASE. Office space, garage with 2 bays, great business opportunity.
 498 Main St. ~ Call Jo-Ann for details

BERKSHIRE HATHAWAY HomeServices

New England Properties

OPEN HOUSE SAT 11/3 10:00-11:30



130 English Neighborhood Rd. Woodstock \$475,000
 Sweeping valley views! Stunning Antique home. 19.55 acres with pasture, developable land and 4 outbuildings.
 John Downs
 860-6377-0754

OPEN HOUSE SAT 11/3 1:00-3:00



20 Fire Tower Rd. Eastford \$200,000
 2002 Country Ranch with 3 BR 2 BA. New deck, and appliances. Across from Natchaug State Forest, on Pomfret line.
 Mary Collins
 860-336-6677

Woodstock \$460,000 NEW LISTING



Lovely classic Colonial in private setting & landscaped 2.14 acres w/a lg 3 car attached garage. There is nothing remaining to do but move in!
 Mary Scalise
 860-918-1539

Eastford \$319,000



Newly renovated Farmhouse w/4 BR, 2.5 BA & wrap-around porch! Open concept kitchen opens to cathedral ceilings in the family rm.
 Mary Scalise
 860-918-1539

Putnam \$4,000/mo. Commercial Lease



Location! 2,696 SF commercial space for lease with ample parking. Convenient to I-395.
 Vivian Kozey
 860-455-5363

Killingly \$220,000



Pristine 2005 updated Townhouse. Granite & hardwoods, 2 Full BA, finished basement. Close to 395.
 Mary Collins
 860-336-6677

Putnam \$254,900



Victorian, wood flrs, 4 BR, 2 BA, w/ front porch, updated kitchen & baths. Possible rental above garage. Close to shopping & I-395 & 44.
 Rachel Sposato
 860-234-1343

Tolland \$299,900



Pride of ownership shines in this 4 BR, 3 BA over-sized Raised Ranch in a private country setting. This is a must see!
 Vivian Kozey
 860-455-5363

Pomfret \$465,000



Enjoy comfortable & spacious living in this bright, modern, 5 BR, 3.5 BA home. 3 beautiful floors of living space located on 5 acres.
 John Downs
 860-377-0754

Woodstock \$350,000



Three BR plus bonus finished room over the garage & finished basement space with walk out. Direct waterfront on Keach Pond.
 John Downs
 860-377-0754

Woodstock \$425,000



Stunning home on 18.24 acres of beautiful land. 1st floor master, hardwood floors throughout. Location is private, quiet & peaceful.
 John Downs
 860-377-0754

Brooklyn \$545,000



Sensational Contemporary w/privacy. In-law on lower level, wood floors, 2 stone fireplaces & master suite on main level, 3 bay garage!
 Rachel Sposato
 860-234-1343

Ashford \$189,900



Great owner/occupy opportunity. Side by side units. Updated in 2003. Sits on 2.44 lovely acres.
 Vivian Kozey
 860-455-5363

Woodstock \$1,390,000



Wonderful Antique Colonial with 182 acres, pastoral views w/ 4+ miles of wooded trails. Unique open concept, 3 story barn.
 White/Cook Team:
 Amy Archambault 860-377-2830

Pomfret \$275,000



Private 3 acres Custom Ranch 1,478 SF. FP in living room, dining room, 3 BR, 2 BA, woodstove, 2 car garage.
 Mary Collins
 860-336-6677

Woodstock \$169,900



5 BR Colonial in desirable E. Woodstock Village. Private setting, porch, handicapped accessible, HW, 1st floor master. A must see!
 Elizabeth Zimmer
 860-617-2191

Thompson \$149,000



Unique opp. for a commercial/mixed use building in great location! The owner will sell building w/all contents (antiques/collectibles).
 The White/Cook Team:
 Diane 860-377-4016

Putnam \$400,000 NEW LISTING



LAND FOR SALE
 This 26.12 acre lot includes a rustic sportsman's cabin that is currently occupied. The property is near route 44 and 395.
 The White/Cook Team:
 Charlotte 860-931-6006



LEGALS

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Ida M. Snay to Wells Fargo Bank, N.A., dated November 17, 2005 and recorded with the Worcester County (Worcester District) Registry of Deeds at Book 37855, Page 389, of which mortgage the undersigned is the present holder by assignment from Wells Fargo Bank, NA to Nationstar Mortgage LLC d/b/a Champion Mortgage Company dated October 12, 2017 and recorded with said Registry on October 12, 2017 at Book 57869, Page 117, for breach of the conditions of said mortgage and for the purpose of foreclosing, the same will be sold at Public Auction at 11:00 a.m. on November 9, 2018, on the mortgaged premises located at 290 West River Road, Uxbridge, Worcester County, Massachusetts, all and singular the premises described in said mortgage,

TO WIT:

BEGINNING at a point in the westerly line of West River Road on the boundary between land presently owned by Wilfred Courteau and land now or formerly owned by Eldroot Farm, Inc. THENCE running in a southeasterly direction along the westerly side of West River Road one hundred fifty-two and fifty-one hundredths (152.51) feet; THENCE S. 61 14' 45" W. one hundred fifty (150) feet, by the northerly line of a proposed right of way;

THENCE N. 28 35' 15" W. ninety-eight and twenty-seven one hundredths (98.27) feet contiguous with Lot 6, to said Courteau land;

THENCE N. 41 15' 45" E. one hundred fifty-seven and thirty-eight one hundredths (157.38) feet along property now or formerly owned by Wilfred Courteau, to the point of beginning.

CONTAINING 18,360 square feet, more or less.

Said premises are conveyed subject to the following restrictions:

- Said premises shall be used exclusively for private dwelling purposes, and no dwelling house shall be erected, placed or suffered to remain upon said premises except a single family dwelling house or a two-family dwelling house in either event not to exceed two and one-half stories in height. Any garage maintained thereon shall be used exclusively for private purposes.
- No poultry, livestock, or animals other than those generally regarded as domestic pets shall be kept or housed on the premises and this premises shall not be used for the raising or breeding of any dogs or other animals.
- No building for industrial or commercial purpose shall be erected or maintained on the premises, and no existing building shall be altered or used for any such purpose, but this shall not prevent the use of any building for any customary home occupation carried on in the residence of the occupant, or for the office of a physician, musician, teacher, lawyer or other professional person, provided only a small professional sign is displayed on the premises.
- No structure shall be erected, constructed, placed or maintained upon the premises until building plans, specifications, and location thereof on the premises shall first have been submitted to Eldroot Farm, Inc. or to such person as it shall designate by an instrument recorded in the Worcester District Registry of Deeds, so long as Eldroot Farm, Inc. or its successor shall own the fee in any land in the Town of Uxbridge or after Eldroot Farm, Inc. ceases to own the fee in any such land, to any two owners, if any there be, of the lots described on "Plan to Show Division of Property in Uxbridge, Massachusetts, owned by Eldroot Farm, Inc., August 23, 1954, by Kenneth Shaw", and said building plans, specifications and location shall have been approved in writing by said Eldroot Farm, Inc. or person designated by writing by said Eldroot Farm, Inc. or person designated by it or by two owners as aforesaid. Such approval shall be conclusively presumed if no notice of objection to the proposed building plans, specifications or location is recorded in said Registry of Deeds before final completion of the structure or within forty-two days thereafter.
- No trailer or temporary building shall be kept or used on the premises as a residence.
- Any septic tank or cesspool on the premises shall be maintained in good condition, and no surface overflow shall be permitted.
- These restrictions shall not constitute any part of a plan for the entire development, and shall not give the grantee any rights to have the same or similar restrictions imposed on other lots owned by the grantor in the tract of which this forms a part.

Being the same premises conveyed to Grantors by deed of Ida M. Snay dated September 4, 2003 and recorded at the Worcester District Registry of Deeds in Book 32030 Page 39.

For mortgagor's(s) title see deed recorded with Worcester County (Worcester District) Registry of Deeds in Book 37714, Page 273, as affected by a Judgment recorded with said Registry in Book 56646, Page 384.

These premises will be sold and conveyed subject to and with the benefit of all rights, rights of way, restrictions, easements, covenants, liens or claims in the nature of liens, improvements, public assessments, any and all unpaid taxes, tax titles, tax liens, water and sewer liens and any other municipal assessments or liens or existing encumbrances of record which are in force and are applicable, having priority over said mortgage, whether or not reference to such restrictions, easements, improvements, liens or encumbrances is made in the deed.

TERMS OF SALE:

A deposit of Five Thousand (\$5,000.00) Dollars by certified or bank check will be required to be paid by the purchaser at the time and place of sale. The balance is to be paid by certified or bank check at Harmon Law Offices, P.C., 150 California Street, Newton, Massachusetts 02458, or by mail to P.O. Box 610389, Newton Highlands, Massachusetts 02461-0389, within thirty (30) days from the date of sale. Deed will be provided to purchaser for recording upon receipt in full of the purchase price. The description of the premises contained in said mortgage shall control in the event of an error in this publication.

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

NATIONSTAR MORTGAGE LLC
D/B/A CHAMPION MORTGAGE COMPANY

Present holder of said mortgage

By its Attorneys,

HARMON LAW OFFICES, P.C.

150 California Street

Newton, MA 02458

(617) 558-0500

201508-0390 - TEA

October 19, 2018

October 26, 2018

November 2, 2018

MORTGAGEE'S NOTICE OF SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain Mortgage given by Joshua J. Tucker to Mortgage Electronic Registration Systems, Inc., as nominee for Regency Mortgage Corp., its successors and assigns, dated January 30, 2015 and recorded with the Worcester County (Worcester District) Registry of Deeds at Book 53320, Page 112, subsequently assigned to Wells Fargo Bank, N.A. by Mortgage Electronic Registration Systems, Inc. as nominee for Regency Mortgage Corporation, its successors and assigns by assignment recorded in said Worcester County (Worcester District) Registry of Deeds at Book 57893, Page 193 for breach of the conditions of said Mortgage and for the purpose of foreclosing same will be sold at Public Auction at 1:00 PM on November 23, 2018 at 1 Robin Drive, Unit 40, Douglas, MA, all and singular the premises described in said Mortgage, to wit:

Unit No. 40 of the Villas at Eagles View located on Robin Drive, Douglas, MA created by Master Deed dated January 14, 1994 recorded with the Worcester District Registry of Deeds in Book 15979, Page 193 (as amended of record) together with a 4.5454% interest in (a) both the common areas and facilities of the condominium and the organization of unit owners through which the condominium is managed and regulated; (b) the exclusive right to use the parking space(s) and storage area (if any) assigned to the unit; and (c) such other rights and easements appurtenant to the unit as may be set forth in any document governing the operation of the condominium including, without limitation, the master deed, by-laws of the organization of unit owners, and any administrative rules and regulations adopted thereto. Being the same premises conveyed to mortgagor by deed recorded herewith in Book 53320, Page 110.

The premises are to be sold subject to and with the benefit of all easements, restrictions, encroachments, building and zoning laws, liens, unpaid taxes, tax titles, water bills, municipal liens and assessments, rights of tenants and parties in possession, and attorney's fees and costs.

TERMS OF SALE:

A deposit of FIVE THOUSAND DOLLARS AND 00 CENTS (\$5,000.00) in the form of a certified check, bank treasurer's check or money order will be required to be delivered at or before the time the bid is offered. The successful bidder will be required to execute a Foreclosure Sale Agreement immediately after the close of the bidding. The balance of the purchase price shall be paid within thirty (30) days from the sale date in the form of a certified check, bank treasurer's check or other check satisfactory to Mortgagee's attorney. The Mortgagee reserves the right to bid at the sale,

to reject any and all bids, to continue the sale and to amend the terms of the sale by written or oral announcement made before or during the foreclosure sale. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney. The description of the premises contained in said mortgage shall control in the event of an error in this publication. **TIME WILL BE OF THE ESSENCE.**

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

Wells Fargo Bank, N.A.

Present Holder of said Mortgage,

By Its Attorneys,

ORLANS PC

PO Box 540540

Waltham, MA 02454

Phone: (781) 790-7800

18-009763

November 2, 2018

November 9, 2018

November 16, 2018

MORTGAGEE'S NOTICE OF SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain Mortgage given by Scott M. Haley and Rita M. Haley to Dean Cooperative Bank, dated June 6, 2007 and recorded with the Worcester County (Worcester District) Registry of Deeds at Book 41280, Page 148, subsequently assigned to IndyMac Bank F.S.B. by Dean Co-operative Bank by assignment recorded in said Worcester County (Worcester District) Registry of Deeds at Book 41480, Page 273, subsequently assigned to OneWest Bank F.S.B. by Federal Deposit Insurance Corporation as Receiver for IndyMac Federal Bank, FSB, successor to IndyMac Bank F.S.B. by assignment recorded in said Worcester County (Worcester District) Registry of Deeds at Book 51157, Page 141, subsequently assigned to Ocwen Loan Servicing, LLC by OneWest Bank F.S.B. by assignment recorded in said Worcester County (Worcester District) Registry of Deeds at Book 51634, Page 37, subsequently assigned to Federal National Mortgage Association by Ocwen Loan Servicing, LLC by assignment recorded in said Worcester County (Worcester District) Registry of Deeds at Book 54169, Page 282 for breach of the conditions of said Mortgage and for the purpose of foreclosing same will be sold at Public Auction at 2:00 PM on November 23, 2018 at 671 Aldrich Street, Uxbridge, MA, all and singular the premises described in said Mortgage, to wit:

A certain lot or parcel of land, situated on the northerly side of Aldrich Street in the Town of Uxbridge, Worcester County, Commonwealth of Massachusetts, being laid out and delineated as Lot #11 on that certain plat entitled "Resubdivision of Land for A.F.P. Investments, Inc., Uxbridge, MA, April, 1984, Bibeault and Florenta Engineering Co. Civil Engineers and Land Surveyors, 99 Main Street, Woonsocket, R.I. Scale: 1 inch = 100 feet, Conversion: 1 foot = 0.3048 meters", which plan is recorded in Plan Book 521 as Plan 77 in the Worcester District Registry of Deeds to which plan reference may be had for a complete description. Being the same premises conveyed to these mortgagors by deed of John P. Stelmach and Jane M. Stelmach dated August 27, 2003 and recorded with Worcester District Registry of deeds in Book 31457, Page 301.

The premises are to be sold subject to and with the benefit of all easements, restrictions, encroachments, building and zoning laws, liens, unpaid taxes, tax titles, water bills, municipal liens and assessments, rights of tenants and parties in possession, and attorney's fees and costs.

TERMS OF SALE:

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

publication. **TIME WILL BE OF THE ESSENCE.**

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

Federal National Mortgage Association (Fannie Mae)

Present Holder of said Mortgage,

By Its Attorneys,

ORLANS PC

PO Box 540540

Waltham, MA 02454

Phone: (781) 790-7800

16-012663

November 2, 2018

November 9, 2018

November 16, 2018

LEGAL NOTICE MORTGAGEE'S SALE OF REAL ESTATE

By virtue of and in execution of the Power of Sale contained in a certain mortgage given by Ruth E. Bickford, Joseph J. Grant and Cathy A. Grant to Option One Mortgage Corporation, dated August 21, 2006 and recorded in Worcester County (Worcester District) Registry of Deeds in Book 39649, Page 172 (the "Mortgage") of which mortgage Wells Fargo Bank, N.A. as Trustee for Option One Mortgage Loan Trust 2006-3, Asset-Backed Certificates, Series 2006-3 is the present holder by assignment from Option One Mortgage Corporation to Wells Fargo Bank, N.A. as Trustee for Option One Mortgage Loan Trust 2006-3, Asset-Backed Certificates, Series 2006-3 dated April 27, 2007 recorded in Worcester County (Worcester District) Registry of Deeds in Book 41893, Page 353, for breach of conditions of said mortgage and for the purpose of foreclosing the same, the mortgaged premises located at 2811 Providence Road, Northbridge, MA 01534 will be sold at a Public Auction at 12:00 PM on December 4, 2018, at the mortgaged premises, more particularly described below, all and singular the premises described in said mortgage, to wit:

A certain parcel of land with the buildings thereon and all the privileges and appurtenances thereto belonging, situated on the westerly side of Providence Road, in the Town of Northbridge, in said Worcester County, and being the same premises conveyed to Michael J. Mahoney and Ellen B. Mahoney by Greta Krull, by deed dated July 3, 1943 and recorded with the Worcester District Registry of Deeds in Book 2890, Page 544.

BEING Parcel #1 as set forth in a deed from Robert H. Mahoney and Ruth E. Bickford to Marie L. Maddocks, dated March 31, 1989, and recorded herewith with the Worcester District Registry of Deeds, instrument #33931. Subject to all rights, restrictions, reservations and easements of record insofar as the same are in force and applicable.

Being the same premises conveyed by Deed dated June 25, 2005 recorded with the Worcester South Registry of Deeds at Book 36642, Page 32.

For mortgagor's title see deed recorded with the Worcester County (Worcester District) Registry of Deeds in Book 36642, Page 32.

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

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

Other terms to be announced at the sale.

Wells Fargo Bank, N.A. as Trustee for Option One Mortgage Loan Trust 2006-3, Asset-Backed Certificates, Series 2006-3

Korde & Associates, P.C.

900 Chelmsford Street

Suite 3102

Lowell, MA 01851

(978) 256-1500

Grant, Joseph, 14-015781

November 2, 2018

November 9, 2018

November 16, 2018

LEGALS

**Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Probate and Family
Court
225 Main Street
Worcester, MA 01608
Docket No. WO18P1700GD
CITATION GIVING NOTICE OF
PETITION FOR APPOINTMENT OF
GUARDIAN FOR INCAPACITATED
PERSON PURSUANT TO
G.L. c. 190B, §5-304
In the matter of:
Earl Sundin
Of: **Gardner, MA**
RESPONDENT**

Alleged Incapacitated Person
To the named Respondent and all other interested persons, a petition has been filed by Beaumont at Northbridge of Northbridge, MA in the above captioned matter alleging that **Earl Sundin** is in need of a Guardian and requesting that lia Kane of Rutland, MA Patricia Hicks of Holden, NA (or some other suitable person) be appointed as Guardian to serve **Without Surety** on the bond.

The petition asks the court to determine that the Respondent is incapacitated, that the appointment of a Guardian is necessary, and that the proposed Guardian is appropriate. The petition is on file with this court and may contain a request for certain specific authority. **You have the right to object to this proceeding.** If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 A.M. on the return date of **11/20/2018**. This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail to file the written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date.

IMPORTANT NOTICE
The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.

WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.
Date: October 12, 2018
Stephanie K. Fattman
Register of Probate
November 2, 2018

NOTICE OF PUBLIC HEARING
In accordance with the provisions of M.G.L Ch 40A, Section 11, and Chapter 173, Section 47 of the Northbridge Zoning By-laws, the Northbridge Zoning Board of Appeals will hold a public hearing on **Thursday, November 8, 2018 at 7:05P.M.** at the **Aldrich School Town Hall Annex, 14 Hill St., Whitinsville, MA** to consider the application of Denis LaTour, 88 Linwood Street, Whitinsville, MA 01588 for a Special Permit (12-SP-18) pursuant to Article X, Section 173-47 Special Permit, 173-12 Table of Use Regulations in order to allow the applicant to open a Tattoo shop at the location of 110 Church Street, Whitinsville, MA 01588. The property, shown on Assessor's Map 14A Parcel 23, is located in a Business-1 zoning district and is owned by Denis LaTour. The purpose of this hearing is to provide an opportunity for public comment.

Anyone wishing to be heard regarding this matter should attend said meeting at the time and place designated. A copy of the petition is available for review at the office of the Town Clerk and Zoning Board of Appeals Office and may be reviewed during normal business hours.

Thomas Hansson, Chainnan
Northbridge Zoning Board of Appeals

October 26, 2018
November 2, 2018

**Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Probate and Family
Court
225 Main Street
Worcester, MA 01608
(508) 831-2200
Docket No. WO18P3437EA
CITATION ON PETITION FOR
FORMAL ADJUDICATION
Estate of:
Frances Emma Duquette
Date of Death: 09/12/2018**

To all interested persons:
A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **Stacy L Boulanger of Mendon MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition. The Petitioner requests that **Stacy L Boulanger of Mendon MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **an unsupervised** administration.

IMPORTANT NOTICE
You have the right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 11/27/2018**. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC) A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.
WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.
Date: October 22, 2018
Stephanie K. Fattman,
Register of Probate
November 2, 2018

**LEGAL NOTICE
MORTGAGEE'S SALE
OF REAL ESTATE**

By virtue of and in execution of the Power of Sale contained in a certain mortgage given by Anthony Almeida to Mortgage Electronic Registration Systems, Inc. acting solely as nominee for Mortgage Equity Partners, LLC, dated July 29, 2016 and recorded in Worcester County (Worcester District) Registry of Deeds in Book 55725, Page 300 (the "Mortgage") of which mortgage Ditech Financial LLC is the present holder by assignment from Mortgage Electric Registration Systems, Inc., as nominee for Mortgage Equity Partners, LLC., its successors and assigns to Ditech Financial LLC dated November 14, 2017 recorded in Worcester County (Worcester District) Registry of Deeds in Book 58039, Page 189, for breach of conditions of said mortgage and for the purpose of foreclosing the same, the mortgaged premises located at 125 Sheryl Drive, Whitinsville (Northbridge), MA 01588 will be sold at a Public Auction at 1:00 PM on December 4, 2018, at the mortgaged premises, more particularly described below, all and singular the premises described in said mortgage, to wit:

The land, together with the buildings and improvements thereon, in Whitinsville, Northbridge, Worcester County, Massachusetts, being Lots 122 and 123 on a plan of land entitled "Section III Meadowood Estates", Plan of Lots in Northbridge, Mass.

Owned by Delmar R. Kidd, Scale 1" = 40' dated August 1965 Revised January 18, 1966 and prepared by Thompson Liston Associates, Inc., Civil Engineers, 201 Commercial Street, Worcester, Mass., which plan is recorded with the Worcester District Registry of Deeds in Plan Book 303, Plan 20, and to which plan reference may be made for a more particular description of said Lots.

Lot 122 contains 11,067 square feet of land, more or less, as shown on said plan.

Lot 123 contains 11,172 square feet of land, more or less, as shown on said plan.

For mortgagor's title see deed recorded with the Worcester County (Worcester District) Registry of Deeds in Book 55725, Page 298.

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

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

Other terms to be announced at the sale.

Ditech Financial LLC
Korde & Associates, P.C.
900 Chelmsford Street
Suite 3102
Lowell, MA 01851
(978) 256-1500
Almeida, Anthony, 18-031897
November 2, 2018
November 9, 2018
November 16, 2018

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

FRIDAY, NOVEMBER 2

7-10 p.m. in the bar
CHRIS BREAU
308 LAKESIDE
308 East Main St.
East Brookfield, MA
774-449-8333



SATURDAY, NOVEMBER 3

10:00 a.m. - 3:00 p.m.
ALBANIAN KITCHEN AND BAZAAR
Bake table featuring traditional



Albanian favorites.
Albanian-style café with a variety of food items to dine in or take out.
Theme baskets, this 'n' that table, handmade jewelry, and illustrated children's books

by Ruth Sanderson
St. Nicholas Albanian Orthodox Church
126 Morris St., Southbridge, MA

FUNDRAISER FOR EDDIE GREENVILLE BAPTIST CHURCH
700 Pleasant St., Rochdale, MA
8 a.m. - 3 p.m.
Indoor yard sale, bake sale, raffles, face painting, balloon animals for kids. Early birds. \$10 entrance fee. Proceeds to benefit Eddie Besse, a local 5-year-old with brittle bone disease in need of a van with a wheelchair lift.

FRIDAY, NOVEMBER 9



7-10 p.m. in the bar
NEVER SAY NEVER
308 LAKESIDE
308 East Main St.
East Brookfield, MA
774-449-8333

FRIDAY, NOVEMBER 16

7-10 p.m. in the bar
WIBBLE
308 LAKESIDE
308 East Main St.
East Brookfield, MA
774-449-8333

SATURDAY, NOVEMBER 17

9 p.m.
THE SARAH ASHLEIGH BAND
308 LAKESIDE
308 East Main St.
East Brookfield, MA
774-449-8333

FRIDAY, NOVEMBER 23

7-10 p.m. in the bar
11 ON THE OUTSIDE
308 LAKESIDE
308 East Main St.
East Brookfield, MA
774-449-8333

THURSDAY, NOVEMBER 29

5:30 - 7:30 p.m.
LADIES' NIGHT
Free raffles from local businesses & in store baskets
Wine (must be 21 years or older)
Refreshments
Free gift certificates to the first 50 people
Fill out a wish list
CORMIER JEWELERS & ART GALLERY
136 Main St., Spencer, MA
508-885-3385



FRIDAY, NOVEMBER 30

7-10 p.m. in the bar
ROB ADAMS
308 LAKESIDE
308 East Main St.
East Brookfield, MA
774-449-8333

SATURDAY, DECEMBER 1

PICTURES WITH SANTA AT KLEM'S
10:00 a.m. - 3:00 p.m.
Children and pets welcome!
With a \$5.00 donation



KLEM'S
117 West Main St., Spencer, MA
508-885-2708 (Ext. 104)
www.klemsonline.com

ONGOING



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

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



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

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

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



FRIDAY ACOUSTICS IN THE BAR AND SATURDAY ENTERTAINMENT EVERY OTHER SATURDAY
308 LAKESIDE
308 East Main St.
East Brookfield, MA
774-449-8333



Do Something FUN This Weekend!



Home Town Service,
BIG TIME RESULTS

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www.towntotownclassifieds.com

1-800-536-5836

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

ARTICLES FOR SALE

010 FOR SALE

12' CONTRACTORS Enclosed Trailer: \$2,400. Dewalt Laser & Stand \$275. 4 Adjustable Wall Brackets \$140. Ladder Racks For Truck \$125. Engine Stand \$50. (508) 892-9595

BEAUTIFUL DW MOBILE HOME IN GATED SENIOR MOBILE HOME PARK \$16,000. 2 bdrms, 2 baths, working kitchen, dining room, LLR & 2 Florida rooms, completely furnish. 863-682-6473. Lakeland, Florida

2 LAZY BOY LEATHER swivel rocker recliners, beautiful rich mahogany color. Less than 1 year old, perfect condition. \$500 each. 774-280-2639

2 TWIN BEDS: Complete, In Excellent Condition. 508-423-4824

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

225 GALLON WATER STORAGE TANK - used 6 months. \$350 508-867-2523

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

4 SNOW TIRES -235/50 R18 101T used 2 months- paid \$800, asking best offer. 508-414-2474

ABOVE-GROUND SWIMMING POOL, 24' x 54", filter system, 1 season. \$1,000 or best offer. 508-943-8769

ACORN STAIRLIFT - 3.5 years old; like new condition. 11 feet long. Asking \$1400 or best offer. Call 508-277-6568 if interested.

ANGLE IRON CUTTER For Shelving 4W296, HK Potter 2790. Normally Sells For \$700. \$50 OBO. Call 5pm-8:30pm, (508)867-6546

Beautiful Southwestern style sectional sofa, gently used, L-shape 112" x 86" Please call to set up time to view 508-885-9962. \$150 firm.

BUNK BEDS, black (youth) with mattresses (includes like-new bedding) \$350. Other furniture also available. Call Pat 508-949-9049

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

CUB CADET SNOWBLOWER. 13hp Tecumseh OHV. 45 in. width, trigger steering, 6FRWD, 2 REV, new condition. Hardly used! \$1,600.00. 508-347-3775

ELECTRICAL MATERIAL: Industrial, Commercial, Residential. Wire, Pipe, Fittings, Relays, Coils, Overloads, Fuses, Breakers, Meters, Punches, Pipe-Benders. New Recessed Troffer, Fluorescent 3-Tube T-8 277V Fixtures Enclosed \$56 Each. Call 5pm-8:30pm, (508)867-6546

FINLAND BLUE FOX JACKET: By Michael Valente Size 8, very good condition. \$100 OBO. Vintage Black American Sable Coat, sz. small \$50 OBO 508-864-4075

FLY RODS - 2 ALBRIGHT A/5 490 9 FT. #4 RODS. 2 Onvis reels Battenkill BBS II. Asking \$200 each set or best offer. 508-347-3145

FOR SALE WOOD AND/OR COAL IRON STOVE: \$500 or best offer. WOOD PELLET STOVE \$500 or best offer. Call 508-471-0959

FULL LENGTH MINK COAT: Size 12. New \$2,400. Asking \$300. 508-612-9263

GARAGE CLEARANCE: ARTIFICIAL CHRISTMAS TREE, bush trimmer, glass top table, etc. 508-728-5559 (Spencer)

GARDEN MANURE, delivered. 4 yards, \$130. Call Prindle Hill Farm 508-320-3273 or 508-248-7335

010 FOR SALE

JAMAICA WICKER Queen Bed Set: Head & Foot Board, Woman & Man's Dresser, 2 Nightstands. Paid \$5,400. Asking \$1,200. 2 SEATER LANCER POWER CHAIR 4' Long, Olive Color. NEVER BEEN USED! Asking \$350. (508) 461-9621

MEC 650 PROGRESSIVE LOADER: w/ extras \$250. 400 ANDERSON WINDOW 51x32 RO \$200. THERMATRU DOOR 36-80 Left Hand Inswing Full View with Grill \$185 or best offer. (508) 892-9595

MOTORS: 1/2HP 230/460V 1725RPM, 56 Frame \$30. 5HP, 230/460V 1740RPM, 184T Frame/TEFC \$100. 5HP, 230/460V 3495RPM, 184T Frame/TEFC \$100. 4 Motor Speed Controls Hitachi J100, 400/460V Best Offer. Call 5pm-8:30pm 508-867-6546

MOVING - MUST SELL 3 piece electric reclining living room set, brown. \$300 free-pedestal table w/4 chairs 508-612-6485

NORDIC TRACK TRL625: Recumbent cycle w/stabilizing floor bar for secure balance. TREADMILL - for therapeutic fitness (walking & jogging) (for up to 400 lbs.) \$250 each both in excellent condition. 508-892-3998, 508-723-4452

REMEMBER YOUR SWEET-HEART: Collection of Victorian Era hand-painted items ALL with roses: vases, rose bowls, pitchers, chocolate pot, cake sets, planters. No reasonable offer refused. 508-237-2362 Auburn

SMALL BUREAU \$75. Printer's Antique Drawers \$20 Per. Fake Brick Fireplace With Heater \$140 Kitchen Chairs. Spare Tire P225/60R16 Eagle GA With Rim \$45 Vanity Table & Chair \$135. Car Sunroofs \$100. Per. Homemade Pine Coffee Table & 2 End Tables \$100. Antique Lamp Jug \$40. Antique Croquet Set \$40. Wood Truck Ramps 8 Foot \$100.00. Drop Leaf Cart \$50. End Table W/Drawer \$50. End Table W/Drawer \$60. Elvis Presley Silhouette \$50 (he talks!), Indian canvas painting \$60, 9 golf clubs \$100. Call 1-508-764-4458 or 1-774-452-3514

SNOW TIRES: Like new (4) Firestone Winter Force 215/60-15. \$240. BECKETT BURNER, CONTROL AND AQUASTAT: Runs great, Instruction, wiring and owners manual \$250. ARTIFICIAL CHRISTMAS TREE WITH STAND : 6 FT. Storage box included. Excellent condition \$50. CAST IRON CHRISTMAS TREE STAND: Beautiful \$20. SUNBEAM WHOLE HOUSE HUMIDIFIER: Used, works great, 6-7 gallon, faux wood cabinet on casters. \$50. 14" SNOW CHAINS: Used, very good condition \$25. 15" CABLE SNOW CHAINS: New \$45. Call Ed. 508-479-9752

SPACE HEATER New, never installed, 50,000 BTU Williams Model 5001522 natural gas space heater. Paid \$769. Selling for \$400 cash. LP conversion kit available. See and pick up in Leicester. Call Dick at 508 892-1203

TOOL SHEDS Made of Texture 1-11: 8x8 \$1075 8x10 \$1260; 8x12 \$1350; 8x16 \$1675 Delivered, Built On-Site. Other Sizes Available. CALL (413) 324-1117

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

TREES/FIELDSTONE: Trees- Evergreens, Excellent Privacy Border. Hemlocks-Spruces-Pines (3'-4' Tall) 5 for \$99. Colorado Blue Spruce (18"-22" Tall) 10 for \$99. New England Fieldstone Round/Flat, Excellent Retaining Wallstone. \$28/Ton (508) 278-5762 Evening

TWO DRESSERS best offer. Custom made parlor cabinet, \$1500. Glass door hutch - best offer. John Deere snowblower (like new) \$700 - must be seen! Call for app. 774-507-6315

TWO SOFA TABLES: ONE DARK OAK w/ Shelf Underneath \$125. ONE MAHOGANY COLORED \$100. Both Very Good Condition. Can email Pictures. (774) 239-3006

TWO USED RECLINERS, \$75 each. Dishwasher, bought new, never used, \$225 or best offer. 508-764-3567 please leave message

010 FOR SALE

VIKING RANGE, PROFESSIONAL SERIES, propane gas, 6-sealed burner, 36" infrared broiler, as new, never lit, still in original packaging, w/tags. Model VCGSC-5366BSS, trades considered. \$4,600 508-865-7470

WE'VE MOVED! Husqvarna lawn tractor, misc. home furnishings, king, queen, twin beds, lamps, etc. priced to sell! No reasonable offer refused. Call 413-896-7047 Sturbridge area.

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

100 GENERAL

130 YARD SALES

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

200 GEN. BUSINESS

205 BOATS

14' GREAT CANADIAN CANOE includes 2 clamp-on chair seats, 2 paddles, 2 life-vests. Excellent condition. \$425 508-885-3017

1987 BAYLINER BOAT for sale with trailer 85 hp needs some cosmetic work call 774-230-2190 Ray Fowble or email plowble@yahoo.com

CANOE - 17' GRUMMAN ALUMINUM, flat bottom. Ideal for fishing and family fun. \$850. Call Sue 860-412-9632

262 AUCTIONS

ON-SITE ESTATE AUCTION, Saturday, November 3rd at 10am, 10 Bishop Avenue, Worcester, view: 8am, G Glass-Carbone, MA Lic #1647 contents of 4-bedroom home, G. Stickley bookcases; oak furniture; trains; toys; gold, silver; radios; rugs; stamps; tools, war bond posters; Navy clock; stamps; art; cameras; records; glass; china; lamps; collectibles. 15% BP, cash, cc. auctionzip.com id # 3925 R. Glass Auctions LLC (860) 564-7318

265 FUEL/WOOD

CORD WOOD - Seasoned, cut, split, delivered. \$250 a cord. 508-826-3312, 508-344-9214

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

281 FREE PETS

FREE TO GOOD HOME - rescued, older kittens (16 weeks) black short-hair female, gray short-hair male, and black & white short-hair female. All kittens have been spayed/neutered. Dudley. 774-200-8776

284 LOST & FOUND PETS

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



LET US KNOW!!!
Please call us so that we can take your ad out of the paper...
Town-To-Town Classifieds
508-909-4111

287 FEED

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

298 WANTED TO BUY

ROUTE 169 ANTIQUES: 884 Worcester St., Southbridge MA. Looking To Purchase Antiques And Collectibles Single Items Or Entire Estates. We Buy It All And Also Do On-Site Estate Sales And Estate Auction. We are now accepting dealers for our multi-dealer group shop. Call Mike Anytime (774)230-1662.

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

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

WAR RELICS & WAR SOUVENIRS WANTED: WWII & EARLIER CASH WAITING! Helmets, Swords, Daggers, Bayonets, Medals, Badges, Flags, Uniforms, etc. Over 30 Years Experience. Call David 1-(508)688-0847. I'll Come To YOU!

300 HELP WANTED

310 GENERAL HELP WANTED

BRIMFIELD FAMILY looking for a responsible, compassionate, caring woman with a motherly background to be a live-in helper. My family lost my mom on 12/10/16. Job is full-time. Job duties are companionship for me and Dad, help keep house clean, someone to care for me if Dad's not there, take me out to stores, share a bedroom with me. \$150 monthly, Please call 413-301-2058 for an appointment.

CUSTOMER SERVICE REP Auburn battery distributor needs customer service rep to field customer calls, enter orders, support sales staff, expedite orders, and telemarket. Must be highly motivated, enthusiastic, and dependable. Organized, attn. to detail. Prior customer service/inside sales experience preferred. Passage of pre-employment physical and drug screen also required. Please reply via reply email to this posting at applicant@northeastbattery.com (include resume and cover letter).

311 PART-TIME HELP WANTED

DRIVERS WANTED 20 hours a week, split shift. Driving special ed children to school in Spencer, Leicester and Worcester areas. Call: 508-885-5778 or: 508-885-5788

311 PART-TIME HELP WANTED

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

546 CEMETERY LOTS
Pine Grove Cemetery, Whitinsville. Double plot for sale, lower than the going price. Yew Avenue. Call owner 774-602-8211

WORCESTER COUNTY MEMORIAL PARK: Garden of Faith, Paxton, MA. 2 LOTS FOR SALE. BUY ONE FOR \$2,500. GET 2nd LOT FOR FREE!! Call Dick. 508-612-9263

575 VACATION RENTALS

CAPE COD TIME SHARE FOR SALE: Edgewater Beach Resort, 95 Chase Avenue, Dennisport, MA 02639 On the water, Studio (Unit 706). Permanent Week 33 (August). Deeded rights. You'll own it for a lifetime & can be passed down to your children and grandchildren. \$5000. (508)347-3145

STEBBINS Auto Repair

NOW HIRING: Experienced Auto Technician

Full Time
Strong electrical & diagnostic experience preferred. Pay based on experience. Stop in for an application. Ask for Will.

Call Will
774-402-8588
384 E. Main St., Southbridge

311 PART-TIME HELP WANTED

LIGHTNING ROD INSTALLER part-time, full-time. Learn a new trade! No prior experience required, but experience in construction a plus. Good with hands, comfortable with heights, and good driving record. 413-544-1502

576 VACATION RESOURCES

Town of Uxbridge Senior Center is looking for a Medical Van Driver. This is a part-time, per diem grant position. Provide medical transportation via the van or car for seniors. This position is an on call, per diem, flexible schedule and is paid one time per month current minimum wage. Must have current and valid Mass Drivers license with good driving record. Must be willing to take training classes, must be CPR certified and CORI checked. CDL license is not required. Send cover letter, resume, and three professional references to Angelina Ellison, Town Manager, 21 South Main Street, Uxbridge, MA 01569 or email to HR@uxbridge-ma.gov.

325 PROFESSIONAL HELP WANTED

BASED IN North Brookfield: Home Every Night. Class A Driver And/O General Mechanic For 18-Wheel Trailer Trucks

Contact H.R. Salem Transport, LLC, (800) 262-9081

400 SERVICES

442 LICENSED DAY CARE

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

500 REAL ESTATE

505 APARTMENTS FOR RENT

SOUTHBRIDGE - ONE BEDROOM apartment, 1st floor, quiet in-town location, completely renovated. \$700 monthly includes heat, hot water & appliances. Lease and references required. 508-347-7709

740 MOTORCYCLES

1991 HARLEY DRESSER: 55,000 Miles. Runs Great! \$4,500 or Will Trade for Car of Equal Value. BASS BOAT 16 1/2ft LUND Very Good Condition! MANY EXTRAS \$3,750 O.B.O. Call for Info (508) 943-5797, Cell (508) 353-9722

750 CAMPERS/TRAILERS

5TH-WHEEL HITCH, 1 yr old, for Chevy or GMC, \$700. Chevy 5th-Wheel tailgate, good condition \$200, 5 trailer tires 235/80/16R on mag wheels, like new \$800 Marc 508-847-7542

760 VANS/TRUCKS

2006 Ford E150 Van, good condition. 65,952 miles, \$3,300 Call 508-765-4738 x.322

765 HEAVY EQUIPMENT

1997 BOBCAT 763 skid steer loader in great condition. 1800 hours, 4thhp. Auxiliary hydraulics \$2100. 617-706-6736

SOUTHBRIDGE APARTMENT FOR RENT, 2-family, 5 rooms, two-bedroom, washer-dryer hook-ups, quiet neighborhood. Available December 1, \$900 per month plus utilities. 508-765-5775

STURBRIDGE - Nice 2-room efficiency, country setting, easy commute, includes appliances, laundry on premises. Credit check and references required. \$550 monthly, 1 year lease. 508-347-7709

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Automotive

700 AUTOMOTIVE

705 AUTO ACCESSORIES
SNOW TIRES, PIRELLI 245/45R19/102V M+S, 250 miles, \$1200, 508-564-3556

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

740 MOTORCYCLES
2002 HARLEY DAVIDSON ELECTRA-GLIDE FLHT 38,340 miles, asking \$6,000 508-277-8745
2005 YAMAHA V-STAR 1100 CLASSIC, PEARL-WHITE Has all options- hardbags, windshield, custom seats/exhaust, backrest, floor-boards. 20,000 well-maintained miles. Great looking & performing bike. \$3500 OBO 774-289-4550

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

700 AUTOMOTIVE

1998 Mercedes Benz SL500 convertible and removable hardtop. Red to keep you young! Perfect condition. \$14,000 508-885-6988

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

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

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

2008 Hyundai Veracruz GLS Blue, 159k Runs great! \$4800 508-347-1224

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

2011 DODGE CHALLENGER: 305 hp V6 SE auto w/slap stick Mango Tango w/black strips 59,000 miles, Loaded, remote start. \$14,500. 508-864-1906

2011 SUBARU OUTBACK - 136,000 miles, great shape, regular maintenance, roof rack, trailer hitch, back-up camera. \$7500. 508-688-7666

2012 Subaru Legacy, 37,000 miles, all-wheel drive, remote starter, like-new condition, \$12,000 508-885-6988

2012 TOYOTA RAV4- 79,000 miles. Well-maintained, 3rd row seats, black, one-owner. \$11,000. 508-688-7666

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

RED 1971 MUSTANG MACH 1 in good condition. 302 engine with automatic transmission. Lots of new parts. Call Eric at 508-987-2628. Serious buyers only.

750 CAMPERS/TRAILERS

5TH-WHEEL HITCH, 1 yr old, for Chevy or GMC, \$700. Chevy 5th-Wheel tailgate, good condition \$200, 5 trailer tires 235/80/16R on mag wheels, like new \$800 Marc 508-847-7542

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1997 BOBCAT 763 skid steer loader in great condition. 1800 hours, 4thhp. Auxiliary hydraulics \$2100. 617-706-6736

Automotive

THE COUNTDOWN TO Black Friday WINDOW SALES EVENT



Our special discount and best financing of the year end **ON** Black Friday.

To help protect your home against leaking and cold drafts, strong windows and patio doors will be one of the most important home improvements you can make **BEFORE** the winter.



November 1st to November 23rd only!

Buy 1 window or patio door, get 1 window or patio door **40% OFF¹**

Minimum purchase of four.

Plus, don't pay a thing for two years

\$0 Down **0** Monthly Payments **0%** Interest

for **2** full years¹

Interest accrues from the purchase date but is waived if paid in full within 24 months.

We won't let new windows impact your holiday spending.

Why? Because you won't pay anything until **November 2020**. Breathe easier this holiday season with no money down, no monthly payments and no interest for two whole years.¹

Don't take a chance on a vinyl window.

Vinyl windows can warp, leak and cause drafts, so trusting a poor-quality vinyl window is a poor choice. Our window's Fibrex[®] composite material is twice as strong as vinyl.

You've got enough on your plate this time of year; we've got this.

We handle the entire process—from selling to installation to the warranty—on our windows and patio doors; that means there's no middleman to deal with, and as the **full-service replacement window division of Andersen**, we're about as trustworthy as you can get.



There are limited appointments available
Call for your FREE Window and Patio Door Diagnosis

1-800-209-2746



*DETAILS OF OFFER: Offer expires 12/1/2018. Not valid with other offers or prior purchases. You must set your appointment by 11/23/2018 and purchase by 12/1/2018. Buy one (1) window or patio door, get one (1) 40% off for your entire project and 24 months with no money down, no monthly payments, no interest when you purchase four (4) or more windows or patio doors between 10/28/2018 & 12/1/2018. Discounted windows and patio doors are of equal or lesser value. Subject to credit approval. Interest is billed during the promotional period but all interest is waived if the purchase amount is paid before the expiration of the promotional period. Financing for GreenSky[®] consumer loan programs is provided by federally insured, federal and state chartered financial institutions without regard to age, race, color, religion, national origin, gender or familial status. Savings comparison based on purchase of a single unit at list price. Available only at participating locations. See your local Renewal by Andersen location for details. License number available upon request. Some Renewal by Andersen locations are independently owned and operated. "Renewal by Andersen" and all other marks where denoted are trademarks of Andersen Corporation. ©2018 Andersen Corporation. All rights reserved. ©2018 Lead Surge LLC. All rights reserved.

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50% OFF

OVER 1,500
STYLES
TO CHOOSE
FROM



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HOME IMPROVEMENT
The Door and Window Experts

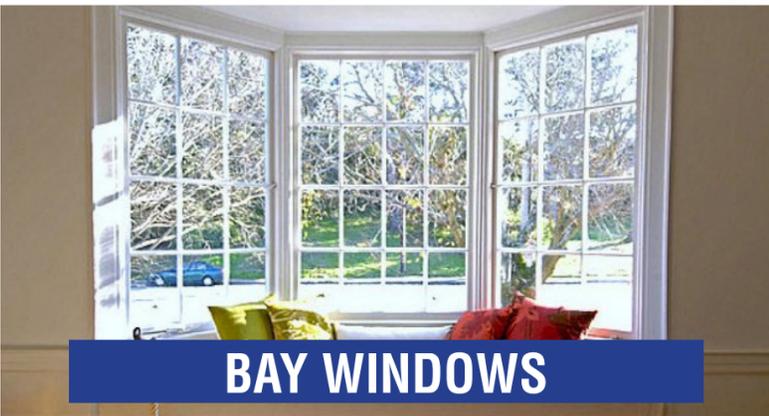
ALL STYLES OF WINDOWS



DOUBLE HUNG WINDOWS



SLIDER WINDOWS



BAY WINDOWS



BOW WINDOWS

TRIPLE ZERO SAVING

0 + 0 + 0

DOWN PAYMENTS INTEREST

FOR 12 MONTHS



Join Our Family of SATISFIED Customers!

LIMITED TIME OFFER

Ask About Kubala Home Improvement

Paying For Your Energy Bills

THE DOOR AND WINDOW EXPERTS
LOCAL, TRUSTED & FAMILY OWNED SINCE 2004

Valid on Sunrise and Essentials Models. 4 window minimum, excludes labor. Full purchase price must be paid in full within 12 months of installation date. Subject to credit approval of \$3500. Electric bill reimbursement covers electric bills from the contract date to installation date. Max value of \$500. Offer ends 11/16

Call TODAY! 508-784-1112
www.KubalaHome.com



EXPRESS

Friday, November 2, 2018

AUBURN NEWS • BLACKSTONE VALLEY TRIBUNE
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HEALTH

10 early signs of Alzheimer's disease

Change plays a big role in the aging process. As adults age, both their minds and bodies undergo changes.

The changes associated with aging are not uniform. Some people may experience small changes as they inch toward and ultimately pass retirement age, while others may undergo changes that affect nearly every aspect of their lives.

Cognitive decline is the type of age-related change that can have a dramatic impact on a person's life, affecting his or her ability to live independently. A general term used to describe symptoms associated with a decline in memory or thinking skills such as judgment and reasoning, dementia is often mistaken as a normal part of aging. However, the Alzheimer's Foundation of America notes that dementia-related illnesses, including Alzheimer's disease, are not a normal part of aging.

Because many people associate memory loss with aging, they may be compelled to accept some of the early signs and symptoms of Alzheimer's as mere byproducts of growing older. However, the Alzheimer's Association urges men and women to report any of these 10 early signs and symptoms of Alzheimer's to their physicians the moment they're noticed. Family members who notice these signs in their relatives also should



report them to their loved ones' physicians.

1. Memory loss that disrupts daily life: Examples of this symptom include forgetting recently learned information; forgetting important dates and events; and asking for the same information over and over.

2. Challenges in planning or solving problems: Someone exhibiting this symptom may have trouble following a recipe or

paying monthly bills.

3. Difficulty completing familiar tasks at home at work or at leisure: Forgetting the rules of a favorite game or experiencing trouble driving to a familiar location are some examples of this symptom.

4. Confusion with time or place: People with Alzheimer's lose track of dates, seasons and the passage of time.

5. Trouble under-

standing visual images and spatial relationships: Some people with Alzheimer's have difficulty reading, judging distance and determining color or contrast.

6. New problems with words in speaking or writing: Difficulty joining or continuing a conversation and calling things by the wrong name are some examples of this symptom.

7. Misplacing things

and losing the ability to retrace steps: People with Alzheimer's sometimes put things in unusual places and then cannot retrace their steps to find those things.

8. Decreased or poor judgment: Poor judgment and decision-making often affects people with Alzheimer's.

9. Withdrawal from work or social activities: People with this symptom may begin to with-

draw from favorite activities or avoid being social because of the changes they're experiencing.

10. Changes in mood and personality: Mood changes affect people with Alzheimer's, who may become confused, suspicious, depressed, fearful, or anxious.

Learn more about Alzheimer's disease at www.alz.org.

Seniors' senses of smell and taste change with age



Aging comes with several sensory changes, many of which people expect. Loss of hearing or diminishing vision are widely associated with aging. But one's senses of smell and taste may diminish with aging as well.

The senses of taste and smell work in concert. The sense of smell is vital to personal health, not only because inhaling pleasant aromas can provide comfort and stress relief through aromatherapy and help trigger important memories, but also because smell enables a person to detect the dangers of smoke, gas, spoiled food, and more. The National Institute on Aging says that, as a person gets older, his or her sense of smell may fade, and that will also affect taste. The Mayo Clinic says some loss of taste and smell is natural and can begin as early as age 60.

Adults have about 9,000 taste buds sensing sweet, salty, sour, bitter, and umami flavors, or those corresponding to the flavor of glutamates. Many tastes are linked to odors that begin at the nerve endings in the lining of the nose. Medline says the number of taste buds decreases as one ages, and that remaining taste buds may begin to shrink. Sensitivity to the five tastes also begins to decline. This can make it more difficult to distinguish between flavors.

Similarly, especially after age 70, smell can diminish due to a loss of nerve endings and less mucus in the nose. With the combination of the reduction

of these important sensory nerves in the nose and on the tongue, loss of smell and taste can greatly affect daily life.

Changes in these senses can contribute to feelings of depression, diminish one's enjoyment of food and cause harmful conditions, such as extreme weight loss from disinterest in food to problems associated with overusing salt or sugar.

Although aging is often to blame, loss of smell and taste also may be tied to early symptoms of Parkinson's disease or Alzheimer's disease. Cancer treatments, medications, lack of saliva, colds, flu, and other factors may contribute to sensory loss. Changing medications or treatments may help.

It's important to bring up diminished flavors or smells with a doctor to rule out something more serious and to determine what might help restore pleasure from smells and flavors. An otolaryngologist, or a doctor who specializes in diseases of the ears, nose and throat, may be able to help fix the problem, though some people may be referred to a neurologist or another specialist.

Continuing to use one's sense of smell and taste by cooking, gardening, trying new flavors, and experimenting with different aromas may help slow down the decline these senses. Although age-related loss of taste and smell cannot be reversed, some such cases may be treatable.

Learn about the causes of adult hearing loss



By learning about what impacts hearing loss, people can make changes to prevent damage.

Hearing loss is quite common and can impact people's lives in profound ways. Although there are some treatments that can improve one's ability to hear and communicate, many people are interested in learning about the ways they may be able to prevent hearing loss in the first place.

Medical experts from the American Speech-Language-Hearing Association advise that hearing loss can be caused by different factors. Learning about these causes can help individuals make smart decisions at a young age to prevent future hearing loss when possible. In certain circumstances, hearing loss may be unavoidable. In such instances, audiologists, or doctors specializing in hearing, can help.

Conductive hearing loss refers to problems with the ear canal, ear drum or middle ear and its bones, states the Hearing Loss Association of America. Some of the causes of conductive hearing loss include:

- Otitis media is an infection of the middle ear in which fluid accumulation can interfere with the movement of the eardrum and ossicles.
- Impacted earwax also can cause hearing problems.
- Fluid in the middle ear may obstruct hearing.
- Otosclerosis, which is a middle ear disease, can make it difficult for the tiny bones in the middle ear to move. Surgery can correct the problem.
- Malformation of the outer ear, ear canal or middle ear structure can impact hearing as well.

Sensorineural hearing loss

Sensorineural hearing loss, or SNHL, occurs due to problems of the inner ear. It is often referred to as nerve-related hearing loss.

• Aging is a common cause of hearing loss that may not be reversible. Age-related hearing loss is called presbycusis and is marked by muffled or unclear speech. Treatment with assistive hearing devices can help improve hearing.

• Trauma to the ear or head may impact hearing. Wearing protective gear during sports or other activities can protect against neurological damage that may cause hearing loss.

• Damage to the inner ear can result from prolonged exposure to loud noises, states the Mayo Clinic. These noises cause wear and tear on the hairs or nerve cells in the cochlea that send sound signals to the brain. When these hairs or nerve cells are damaged or missing, electrical signals aren't transmitted as efficiently, and hearing loss occurs. Using hearing protection and turning down the volume can help.

• Ménière's disease is an inner ear problem of unknown origins. It usually starts in people between the ages of 30 and 50. Dizziness and ringing of the ear are common, and hearing loss comes and goes. Some loss can become permanent.

• Viruses and diseases as well as family history also may play a role in SNHL. In some instances, hearing loss may be the result of a combination of factors. Anyone finding their hearing has become less acute should visit with an audiologist. One resource to visit is www.asha.org/profind. The doctor can then prescribe a treatment plan to help improve hearing.

HEALTH

What are hereditary cancer syndromes?

Few families can say they have not been affected by cancer. But some people may feel as though a certain type of cancer runs in their families. In certain instances, such suspicions are warranted.

According to the National Cancer Institute, hereditary cancer syndromes are disorders that may predispose individuals to developing certain cancers. The NCI notes that researchers have associated mutations in specific genes with more than 50 hereditary cancer syndromes.

Before people, or even entire families, begin thinking that a certain type of cancer runs in their families, it's important to first examine certain lifestyle choices to determine if such factors, and not gene mutations, are responsible. In fact, the NCI notes that hereditary cancer syndromes play a role in just 5 to 10 percent of all cancers.

Tobacco use is one lifestyle choice that can cause similar cancers to develop among family members. Smoking greatly increases a person's risk of developing cancer, and even that person's nonsmoking family members may have a higher risk for cancer due to exposure to secondhand smoke. Other factors, such as poor diet, also may increase the likelihood that people within a family may get



cancer. Neither instance, however, is the result of hereditary cancer syndrome.

People who suspect they might be at risk for hereditary cancer syndromes should express their concerns to their physicians. Primary care physicians and other health professionals will then work to determine if patients are at risk. If a person is identified as at

risk for developing hereditary cancer syndromes, then he or she may be referred for genetic counseling and risk assessment, and certain tests also may be conducted as physicians work to develop a plan to manage risk.

A patient's family history helps physicians determine if there is a risk for hereditary cancer syndrome. The NCI notes that physicians may look

for the following features of hereditary cancer in the patient's family.

- One first-degree relative with the same or a related tumor and any of a number of features specific to the patient (a list of individual features of hereditary cancer is available at www.cancer.gov).

- Two or more first-degree relatives with tumors of the same site.

- Two or more first-degree relatives with tumor types belonging to a known familial cancer syndrome.

- Two or more first-degree relatives with rare tumors.

- Three or more relatives in two generations with tumors of the same site or etiologically related sites.

Hereditary cancer syndromes are relatively

uncommon, but that does not discount the importance of determining one's risk for such cancers. The NCI notes that finding out one is at risk of hereditary cancer can potentially have life-saving implications. More information on hereditary cancers is available at www.cancer.gov.

Fight the flu with these strategies



Influenza can rear its head any time of the year, but is known to be a particularly bad thorn in one's side during times of year when the weather is cold. According to WebMD, anywhere from 5 to 20 percent of the population will get the flu in an average year and it can take three to seven days for a regular case of the illness to go away, with some effects lingering for up to two weeks.

No one wants to get the flu, which is marked by fever, aches and pains, congestion, fatigue, and other symptoms. As a result, people do all they can to help prevent the flu — or at the very least shorten its duration.

The best way to stave off the flu is to get a flu vaccination each year. The Centers for Disease Control and Prevention says the vaccine is carefully curated to treat against the flu strains that research suggests will be the most common each flu season. Getting vaccinated by the end of October is recommended.

Steer clear of sick individuals and make a concerted effort to avoid germs and the spread of germs. Diligently washing hands and avoiding touching your nose, eyes and mouth can help you avoid and spread germs. In addition, repeatedly clean and disinfect surfaces that may be contaminated with the flu virus.

You might want to consider prophylactic treatment with an antiviral medication. In 2000, the U.S. Food and Drug Administration approved the use of oseltamivir phosphate, which is known by the brand name Tamiflu, as a flu preventative. However, many people only reach for the drug when symp-

toms already have set in. Instead, it can be especially helpful in preventing the flu when someone in the household has already contracted the illness. The results of several clinical studies show that Tamiflu, when taken once daily, is up to 92 percent effective in preventing influenza illness in adolescents, adults and the elderly.

Drink plenty of liquids during flu season to keep the body well hydrated so the immune system can be in top form. Fruit juices, water, broth-based soups, and sports drinks can help keep the respiratory system from forming thick mucus that can become laden with bacteria. Should a fever set in, fluids help prevent dehydration.

It also can be wise to take zinc supplements during cold and flu season. Neil Schachter, MD, medical director of the respiratory care department at Mount Sinai Medical Center and the author of "The Good Doctor's Guide to Colds & Flu," says zinc may boost immunity, which can shorten the duration or severity of the flu.

The flu can quickly escalate and cause serious symptoms. Prevention and early treatment are essential during cold and flu season. department at Mount Sinai Medical Center and the author of "The Good Doctor's Guide to Colds & Flu," says zinc may boost immunity, which can shorten the duration or severity of the flu.

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Some lesser known allergy symptoms

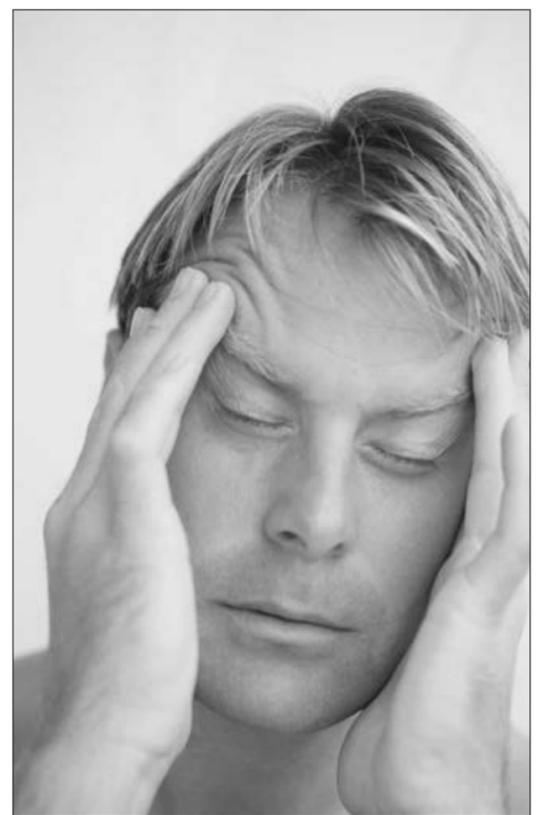
Allergy symptoms are a result of a person's immune system overreacting to something that is harmless to most people but sparks a reaction in people sensitive to the trigger. Some symptoms of allergic reactions, such as sneezing, are widely known. But people may be surprised to discover some of the other common allergy symptoms.

According to the American College of Allergy, Asthma, and Immunology, a host of physical symptoms are indicative of allergic reactions.

- Wheezing, shortness of breath: The ACAAI says that wheezing or shortness of breath are telltale signs of asthma, but notes that such symptoms also may be indicative of an allergic reaction. The ACAAI recommends people see an allergist if they develop unexplained wheezing that keeps returning or if the wheezing occurs alongside symptoms like rapid breathing or difficulty taking in air.

- Headache: Though few people associate headaches with allergies, some headaches can be allergy-related. According to the ACAAI, sinus headaches and migraines have been linked to allergies. Sinus headaches may be characterized by localized pain over the sinus area and/or pain in the face that may or may not be accompanied by a headache. A throbbing pain on one side of the head indicates a migraine, the symptoms of which may worsen when exposed to light. Among the more painful allergy symptoms, headaches should be discussed with an allergist.

- Nausea and vomiting: Nausea and vomiting may be a byproduct of



fever and may indicate an allergy to pet dander, dust, pollen, or mold.

• Headache: Though few people associate headaches with allergies, some headaches can be allergy-related. According to the ACAAI, sinus headaches and migraines have been linked to allergies. Sinus headaches may be characterized by localized pain over the sinus area and/or pain in the face that may or may not be accompanied by a headache. A throbbing pain on one side of the head indicates a migraine, the symptoms of which may worsen when exposed to light. Among the more painful allergy symptoms, headaches should be discussed with an allergist.

• Nausea and vomiting: Nausea and vomiting may be a byproduct of

food allergies. Seasonal allergies rarely, if ever, lead to nausea or vomiting. However, when a person eats a food he or she is allergic to, the immune system reacts to this allergy in much the same way it does to allergies like hay fever, releasing a chemical called histamine. When a person is dealing with seasonal allergies, the histamine his or her body releases can cause sneezing, runny nose or other symptoms commonly associated with such allergies. But when histamine is released to combat food allergies, it can cause nausea and vomiting.

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