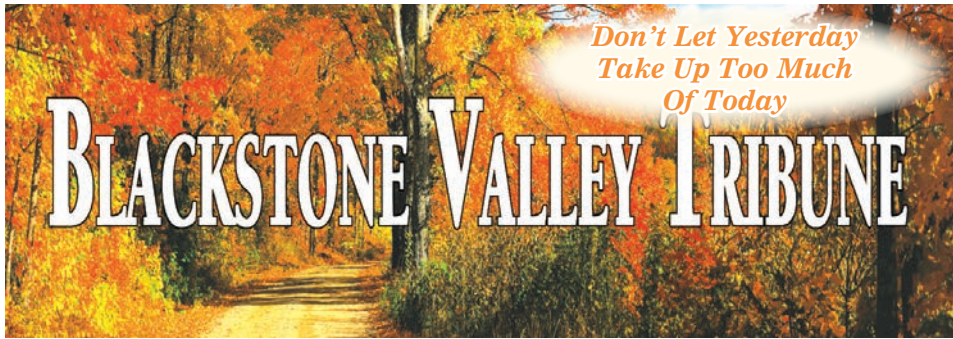


RHEUMATOID ARTHRITIS?

If you have RA and your current treatment is not giving you the relief you need, you should know that Clinical Pharmacology Study Group is doing clinical trials with novel medications with the goal of giving more complete relief of pain and stiffness and markedly decreasing the likelihood of joint deformities. The treatments are sponsored by major pharmaceutical companies and there is no charge for medication and care.

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Charles A Birbara, MD
Principal Investigator, Assoc Professor of
Medicine, U Mass Memorial Campus
Mary Coughlin, RN, BSN
Clinical Study Manager



Free by request to residents of Douglas, Northbridge, Uxbridge, Linwood, Whitinsville and North Uxbridge

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Friday, October 25, 2019

Northbridge students win first place in safe driving video contest



Courtesy Photo

Left to right: Students Maxwell Tougas, Codey Battista, Adam Briand, Trevor Hoffman, Patrick Corkum, Colin Gosselin, Nicholas Cuba, Meghan Boormeester, Emily O'Bannon and in front, and Owen Hogan.

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

NORTHBRIDGE — Several local students are using the skills they've acquired in the classroom to help spread a cautionary message about safe driving.

The ten students taking Northbridge High School's Broadcast Production class have recently won the grand prize in the Massachusetts Department of Transportation Safe Driving video contest.

"The message is important because it's not just cars teenagers get around in. Teens are walking. Teens are on bikes. Teens are on skateboards. As a driver, it's important to pay attention to all your surroundings because you never know what may roll out in front of you," said Debra Leavitt Herbert, the high school's Broadcast Production Teacher.

The students, all seniors, worked together to create a one-minute public service announce-

Please Read **SAFE DRIVING**, page A7

MSBA grants approval for new school design

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

MILLBURY — The Millbury Public School District has received approval from the Massachusetts School Building Authority (MSBA) to design a new school facility at the site of the current Raymond E. Shaw School. According to town documents, a new Web site has been launched for the project, and residents are also encouraged to note several upcoming dates regarding the project.

The district received approval from the MSBA to design the facility for grades three through six for a certified enrollment of 550 students at 58 Elmwood Street, the site of the current Shaw School. The

MSBA has agreed to contribute between \$24.2 million to \$24.7 million of the project costs.

A new Web site has been launched for the project: shaw-project.milburyschools.org.

There will be a public forum held on Thursday, Nov. 7, at 6:30 p.m. in the high school auditorium to answer any community questions or concerns about the project prior to voting. The town meeting will then be held on Tuesday, Nov. 12, at 7 p.m. in the high school auditorium where the initial vote to approve the project will occur, according to a statement about the project. If voters approve the project at the town meeting, it will then be placed on the

Please Read **GRANTS**, page A7

Local bank holds adoption event for homeless pets

BY KIMBERLY PALMUCCI
TRIBUNE CORRESPONDENT

MILFORD — Milford Federal Bank has teamed up with Uxbridge-based Pawfect Life Rescue for a match-making adoption event to benefit some loveable dogs in search of their fur-ever homes.

"There's so many dog lovers out there. It's an important step in the right direction," said Pawfect Life Rescue President Julie Uthoff. "I think people are realizing that no matter what industry you're in, outreach and supporting local rescues is really up and coming. Rescue is a lifestyle for so many people."

Uthoff added this was the rescue's first time partnering with the bank.

"I always want local businesses and more people to get involved," she said. "Outreach in the community is so exciting. Nothing makes us happier and we want to do more of that."

Sharon Steeves, a Milford Federal Bank employee, said bank representatives originally decided to reach out to the rescue after realizing how many dog-loving employees worked at Milford Federal, many of whom have dogs that were rescued as well.

"Matching pets with a poten-



Courtesy Photo

Milford Federal Bank has teamed up with Uxbridge-based Pawfect Life Rescue for a match-making adoption event to benefit some loveable dogs in search of their fur-ever homes.

tial home is a cause we strongly support," she said. "As a bank, we help many people get great homes through our mortgage loans. We believe every pet deserves a great home, too."

The bank donated a free doggie adoption kit to each new adopting family during the event.

Milford Federal Bank is located at 246 Main St. in Milford. The bank has played an integral part in the community for more than 132 years, and remains the only local community bank in Milford, added Steeves.

"By supporting nonprofit organizations with volunteers

and contributions it helps the bank grow and give back to the community that we call home," she said.

Steeves added that Milford Federal looks at what matters to the people in the community and what the bank can do to help improve the quality of "where we live and work."

"When the community does well, we all do well. Relationships between our employees, customers, and communities are built by working together toward common goals, identifying and responding to needs along the way," Steeves said.

Please Read **PETS**, page A7

BVT raises awareness & funds during Breast Cancer Awareness Month

UPTON – During the freshman exploratory program at Blackstone Valley Tech, Chloe Persiani and Kasey Reeves, both of Millbury had an opportunity to use their design skills in Painting & Design Technology to apply a pink patch decal to the window of an Upton Police Department's cruiser.

"We're always proud to see our students work on display and in this case driven through our community. It was an honor to assist our town's police department with the pink patch decal and bring aware-

ness to their Pink Patch Project Campaign," said Tom Lamont, Painting & Design instructor.

The Pink Patch Project is an innovative public awareness campaign designed to bring attention to the fight against breast cancer and to support cancer research organizations in combating this devastating disease through the sales of collectible uniform patches, public safety agencies world-wide are helping to bring an end to breast cancer.

The spirit of giving back is part of the culture at BVT. For eleven years, the Volleyball Teams have been helping to raise money for Breast Cancer Research through their Dig Pink fundraiser. The Dig Pink Freshmen games will be held on Tuesday, Oct. 22 at 3:30 and 4:30 p.m., and Varsity/JV games are on Wednesday, Oct. 23 at 3:30 and 5 p.m. in the Competition Center at BVT.

To learn more about how our students are giving back or to make

Please Read **BREAST CANCER**, page A7



Courtesy Photo

BVT freshman, Kasey Reeves of Millbury, applying a pink patch decal to the window of an Upton Police Department's cruiser outside of Painting & Design Technology during exploratory.

Are you ready for a **JOB CHANGE?**
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See **Section B** of your newspaper
and find out who's hiring in your area.

Think Pink

Join these local businesses in supporting breast cancer awareness this October!

Breast cancer signs and symptoms

Breast cancer is a formidable foe. According to the World Health Organization, an estimated 627,000 women lost their lives to breast cancer in 2018. But women are not helpless in the fight against breast cancer, as the WHO notes early detection is critical and could potentially save thousands of lives each year.

A proactive approach is a key component of protecting oneself against breast cancer. While the National Breast Cancer Foundation, Inc.® notes that many breast cancer symptoms are invisible and not noticeable without a professional cancer screening, women can keep an eye out for certain signs of breast cancer they might be able to detect on their own. Monthly self-exams can help women more easily identify changes in their breasts. During such self-exams, women can look for the following signs and symptoms and are advised to report any abnormalities they discover to their physicians immediately.

- Changes in how the breast or nipple feels: The NBCF says nipple tenderness or a lump or thickening in or near the breast or underarm could indicate the presence of breast cancer. Some women may notice changes in the skin texture or an enlargement of the pores in the skin of their breast. In many instances, skin texture has been described as being similar to the texture of an orange peel. Lumps in the breast also may indicate breast cancer, though not all lumps are cancerous.
- Change in appearance of the breast or nipple: Unexplained changes in the size or shape of the breast; dimpling anywhere on the breast; unexplained swelling or shrinking of the breast,



particularly when the shrinking or swelling is exclusive to one side only; and a nipple that is turned slightly inward or inverted are some signs and symptoms of breast cancer that can affect the appearance of the breast or nipple. It is common for women's breasts to be asymmetrical, but sudden asymmetry should be brought to the attention of a physician.

- Discharge from the nipple: The NBCF notes that any discharge from the nipple, but particularly a clear or bloody discharge, could be a sign of breast cancer. The NBCF also advises women that a milky discharge when they are not breastfeeding is not linked to breast cancer but should be discussed with a physician.

Learning to recognize the signs and symptoms of breast cancer can increase the likelihood of early diagnosis, which greatly improves women's chances of surviving this disease.

Educating young women about breast cancer

At the age of 12 to 15, many young women are experiencing the body and life changes that accompany adolescence. It can be difficult to imagine that breasts that are just beginning to develop may contain cancer. But such is the reality for some girls.


The majority of women who receive a breast cancer diagnosis are over the age of 40. Experts at Monroe Carell Jr. Hospital at Vanderbilt University note that only 5 percent of breast cancer cases are found in women under the age of 40. However, the hospital recently treated a 14-year-old girl who found a lump and learned she had a rare form of breast cancer called a phyllodes tumor. In 2009, a 13-year-old from Little Rock, Ark. found a quarter-sized lump in her right breast, while a 19-year-old student at the College of New Jersey was diagnosed with cancerous cells and underwent a bilateral mastectomy.

Though such cases are rare, it behooves teenage and adolescent girls to familiarize themselves with the disease and be mindful of their breast health.

Some organizations have increased breast cancer messages for young girls, and it is not uncommon to find young women participating in runs and fundraisers for breast cancer research. Some organizations even conduct breast cancer workshops to educate young women about breast health. Dorothy Paterson of Texas, a former Girl Scout leader who was diagnosed with breast cancer herself, began conducting workshops for Girl Scouts in 2007. The idea isn't to scare girls into believing they have the disease, but rather to increase their awareness of changes in their bodies that may or may not be normal. Some parents worry that educating children about breast cancer may cause them to worry unnecessarily, especially considering a young girl's risk of developing breast cancer is so minimal. Just as with older women, adolescents and teens should realize that eating healthy foods, exercising, avoiding alcohol and tobacco, and maintaining annual physical exams with a doctor are key ways to reduce the risk for cancer.



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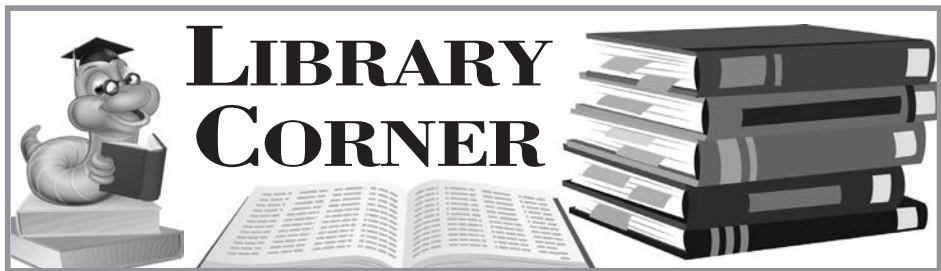
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November Hours
Mon-Thurs 10-8
Fri 10-5
Sat 10-2
Closed Monday 11/11 for Veterans Day
Closing early at 3 PM on Wednesday 11/27
Closed Thursday 11/28 & Friday 11/29 for Thanksgiving break
Historical Room open: Wednesday November 13 & 20 from 2-3:00

CHILDREN'S EVENTS
Music & Movement with Miss Deb
Wednesday 11/6, 11/13, 11/20 & 11/27 at 10:30
Special Evening Program Tuesday 11/12 at 6:30
Ages 1 thru preschool
Registration required: www.tinyurl.com/BVLevents

Storytime with Miss Helen
Thursday 11/7, 11/14 & 11/21 at 10:30
For ages 2 through preschool. Drop-in

Baby Bounce
Friday 11/1, 11/8, 11/15 & 11/22 at 10:30
For babies ages 0-18 months and their caregivers. Drop-in

Lego Club
Monday 11/4 & 11/18 at 2:30
Recommended for ages 3-12. Drop-in

Día de los Muertos Celebración
Friday 11/1 at 2:30
¡Feliz Día de los Muertos! Join us for an authentic celebración with Dora Acosta! View our altar to Frida Kahlo, decorate genuine sugar skulls, paint paper-maché skulls, and get your face painted to look like La Catrina!
Recommended for ages 5+. Drop-in

EmPOW Studios Minecraft Workshop
Tuesday 11/5 from 3:00-5:00
Grab a pickaxe and join your fellow Minecraftians for a design challenge. As kids master their Redstone skills, they'll learn key concepts in programming, architecture, and pixel art, all while using teamwork and social skills.
Registration required; for grades 3-5

Dads & Donuts: Slime!
Saturday 11/16 at 11:00
Recommended for ages 2-6 and their families. Drop in

Thanksgiving Bingo
Monday 11/25 at 3:00
For ages 4-8. Drop in

Santa Visits the Library!
Saturday 11/30 at 11:00
Take a photo with Santa & do a holiday craft!
Suggested for ages 0-8. Drop in

FAMILY EVENTS
Northbridge's Test Kitchen: Pop Tarts
Monday 11/4 at 3:30
Ever been intrigued by a food's new flavor but didn't want to purchase a whole box? Join us for Northbridge's Test Kitchen where you can sample instead! This month, we're testing different flavors of Pop-Tarts. Vote for your favorite and see which flavor is declared the ultimate winner.
Drop in, while supplies last

Family Board Game Night
Monday 11/18 at 6:00
Let's bring it back to basics with classic board games such as Monopoly and Connect Four. Or, stimulate your literary neurons with Scrabble, Boggle, and Bananagrams! Fantasy lovers, Settlers of Catan will absolutely be on the docket. And If you're feeling daring, try your hand at new games such as Exploding Kittens. Bring your own games too! Refreshments provided. Game on! Drop in

Throwback Karaoke
Friday 11/22 at 3:00
Choose a song from our ultimate throwback karaoke playlist of '90s and early 2000s pop hits and sing your heart out!
For kids of all ages; drop in

Wreck the Tech
Tuesday, 11/26 at 3:00
Let's try our hand at classic technology tinkering! Older kids, find a younger buddy to team up and conquer your electronics quest.
All materials provided, all ages. Drop in

TWEEN/TEEN EVENTS
Crafternoon
Wednesday 11/6, 11/13 & 11/20 at 2:30
Join us in the Tween & Teen room after school for a craft or just hang out and use the Chromebooks. Drop in any time between 2:30 and 4:00.
for grades 5-12. Drop-in

Tween Writing Workshop
Wednesday, 11/6 at 6:00
Do you like to write? Are you interested in becoming a good writer? Join the library's young writers group for aspiring writers ages 8-15. This will be a safe, supportive space where you can get constructive, peer, and adult feedback on your writing, learn about writing techniques, and find your authentic voice as a writer. Facilitated by local author Christine Beauchaine.
Register

Graphic Novel Book Club:
American Born Chinese
Thursday 11/14 at 2:30
Are you obsessed with comics and graphic novels? Join our Graphic Novel Book Club to meet other friends who ship it! This month, we're reading American Born Chinese by Gene Luen Yang. Register online, then pick up a copy of the book at the library.
Recommended for grades 4-8

Teen Advisory Group
Friday, 11/15 at 3:00
What would you like to see at your library? Brainstorm ideas for programs, books, and movies, while playing icebreaker games and eating a bunch of snacks!
Drop in

ADULT EVENTS
Friends Meeting
Thursday 10/29 at 6:30
All are welcome. Contact friend-sWSL2019@gmail.com for more info.

Northbridge Historical Society Meeting
Monday 11/4 at 7:00
After the society meeting Don Koerten will present photographs of the Blackstone Valley at the turn of the century. All are welcome.

Classics Club
Tuesday 11/5 at 2:30
Discuss Ray Bradbury's Fahrenheit 451. Copies available at the desk.
Register

Writers Group for Adults
Thursday 11/7 at 6:30
Come share your story or listen to what other local writers are working on.
Register

Cookbook Club
Tuesday 11/12 at 12:00
November's cookbook is Thug Kitchen. Bring a dish from the book. Copies available at the front desk.
Register

DIY Craft Night for Adults
Tuesday 11/19 at 6:00
Come to the library on the third Tuesday of every month at 6 PM to put together your very own Pinterest project. November's craft is leaf stamped tea towels. Perfect for a hostess gift for the upcoming holiday season. All supplies are provided.
Sign up to ensure your spot.
Register

Historical Room Open
Wednesdays 11/13 & 11/20 from 2-3:00
Drop in.

175th Anniversary
Community Party
Saturday 11/16 from 6-8:00
In honor of its



ACCURACY WATCH

The Blackstone Valley Tribune is committed to accuracy in all its news reports. Although numerous safeguards are in place to ensure accurate reporting, mistakes can occur. Confirmed fact errors will be corrected at the top right hand corner of page A3 in a timely manner.

If you find a mistake, email news@stonebridgepress.news or call (508) 909-4111 during normal business hours. During non-business hours, leave a message in the editor's voice mailbox. The editor will return your phone call.

175th Anniversary the Whitinsville Social Library Board of Trustees invites the community to a Cocktail Party. Tickets are \$75 each and include an open bar and hors d'oeuvre by Pepper's Catering. Tickets can be purchased in person during library hours at Whitinsville Social Library via check only. Tickets may also be purchased at Jack Walker Realty at 95 Church St.

Gift Wrap Fundraiser
Saturday 11/30 from 10-2:00
Bring those holiday purchases from your Black Friday and Small Business Saturday shopping and get them gift wrapped. All proceeds go to the Friends of Whitinsville Social Library.

Knitting & Needlework Group
Wednesdays at 6
Drop in

Reserve Museum Passes Online
www.tinyurl.com/BVLevents
Register for Events online www.tinyurl.com/EventsAtWSL
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Lasell University students shine at Boston Fashion Week

NEWTON — Lasell University students, alumni, and faculty participated in Boston Fashion Week this September as curators, producers, designers, and fashion industry thought leaders.

Sarah Reese of Uxbridge was one of the participants. Samuel Bettencourt of Uxbridge was one of the participants.

The French Cultural Center in Boston partnered with the Lasell University Fashion Collection (LFC) to present a pop-up exhibit (pictured above), “100 Years of French Fashion,” which included 19 garments and artifacts from the Lasell collection. The collaboration marked the public launch of the LFC’s online catalogue, and served as a way to highlight student work through the installation’s written research and mounted artifacts. Fashion Merchandising and Management students Deanna Plaisted ‘21, Kendra Sperry ‘20, and Matthew Searth ‘21, as well as Fashion Design and Production students Elizabeth Witherell ‘20 and Sarah Reese ‘20, worked with LFC faculty to curate and present their work at the exhibit.

“This was a significantly positive and upbeat evening that celebrated not only the sagacious power of research regarding dress and appearance, but also the facilitation of our identity as a strong and vital University,” said Lynn Blake, program chair of fashion design.

The partnership was fostered by Jill Carey, professor and curator of the LFC. Carey and Stephanie Hebert, collections manager, are eager to move forward with additional partnerships that highlight the historical and scholarly opportunities available through the LFC.

“Without a doubt, the exhibit at the French Cultural Center represented Lasell University as a leader in community culture,” said Anne Trevenen, dean of the School of Fashion and associate professor of fashion design.

Three student designers - Allie Doyle ‘20, Sarah Reese ‘20, and Sarah Rudker ‘20 - featured work at the “Fall/Winter ‘19 Trend Report” presentation by Fashion Group International (FGI) of Boston. Nine additional students, all interns for FGI, produced the event.

At “The Process/The Next Generation of Fashion” presentation, Lasell University School of Fashion students and alumni Eunice Bruno ‘19, Samuel Bettencourt ‘20, and Mariana Lenskaya ‘19 showcased designs alongside peers from Framingham State University, Massachusetts College of Art + Design, and School of Fashion Design, Boston.

“Our students stood out as articulate, accomplished, and professional in every sense,” said Trevenen. “We were certainly seen and heard in the very best way.”

Recent graduates Ammy Thach ‘19 and Cailin Flannery ‘19 showcased work at “Prophecy,” an event aimed to “push your senses further than the runway ... through a showcase of designers that are creatively talented, accomplished, and extremely energetic about sharing their vision of style,” according to the event website. Behind the scenes, more than 20 first-year student producers represented Lasell.

Faculty member Alicia Kennedy, instructor and author of Fashion Design, Referenced, participated in WBUR CitySpace's GlamSlam, a storytelling event at which local fashion professionals shared significant moments in their careers.

For more information contact: Samantha Mocle, assistant director of communications at smocle@lasell.edu or at 617-243-2386.

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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 508-234-2002 to sign-up. Deposits and fees are required at time of sign up in order to reserve your spot.

SPECIALS COMING UP:
First Thursday of every month, Denise

Forgit holds office hours from 9:30-11:30 to assist with frauds and scams. All appointments are confidential. Denise also has a shredder if you need to get rid of confidential documents.

Every Wednesday from 1:30-3:30 our computer expert Paul Holzwarth is here to help with any computer, iPad, or even cell phone questions you may have. Call the Senior Center to make an appointment.

Every Tuesday @ 10:00 Walking Club meets at St. Pat’s Cemetery, get some exercise and socialize with great people.

The Center is looking for individuals who would like to start a Pitch League at the Senior Center. Call Michelle if you are interested in playing in a league and if you would like to run the league.

tial items that might be needed during an emergency. Limited to 50 people, call to sign up.

Day Trip: Wednesday December 4th “Johnny Mathis Christmas” starring David Robbins at the Danversport Yacht Club in Danvers, MA. Join us for this tribute show that will surely get you into the holiday spirit. \$93/person includes transportation, lunch, show, tax and gratuity. Contact Jeannine at the Center to sign up.

Millbury Senior Center activities

Foxwoods Trip!
Monday, November 4th
The bus leaves the Millbury Senior Center at 7A.M and returns at 4:45 P.M.
Cost is \$26.00. Call or stop by the Senior Center to reserve your seat! (508) 865-9154

MILLBURY POLICE ASSOCIATION
“Dinner for the Millbury Seniors”
Pasta & Meatballs
Thursday, November 14th at 6 P.M.
Reservations Required! Call or Stop by the Center
508-865-9154

SENATOR MOORE TURKEY LUNCHEON
Thursday, November 21st at noon.
Sponsored by Michael O. Moore
Call (508) 865-9154 or stop by for reserve seating!

“MEMORY CAFÉ”
Please join us!
Tuesday, November 26th from 2:00 P.M. – 3:30 P.M.
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!

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 cents
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. – 2:00 P.M.
Call for an appointment & required documentation
508-865-9154
Craft Classes
Wednesday’s from 9:30 AM to 11:00 AM

Northbridge Historical Society meets Nov. 4

NORTHBRIDGE — Northbridge Historical Society will meet Monday, Nov. 4 at 7 p.m. at the Whitinsville Social Library.
Following a short business meeting led by President John W. Walker Jr., our program is entitled “Blackstone Valley: A View of the Past.”
Don Koerten, Uxbridge resident and son of Society member, Bernard Koerten, will present some of his collection of Worcester professional photographer Theodor Clemens Wohlbruck’s views of towns in the Blackstone Valley during the 1890’s.
Don has digitized glass negatives into high quality photos of Northbridge, Linwood, Uxbridge, and Douglas; the program will include some before and after pictures.
Koerten is a member of the Uxbridge Historical Society and maintains a Facebook site called Uxbridge-A View of the Past. He credits his father in sparking his interest in local history.
Please join us for this free and informative program.

Plan what you would like to make & pay for the materials you use!
For more information call us at 508-865-9154
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• CHANGE OF ADDRESS
• DUPLICATE LICENSE OR REGISTRATION
• HOW TO REPORT A LOST OR STOLEN DISABILITY PLACARD AND HOW TO REQUEST A REPLACEMENT
Call us at 508-865-9154 for an Appointment!

ACTIVITIES

MONDAY
8:30 A.M..... Walking Club
9:30 A.M..... Light Exercise
12:00 noon..... Lunch
12:30 P.M..... Wii Bowling
12:45 P.M.....Mahjong Game
1 : 00 P. M.... Cribbage
1:00 P.M....Game Day, including Cribbage, Scrabble, Chinese Checkers , Scat & Wii Bowling
TUESDAY
9:00-10.00A.M...Blood Pressure
9:30-10:30 A.M.....Tai Chi
10:45-11:30 A.M.....Zumba Gold
12:00 – 12:45P.M.....Yoga (classes will resume in September)
Noon...Lunch
1:00 P.M....Cribbage & Scat
WEDNESDAY
9:30 A.M..... Craft Class
12:00 noon..... Lunch
1:00 P.M..... Social Bingo
THURSDAY
9:00 A.M.....Cards
10:00-11:30 AM...Adult “Coloring Class”
12:00 Noon..... Lunch
12:45 PM.....Whist
2:30-3:30 P.M...Computer & Cell phone class, Reservations required 508-865-9154
FRIDAY
9:00 A.M.....Shopping
9:30 A.M.....Light Exercise
12:00 noon..... Lunch
12:30 P.M..... Bridge & Scat

TRIBUNE ALMANAC

REAL ESTATE

BLACKSTONE

\$475,000, 91 Mendon St, Bibeault, Paul N, and Bibeault, Betty A, to Violanti, Grant M, and Violanti, Lyndsay.
\$160,000, 85 Elm St, Martel, Joseph, and US Bank NA, to Daprato, Alfred.
\$125,000, 299 Lincoln St, Smith, Germaine J, to Smith, John M.

DOUGLAS

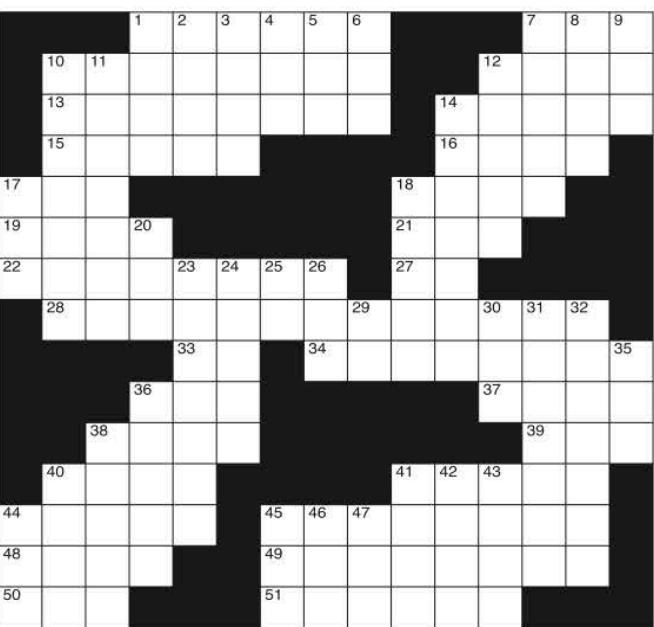
\$415,000, 767 NW Main St, Cahill, David W, and Cahill, Janis A, to Kelley, Mark, and Kelley, Cristal.

NORTHBRIDGE

\$550,000, 75 Olivia Dr, Young, Kevin E, and Young, Michele J, to Nelson, James B, and Nelson, Jamie W.
\$420,000, 268 Pollard Rd, Dalio, Jennifer M, and Dalio, Thomas, to Duffy, Thomas B, and Clifford, Anna M.
\$335,000, 38-40 Brook St, Forsythe, Raymond J, and Forsythe, James F, to Kuik, Connor M, and Kuik, Lindsay.
\$274,900, 335 Union St, Lacombe, Michael, and Lacombe, Kerri, to Obrien, Carol A, and Obrien, Samantha.
\$264,600, 33 Hillside Dr, P& G Homes LLC, to Leonelli, Anthony N, and Odonnell, Brittany.

UXBRIDGE

\$521,500, 59 Kasey Ct, Anti, Derek M, and Anti, Heather T, to National Res Nominee Svcs, and MA Hsng& Mtg Fin Corp.
\$515,000, 59 Kasey Ct, National Res Nominee Svcs, and MA Hsng& Mtg Fin Corp, to Campana, Brian, and Friedrich, Jessica.
\$450,000, 80 Kasey Ct, Sansone, Judith S, and Sansone, Carl A, to Vieira, Bryan A, and Vieira, Tiffany L.
\$322,000, 10 Lincoln Ct #10, Nelson, Roy T, and Nelson, Penny M, to Hager, Harold A, and Hager, Kerin C.
\$300,000, 16 Sharon Cir, Pillarella, John P, to Lindsey, Christopher C.
\$295,000, 44 Nature View Dr #44, Bedigian Oscar Sr Est, and Benson, Alice R, to Poplawski, Diane D.
\$290,000, 14 Hazel Plz #A, Mainini, Maryane R, to Patel, Preyas C, and Patel, Krupali.
\$247,000, 8 Ascot Ln #8, Hummell, Christopher, to Nelson, Roy T, and Nelson, Penny M.



CLUES ACROSS

1. Type of relic

7. Type of medical program (abbr.)

10. Outer defense of a castle

12. 1,000 calories (abbr.)

13. A way of using

14. Abounding with surf

15. Expressed violently

16. Shared a boundary with

17. Swedish krona

18. Thick piece of something

19. Wreaths

21. Animated program network (abbr.)

22. Regains possession of

27. Spielberg sci-fi film
28. 2-time Super Bowl winner

33. Ice hockey position (abbr.)

34. Circulatory system parts

36. Supervises flying

37. District in Peru

38. Impudence

39. __ willikers!

40. One point east of southeast

41. Papas’ partners

44. Youngsters

45. Type of tree

48. A hazy or indistinct appearance

49. Poems with distinct pattern

50. Marketing term that denotes price

51. Fast drivers

CLUES DOWN

1. Grenade

2. Off-Broadway theater award

3. Small, immature herring

4. __-fi (slang)

5. 007’s creator

6. Liquefied natural gas

7. Cleanse thoroughly

8. Handle of a knife

9. Perform diligently

10. Drink pourer

11. Extreme greed

12. Southern Russia river

14. Type of cracker

17. Single Lens Reflex

18. Barely sufficient

20. Slick

23. Reference books

24. Federally recognized native peoples
25. Manganese

26. Senior officer

29. Atomic #18 (abbr.)

30. Tax collector

31. World wonder __ Falls

32. Origins

35. Car mechanics group

36. MMA fighter Urijah

38. Gland secretion

40. Gelatinous water creature

41. Good friend

42. Arab ruler

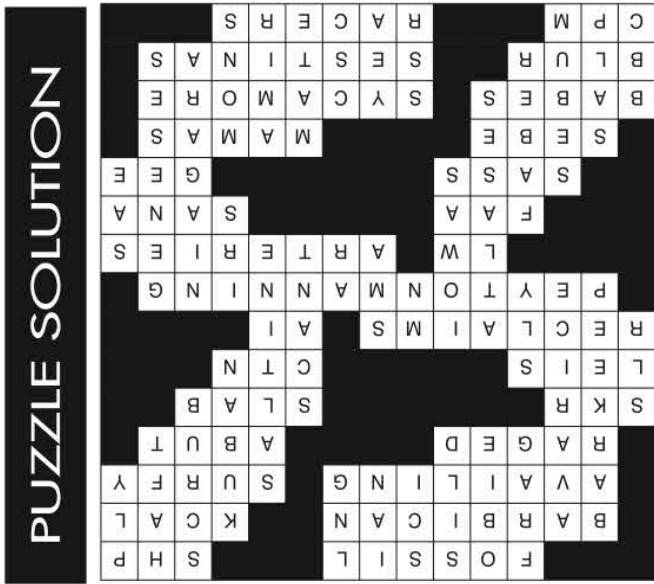
43. Capital of Belgian province Hainaut

44. English broadcaster

45. Soviet Socialist Republic

46. Affirmative

47. Trigonometric function (abbr.)



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Senate passes ‘Nicky’s Law’ to protect persons with disabilities

BOSTON — Sen. Michael O. Moore (D-Millbury) announced that the Massachusetts Senate unanimously passed legislation, known as “Nicky’s Law,” that would strengthen protections for persons with disabilities. In an effort to prevent continued caretaker employment for offenders, the Moore-sponsored bill would direct the Disabled Persons Protection Commission (DPPC) to establish a registry that identifies individuals who have been found to have committed abuse against persons with disabilities.

The bill was filed in response to physical abuse by a caretaker against Nicky, an intellectually disabled and non-verbal individual. Following an investigation, a report filed by DPPC substantiated claims that Nicky had been inappropriately restrained and struck multiple times by their caretaker. Unless criminally convicted, no systems currently exist to identify caretakers and prevent them from finding employment with another provider licensed by the state.

According to the U.S. Department of Justice, persons with disabilities are victimized in violent crimes at the rate of 2.5 times that of the general population. The bill would require DPPC to establish and maintain a registry of former employees who have



Sen. Michael O. Moore (D-Millbury) with advocates for Nicky’s Law including Nicky’s parents and representatives from The Arc of Massachusetts.

Courtesy Photo

been terminated or separated from employment as a result of abuse directed toward a person with a disability. The bill resembles protections already enacted in at least twenty-six other states. Massachusetts

currently possesses a similar registry for childcare employees.

“Enacting this registry will help disrupt a cycle of abuse of individuals with disabilities,

and put in place common-sense protections that families in the Commonwealth deserve,” said Sen. Moore. “There are clear benefits to screening prospective employees who intend to work within the licensed care-

taker field and I am hopeful that the bill will advance to the Governor’s desk to help protect our most vulnerable residents like Nicky.”

“Nicky’s Law has been The Arc’s priority legislation for the last two sessions,” said Maura Sullivan, Director of Government Affairs for The Arc of Massachusetts, which is advocating for passage of the bill. “We have worked closely with Senator Moore to gain the support of the legislature and work through any concerns from relevant agencies. There is no doubt that the disability community has stepped up to fight for this bill and they cannot wait any longer for the creation of this registry.”

DPPC also operates a 24-hour hotline to which citizens of the Commonwealth can report incidents of suspected abuse involving adults with disabilities. If you or someone you know is a victim of abuse, dial 1-800-426-9009 or 1-888-822-0350 TTY.

The bill, S.2367, has now been referred to the House of Representatives for consideration. Similar legislation passed the Senate last year, however, no further action was taken. To continue tracking the status of the bill, please visit the Legislature’s Web site, www.MAlegislature.gov.

Volunteers welcome to Manchaug Pond Fall Cleanup



Courtesy Photo

The Manchaug Pond Foundation will be holding their Fall Clean Up of scenic Manchaug Pond on Saturday, Oct. 26.

SUTTON/DOUGLAS — The Manchaug Pond Foundation will be holding their Fall Clean Up of scenic Manchaug Pond on Saturday, Oct. 26. Volunteers are invited to join members and Friends of the Manchaug Pond Foundation in cleaning up Manchaug Pond and its watershed. Volunteers with boats are also welcome to help us clean up coves.

The effort is scheduled to take place Saturday, Oct. 26, from 9 a.m. to noon, with volunteers meeting at the state Public Access Boat Ramp on Torrey Road in Sutton. Volunteers will hit the

pavement with garbage bags in hand to clean the roadsides, shoreline, and boat ramp - all areas within the Manchaug Pond watershed. Good company, refreshments, garbage bags, orange safety vests, and rubber gloves will be provided. Rain date will be Sunday, Oct. 27 and rain date notice will be posted on the Manchaug Pond Foundation’s Facebook page and Web site.

The Manchaug Pond Foundation’s educational events look to improve the water quality of the picturesque 380 acre community lake, which lies within Douglas and

Sutton, through the education of the many users and watershed residents. Educational information on residential Low Impact Development (LID) techniques such as landscaping with buffer zones and rain gardens to limit runoff of fertilizer nutrients will be available to participants. Educational materials have been made possible by the MPP’s previous two water quality grants awarded by the Massachusetts Department of Environmental Protection. For more information, visit manchaugpond.org.

Uxbridge Progressive Club announces Scholarship Class of 2019

UXBRIDGE — The Uxbridge Progressive Club Scholarship Committee would like to announce the recipients of its Scholarship Class of 2019. The Club awards five scholarships annually to deserving local high school and college students.

This year’s recipients are as follows :

Reise Speroni of Milford, attending

Merrimack College

Cameron Gallagher of Uxbridge, attending Westfield State University

Scott Kaeller of Uxbridge, attending Pace University

James Stark of Uxbridge, attending The University of Alabama

And this year’s recipient of the Richard Blair Memorial Scholarship given in the memory of Mr. Richard Blair has been awarded to Mary Boucher of Northbridge, attending Eastern Nazarene College

PLACE MOTORS IS PROUD TO SPONSOR

Friday’s Child



Deanna Age 16

Hi! My name is Deanna and My dream is to be a brain surgeon!

Deanna is a friendly sixteen-year-old bi-racial young lady. She has a great sense of humor and takes pride in making people laugh. Deanna loves going out to eat, shopping, going to the movies and hanging out at the park. She has always loved animals and hopes to have pets in her future home. Deanna loves all types of sports, especially field hockey and running. Deanna also enjoys working out, making art, and sleeping. Deanna is kind and helpful to others. She has a nice smile too!

Deanna is currently a high school student whose favorite aspect of school is earning good grades. Deanna has been active-

ly participating in her school’s vocal jazz band. She has plans for her future which include going to college to become a brain surgeon. Deanna has learned that to achieve this goal, she may be in school for 12+ years! She looks forward to this opportunity.

Deanna is a child that has blossomed in an environment that has structure, predictability and nurturance. Deanna will continue to strive with a loving home that has time for one on one attention, predictable routines and stability. Deanna is legally free for adoption and is open to any family that may be interested in learning more about her. It is very important to Deanna that she is able to maintain the relationship she has with her sister once a placement is identified.

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.”



To sponsor Friday’s Child call Patricia at 508-909-4135 x321 or email patricia@stonebridgepress.news

“Every Town Deserves a Good Local Newspaper”

Which to do first, hunt or fish?



THE GREAT
OUTDOORS
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RALPH
TRUE

Hunting and fishing activities have sportsmen making hard decisions on what to do first. At this time of year, fishing is providing many opportunities for catching trout, bass, tautog, salmon, etc.! As the waters cool, fishing will only get better on fresh & saltwater. A group of local anglers left for Pulaski New York this past weekend to catch Coho and King Salmon. Reports of some great fishing from Fat Nancy's tackle shop in Pulaski is good news, and fishing will only get better in the coming days and weeks. This week's picture shows a large King Salmon caught in the Salmon River. Picture courtesy of Fat Nancy's Bait & Tackle shop in Pulaski, N.Y.

Pheasant hunting opened this past Saturday in Massachusetts with spotty action being reported by some local hunters. This coming Saturday should be a lot better, if stocking trucks from Mass. Fish & Wildlife deliver some pheasant to open covers and Wildlife management areas like Westhill Dam. As mentioned in a previous column, Westhill will need to be stocked from the Hartford Av. area, and also hunters will need to walk a good distance to get to the hunting area because of an ongoing dispute from an abutting land owner.

Open covers in the valley

have dwindled down to only two, one in Uxbridge and one in Northbridge. Reports of the loss of prison inmates in Worcester no longer raising birds for the state, could impact open covers by receiving less birds this year according to a wildlife official last week. Wildlife management areas should receive the same amount of birds. It should be noted that Westhill will still only receive one stocking a week, as in previous years. Although there are numerous open covers in the valley, MFW does not seem interested in their availability.

The six bird annual limit of pheasant is still a touchy subject when it is brought up by local hunters. Numerous attempts over the years to have the limit of pheasant raised by selling a few more tags, has also been ignored by MFW. It works great in Rhode Island, and also generates more revenue for the birds.

Numerous sportsmen's leagues are starting a drive to have MFW change the crossbow law that requires only disabled hunters with permanent disabilities to use them for hunting. More than 46 states allow crossbows for hunting for all licensed hunters. The leagues members are targeting State Representatives, and State Senator's to get the bill passed. There may be a "Quid Pro Quo" to get the bill passed. It is a Latin word meaning something for something of somewhat equal value. Politicians do it all the time, helping other politicians get a bill passed that is important to another's constituents. Be sure to contact your local State Rep. and State



Senator to get the crossbow bill passed.

Opening day of waterfowl season in Mass. got off to a great start on Oct. 14. Reports of a good supply of ducks in the area had area hunters enjoying a good day in local marshes and corn fields. A good supply of wood ducks provided some fast shooting for one young first time hunter. He managed to get his limit of wood ducks and mallards. As he told me the story of his hunt, the excitement in his eyes told it all.

Archery season started this past Monday Oct. 21, in Zones I-9 in Massachusetts. Opening

day had clear skies and light winds, that made sitting in a tree stand somewhat bearable. This past week had numerous car deer collisions reported. Drivers need to use extreme caution on the roads for the next two months, as the deer's rutting season will be in full swing. Deer darting out into the traffic can be fatal to the deer, but also to the passengers in the vehicle. Just imagine the car deer accidents, if hunters did not harvest more than 10,000 deer annually in Massachusetts!

Local bird hunters are reporting numerous deer ticks on their dogs after a

hunt. Keeping a close eye on your clothes and your dog during the hunting season is very important. Spraying your clothes with Permethrin can keep you somewhat free of the pesky critters and spraying your dog with a mixture of one part vinegar and three parts water prior to hunting seems to work for some local hunters and pet owners. Your pet and hunting companion also needs to stay on some form of flea & tick medication year round.

Take A Kid Fishing & Keep Them Rods Bending!

Decorate and extend the life of your carved pumpkin



Melinda Myers Photo

Make use of extra crayons by creating a unique and colorful crayon dripped pumpkin.

It's time to select and decorate pumpkins for your Halloween display. Get family and friends involved in a trip to the pumpkin farm and consider hosting a decorating party.

Whether you grew your own or plan on purchasing one at a farm or garden center, select pumpkins free of holes, cuts and soft spots for decorating. Damaged fruit tends to rot faster, ruining your fall display. And always

carry the fruit cradled in your arms not by the stem. Once the stem breaks away from the fruit, the pumpkin is more susceptible to rot and its beauty fades.

Store carving pumpkins in a cool location until you are ready to start cutting. Extend the beauty of carved pumpkins by washing them with warm water and letting them dry before making the first cut. Try leaving the top intact and scooping the insides out through a

hole in the back. This limits water entering the carved cavity and helps extend the life of your jack-o'-lantern.

Coat the cuts with petroleum jelly or vegetable oil to seal in the moisture and prolong your display. Take it one step further and use a commercial preservative or peppermint oil to keep your jack-o'-lantern looking its best for as long as possible.

Once in place, sprinkle your pumpkin with cayenne pepper to help repel hungry animals. Avoid touching your eyes and wash your hands thoroughly after using the cayenne pepper.

Don't give up when your jack-o'-lantern begins to shrivel. Give it a cold bath to freshen up its appearance.

Or put away the knives and break out the paint and crayons to further extend your pumpkin's beauty. A painted face or design can be just as impressive. And don't worry if you have limited artistic ability; just download one of many free pumpkin templates.

Put all those broken crayons to use creating a multicolored crayon dripped pumpkin. You'll wow guests and kids will enjoy this safer pumpkin decorating option.

Wipe the surface of the pumpkin clean and allow it to dry before you start decorating. Remove the labels from the crayons and break them in half.

Glue the crayons to the top of the pumpkin to prevent them from rolling off the pumpkin while you work. Place



GARDEN
MOMENTS
.....

MELINDA
MYERS

one end of the crayon against the stem and the other end pointing away from the center of the pumpkin.

Use your hair dryer to melt the crayons so they'll drip down the side of the pumpkin,

creating a colorful waxy covering. A high heat setting will speed up the process but may make a bigger mess by splashing the melted wax all over the table.

To further dress up your landscape consider converting a few pumpkins into fall planters. Remove the top. Cut a hole large enough to accommodate the seeds and flesh, cut a few drainage holes in the bottom and then set a pot of pansies, asters, mums or ornamental peppers inside.

When your pumpkins start to rot, move them to the compost pile. They will break down into a wonderful soil amendment to use in next year's garden.

Melinda Myers has written more than 20 gardening books, including *Small Space Gardening*. She hosts *The Great Courses How to Grow Anything DVD series* and the nationally syndicated *Melinda's Garden Moment TV and radio segments*. Myers' website, www.MelindaMyers.com, features gardening videos, podcasts, audio tips and monthly gardening checklists.



Courtesy Photo

PASSING THROUGH

The Blackstone Valley Tourism Council's "Train Through the Valley" passes over the Mumford River in North Uxbridge on the way back to its berth in Woonsocket, R.I. Saturday afternoon.



Courtesy Photo

CROP WALK RAISES MORE THAN \$2,000

The 50th annual Blackstone Valley Crop Hunger Walk, held on Saturday, Oct. 19, had a total of 18 walkers & collected more than \$2,000. Donations can still be accepted at www.crophungerwalk.org/northbridgema or checks can be made out to: CWS/CROP (list Blackstone Valley in memo line). For more details, contact Tanya Morin at 508-341-6652 or danvillegirl348@gmail.com.

Our Lady of the Valley Regional School celebrates Grandparents Day

UXBRIDGE — On Thursday, Oct. 17, Our Lady of the Valley celebrated Grandparents Day in the Pre-Kindergarten, Kindergarten, and Grade 1 classrooms. Grandparents were welcomed into the classrooms to see what their loved ones do in the morning. Mrs. Rett lead the children in songs. Grandparents visited the Book Fair with their grandchildren, enjoyed a snack and worked on a STEM activity.

Our Lady of the Valley is a PreK-8 regional school that fosters a safe, structured learning environment, anchored in Faith, where students are encouraged to develop their God given talents. Our Lady of the Valley is situated on the grounds of St. Mary's Catholic Church and provides high quality education to children of all denominations. Transportation is available for enrolled students that are Uxbridge residents. For more information, visit OurLadyoftheValley.org. OLV can be found on Facebook at <https://www.facebook.com/OurLadyoftheValley>, on twitter at @OLVRegional and on Instagram at @OLVUxbridgeMA.



Courtesy Photo

OUR LADY OF THE VALLEY REGIONAL SCHOOL ANNOUNCES OPEN HOUSES

Our Lady of the Valley Regional School (OLV), invites all prospective grade Pre-School through eighth grade students and parents to join us on Nov. 20 from 5:30 to 7 p.m. Meet teachers, parents, former and current students, and see how Our Lady of the Valley's curriculum is designed to promote the growth of the whole person, helping students to think creatively, reason logically, and act responsibly to assure that they will be successful in the future. The academic curriculum at OLV is rigorous and fully prepares students for further study at the area's demanding high schools. OLV is proud to offer a Pre-K3 and Pre-K4 preschool program, a Middle School Academy Program, technology for all grades and classrooms, S.T.E.M. based learning, Spanish classes for Kindergarten through Eighth grade, Physical Education, sports programs including cross country and basketball and Before and After School Care programs. For more information about Our Lady of the Valley, visit www.OurLadyoftheValleyRegional.com or call 508-278-5851.

BREAST CANCER

continued from page A1

a donation, please visit www.valleytech.k12.ma.us/givingback. Thank you for supporting our teams, our community, and these important causes. Together we can show our pride and help be the change.

About Blackstone Valley Regional Vocational Technical High School (BVT)

Blackstone Valley Regional Vocational

Technical High School serves the towns of Bellingham, Blackstone, Douglas, Grafton, Hopedale, Mendon, Milford, Millbury, Millville, Northbridge, Sutton, Upton, and Uxbridge. Located in the heart of the Blackstone Valley, BVT creates a positive learning community that prepares students for personal and professional success in an internationally competitive society through a fusion of rigorous vocational, technical, and academic skills. The school's Web site is www.valleytech.k12.ma.us.

SAFE DRIVING

continued from page A1

ment promoting this year's contest theme, "Scan the Streets for Wheels and Feet." Leavitt Herbert said that her students enter the contest annually; two years ago, the class won third place. Last year, students in the class won second place in the state's Fire Department Burn Safety video contest.

"My students have consistently excelled in video contests and I'm super proud of them for taking home first place this year," she said.

In summer 2017, MassDOT launched a statewide campaign to raise awareness about the need for motorists, pedestrians, and cyclists to safely share the streets, according to the state's website. This initiative seeks to help reduce the number of motor vehicle crashes involving pedestrian and cyclists by reminding motorists, pedestrians, and cyclists to "Scan the Street for Wheels and Feet."

"The campaign slogan emphasizes the notion that everyone who is traveling on a roadway is responsible for doing his/her part to ensure safety," the contest submission guidelines read.

Leavitt Herbert said the broadcast program at the high school is very project-based. The class has made videos similar to this previously, and a few of the students even entered the same contest last year.

"Some of my students have been part

of my program for all four years of their high school career. They have been working on projects like this as it is part of the classroom dynamic," she added. "Students learn that they must work together to succeed."

In their PSA, the students chose to add a distracted driver who is using a phone to change music. Leavitt Herbert said the concept was created by senior Colin Gosselin, who is currently applying to film schools for education in video beyond high school.

"The use of music was a unique way to take on distracted driving among teens because music is important to them. They don't really listen to the radio but rather play their own music from their own phones. It was something that teens could really relate to," she said.

The students attended the annual MassDOT conference in Boston this week where their video was shown to a crowd of more than 500 attendees. They also received an award from the Secretary of Transportation.

The Broadcast program at Northbridge High School is focused on hands-on learning. The ten students who won the MassDOT safe video contest are examples of not just growing but excelling, said Leavitt Herbert.

"One of my mantras as a teacher is 'great kids do great things,'" said Leavitt Herbert. "I could not be prouder of their accomplishment."

GRANTS

continued from page A1

ballot and voted on at the special town election taking place in the high school gym on Tuesday, Nov. 19, voting hours from 7 a.m. to 8:00 p.m.

Both votes are needed for the project to be approved.

According to the project website, voters are being asked to approve a debt exclusion override, which is described as a temporary increase in property taxes, outside the limits under Proposition 2 ½, to raise the funds necessary to pay debt service costs for a particular project. Debt exclusion funds may only be used for the project listed on the ballot question.

It is estimated that the tax impact would be \$1.21 per \$1,000 of assessed property value, based on a 30-year bond for \$36 million at 3.75 percent fixed rate interest.

If the project is approved, it will move into the design development phase during which the design and drawings will be further refined and re-estimated to ensure design stays on budget. This will be followed by the construction documents phase when the construc-

tion bid documents are prepared by the architect, a project statement reads. The project would be competitively bid in late 2020 and construction would start in early spring of 2021.

The project began in March of 2016 when the town submitted a Statement of Interest to the MSBA, outlining the Shaw building's deficiencies and project objectives. The Raymond E. Shaw School was constructed in 1975 and is typical of middle schools designed in that time period with respect to layout, construction materials, and programming.

"The school has seen few if any improvements and no additions or renovations since opening in 1975 and, despite the staff's ongoing efforts to ensure a safe and well-maintained learning environment, the Shaw School is no longer able to sufficiently meet our needs," the project Web site states.

The Shaw Elementary School was one of the 15 schools selected out of 83 core applicants to the grant program. According to the project's website, school administrators are confident that the school is safe for student and staff occupancy until a new building is constructed.

PETS

continued from page A1

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"It means something to rescue. It's such a huge contribution to open your house and save a life, and there's so many amazing families that just want to give back. Rescue really is on the rise," Uthoff added.

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EDITOR

EDITORIAL

A film that teaches us all to be neighbors again

If ever a documentary could change the world, “Won’t You Be My Neighbor?” would be a top contender. The documentary recounting the life of Fred Rogers and his famed children’s television show, “Mr. Rogers’ Neighborhood,” is one of the top 25 most successful documentaries ever to be released, and it has only been in theaters for two months. After seeing the film ourselves this past weekend, we can state that there is a clear reason as to why.

The familiar calm voice of our childhood brought back memories that instantly soothed the audience. While Rogers’ show touched on harsh topics that children were facing, such as racism, the assassination of Robert Kennedy and the Challenger explosion, the longing for simpler times and a lost innocence was apparent in anyone watching the documentary.

The film takes us on the set and gives a unique behind the scenes perspective that as a child we would have never dreamed existed. The Land of Make Believe with King Friday and Prince Tuesday was a magical place that a red trolley brought us to every day. To see it now, through the eyes of an adult, was a powerful experience. The set was incredibly simple, yet Rogers made it a positive everlasting memory to anyone who tuned in.

We watched Mr. Rogers because we knew he was an ally. We truly believed he really liked us, and deep down we knew that if we were to ever meet him, he would like us just as we are. This editor would have never thought back in 1980 while sitting on a mustard colored carpet watching the show, that one day she would be writing about the man who essentially taught her how to tie her shoes and gave her confidence that kindness would always be just around the corner.

First and foremost with Rogers was his concern for the healthy self esteem and well being of the children his show reached. He had a way to relate to youngsters that is a rare find in an adult. As his son mentioned in the film, “he never lost touch with his eight year old self.” Rogers saw the minds of children as fragile and made it his life’s work to be sure that each child watching knew that they were special, despite what they may be hearing elsewhere. Growing up during a time when children were not supposed to emote, Rogers made sure young viewers knew how to handle any potentially confusing feelings with grace, after all, a healthy child makes for a healthy adult.

To no one’s surprise, Rogers gave children as well as his own peers, the hope that there would always be a champion in their corner. His strength of character was so much so that he was not afraid to openly show love and kindness to those who were scorned by others simply for being themselves. Francois Clemmons, who played a police officer on the show beginning in 1968, was the first African American to have a permanent role on a children’s show.

In an old interview, Clemmons recalled a particular episode, explaining “He invited me to come over and to rest my feet in the water with him. The icon Fred Rogers not only was showing my brown skin in the tub with his white skin as two friends, but as I was getting out of that tub, he was helping me dry my feet. I think he was making a very strong statement.”

During the last taping of the show, Rogers ended it with his usual, “You make every day a special day just by being you, and I like you just the way you are.” Rogers was looking right at Clemmons when he said it. Clemmons asked Rogers if he was talking to him when he said it. Rogers said, “Yes, I have been talking to you for years, but you heard me to-day.” Rogers was referencing the fact that he knew Clemmons

OPINION

Opinion and commentary from the Blackstone Valley and beyond

LETTERS TO THE EDITOR

Attend Town Meeting in Uxbridge Oct. 22

To the Editor:

Tuesday, Oct. 22 at the Valley Chapel Auditorium at 7 p.m. Articles 11 and 12 will change the face of Uxbridge forever... for good or bad is what we must ask. My thoughts are neither anti-business nor anti-marijuana but common sense points to evaluate.

As proposed, they will allow the number of pot shops to double and lift all limits on future pot growers, product producers and distributors. Does being known as the Valley town where “Cannabis is King” make economic sense in the long run? Remember when “textiles were king” in Uxbridge until closed mills left us with few jobs and boarded-up storefronts? Is becoming a modern version of a one-industry town really a good idea?

Last week, I traveled to Avon, Ind. as keynote speaker for the Avon Education Foundation (AEF). Avon is a charming suburb of Indianapolis nestled in the countryside just outside of the city.

Avon has a tax base challenge as it is a community with no industrial base and very few commercial tax dollars. The State of Indiana has wisely protected homeowners from abusive and punitive real estate taxes, so there is a serious need for school funding aside from government funding. That is where the businesses and citizens of Avon generously step in.

So, you don’t live in Avon and why should you care?

This story is the same for countless communities around the nation, but few seem to function with the success of the AEF, led by President of the Board Shane Sommers and Executive Director, Sara Bender. Sara is an enthusiastic fireball who believes in the mission of the AEF and refuses to believe any need should be unmet and no goal is unattainable. She exudes a level of optimism that is contagious, but it doesn’t stop with Sara and the AEF.

Avon schools and students project a level of optimism that I rarely see, and I have spoken to hundreds of schools across the nation in my role as a motivational/inspirational speaker.

Does optimism make a difference?

When you believe the best is coming, the mind subconsciously works to make it so. The same is true in reverse with a pessimistic outlook. I didn’t spend enough time in Avon to trace the origins of this optimism, but I was there long enough to see that their optimism permeates through the entire educational system.

Take as an example the Marching Arts program. Both the Avon Marching Band and Color Guard are nationally recognized as “top notch.” I enjoyed the privilege of meeting and spending time with Dean Westman, Performing Arts Chair and Daniel Wiles, Visual Program and Winter Guard Director. Together, these educators have amassed numerous national championship awards. What was the first thing that came to mind when I met them? They were optimistic. Optimism generates enthusiasm and enthusiasm generates positive actions. And of course, positive actions create positive results. It all begins with optimism.

Then there is the Avon High School Library. In many schools, the library is avoided like the plague ... but not at Avon. At any given moment, the library is packed with students. I visited with librarian, Robyn Young. What did I notice first? A genuine optimism and enthusiasm. It seems to be contagious at Avon and worth catching.

In the USA, we bury our school sys-

tems with funding, while the boards of education scream for more. The truth is that school funding alone does not create quality education. In fact, I can make a compelling case that if not properly managed, it causes damage by relying on technology alone. If funding was a key driver, the USA would be ranked number one in every category of education ... and we are far from it. I’ll take an optimistic and positively enthused teacher with a chalkboard any day over a pessimistic teacher with the latest and greatest technology. Technology can be a valuable enhancement to education but without an optimistic outlook, technology only amplifies the pessimism of the user.

My message to Avon was to not only keep it up but ramp it up. Why settle for being one of the best school systems when you can strive to be the best school system? Be optimistic X 10. Never settle. Never be satisfied. Never accept mediocrity when excellence is at your doorstep.

So again ... what does this have to do with you and your school system?

Stop looking for additional dollars and technology to help your students succeed in life and begin with optimism. Optimism isn’t a genetic gift passed from parent to child. Optimism is an acquired skill. An optimistic outlook in life is a choice we make. Optimism is the foundation that success and happiness are built upon and make no mistake about it. There is no middle ground. You are either optimistic or you are pessimistic.

It is the attitude and outlook of the student that is all-important. That outlook and attitude can be shaped and formed by the educational system. Yes, its difficult to overcome an unsupportive or bad home life for your students, but the school system is the next greatest influencer. When a student can be taught and influenced to believe that if they work hard and pursue excellence a positive future can be theirs ... get out of their way and watch them fly.


My message to Boards of Education, Teachers and taxpayers is simple; If you are not teaching and formulating an optimistic environment within your student’s heart and mind, stop wasting your money on technology.

Optimism is the key to success in education.

Optimism is the student’s super-power.

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

Don’t change 401(k) mix during market drops



FINANCIAL FOCUS
DENNIS ANTONOPOULOS

As you’re well aware, we’ve seen some sudden and sizable drops in the financial markets in 2019. While market volatility is nothing new, the recent plunges happened during a period of general political and economic unease. Still, it can be harmful to overreact to such events – especially if it means making radical changes to your 401(k).

And yet, many people do just that. During market downturns, investors often move money from their 401(k)’s stock accounts into perceived safer accounts, such as those primarily containing bonds or other fixed-income securities.

This move may result in reduced volatility on your 401(k) statements, and if that’s all you want, you might be satisfied. But you do need to realize the cost involved – specifically, fixed-income investments will not provide the same rate of return that equities (stocks) can. So, if you liquidate some of your equity holdings, you may slow the growth potential of your 401(k), which, in turn, could slow your progress toward your long-term financial goals. Furthermore, if you get rid of substantial amounts of your equities when their price is down, you won’t be able to benefit from owning them when their value goes up again – in other words, you’ll be on the sidelines during the next market rally.

Here’s the key issue: A 401(k) or similar employer-sponsored retirement plan is a long-term investment account, whereas moves made in reaction to market drops are designed to produce short-term results. In other words, these types of actions are essentially incompatible with the ultimate objective of your 401(k).

Of course, when the market is volatile, you may want to do something with your 401(k), but, in most cases, you’re far better off by sticking with the investment mix that’s appropriate for your goals, risk tolerance and time horizon. However, this doesn’t mean you should never adjust your 401(k)’s portfolio. In fact, you may well want to make some changes under these circumstances:

You’re nearing retirement – If you are nearing retirement, you may need to prepare your 401(k) for future downturns – after all, you don’t want to have to start taking withdrawals when your portfolio is down. So, if you are within, say, five years of retirement, you may need to shift some, but certainly not all, of your assets from growth-oriented vehicles to income-producing ones.

Your goals have changed – Even when you’re many years away from retirement, you probably have an idea of what that lifestyle will look like. Perhaps you plan to travel for several months of the year or purchase a vacation home in a different climate. These are expensive goals and may require you to invest somewhat aggressively in your 401(k). But you could change your mind. If you were to scale back your plans – perhaps more volunteering, less traveling – you might be able to afford to “step off the gas” a little and invest somewhat more conservatively in your 401(k), though you will always need a reasonable percentage of growth-oriented investments.

By responding to factors such as these, rather than short-term market declines, you can get the most from your 401(k), allowing it to become a valuable part of your retirement income.

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

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A Mixed Bag of Tips

Sometimes I end up with “stray hints” that have nowhere to go. There wasn’t space enough for them in a column; perhaps they don’t fit into a topic; or maybe they are old hints I think bear repeating. Every once in a while enough have accumulated to make up a column. With this in mind the following “mixed bag” of tips are offered. Read on for some common sense ideas that really do help reduce some of the little everyday hassles in life!

And remember readers, send in your favorite tip and you could win Dinner for Two at the Publick House in Sturbridge!

Whipping up a rich dessert and you’re out of heavy cream? Save yourself a trip to the store. Light cream will whip up perfectly with the addition of an egg white or two.

Here’s a refreshing tea you can flavor with fresh garden mint!

Lime Mint Iced Tea:

To do: Mix four (regular Lipton type) tea bags, one quarter cup sugar and about a cup and a half of fresh mint leaves in a quart of boiling water.

Allow to steep for 15 minutes. Strain out tea bags and leaves. Chill and add a quarter cup of lime juice. Serves 4.

Dust Bunnies run for their lives when you make your own dusting oil that rivals commercial brands. Just mix three parts light mineral oil with one part corn oil. Then add a drop of lemon or clove oil for a pleasant scent. Put this on your dust mop or dust rag and store in a plastic bag. When the mop or rag becomes dirty, simply wash in warm water and reapply.

Did you ever notice the underside of a doormat always collects dirt? To make clean-up easier, fold a few newspapers to form a pad and place it under the mat to catch the dirt.

DIY tip: One of the secrets to getting a strong glue joint is to spread the glue evenly before joining surfaces. Application sticks don’t always do the trick, but if you peel away the foam on the outside of disposable paint brush you’ll find inside the perfect plastic glue spreader. And best of all, it’s washable and reusable!



TAKE
THE
HINT

KAREN
TRAINOR

Here’s another workshop tip: Trying to remove nails from a sheetrock wall can cause damage to the wall surface. To prevent it, just slip a wide putty knife behind the hammer before you start pulling!

Want to duplicate the fluffy omelets you find in the best restaurants? Simply add a pinch of powdered sugar or cornstarch to the egg mix before cooking.

To grate mozzarella and other soft cheeses without making a melted mess, just pop the cheese in the freezer for 20 minutes before grating to firm it up.

If your cookie recipe calls for raisins, you can plump them up (and boost the flavor) by rinsing them in a colander. Then hold them over boiling

water for about five minutes.

You have a recipe for cake flour, but you only have all purpose flour on hand? Take your all purpose flour and sift it f about five times - now you have cake flour!

Here’s a believe it or not cocktail tip: If your alcoholic drink is too strong and there’s no room in the glass for any more mixer, you can float one or two thin slices of cucumber on the surface. The cucumber will help to absorb some of the harsh taste. Floating long slivers of cucumber in a punch bowl will mellow punch in the same way.

To keep the crazy glue top from gluing itself forever shut, put a liberal coating of petroleum jelly on the threads of the screw cap.

Or, if you have a refrigerator door gasket that doesn’t quite seal, a coat of petroleum jelly can often coax it to shut tight.

And, coat those stubborn vacuum cleaner wand attachments with petroleum jelly for quick and easy removal.

Win Dinner for Two at the Publick House

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

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



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Antique and auction news



It’s been over two months since I last reported on antique and collectibles news from around the world. Some recently discovered treasures gained considerable press coverage.

Salvagers uncovered pristine gold coins from the wreckage of a South Carolina ship that sank in 1840 “while carrying millions of dollars worth of currency.” The Daily Mail reported that the Steamship North Carolina collided with its sister ship, the Governor Dudley, 20 miles off the South Carolina coast. Passengers and crew were able to escape to the other ship, but its cargo was lost, including a hoard of gold coins. Many factors have limited salvage efforts since the ship sank. Treasure recovery efforts during the 1990’s yielded \$700,000 of valuables before the operation ceased due to a number of limiting conditions. The ship is 65 feet deep and buried by 10 feet of sand. There are unpredictable currents and the area is said to be “popular with sharks.” Blue Water Ventures International (BWVI) and Endurance Exploration Group recently began a new effort to salvage items from the wreck. The Daily Mail stated that “divers recovered marble, dinnerware and brass spikes used in the ship’s construction during their initial visit.” More importantly, they found some of the large cache of gold coins. The coins were covered by a large sheet of copper that kept them protected from exposure to salt water and from being buried beneath the shifting sands. Some of the coins they found are in pristine condition and were minted in Dahlonega, Georgia. The Dahlonega Mint opened in 1838 and operated only until 1861 when the Confederates seized it during the Civil War. Coins from this short-lived mint are popular with collectors.

A story about a woman finding a Rolex in a couch she bought at a thrift store went viral, according to a



ANTIQUES,
COLLECTIBLES
& ESTATES
• • • • •
WAYNE TUISKULA

recent Business Insider article. The watch was a rare “Paul Newman” Daytona 6241 model. The watch’s value was estimated at \$250,000 before it sold privately for an unspecified amount. The woman had purchased the sofa where she found the watch for \$25.

An auctioneer in France spotted a painting on a 90-year old woman’s wall that she recommended be brought to an art expert, according to Business Insider. A Paris gallery determined that it is the work of 13th-century Florentine artist Cimabue. Business Insider reports that “the unsigned tempera on poplar panel depicts one of the stages of the Passion of the Christ and is thought to be part of a larger polyptych the artist painted in 1280.” The painting will sell at auction on Oct. 27, and is estimated to bring around \$6.6 million.

Forbes reports that the first diamond formed within a diamond was found in a Siberian mine. It is not very large at 0.62 carats. There are no plans for the rare diamond yet or estimate of value. The diamond is aptly named the “Matryoshka” diamond after the Russian nesting dolls.

I’ll be appraising items at the First Parish Church United in Westford on Nov. 9 from 11 a.m. to 3 p.m. Our next live auction is scheduled for Jan. 30. We are currently accepting quality consignments for that sale. Other events are being scheduled. Please see www.centralmassauctions.com for details on these and other events.

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SPORTS

Uxbridge boys three-peat at SWCL Cross-Country Championships, with Tantasqua's Blodgett winning girls' race



Nick Ethier photos

Uxbridge's Stephen Sanches (195), Colin Caso (179) and Aidan Ross (192) finished seventh, fifth and sixth, respectively, in the Southern Worcester County League Cross-Country Championships as the Spartans won the team title.



Abigail Deary (2475) and Madelyn Germain (2476) of Uxbridge begin the SWCL Cross-Country Championships near the front of the back, which is also where they finished: Deary took eighth and Germain placed second.

BY NICK ETHIER
SPORTS STAFF WRITER

STURBRIDGE — For those who don't realize how much of a team sport cross-country is, take a look at the Uxbridge High boys' varsity squad at the Southern Worcester County League Championships, held Monday, Oct. 21 at Old Sturbridge Village.

The Spartans secured the team title — for the third straight year — thanks to a 1-5 punch that included Colin Caso, Aidan Ross, Stephen Sanches, Carl Gallawan and Thomas Burke placing fifth through ninth consecutive-

ly. Not only did they finish in succession, but the difference between Caso's time (17:27.5) and Burke's finish (17:42.5) in the three-mile trek was a mere 15 seconds.

"If you can get five in the top 10, you're something — you're a good team," said Caso. "We had a great day today."

Uxbridge's total of 35 points — the points are added up by the placement of the athlete in the race — was 45 clear of second place Grafton. Millbury took third with 93 points.

"This year we're really focused about the team effort," said Caso. "Everything we've

been doing so far this season, even in the summer, has been team, team, team, team."

And the impressive results showed.

"That's the training from June until now," Caso said. "Our coach [Walter Berkowicz] really pushed us in the summer to do the training and do it well."

The Spartans now hope for a strong postseason.

"The goal of this season is to qualify for States, as it is every season," said Caso, which will take a top three team finish in the District Meet. "It's going to be the hardest thing we've



Just an eighth grader, Marcus Reilly of Northbridge placed third at Old Sturbridge Village.

ever done, but we're up for the challenge."

In the girls' varsity race, Tantasqua Regional senior Dani Blodgett shook off a prior injury and dusted the rest of the field. Her finishing time of 20:38.9 was over 30 seconds fast than second-place Madelyn Germain of Uxbridge (21:11.0).

"I hurt my Achilles a couple of days ago. I was training up in the woods. I felt something, but I kept going," Blodgett explained. "A lot of people told me not to compete, but it's my senior year so I didn't want to not compete."

Blodgett, who hasn't lost a race this season and took third in the SWCL Championships last year, stayed with Germain in the beginning of the meet before taking off around the two-mile mark.

"I did try to start out slow, keeping pace with the top Uxbridge girl. I dropped her off at the hills," said Blodgett.

Blodgett now has the goal of qualifying for the State Meet in front of her.

"I do want to come in the top 20 for Districts and get to States," she said.

Full team and top-10 individual results are to follow. The top-10 finishers all earned a medal for their achievements.

RESULTS

1. Aidan Gilmore, 16:20.9
2. Avinash Bissoondia, 16:25.4
3. Marcus Reilly, Northbridge, 16:31.4
4. Keegan Gleason, Millbury, 17:00.1
5. Colin Caso, Uxbridge, 17:27.5
6. Aidan Ross, Uxbridge, 17:27.8
7. Stephen Sanches, Uxbridge, 17:38.6
8. Carl Gallawan, Uxbridge, 17:39.1
9. Thomas Burke, Uxbridge, 17:42.5
10. Jason Fournier, Leicester, 17:52.1

GIRLS' TEAM RESULTS

1. Grafton, 31
2. Uxbridge, 61
3. Tantasqua, 71
4. Millbury, 93
5. Auburn, 131
6. Quaboag, 147
7. Northbridge, 199
8. Leicester, 213

GIRLS' INDIVIDUAL RESULTS

1. Dani Blodgett, Tantasqua, 20:38.9
2. Madelyn Germain, Uxbridge, 21:11.0
3. Jena Taubert, Millbury, 21:40.4
4. Megan Wajer, Grafton, 21:46.5
5. Ghislaine Brenner, Grafton, 21:49.6
6. Mikayla Mannion, Grafton, 21:54.6
7. Jemma DePasquale, Grafton, 22:03.8
8. Abigail Deary, Uxbridge, 22:06.7
9. Riley Cass, Grafton, 22:19.4
10. Molly Segatore, Tantasqua, 22:50.0

BOYS' TEAM RESULTS

1. Uxbridge, 35
2. Grafton, 80
3. Millbury, 93
4. Tantasqua, 126
5. Northbridge, 144
6. Auburn, 154
7. Leicester, 158
8. Bartlett, 191
9. Quaboag, 213
10. Oxford, 252

BOYS' INDIVIDUAL

SPORTS

Graham's late-game heroics help Bay Path stun Beavers in 2-2 draw



Selena Allemann of Blackstone Valley Tech juggles the ball to maintain possession while shielding a Bay Path defender.

BY KEN POWERS
SPORTS CORRESPONDENT

CHARLTON — Abby Graham scored with less than a minute to play to lift the Bay Path Regional girls' varsity soccer team into a 2-2 tie with Blackstone Valley Tech (BVT) in a game played on Tuesday, Oct. 15, at George L. Fowler Memorial Field.

With the tie the Minutemen (8-3-1 overall, 4-3-1 in the Colonial Athletic League) moved to within a point of qualifying for the Central Mass. Division 3 Tournament. Bay Path earned that point and qualified for the postseason the next day when it tied Tri-County Regional, 1-1, in a non-league game to improve to 8-3-2 overall.

"One of [BVT's] defenders went to kick the ball to clear it and she missed the ball and the ball got behind her and I picked it up and kicked it in," Graham, a junior, said of her game-tying goal. "I didn't dribble in or settle it or anything. I just saw it and hit it."

Graham's shot, from 20 yards out, sailed right to left into the upper corner of the net.

"I had no idea, honestly, when I kicked it that it might go in; I just kicked it," Graham said. "I saw an opportunity and I hit it. As I watched it go I realized it might have a chance to go in."

When the ball went in the net Graham, on the spot from where she took the shot, jumped up and down, her arms outstretched over her head, fists clenched.

Bay Path head coach Tammy Legere wasn't surprised by Graham's clutch, in-the-moment play.

“The majority of my strikers are pretty dependable,” Legere said. “Abby saw the net and she wanted it.”

Blackstone Valley Tech (8-3-2 overall, 8-0-1 in CAL play), thanks to a pair of second-half goals by Carrie Chase and

Emma Ballard, were headed to a 2-1 win before Graham's final-minute heroics.

Chase scored to tie the game, 1-1, in the 18th minute of the second half. On the goal Chase sliced between two defenders to move right in front of the net and then booted the ball into the left side past Bay Path goalkeeper Lauren Dawson (13 saves in the game) from about 10 yards away.

Ballard put the Beavers ahead, 2-1, with nine minutes to play, getting off a quick shot from the right side after beating her defender to the ball.

Hailey Cournoyer staked the Minutemen to an early 1-0 lead, scoring in the third minute. Kailey Jones set up Cournoyer's goal with a long pass into the sophomore striker, who kicked the ball far enough ahead to lure BVT goalie Cassidy Waldo out of her net. Cournoyer then used her speed to beat Waldo to the ball and kicked it into the short side of the open net.

Graham and Legere both said the game was a tie that felt like a win.

"It does feel like a win to us because we played really hard, Graham said. "[BVT] beat us 7-3 the first time we played them, so we really wanted to beat them, but I think we're OK with the tie."

“We deserved to win but we got a little tired at the end so [the tie] was a little bittersweet,” Legere said. “My players know we deserved to win; they know we held them scoreless for [nearly] 60 minutes. It would have been amazing to pull off a win, but it’s even better to tie them. I can’t tell you the last time we beat them or tied them in the last seven years.”

Blackstone Valley Tech head coach Jay Porter said he felt like the tie was a loss.

"It definitely did not feel like we accomplished anything," Porter said. "We certainly didn't come in doing what we wanted to do or what we thought we were capable of doing. It was not our best soccer at all.

"We're just not working well together right now, as a team," Porter continued. "We've struggled the last couple

ued. "We've struggled the last couple of games. We're trying to figure out what's wrong, what the funk is. We've been going backward versus forward. We have a lot of work ahead of us before postseason comes. Hopefully we can figure it out before then."

In the postseason the Beavers hope to defend their Central Mass. Division 3 Tournament championship from last fall.

Porter wasn't surprised Bay Path jumped out to an early 1-0 lead.

“Bay Path is often overlooked; they have a talented squad,” Porter said. “They are capable of punishing you if you take them for granted or if you’re not paying attention, and that’s what they did. Their hearts and heads were in it today and ours weren’t.”



Elizabeth Dreitlein of Bay Path attempts to work her way by Blackstone Valley Tech's Kasey Reeves.



Bay Path's Kailey Jones dribbles the ball down the field as Blackstone Valley Tech's Kasey Reeves gives chase.



Jason McKay photos

Blackstone Valley Tech's Alana Johnson manages to get her foot on the ball against the pressure of three Bay Path defenders.



Blackstone Valley Tech's Kasey Reeves moves the ball down the field to get it away from an incoming Bay Path attacker.



Emma Ballard of Blackstone Valley Tech has a step on Bay Path's defense as she dribbles the ball down the field.

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SPORTS

Defense leads to offense for surging Spartans, who get past Northbridge



Uxbridge's Chloe Kaeller handles the ball down the sideline versus Northbridge.

BY NICK ETHIER
SPORTS STAFF WRITER

UXBRIDGE — Defense leading to offense is an often-used sports cliché, but it rang true for the Uxbridge High varsity field hockey team when hosting crosstown rival Northbridge High on Wednesday, Oct. 16.

Kelsey Prince, a defender, scored the first goal for the Spartans and Morgan Martellio, another member of the 'D' core, made a great defensive play to set up the second as Uxbridge blanked the Rams, 2-0.

And it wasn't a big surprise that the Spartans had such large contributions from their defensive unit, as it was a point of emphasis — especially in the second half — after a lackluster and scoreless first 30 minutes of play.

"We were shell-shocked in the first half," explained Uxbridge head coach Kelly Rosborough. "In the second half we had a few positional changes and that helped.

"It's important to press up," Rosborough continued, noting that her defense got more aggressive as the game went on. "When we have the ball, we're all on offense because anyone can

score from anywhere."

Martellio gave even more insight into the productive plan of attack.

"We decided to go up for the ball because we know that we can go back if we need to," she said. "The more people up, the more likely we are to score. If the defense goes up, then the mids can go into the circle, the forwards can be on goal, and everybody is in the circle ready to score."

The Spartans scored the eventual game-winner early in the second half — with 26:20 to play — when they generated their first penalty corner of the half (they finished with seven to Northbridge's three). Prince serviced the ball into Ashely Dube, another Uxbridge defender, and Dube quickly passed it back to the end line toward Prince. From there, Prince delivered a perfect shot with little room for error that got past Rams' goalie Molly Consigli (six saves).

"That was an actual, well-executed corner play that we've been practicing for a long time," Rosborough said of the goal. "She had one quick opportunity to nail it. She's a senior captain and deserved that goal."



Uxbridge's Jessica Lutton gets in front of a shot taken by Northbridge's Cassidy Gies in order to make the save.



Addy Schofer of Northbridge keeps the ball away from an Uxbridge defender before whacking it down the field.



Northbridge goalie Molly Consigli kicks aside a shot as Uxbridge attackers surround the cage looking for the rebound.



Ashley Dube of Uxbridge feeds a pass down low into Northbridge's defensive circle.

Northbridge countered with the next scoring opportunity when Cassidy Gies won a 50/50 ball and passed it down to Maeve Kelly. But the pass was just a tad bit out of Kelly's reach, and the ball rolled harmlessly past Uxbridge goalie Jessica Lutton and out of bounds.

Then, with 15:02 remaining, the Spartans doubled their lead up to 2-0. The Rams tried to clear the ball, but Martellio stepped in the way to block it. She then fired the ball into the circle, where it briefly touched the sticks of Sarah Johnston and then Madison Ouellette before making its way to Chloe Kaeller, who finished the play off with the goal.

"We definitely love to get up there because we don't get a lot of recognition in general," Martellio said of the defense — which includes herself, Prince, Dube and Grace Boisvert — trying to produce on offense. "It's great that we got in there and scored."

The Rams then called timeout to regroup and nearly scored when play resumed. Addy Schofer fired off a wrist shot in the circle, but it was kicked away by Lutton for the final of her three saves to finish with a shutout.

"This one hurts. I think it always hurts because it's Uxbridge," said Northbridge head coach Kerin Buma, whose team slipped to 4-6-4 as their chance of advancing to the Central Mass. Division 2 Tournament took a hit. "It's going to be an uphill battle. We have four games left and we have to win three of them."

Buma has faith in her team, though. "These girls are totally capable," she said. "They played their hearts out, out there."

Uxbridge, meanwhile, improved to 9-4-3 and has qualified for the same CMass D2 Tourney, where they reached the District Final a year ago. And, with the victory over the Rams, the Spartans have claimed the Southern Worcester County League B Division Championship.

"It's huge. For the team, for the program, for the history — I don't know the last time we won," said Rosborough, whose teams have always fallen short against perennial powerhouse Quaboag Regional.

"It's sad that this is my last year, but it's great that we finally got it. It's great to get here finally," added Martellio.

Douglas' Hayley Houston helps Holy Name top Wolverines



Nick Ethier photo

Holy Name High's Hayley Houston, a Douglas resident, scored two goals as the Naps defeated Leicester High, 3-1, on Thursday, Oct. 17. Pictured here, Houston dribbles around Leicester keeper Alexa Dufries for her second tally of the game.

WORCESTER — Playing for the Holy Name High girls' varsity soccer team, Douglas resident Hayley Houston, a sophomore, helped lift the Naps past Leicester High on Thursday, Oct. 17. Playing at Glodis Field, Houston scored twice as Holy Name defeated the Wolverines, 3-1. The Naps are now 11-2 on the season.

SPORTS

Northbridge turns it on in second half to push past impressive Spartans



Nick Ethier photos
Northbridge's Aydan Millette maneuvers the ball around an Uxbridge defender.



Uxbridge's Aiden Ayers elevates to head the ball out of his team's defensive zone.



Daniel Klos of Uxbridge rears back before throwing the ball back into play.

BY NICK ETHIER

SPORTS STAFF WRITER

UXBRIDGE — Heading into its game with crosstown rival Uxbridge High, the Northbridge High boys' varsity soccer team checked in with a record of 5-6-2, just under the .500 mark and meaning that every game and every available point is important for the Rams in order to qualify for the Central Mass. Division 3 Tournament.

And the Spartans, who were just 1-10-1 before the game, gave Northbridge everything they could handle. Uxbridge was the better team in the scoreless first half, played Tuesday, Oct. 15, but the Rams came out of the break a different team and scored twice for a 2-0 victory.

"We definitely showed up today not exactly wanting to play," said Northbridge head coach John Battista. "An absolute must-win, and at least in the second half they settled down a little bit. They figured a few things out and that first goal was a big pressure releaser."

That goal, scored by senior Codey Battista in the 57th minute, was set up beautifully by sophomore Chris Rivelli, lobbed a perfect pass 30 yards in the air to a streaking Battista, who made one move around Uxbridge senior keeper Jean Loja before booting the ball into the open net.

"I saw Codey, he had his arm out," Rivelli said of the scoring setup. "I was struggling early in the game executing passes, but this one was hit well. Codey always finishes up on those, especially when he's one-on-one with the keeper."



Uxbridge's Bretton Knapik cuts toward the middle of the field while trying to dribble by Northbridge's Aydan Millette.

He always finds a way to put it in the back of the net — it was a great finish."

"I had a great vantage point on it and saw it develop," added John Battista. "The hardest thing [Rivelli] had to do was drop it right over the defender's head, not going too far and not leaving it too short — great pass."

Codey Battista then went back to a defensive position to help the Rams try and preserve the win, and his teammates sealed that win up with a 78th minute goal. There, junior Aydan Millette won the ball against an Uxbridge defender, and it ricocheted over to freshman Owen Orlandino. From there, Orlandino released a high shot up and over Loja (five saves) and into the net.

"A little bit of hustle created the second goal," said John Battista. "It was a 50/50 ball won by Aydan Millette and it bounced to Owen Orlandino, who's a freshman and that was his first goal of the year."

The win boosted the Rams' record to 6-6-2, which was extremely important for the team.

"A tie didn't help us here, not with our schedule," said John Battista, before crediting Uxbridge with the way they challenged his squad.

"I'll be honest, Uxbridge brought it to us. Their coach definitely switched up their lineup, he played a defensive game against us. Kudus to him."

And Bruce Chartier, head coach of the Spartans, believes that his team is improving as the season rolls on and that they are better than their now 1-11-1 record indicates.

"I think we're learning how to be competitive," said Chartier. "I think we played a lot of very good teams early and that kind of set us back a little bit, but we've learned how to be competitive against those teams we can compete with. We certainly could have a much better record than what we have."

Now, according to Chartier, offensive execution is the next task to fine-tune as his team strives for some victories down the stretch.

"I think the effort that we're getting is very good. It's more of finishing. We had more opportunities that we didn't cash in on; they had a couple, and they did," he said. "We're trying to be competitive and try to get some more wins, absolutely."

Uxbridge's best chance to score came early in the first half when senior Bretton Knapik booted a corner kick toward Northbridge's goal, where sophomore Xavier Hicks got his head on it. But Rams' junior keeper Justin Hodson made that save — and eight others — for the shutout.



Northbridge's Kevin Acevez sends the ball on its way courtesy of an elevated right leg.

SPORTS BRIEFS

Ski or snowboard at Wachusett Mountain

Are you interested in having a lot of fun while also helping to make the winter fly by? Any students in grade 3 and up, parents or teachers from any of the surrounding towns and states can ski or snowboard eight consecutive Saturday nights at Wachusett Mountain for just \$158 through the Southbridge Ski Club. You drive to Wachusett Mountain on your own. The eight-week program begins on Saturday, Jan. 4 and ends Saturday, Feb. 22. 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. For more information, please contact Dick Lisi at (508) 410-1332 or at lisirichard15@yahoo.com.

Softball pitching lessons available in Southbridge

A 17-week softball pitching lesson (for children 7 years old and up) is available at the Southbridge Community Center (152 Chestnut Street) on Sunday mornings from 8:30 to 10:30 a.m. The 50-minute sessions start Oct. 20 and go through Feb. 23, 2020. There will be no pitching on Dec. 22 or Feb. 23, 2020. Ask about team/league discounts. Pitchers must bring a catcher. Please contact Bill Rahall (Clark University) at wlah@yahoo.com or (860) 576-3440 for more information. Hitting lessons are also available every week.



Chris Rivelli of Northbridge crosses midfield while dribbling through a pair of Uxbridge defenders.

SPORTS

Special teams the difference for Auburn to get by Spartans, 10-7



Jason McKay photos
Uxbridge's Jack Morvan hangs onto possession of the ball while being tackled by an Auburn defender.



Uxbridge's Matthew Stark sprints down the sideline while Auburn's defense scrambles to make the play.

BY KEN POWERS
SPORTS CORRESPONDENT

AUBURN — In its football game with Southern Worcester County League (SWCL) A Division rival Uxbridge High, Auburn High's special teams were, well, special.

The Rockets scored just 10 points — three on a field goal, six on a kickoff return and one on an extra point, but it was enough for Auburn to drop the Spartans from the ranks of the unbeatens, 10-7, during Homecoming/Senior Day festivities at Memorial Field on Saturday, Oct. 19.

With the win the Rockets improved to 2-4 overall and 1-1 in league play. Uxbridge (5-1) is now 0-1 in SWCL A games.

“Our kids gave a really great effort today,” Auburn head coach Jeff Cormier said. “We’ve been saying all along that we’ve got good seniors and good leadership. We told the team before the game, ‘follow

the seniors and good things will happen,’ and that’s exactly what they did. The kids did a nice job.”

After a scoreless first quarter during which each team had the ball twice but couldn’t get anything that looked like a sustained drive going, the Rockets took a 3-0 lead with 23 seconds left in the first half, thanks to a 26-yard field goal by senior CJ Willis.

Willis’ boot, which split the uprights, capped a 12-play, 80-yard drive. The key play in the drive was a 40-yard run by senior quarterback Griffin Handfield (eight carries, 55 yards) which brought the ball from the Auburn 40-yard line to the Uxbridge 20.

Uxbridge answered Auburn’s second-quarter scoring drive with one of its own to begin the third quarter. Senior quarterback Matthew Stark helped give the Spartans a 7-3 lead when, after a play-action fake, he hit junior Jack Morvan with a 13-yard

scoring strike. Morvan’s touchdown reception came on the 16th and final play of the 67-yard drive, which took nine minutes, five seconds off the clock.

“We drove down the field, put one in to take the lead; we were feeling good,” Uxbridge head coach Jeff Stewart said. “And they punched right back.”

The body blow Stewart referred to was a 90-yard kickoff return by Auburn senior Anthony Cintron that started out looking anything but the beginning of a 90-yard kickoff return for a touchdown.

After some original confusion on which Auburn player was going to receive the kick, Cintron scrambled back to the 15 and somehow got a hand on the ball. The spinning motion he used to slow the ball down, however, caused him to stumble and fall to the turf. Cintron got right back up, however, collected the ball at the 10-yard line and headed



Thomas Schreiber of Uxbridge lowers the boom and sends a punt off to Auburn.



Ryan Silbor of Uxbridge breaks a tackle from Auburn's Colin Fitzgerald.

upfield.

Cintron started toward the middle of the field before darting toward the left sideline. He slipped behind a terrific seal block, turned the corner and sprinted down the sideline untouched and into the end zone to put Auburn ahead, 9-7. Willis pushed the Rockets’ lead to 10-7 by splitting the uprights with his extra point attempt.

“What a great run by [Cintron],” Stewart said. “He baited everybody inside and then kicked it outside and we couldn’t catch him. That was a heck of a return; it was a great play.”

Uxbridge mounted a pair of prolonged (eight and nine plays, respectively) drives in the fourth quarter, but the Auburn defense had an

answer for both before either reached the end zone.

“We did some nice things defensively today,” Cormier said. “Personnel-wise I thought our defensive coaches did a nice job of moving guys around based on some scheme stuff. But, at the end of the day, those guys have to execute and today they executed. I’m real proud of them.”

Cormier said Willis and junior Andrew Orawsky were two of the Rockets’ defensive players that were moved around by the coaching staff.

“Both guys got moved around a lot and both took advantage of opportunities,” Cormier said. “We had a lot of third- and fourth-down stops and those guys were a

big part of the reason why.”

“They’re a good defensive team. Auburn’s record is not a reflection of the type of team they are. They’ve played some good competition. We knew it was going to be a physical game,” Stewart said. “Defensively I think we knew what they were. We shut them out. We felt pretty good. We felt if we could score we’d be all right.”

In the end however, the team that came in scoring an average of three touchdowns per game was only able to find the end zone once.

EDITORIAL

continued from page A8

was gay, and was showing his acceptance of his longtime friend.

Rogers’ kindness these days is rare. In our times, people are more hostile and competitive than ever and those attitudes trickle down to our children. We have become so caught up in the whirlwind of social media, fast paced living, harsh news, an administration that is in turmoil, among other violence that has infiltrated our worlds more so than ever. We like to think that the majority of people are kind but it is less apparent as the years pass by.

Rogers, who attended Dartmouth College during the 1940’s, gave the 2002 commencement speech at the school, just one year prior to his passing.

In his speech, Rogers said, “When I’m saying it’s you I like, I’m talking about that part of you that knows that life is far more than anything you can ever see or hear or touch; that deep part of you that allows you to stand for those things without which human-kind cannot survive. Love that conquers hate, peace that rises triumphant over war and justice that proves more powerful than greed. I wish you strength and the grace to make those choices that will allow you and your neighbor to become the best of whoever you are.”

Rogers went on to say, “Deep down, we know that what matters in this life is more than winning for ourselves. What really matters is helping others win too. Even if it means slowing down and changing our course now and then.”

During the speech, a point that was mentioned in the film was one point at which Rogers wanted to offer the students at Dartmouth an invisible gift — “A gift of a silent minute to think about those who have helped you become who you are today. Some of them may be here right now. Some may be far away. Some may be in heaven. But wherever they are, if they’ve loved you and encouraged you and wanted what was best in

life for you, they’re right inside yourself. Whomever you’ve been thinking about, imagine how grateful they must be that during your silent times you remember how important they are to you.”

Rogers’ message of simplicity and kindness is something many of us are craving today. The reminder was important and we will move forward always remembering to slow down and to cherish what is good. These things, of course, are different for everyone. Some days it’s easy to forget; however, we hope that you don’t.



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OBITUARIES

Maurice J. “Moe, Morris” Hetu, 79



G R A F T O N - Maurice J. “Moe, Morris” Hetu, 79, passed away on October 13, 2019 at Grossmont Gardens Nursing Center in La Mesa, CA.

He is survived by several nieces and nephews, as well as many friends. He was predeceased by 4 siblings, Lucille MacDonald, Leo Hetu, Roland Hetu, and Marcel Hetu.

Born in Grafton on May 16, 1940 he was the son of Emile and Alice (Parenteau) Hetu and grew up in Grafton before moving to San Diego, California in 1966. After graduating from Grafton High School Moe proudly served in the U.S Navy for almost 5 years during the Vietnam War era. Maurice worked for 20+years as a Bail

bondsman for King Stahlman Bail bonds in the San Diego area. He and his brother Marcel also owned a few bars, in the La Mesa area; The Driftwood Lounge was the most recent. Moe was a vibrant and social man, who enjoyed frequent trips to the casino, playing cards and was an avid golfer.

His funeral service was held on Mon. Oct. 21, 2019 at 11 AM in Jackman Funeral Home, 12 Spring St., Whitinsville, MA. Burial will follow into Fairview Cemetery in S. Grafton. A Calling hour was held prior to the service from 10- 11 AM. To leave a condolence message for his family please visit: <http://www.Jackmanfuneralhomes.com>



Michael Ezzo, 87

NORTHBRIDGE- Michael Ezzo, 87, formerly of Cooper Rd. passed away on Mon. Oct. 14, 2019 at Mass General Hospital aside his loving family. He is survived by his loving wife Arline M. (Burns) Ezzo, they were 2 days short of celebrating 65 years of marriage.

Michael is also survived by 3 daughters, Sharon A. Reynolds and her husband Timothy of Douglas, Sandra M. Racicot and her husband Thomas of Ft. Myers, FL, Noreen F. Arpin and her husband Gary of Northbridge; 6 grandchildren: Neil Reynolds, Tracy (Racicot) Gratton, Thomas Racicot, and Casey and Hallie Arpin; 3 great-grandchildren: Jack Mespelli, Georgiana Robinson, and Maxx Gratton; a sister Evelyn Newicki of Barre, as well as several nieces and nephews. He was preceded in death by his grandson Adam Reynolds; brother, Vincent Ezzo, and sister, Caroline Pillarella.

Born in Uxbridge on Feb. 22, 1932 Michael was the son of Michael and Catherine (Castagno) Ezzo Sr. and was raised in Uxbridge. He had been a resident of Northbridge 62 years. Michael worked as a truck driver for 30+ years for Consolidated Freight formerly called Emery World Wide Trucking out

of Providence. After retirement, Michael worked as a School Bus Driver for the town of Northbridge for 25 years, and part time for Job Lot. He was a proud U.S. Army veteran serving during the Korean War Era. A committed family man, Michael was the jokester of the family and greatly enjoyed spending time with his children and grandchildren, and also daily trips to McDonalds to have coffee with his buddies. he was a great husband, father, and grandfather and will be sorely missed.

His memorial funeral service was held on Monday, Oct. 21st at 6pm in Jackman Funeral Home, 12 Spring St., Whitinsville. Calling hours were held prior to the service from 4-6 PM. In lieu of flowers, donations in Michael's memory may be made to: Our Lady of the Valley Regional School, 75 Mendon St., Uxbridge MA 01569. To leave a condolence message for his family please visit: <http://www.Jackmanfuneralhomes.com>



Gail M. Racicot, 64,



UXBRIDGE- Gail M. Racicot, 64, passed away on Fr. Oct. 18, 2019 after a period of declining health.

She is survived by her daughter Tricia C. Clark and her husband Chris of Dudley; 3 grandchildren, Makayla St. Laurent, Jesse Clark, and Kristen Barnes; a brother, Wayne M. Racicot and his wife Paula of Uxbridge; 2 sisters, Beverly A. Bauman of Uxbridge and Barbara L. Aubin of Uxbridge, as well as several nieces and nephews. She was predeceased by 2 brothers, Mark S. Racicot, and Kenneth Racicot.

Born in Whitinsville on Jan. 4, 1955 Gail was daughter of the late Roger R. and Theresa M. (Havalotti) Racicot and grew up in Uxbridge. Gail was

a graduate of Uxbridge High School Class of 1973 and worked for many years as a payroll clerk for Alternatives Unlimited in Whitinsville. She also worked for the Christmas Tree Shop in Shrewsbury, as an overnight shelf stocker for about 10 years, until her retirement. Above all, Gail loved her family, and enjoyed spending time with them, especially her grandchildren. She was an avid Red Sox fan who also enjoyed playing bingo, and card games with friends.

Her Funeral Mass was held on Wed. Oct. 23, at 11 AM in Good Shepherd Church, 121 Linwood St., Linwood. Burial followed in St. Mary's Cemetery. Calling hours at Tancrell-Jackman Funeral Home, 35 Snowling Rd., Uxbridge will be held on Tues. Oct. 22 from 5-8 PM. To leave a condolence message for her family please visit: www.JackmanFuneralHomes.com

James H. Demagian, Jr



WHITINSVILLE- James H. Demagian, Jr., 78, died Wednesday, October 9, in the Milford Regional Medical Center. He is survived by a brother, John Demagian, of Whitinsville; two sisters, Rose Marie Ford, and Carolyn Bucchino and her husband, Nicholas, of Milford; and many nieces and nephews. He was predeceased by his sisters, Shirley Demagian and Joan McLaughlin.

Jim was born in Whitinsville, April 5, 1941, a son of James and Helen (Malkasian) Demagian, and was a lifelong resident. He graduated from Northbridge High School in 1959 where he was an outstanding athlete, setting records in the shotput and discus.

He was a member of Soorp Asdvadzadzin Armenian Apostolic Church in Whitinsville, and he was a familiar figure in the Plummers Corner section of town, especially at Burger King and Vera's. A diehard fan of the Boston Red Sox, especially Ted Williams and “Big Papi”, David Ortiz. Mainly, Jim was good friend to everyone he met, and he will be missed by everyone who knew him.

A Funeral Service was held at 11am, Tuesday, October 15, in the Armenian Apostolic Church, 315 Church Street, Whitinsville, followed by burial in Pine Grove cemetery. Calling Hours were Monday, October 14, in the Carr Funeral Home, 24 Hill Street, Whitinsville. Memorial donations may be made to the Armenian Apostolic Church. To leave a condolence for the family, please visit www.carrfuneral-home.com



NORTHBRIDGE – Angela (Scorpio) Pybas, 51, of Linwood passed away Tuesday October 15, 2019 at Milford Regional Medical Center, Milford. She was the fiancé of Christian Smith.

She was employed at LynnWay Auto Auction in Billerica for the past 24 years and was the company's Controller.

Angela was born in 1968 in Caserta, Italy, the daughter of Maria (Cannalonga) Scorpio of Uxbridge and the late Armando Scorpio and was a graduate of Blackstone Valley Technical High School in Upton with an automotive concentration.

She enjoyed collecting antiques and making soap under the name Bella's Beauty Bars in Linwood. She also possessed a love for shoes and purses, liked trips to Cape Cod, stopping by an

Angela Pybas, 51

occasional estate sale, and loved her dog “Tina”.

In addition to her mother Maria and fiancé Christian, Angela is survived by a sister, Adriana Smith and her husband Timothy of Linwood; a brother, Fabio Scorpio and his wife Tracy of South Grafton; 2 nephews, a niece; aunts; uncles, and many cousins. She was predeceased by a brother, Mario Scorpio.

Visiting hours will be held on Tuesday, October 22, 2019, from 5-8 PM in the BUMA FUNERAL HOME, 101 N. Main Street, Uxbridge.

Funeral services were held on Wednesday, Oct. 23, 2019 at 11 AM in the funeral home.

Burial will follow in St. Mary's Cemetery, Uxbridge.

Memorial donations may be made to the Wounded Warrior Project, P.O. Box 758517, Topeka, KS 66675.

www.bumafuneralhome.com

Helen M. Sanborn, 91



UPTON- Helen M. (Mann) Sanborn, 91, of Grafton and a longtime former resident of Upton passed away Thursday Oct. 17, 2019 in Milford Regional Medical Center, Milford. She was the wife of the

late Homer Coolidge Sanborn who died in 2013

Mrs. Sanborn was born February of 1928 in Sterling, the daughter of the late Walter and Ethel (Godfrey) Mann and was a graduate of Leominster High School.

Helen enjoyed bowling, singing, poetry and was the Upton correspondent for the Telegram & Gazette newspaper for many years. She was a recreational archeologist, a former member of the Upton Grange, a former member of area Women's Clubs and was an exchange student host who has welcomed 33 students over the years into her home. Helen was also a longtime member of the United Parish of Upton.

She is survived by her sons, Ford

R. Sanborn and his wife Cynthia Stroschein of Marlborough, David N. and his wife Amy Sanborn of Upton, Dale P. Sanborn of Grafton, Glenn W. Sanborn and his partner Mary Ellen Lombardi of Millbury; daughters, Karen L. Wiersma of Grafton, Valerie G. and her husband Michael Hopkins of Battle Creek, MI and Holly F. and her husband Skip Dion of Southbridge; 11 grandchildren and 9 great-grandchildren. In addition to her husband Homer of 65 years, she was predeceased by her son, Donald Sanborn and her brothers, Lloyd Mann, Walter Mann and William Mann.

Visiting hours will be held Fri., Oct. 25, 2019 from 9-11 AM in the United Parish of Upton, 1 Church St., Upton followed by a funeral service at 11:30 AM in the church.

Burial will follow in Lakeview Cemetery, Upton.

In lieu of flowers, memorial donations may be made to Tufts Wildlife Clinic, 200 Westborough Rd., N. Grafton, MA 01536. Arrangements by Buma Funeral Homes. www.bumafuneralhome.com

Matthew J. Blanding, 39



WHITINSVILLE- Matthew J. Blanding, 39, passed away peacefully, surrounded by family, on Sunday, October 6, at UMASS Memorial Medical Center. Matthew is survived by his

high school sweetheart, and wife of 14 years, Lee-Anne (Stanovich) Blanding, and their 3 children Allyson, Emily and Xavier; his mother, Claudia (Kenadek) Blanding, sister Cristina Stacy and her husband Glenn, and their children Kyle and Katelyn, all of Whitinsville, and grandparents Donald and Clara Kenadek, of Uxbridge. In addition, he leaves his mother-in-law Barbara Stanovich, of Northbridge and father-in-law Joseph Stanovich, of Grafton; sisters-in-law; Jocelyn Stanovich and her husband Christopher Sabourin and their children KayLee, Avery, and Lillian; and Stacey Stanovich and her partner James Signa, all of Northbridge. He also leaves an uncle, Thomas Blanding, of Acton, and his aunts, Jane (Kenadek) Provost, of Uxbridge and Ann (Morel) Blanding, of Bolton, and several cousins. Matt is preceded in death by his father and best friend, Stephen R. Blanding, his grandparents Georgina and Harry R. Blanding and uncles H. Robert Blanding and Donald Kenadek Jr.

Matt was born on August 24, 1980 in Worcester, MA. He graduated from Northbridge High School, class of

1999, and from Assumption College, class of 2003, with a BA in Computer Science. He was a senior software engineer, most recently employed by Navisite Technologies, a division of Charter Communications. In his free time, Matthew loved to watch movies, especially any movies in the Marvel, Jurassic Park and Indiana Jones series. He was an avid pinball player, and passed along his love of this hobby to his children. He also enjoyed being a Boston sports fan.

The family would like to thank the medical teams at UMASS Medical Centers, especially doctors David Hatem, Edward Arous, and John Sullivan for their dedication and support, and to Anna and Emily at Medical Resources for their caring and compassionate home care.

Matt's greatest love and passion were his children and spending quality time as a family. Whether it be trips to the zoo, Cape Cod, holiday gatherings or his children's events, he was always happiest when all were together.

Calling Hours were Thursday, October 10, at the Carr Funeral Home, 24 Hill St., Whitinsville. Matt's Funeral was Friday, October 11, at 11 AM, at Carr Funeral Home. Burial was in Saint Mary's Cemetery, Uxbridge. In lieu of flowers, memorial donations may be made to the Blanding Children Education Fund, c/o Unibank, Church St., Whitinsville, MA 01588. To leave a condolence for the family, please visit www.carrfuneralhome.com

CALENDAR

Saturday, October 26

HOME BAKED HAM & BEAN SUPPER: 5 p.m., Community House, 8 Court St., Uxbridge (located behind the Town Common). Sponsored by the Uxbridge Congregational Church. Menu includes home baked ham, home baked beans, potato salad, coleslaw, brown bread, beverages & dessert. Donation of \$10 per adult, children under 6 free. Raffles will also be available. For reservations, call 508-278-2654 after 5 p.m. Limited tickets will be sold at door. Come enjoy great food and fellowship.

Saturday, November 2

ST. PETER'S PARISH HOLIDAY BAZAAR: 9 a.m.-3 p.m., Parish Hall, 39 Church Ave., Northbridge. Come out with your family and friends to enjoy the day! We will have all of your favorites: Delicious home-made baked goods, white elephant table, craft tables with beautiful handmade items, knitted items & handmade quilts. There will also be tables filled with raffles (you never know what will be there!) & the famous silent auction. Stay and enjoy a bite to eat with all of our “Old-Time” favorite foods being served. If you would like more information please contact the parish office at 508-234-2156.

Thursday, November 7

CALENDAR RELEASE PARTY & GALLERY SHOW: 5-8:30 p.m., Blackstone Heritage Corridor, 670 Linwood Ave., Whitinsville. Blackstone Heritage Corridor celebrates the release of its weather-themed 2020 calendar featuring the work of local photographers. BHC is also launching a new gallery show, sponsored by Linwood Mill, LLC, showcasing this year's winning photos from the calendar photo contest. Light refreshments will be served. Tickets are \$10 (available at the door or online) and include a 2020 calendar. Learn more at BlackstoneHeritageCorridor.org or call 508-234-4242.

Friday, November 8

“AMERICAN BUFFALO” BY DAVID MAMET: 7:30 p.m., GB & Lexi Singh Performance Center, 60 Douglas Rd., Whitinsville. In a Chicago junk shop, three small-time crooks plot to rob a man of his coin collection, the showpiece of which is a valuable “Buffalo nickel.” These high-minded grifters fancy themselves businessmen pursuing legitimate free enterprise. But the reality of



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to Obits@stonebridgepress.news

CALENDAR

continued from page A18

the three – Donny, the oafish junk shop owner; Bobby, a young junkie Donny has taken under his wing; and “Teach,” a violently paranoid braggart – is that they are merely pawns caught up in their own game of last-chance, dead-end, empty pipe dreams. Tickets: \$20, \$18 under 18/over 64, \$16 for groups of 10 or more. Tickets available at the door or for reservations: 508-296-0797; Pilgrim Soul Productions. For more information: PilgrimSoulProductions.com.

Saturday, November 9

HOLIDAY CRAFT FAIR: 9 a.m.-2 p.m., Millbury Senior Center. Featuring new items, along with creative crafts. Great gifts for the holidays! Luncheon served, along with homemade chicken soup, hot dogs, and pastries. Also featuring food items to go and raffles. For more information, call (508) 865-9154.

“AMERICAN BUFFALO” BY DAVID MAMET: 7:30 p.m., GB & Lexi Singh Performance Center, 60 Douglas Rd., Whitinsville. In a Chicago junk shop, three small-time crooks plot to rob a man of his coin collection, the showpiece of which is a valuable “Buffalo nickel.” These high-minded grifters fancy themselves businessmen pursuing legitimate free enterprise. But the reality of the three – Donny, the oafish junk shop owner; Bobby, a young junkie Donny has taken under his wing; and “Teach,” a violently paranoid braggart – is that they are merely pawns caught up in their own game of last-chance, dead-end, empty pipe dreams. Tickets: \$20, \$18 under 18/over 64, \$16 for groups of 10 or more. Tickets available at the door or for reservations: 508-296-0797; Pilgrim Soul Productions. For more information: PilgrimSoulProductions.com.

Tuesday, November 12

DOUGLAS LIBRARY INTREPID READERS BOOK DISCUSSION: 6:30 p.m. The Intrepid Readers, will be discussing Trevor Noah’s “Born a Crime.” Noah’s path from apartheid South Africa to the desk of The Daily Show began with a criminal act: his birth. Born to a white Swiss father and a black Xhosa mother, at the time such a union was punishable by five years in prison. As he struggles to find himself in a world where he was never supposed to exist, his mother is determined to save her son from the cycle of poverty, violence, and abuse that would ultimately threaten her own life. With an incisive wit and unflinching honesty, Noah weaves together a moving yet funny portrait of a boy making his way through a damaged world in a dangerous time. Call the Library 508-476-2695 for a copy of the book. New members always welcome. Homemade refreshments, inspired by the title being discussed, will be served.

Friday, November 15

“AMERICAN BUFFALO” BY DAVID MAMET: 7:30 p.m., GB & Lexi Singh Performance Center, 60 Douglas Rd., Whitinsville. In a Chicago junk shop, three small-time crooks plot to rob a man of his coin collection, the showpiece of which is a valuable “Buffalo nickel.” These high-minded grifters fancy themselves businessmen pursuing legitimate free enterprise. But the reality of the three – Donny, the oafish junk shop owner; Bobby, a young junkie Donny has taken under his wing; and “Teach,” a violently paranoid braggart – is that they are merely pawns caught up in their own game of last-chance, dead-end, empty pipe dreams. Tickets: \$20, \$18 under 18/over 64, \$16 for groups of 10 or more. Tickets available at the door or for reservations: 508-296-0797; Pilgrim Soul Productions. For more information: PilgrimSoulProductions.com.

Saturday, November 16

“AMERICAN BUFFALO” BY DAVID MAMET: 7:30 p.m., GB & Lexi Singh Performance Center, 60 Douglas Rd., Whitinsville. In a Chicago junk shop, three small-time crooks plot to rob a man of his coin collection, the showpiece of which is a valuable “Buffalo nickel.” These high-minded grifters fancy themselves businessmen pursuing legitimate free enterprise. But the reality of the three – Donny, the oafish junk shop owner; Bobby, a young junkie Donny has taken under his wing; and “Teach,” a violently paranoid braggart – is that they are merely pawns caught up in their own game of last-chance, dead-end, empty pipe dreams. Tickets: \$20, \$18 under 18/over 64, \$16 for groups of 10 or more. Tickets available at the door or for reservations: 508-296-0797; Pilgrim Soul Productions. For more information: PilgrimSoulProductions.com.

Sunday, November 17

“AMERICAN BUFFALO” BY DAVID

MAMET: 2 p.m., GB & Lexi Singh Performance Center, 60 Douglas Rd., Whitinsville. In a Chicago junk shop, three small-time crooks plot to rob a man of his coin collection, the showpiece of which is a valuable “Buffalo nickel.” These high-minded grifters fancy themselves businessmen pursuing legitimate free enterprise. But the reality of the three – Donny, the oafish junk shop owner; Bobby, a young junkie Donny has taken under his wing; and “Teach,” a violently paranoid braggart – is that they are merely pawns caught up in their own game of last-chance, dead-end, empty pipe dreams. Tickets: \$20, \$18 under 18/over 64, \$16 for groups of 10 or more. Tickets available at the door or for reservations: 508-296-0797; Pilgrim Soul Productions. For more information: PilgrimSoulProductions.com.

Friday, November 22

28TH ANNUAL TURKEY RAFFLE: 6:30 p.m., Millbury First Congregational Church, 1 River St. Top four prizes include a grand prize two-night escape at the Grand Hotel in Ogunquit, Maine; a 50-inch Samsung UHD Smart TV; a case of assorted wines; and a Thanksgiving food basket complete with turkey. In addition, numerous items on display will be raffled off during the evening. Refreshments will be sold during the event, including hot dogs and other delicious surprises. Please come early and enjoy the fun. For raffle tickets and information, please contact Linda Polissack at (508) 598-7968 or Janice Fortin at (508) 826-6381.

Saturday, November 23

OUR LADY OF THE VALLEY REGIONAL SCHOOL HOLIDAY FAIR: 9 a.m.-3 p.m., 75 Mendon St., Uxbridge (behind St. Mary’s Parish). The Holiday Fair features something for all ages. Children can enjoy a variety of crafts, games and activities. They can also try their luck at the toy raffle and visit with Santa, who will be available for pictures from 10-2. The Holiday Fair also includes a wide range of raffle baskets, grand raffle prizes, baked goods, homemade wreaths, and crafter and vendor tables. Stop by the kitchen for breakfast or lunch or visit the outdoor tents for fresh french fries, kettle corn, or beer.

Friday, November 29

“THE WOLVES” BY SARAH DELAPPE: 7:30 p.m., GB & Lexi Singh Performance Center, 60 Douglas Rd., Whitinsville. “The Wolves” was a finalist for the 2017 Pulitzer Prize for Drama. The play follows the highs and lows of a high school soccer team during a funny and turbulent season. Women of various ages play the teens because as Gertrude Stein noted, “We are always the same age inside.” “DeLappe has created an ensemble of distinct female characters without leaning on traditional feminine tropes to define them.” - New York Times Tickets: \$20, \$15 ages 65 and over, \$10 ages 16 and under \$16 each for groups of 10 or more. Tickets available at the door or for reservations, call: 774-287-8384.

Saturday, November 30

OPEN STUDIOS WITH ALTERNATIVES’ WHITIN MILL ARTISTS: 10 a.m.-4 p.m., Alternatives’ Whitin Mill, 34 Douglas Rd., Whitinsville. Meet the talented resident artists who call the Red Brick Mill Building their home for art making and get a head start on your gift list for the holidays. There will also be visiting artists in attendance. Enjoy stained glass, fused glass, jewelry, pottery, drawings, prints, photographs, cards, ornaments, demonstrations and more! For more information, contact Cristi.Collari@openskycs.org.

“THE WOLVES” BY SARAH DELAPPE: 7:30 p.m., GB & Lexi Singh Performance Center, 60 Douglas Rd., Whitinsville. “The Wolves” was a finalist for the 2017 Pulitzer Prize for Drama. The play follows the highs and lows of a high school soccer team during a funny and turbulent season. Women of various ages play the teens because as Gertrude Stein noted, “We are always the same age inside.” “DeLappe has created an ensemble of distinct female characters without leaning on traditional feminine tropes to define them.” - New York Times Tickets: \$20, \$15 ages 65 and over, \$10 ages 16 and under \$16 each for groups of 10 or more. Tickets available at the door or for reservations, call: 774-287-8384.

Friday, December 6

“THE WOLVES” BY SARAH DELAPPE: 7:30 p.m., GB & Lexi Singh Performance Center, 60 Douglas Rd., Whitinsville. “The Wolves” was a finalist for the

2017 Pulitzer Prize for Drama. The play follows the highs and lows of a high school soccer team during a funny and turbulent season. Women of various ages play the teens because as Gertrude Stein noted, “We are always the same age inside.” “DeLappe has created an ensemble of distinct female characters without leaning on traditional feminine tropes to define them.” - New York Times Tickets: \$20, \$15 ages 65 and over, \$10 ages 16 and under \$16 each for groups of 10 or more. Tickets available at the door or for reservations, call: 774-287-8384.

Saturday, December 7

SUTTON CHRISTMAS CHAIN OF LIGHTS: 10 a.m.-4 p.m. Spend a day with your family and friends at the Town of Sutton’s Annual Christmas Chain of Lights today. Free trolleys will transport visitors over rolling countryside to participating locations throughout historic Sutton. Farms, unique specialty stores, church fairs, and area businesses welcome the holidays with musical entertainment, children’s activities, food, fun and Santa! Route information, maps, location descriptions and brochures are available at www.suttonchainoflights.weebly.com.

SOORP ASDVADZADZIN ARMENIAN CHURCH FOOD FESTIVAL AND BAZAAR: 10 a.m.-4:30 p.m. (dinners begin at 11:30 a.m.), Pleasant Street Reform Church of Whitinsville.

Sunday, December 8

MILLBURY CHAIN OF LIGHTS: 11 a.m.-2:30 p.m. Craft/Vendor Fair & Winter Carnival. Assumption School event to be held at Our Lady of the Assumption Hall. For information and to apply as a vendor, please contact Terri Yaz by email at TYaz48@yahoo.com or phone (508) 865-5404.

Thursday, December 14

JINGLE JAUNT 5K: 10:30 a.m., Sutton Center, Town Common, First Congregational Church, 307 Boston Rd. Registration: \$20; registration begins at 9:15 a.m.

ONGOING EVENTS & INFORMATION

FARMERS’ MARKET AT DANIELS FARMSTEAD: Farmers’ Market begins July 7 and continue every Sunday, 11am to 3pm, though September 29, grill open 11:30 to 2:30 serving grilled franks, burgers (both Angus beef and veggie) Italian sausage with peppers & onions, cold beverages and all the fixins, Picnic tables, Homemade goodies, Tours, Music 12:30 to 2:30 p.m.

KUNDALINI YOGA: The fall session for the Wednesday morning class is from Sept 11 to Oct. 30 (10-11:15 a.m.). This eight-week session is offered at St. Peter’s Parish Center in Northbridge, MA. Participants may pay for the entire session or attend as a walk-in student. Proceeds benefit the Youth Ministry and St. Peter’s Parish.

For more information visit: <http://kundaliniyogacma.wix.com/site> or call 508-234-4185. All are welcome to join us on a journey toward a more balanced life.

NEED EMERGENCY ASSISTANCE? The Salvation Army is here to help serve emergency needs in the Blackstone Valley area. Services include assistance with food, clothing, utility payments and heating needs. To find out how we can help with your emergency needs, call 508-342-7122. Leave your name and telephone number and your call will be returned.

FREE WILL DINNERS: The First Congregational Church of Sutton, 307 Boston Road, presents its monthly free will offering of open seating dinners 4:30-6:30 p.m. on the second Saturday of each month. All welcome. Dinners served with bread, beverage and dessert. For information, call 865-6914.

SENIOR BREAKFAST: St. John’s Episcopal Church Senior Breakfast held first Friday of the month 8-9 a.m. at the church, 3 Pleasant St., off Route 122A, Sutton, and is handicapped accessible. Suggested donation is \$5. For information, call Cyndy Rogers, (508) 529-4437.

PARENT SUPPORT: Parent Support Group in Millbury sponsored by Parent Professional Advocacy League. Free and confidential Parent Support Group on the second (workshop) and fourth (sharing) Friday of the month 10:30 a.m.-noon at the Millbury Public Library. Call PPAL

(508) 767-9725 for information. PPAL is a statewide network of parents and professionals and adolescents with emotional, behavioral and mental health needs.

CARING: The Caregivers Group meet in the library at the Northbridge Senior Center fourth Tuesday of month 3-4 p.m. If currently caring for a family member or close friend, come and join others who share your compassion.

AL-ANON: A “Serenity on The Hill” Al-Anon step meeting held at 10 a.m. Wednesday at Congregational Church of Grafton, 30 Grafton Common, in the fireplace room.. Support group for family and friends of problem drinkers. Newcomers welcome. For information: 508-366-0556.

YOGA GROUP: join the Sunshine Yoga Collaborative in our mission to bring community based yoga to Uxbridge and the surrounding communities! Classes are appropriate for just beginning to advanced student. Class is Sunday 7:30-8:30 a.m. at Alternatives, Unlimited, 50 Douglas Road, Whitinsville. Extra yoga mats, but most bring their own. \$5 donation per class, which given to local organization. Visit Facebook: Sunshine Yoga Collaborative.

RECOVERY: Every Monday, Celebrate Recovery, a Biblically based step program designed to heal a wide variety of habits and harmful behaviors, such as drug dependency, abuse, eating disorders, depression, anger, pornography, broken relationships. Group meets every week in two-part session, an open group followed by gender-specific small share groups. Starts at 7 p.m. and ends at 9. Come at 6:30 p.m. for coffee and conversation. Pleasant Street Church, 25 Cross St., Whitinsville, (508) 234-5268, ext. 14, or email howard@pscr.org.

BREAKFAST: The John 21 Community Breakfast at St. Patrick’s Church has been established as a response to the needs of many people in our community. Breakfast will continue each and every Saturday 8-10 a.m. in the Parish Center, 1 Cross St., Whitinsville. Our mission is to serve a nutritious breakfast, free of charge, every Saturday morning in the spirit of community fellowship and hospitality. Teams of volunteers prepare and serve breakfast on a rotating basis. All welcome. For information contact ministry coordinator at John21Breakfast@gmail.com. To make a donation contact St. Patrick’s rectory at 508-234-5656.

Legos Club: first and third Mondays of each month, ages six and up 3-5 p.m. at Whitinsville Social Library. Information about programming, visit the library’s website www.northbridgemass.org/whitinsville-social-library.

PROJECT KIBBLE: In this tight economy, it can be tough to make ends meet. What about your four-legged friends? Project Kibble collects donations of pet food and supplies and distributes them to local food pantries. We accept dog and cat food, kitty litter, small rodent and fish food. All donations must be unopened and unexpired. For more information contact projectkibble@gmail.com or call Christine 508-234-8131.

12-STEPS FOR OTHERS: Adult Children of Alcoholics 12-step support group meets 7:30 to 9 p.m. Mondays at the Hopedale Unitarian Church, 65 Hopedale St. For information, Rose at (508) 234-9004.

KUNDALINI YOGA: The fall session for the Wednesday morning class is from Sept 11 to Oct. 30 (10-11:15 a.m.). This 8-week session is offered at St. Peter’s Parish Center in Northbridge. Participants may pay for the entire session or attend as a walk-in student. Proceeds benefit the Youth Ministry and St. Peter’s Parish. For more information visit: <http://kundaliniyogacma.wix.com/site> or call 508-234-4185. All are welcome to join us on a journey toward a more balanced life.

PEOPLE’S COFFEE HOUR: Every Tuesday starting Oct. 15 from 1 to 2:30 p.m. at the Second Congregational Church of Douglas (289 Main St.), we are hosting a no Bible experience necessary study including coffee and refreshments. The study is called ‘Pilgrim’s Progress, a guided tour by Derek W.H. Thomas’. Study guides are provided free of charge. This study will run to the end of May. All attendees are welcome to anything from our food and kid’s clothing closet. All are welcome. Call Jeanie (508-476-9978) for more information.

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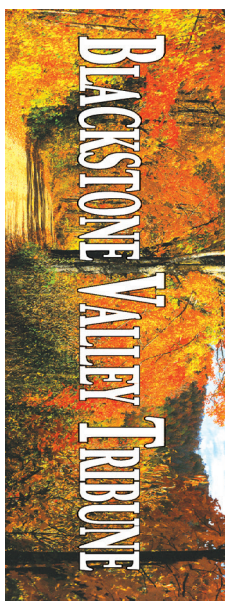
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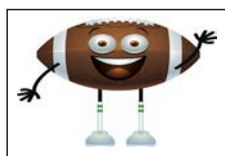
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2019 Overnight Trips
Sept 20 - 22 Lake George Balloon Festival - 3 days, 2 nights -\$449pp double, \$599 single

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

DAUGHTERS OF ISABELLA

The Daughters of Isabella proudly present our 2019 Fantastic Worldwide Tours!

For reservations contact Jan Caouette at (508) 887-2215. Make checks payable to Bernadette Circle #709 and mail to Bernadette Circle #709, PO Box 201, Webster MA 01570. The Daughters of Isabella is a non-profit and charitable Catholic women’s organization

DOUGLAS SUNSHINE CLUB

Sunny Portugal next April. The Douglas Sunshine Club is planning a trip to sunny Portugal April 21-30, 2020. This trip is with Collette Travel. An informational meeting is planned for Wed. June 12th at the Douglas Senior Center, 331 Main St., Douglas, at 6:30 p.m. If you are interested in the trip, this is a great opportunity to get a description of the travel arrangements and itinerary with a representative from Collette Travel who will also answer any questions you have about the trip. For more info call 508-476-4474.

DUDLEY SENIORS

Dudley Seniors presents a Branson Show Extravaganza, Saturday, May 2 through Sunday, May 10, 2020, \$905 per person, double occupancy. Incredible price includes motorcoach transportation, eight nights lodging including four consecutive nights in the Branson, Mo. Area, 14 meals (eight breakfasts and six dinners), admission to seven fabulous Branson shows, including New Jersey Nights, Amazing Acrobats of Shanghai, Doug Gabriel, Presley’s Country Jubilee, “Noah the Musical,” and the Hughes Show; and one dinner show on the Showboat Branson Belle. For pictures, video and information, visit www.GroupTrips.com/dudleyseniors. Departure point: Dudley Town Hall, 71 W. Main St., 8 a.m. Saturday, May 2, 2020. For more information, please call Evelyn at (508) 764-8254.

FRIENDS OF THE STURBRIDGE SENIORS

Tuesday, Dec. 3 to Thursday, Dec. 5 Overnight Trip 3 Days/2Nights. Prices are \$459 for Double Occupancy and \$559 for Single Occupancy. On Wednesday see the Spectacular Awe Inspiring Special Effects and complete with Live Animals “Miracle of Christmas Show” at the Milenium Sight and Sound Theater. Following the The Miracle Show is Dinner at the always delicious Plain and

Fancy Restaurant. Also included in this trip and happening on Tuesday is a Dinner Show production of Irving Berlin’s Musical “Holiday Inn” featuring thrilling dance numbers, laugh out loud comedy and a Parade of Irving Berlin’s Hit Songs. Thursday features a visit to Hershey’s Chocolate World and Milton Hershey School and Founders Hall before we head home with rest stops on our way back. This Trip includes 2 nights Lodging, 2 Breakfasts, 2 Dinners, Tickets to The Miracle of Christmas and Tickets to the Holiday Inn Show and a Full Commentary Back Country Tour of the Farmlands of Lancaster Country.

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

May 15, 2020 to May 22, 2020 Cruise 8 Days/7 Nights Boston to Bermuda aboard the Norwegian Cruise Lines “GEM” SHIP. Leave Boston Friday, May 15 and return Boston Friday May 22. Included are All of the Following, Roundtrip Transfers from Sturbridge to Boston and back. The Ultimate Beverage Package, The Ultimate 4 Night Dining Package, Specialty Restaurants for Free, Exclusive Best of Times Cocktail Party, All Luggage Handling Fees, Drivers Gratuities and Best of Times Professional Tour Director. Early Booking Discount for those people who Book a Balcony Cabin by October 1st, you will receive a 1 Category Upgrade & Special On Board Credit. Prices start at \$1,199 Double Occupancy for an Inside Stateroom, \$1,399 for an Oceanview Porthole Window, \$1,899 for a Balcony Stateroom on Deck 9, \$1,949 for a Balcony Stateroom on Deck 10, and \$1,999 for Balcony on Deck 11. ALSO Add \$400 for Taxes, Transfers, and Gov’t Fees. Single Occupancy is Available upon request. Please contact Dick Lisi at 508-410-1332 or at lisirichard15@yahoo.com for questions or information on any of the above Trips.

LEICESTER SENIOR CENTER.

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

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

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

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

MARY QUEEN OF THE ROSARY PARISH

SPENCER — Mary Queen of the Rosary Parish, 60 Maple St., Spencer, is offering the follow-

ing trips. For more information, call Bernard Dube at (508) 885-3098.

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

JAPAN: March 26 to April 9, 2020

JAPAN & CHINA: March 26 to April 22, 2020

SPAIN & PORTUGAL: September 9-24, 2020

SOUTHBRIDGE SENIOR CITIZENS ASSOCIATION

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

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

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

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

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

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

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

Sturbridge Recreation

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

UNION SAINT-JEAN-BAPTISTE CHAPTER 12

Union Saint-Jean-Baptiste, Chapter #12, Southbridge, is sponsoring a variety of excursions for all to enjoy in 2019. We are a non-profit family oriented Franco-American fraternal society since 1900. As always, you do not have to be a member to participate in any of the scheduled events. All are welcome. Gift certificates purchased in any amount can be used by the recipient to any event at face value. For information or reservations contact Ted at (508) 764-7909.

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



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MILLBURY - WATERFRONT! Ramshorn Lake! 51 Davis Rd! Beautifully Landscaped & Private 1.22 Acres w/500' on the Water! One of Ramshorn's Premier Properties "Royledge"! Sprawling 3,117' French Country Villa w/Panoramic Water Views from this Perfect Peninsula! Ideal for Entertaining! Stonewalled Gated Entry, Long Private Drive to its Stately Appearance! Sprawling Stone & Slate 6+ Rm Masterpiece! Light Abounds! Cathedral & Tray Ceilings w/Skylights! Unique Country Kitchen! Formal Dining Rm! Frpled Great Rm! Lake Facing Spacious Master Suite w/Everything You'd Expect! 3 Comfortable Bdrms! 3 Full Bathrooms! C/Air! Garages - 1 & 2 Car Detached Garages! Reward Yourself! **\$999,000.00**



AUBURN - 16 Lorna Dr! 7 Rm Split Entry Ready for the Next Owner! Located on a Cul-de-sac! Many Recent Updates! Windows 2006! Roof 2010! Siding 2016! Water Heater, Garage Door & Opener 2017! Driveway & Deck 2018! Applianced Oak Cabinet Kit w/Tile Floor! Dining Rm! Spacious Liv Rm! Master Bdrm w/Hrdwds! 3 Comfortable Bdrms Total! Full Bath! Finished Lower Level Fireplace Fam Rm w/Custom Bar, Recessed Lighting & 2nd Bath! Screened-in Porch to a Private Yard w/New Pressure Treated Deck is Ready for Entertaining! Nicely Landscaped! 1 Car Garage! Shed! Ideal Commuter Location! **\$325,000.00**



WEBSTER LAKE - 9 Pebble Beach Rd! Middle Pond - Winter Cove! Private Peninsula Protected from the Storm - Safe Harbor! Custom 3,179' 8 Rm Contemp Ready for Your Immediate Enjoyment! Grand Entry Foyer! Ideal Open Fir Plan w/Sky Lighted Cathedral Ceilings, Tall Windows & Hrdwd Frs! Beautiful Applianced Custom Granite Kit w/Center Isl! Formal Din, Fireplace Liv Rm w/Water/Estuary Views! 1st Fir Laundry! Second Floor Master Suite, Ideal Full Bath, Huge Walk-in Closet! 3 Bdrms Total! 2 Full & 2 Half Baths! Walk-out Lower Level Fireplace Fam Rm! Buderus Oil Heat! C/Air! Oversized 2 Car Garage! **\$779,900.00**



OXFORD - 27 Rocky Hill Rd! Move Right Into this 6 Rm Ranch! Bright, Fresh Kitchen! Dining Rm! 20' Living Rm! 3 Comfortable Bdrms! Nice Bathrm! Deck w/Awning! All the Work has been Done! Roof, Siding, Windows & Insulation 2016! Gas Furnace & AC 2015! Front Porch Windows, Door, Living Rm Floor & Skylights 2017! Kitchen, Bath & Dining Rm Floors 2018! 2 Bdrms! Wall to Wall Carpeting & the Interior Freshly Painted 10/2019! Quick Closing Possible! **\$269,900.00**

WEBSTER - 27 N. Main St! 3 Family! 55/9 Rms! 3/3! Bedrooms! 1st Fir w/Eat-in! Liv Rm! 3 Bdrms! Updated Bathrm! 2nd Fir w/Kit w/Din Area! Liv Rm! 3 Bdrms! Updated Bath! 3rd Fir w/Eat-in! Kit! Liv Rm! Bdrm! Full Bath! Long Term Tenants! Sep Utilities! Vinyl Sided! Laundry Hook Ups! Freshly Painted Hallways! **\$259,900.00**

DUDLEY - 9 Nellies Way! TOBIN FARM ESTATES! 10 Rm Colonial Set on 1.2 Acres! Applianced Dine-in Granite Kit! 3 Season Sun Rm off Kit! Din Rm, 2 Story Fam Rm w/Pellet Stove, Bdrm, Full Bath w/Laundry & Gleaming Hrdwds Round Out 1st Fir! 2nd Fir Features an Open Balcony to the Liv Rm! Plenty of Space for an Office, Playroom or Reading Area, Use Your Imagination! Master w/Tray Ceiling & 3 Closets! Master Bath w/Dual Sinks, Shower, Whirlpool Tub & Makeup Counter! 2 Additional Bdrms & Full Bath! Huge Finished Walk-out Lower Level Perfect for Entertaining! Wet Bar w/Wine Cooler & Fridge! Half Bath w/Tile Flr! Irrigation! Shed! JD Riding Mower! Don't Miss Out! **\$469,900.00**

DUDLEY - 7 - 9 West Street! Brick 4 Family plus a 2 Family! Side by Side! All with 5 Rooms and 2 Bedrooms! Gas Heat! All Separate Utilities! 2 Car Detached Garage! The 4 Family with Beautiful Natural Woodwork! All Apartments are Empty and Work is Needed in Several Apartments! Excellent Potential! Will be a Good Investment for the Right One! **\$399,900.00**



THOMPSON - 299 Quaddick Rd! Beautiful Custom Cedar Log Home Privately Set on 5.47 Acres! Stone Wall Entry Leads Up the 700+ Driveway! Nestled in the Woods! 6 Rms of Gorgeous Cedar! Applianced Granite Kit w/Soft Close Hickory Cabinets! Ideal Open Fir Plan w/Soaring Beamed Cathedral Ceilings w/Skylights! Gleaming Hrdwds! Liv Rm w/Spectacular Stone Frplc w/Pellet Insert! 1st Fir Master w/Full Whirlpool Bath & Walk-in Closet! 3 Bdrms & 2.5 Baths Total! 3Z Buderus Oil Heat! 2 Car Garage! **\$399,900.00**



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



CHARLTON - GLEN ECHO LAKE! 3 Sunset Dr! Western Exposure = Beautiful Sunsets! Fantastic 105' Waterfront! Ideal 15,941' Gently Sloping Lot! Comfortable 9 Rm Ranch! Stainless Appliance Eat-in Granite Kit! Din Rm w/Hrdwd Flr! Lake Facing Liv Rm w/Panoramic Water Views! 4 Bdrms, 3 Lake Facing including the Spacious Master! Full Hall Bath! Enjoy the Sun Rm w/Lake Views! 32' Walk-out Lower Level Frplc Fam Rm w/Wet Bar & Convenient Half Bath! Nicely Landscaped Front & Back! Lake Level Deck, Dock & Rear Shed! Benefitted by Town Sewer! Start Packing! **\$499,900.00**

WEBSTER LAKE - 50 West Point Rd! Killdeer Island! 4,700' Entertainers Dream! Magnificent Sunsets! Built 2016, Has It All! 2 Story Foyer! Granite Kit w/Center Isl, Dble Oven, High End Appliances & Walk-in Pantry! Din Rm w/Wet Bar, Sliders to 14x30' Deck! Bright & Airy Liv Rm w/Lake Views, Custom Built Cabinets, Gas Frplc! 1/2 Bath w/Laundry! An ELEVATOR to Service All 3 Floors! Upstairs leads to 3 Spacious Bdrms each w/Private Baths! Master w/Tray Ceiling, Walk-in Closet & Private Balcony! Master Bath, Soaker Tub & Large Tile Shower! Walk-up Attic w/Expansion Possibilities! Lower Level w/Full Kit, 1/2 Bath, Lake Facing Fam Rm, Media/Exercise Rm + Lake Facing Bdrm w/Frplc & Private Bath! Slider to Patio! 13 Zones! Oversized 2 Car Garage! Loaded w/Quality & Detail! **\$1,175,100.00**

WEBSTER LAKE - 50 Union Point Rd! Panoramic Views of Middle Pond - South Facing - Tons of Sun! Principal Residence or as a Second Home this 6+ Rm Gambrel Colonial will be Ready for You! You'll Appreciate its Easy Access and Taken Back by the Ever Changing Lake Vistas! Featuring Applianced Kitchen w/Island, Dining Area, Lake Facing Fireplace Living Rm with Custom Cabinetry, All with Hardwood Floors! Ideal Lake Facing 3 Seasons Rm w/Tile Floor & Anderson Sliders All Around! 3 Second Floor Bedrooms! Spacious Lake Facing Master w/Cathedral Ceiling & 2 Sliders to its Private Deck! 2 Full Baths! Central Air! Composite Decks & Flag Stone Patio for Your Enjoyment! 7,405' Lot with 50' on the Water! Sorry, Closing not before 9/10/2019! **\$624,900.00**

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

WEBSTER LAKE - Steps Away From! 110 S. Shore Rd! Killdeer Island! Access to Swimming & Boating w/Killdeer Island Club Assoc Membership! Perfect 1st Home or Summer Retreat! 7 Rms! 2 Bdrms! Full Bath! 12x25' Deck w/Water Views! Garage! Don't Delay! **\$249,900.00**



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

WEBSTER LAKE - 603 Treasure Island! 1,874' Townhouse! 6 Rms, 2 Bdrms, Master Bath, 2.5 Baths Total! Recent Maple & Corian Kit w/SS Appliances! Din Rm w/Sliders to Deck! Frplc Fam Rm! Patio! Newer C/Air, Heat & Hot Water! Garage! 2 Sips! Pool! Beach! Listed by Another - "SOLD" by C21 Lake Realty! **\$355,000.00**

WEBSTER LAKE - Steps Away From! 110 S. Shore Rd! Killdeer Island! Access to Swimming & Boating w/Killdeer Island Club Assoc Membership! Perfect 1st Home or Summer Retreat! 7 Rms! 2 Bdrms! Full Bath! 12x25' Deck w/Water Views! Garage! Don't Delay! **\$249,900.00**



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THOMPSON, CT - 6 LILLIAN AVE, LOT #1

There is No Place Like Home - beautiful newly constructed home! Spill level style home has an attractive modern flare! Open floor plan, cathedral ceilings, hardwood floors, tile floored baths, & walaater full bath w/extra wide shower & walk in closet, plus 2 more spacious BRs & a full hallway bath. 24' lower level family room, half bath w/laundry hookups! Two car garage! Central AC.

\$309,900.

WOODSTOCK, CT - 64 LYON HILL RD



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DUDLEY - 71 EAGLE DRIVE



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SOUTHBRIDGE - 79 N.WOODSTOCK RD



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POMFRET, CT - 280 RIVER RD



Cape gutted to the studs and remodeled, 3 Br, 1 bath; 1.7 acres. New kitchen cabinets w/granite counters and center island. New electrical/plumbing. Large Gambrel Post & Beam. 2 bay garage w/loft. New septic. **\$264,900**

WEBSTER - 212 SCHOOL ST



ON DEPOSIT

WEBSTER - 3 STEFANIAK AVE.



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

CHAPLIN, CT - 74 FEDERAL HILL RD



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

WEBSTER/DUDLEY/DOUGLAS LAND!

Dudley - Marshall Terrace 12,000 +/- Sq. Ft. Possible potential for a 2 family to be built! Town Water, Sewer, City Gas! Nice level lot. **\$70,000**
Douglas-Mount Daniels Lot #2-2.5 Acres of flat land that abuts Douglas State Forest **\$132,900**
Webster - 3 Lots Cooper Rd. Attention Developers! 3 abutting house lots, potential to divide into 5-6 Buildable lots! Lake Residential area, water/sewer access **\$129,400**
Oxford - 4 Leicester St. approx. 8.47 acres! River frontage! Highly possible to be subdivided. **\$119,900**

WEBSTER - 34 EASTERN AVE UNIT A



ON DEPOSIT

WEBSTER LAND - COOPER RD



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

On the shores of Lake Chargoggagoggmanchauggagogggchaubunagungamaugg



Sorry, Sold!

WEBSTER LAKE - 118 POINT BREEZE RD

Excellent Opportunity to Finally Own Your Own Webster Lake Waterfront Property! Prime Location, 5,697+/- SF Lot, 50' Rd & Water Frontage at a Great Price! Contemporary Ranch offers 996+/- SF of living area w/2 BRs & 2 full baths. Plus, convenient, indoor access to Walkout Lower Level w/tremendous potential for additional living area. Main level features Open Floor Plan w/sliders to full front deck! Spectacular Westerly views across Middle Pond! Additional land & shore frontage available. **NEW PRICE \$299,900**



Sorry, Sold!

WEBSTER LAKE - 32 JACKSON RD

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

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Maureen O'Connor 508-981-4902

ReMax Advantage 1
179 Shrewsbury St., Worcester MA 01604

Licensed in MA & CT

NEW TO MARKET

SOUTHBRIDGE: 2 Units, Roof 7 yrs. old, updated heating system, 2 bedrooms each unit, off street parking, sided.
48 North St – \$214,000

NEW TO MARKET

AUBURN: 3 bedroom, updated electrical, plumbing, heating system, young roof and replacement windows 1st floor BR.
67 Hampton St – \$249,900

REDUCED \$10,000

WEBSTER: 3 bedrooms, 1 level, hardwood floors, sided, 1/2 acre lot, updated bath
School St ~ \$249,900

OPEN HOUSE SAT 10-NOON

DUDLEY: MOTIVATED! 4 bedrooms, 2.5 baths, gas heat, central air, 1st floor FR
16 Francis Dr – \$400's

SZYMCAK SELLS!

DUDLEY: Cape, 7 acres, Barn, 2400 sq. ft. 3.5 bath, 4 bedroom
7 Dudley Oxford Rd

DUDLEY: 4 acres, 401' frontage, Possibly 2 lots, plus house – arts & crafts home with built in china closet, pantry, 2 bedrooms natural wood work
71 Mason Rd – \$359,900

Re/Max Professional Associates

Conrad Allen 508-400-0438
ConradAllen.com
Licensed in MA & CT

Patrick Sweeney 774-452-3578

COMING SOON

WEBSTER, MA – \$189,900
4 Snow Street
2 Family

ON DEPOSIT

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

FOR SALE

SOUTHBRIDGE, MA - \$469,900
535 Pleasant St.
Gorgeous custom home with indoor swimming pool.

FEATURE PROPERTIES

OPEN HOUSE SAT 11-12:30 SUN 12:30-2
New Construction
WEBSTER, MA - \$289,900
90-A Sutton Rd.
3 Bedroom, Raised Ranch. Come Choose Your Colors & Finishes Now!

OPEN HOUSE SAT 12:30-2 SUN 11-12:30
DUDLEY, MA - \$249,900
5 Fairview Ave
Under Priced, Needs Work

NEW CONSTRUCTION PROPERTIES COMING SOON
BUILD TO SUIT

We Have Qualified Buyers, Always Looking To Sell, Any Type! Contact Us Today!



REAL ESTATE

**MORTGAGEE'S SALE OF REAL ESTATE
AT PUBLIC AUCTION**

CHARLTON, MA

Tuesday, October 29, 2019 at 10:00 a.m.

19 Southbridge Road, Charlton, MA
> Ranch <

- 4 Rooms w/ 2 Bedrooms
- 1 ± Acre Lot
- Vinyl Siding
- Excellent Opportunity

TERMS: \$5,000 deposit, cash or certified funds, at the time of the sale. Balance due within **thirty (30) days** at the office of Brock & Scott, PLLC, 1080 Main Street, Suite 200, Pawtucket, RI. Other terms to be announced at the sale.

Visit www.harkinsrealestate.com for more information.



Michael R. Harkins, Auctioneer
Lauryl S. Field, Auctioneer
(978) 475-1121
MA License #555, 3203
NH License #2585, 6126





Aucoin Ryan Realty
Your Neighborhood Real Estate Experts

201 SOUTH STREET, SOUTHBRIDGE, MA
508-765-9155
FAX: 508-765-2698



Branda Ryan, Broker-Owner
Melissa Cournoyer, Hilli
Mary Jo Demick
Spiro Thomo
Vikram Marero-Dorvas
Robin Giguere
Debbie Thomo
Joan Lacoste
Chad Splaine
Michelle Roy
Stan Misiaszek
Michelle Splaine
Paula Aversa

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



SOUTHBRIDGE: Impeccably maintained Cape Cod Style home! 6 rooms 4 bedrooms 2 1/2 baths. Beautiful kitchen with appliances. Wonderful heated sun room with deck for barbecuing. Hardwood floors. Central Air. Updated boiler and hot water. Professionally landscaped yard. Located at the end of a dead end street. **\$249,900.**



SOUTHBRIDGE: Antique Colonial with 8 rooms 4 bedrooms 1 1/2 Baths. Hardwood floors. Economic gas heat. Newer roof, boiler, & HW heater. Front & rear stairways to go upstairs. Fireplace. Needs some paint & updating but well worth it! Garage **\$160,000.**



SOUTHBRIDGE: Well maintained church in pristine condition! St. Hedwig's church and rectory. Beautiful entry way. Inspiring stain glass windows. Seating for up to 350 people. Balcony seating. Elevator to lower level for a Meeting Hall with kitchen & 2 baths. Rectory is a stately brick home which consists of 11 rooms. 6 bedrooms, 3 baths. All rooms are large with high ceilings, many fireplaces, and first floor bedroom with private bath. Also included in sale is a large Carriage House converted to garage with workshop & storage. **\$485,000**



SOUTHBRIDGE: Beautifully maintained Colonial with 6 rooms 3 bedrooms 2 1/2 baths. Large kitchen/dining room combo with tile floor. Half bath and first floor laundry. Master bedroom with large walk in closet and master bath. 2017 Pellet stove to keep you warm. Cozy three season sun room which leads to patio/deck and a large flat yard. New roof in 2019. **\$289,900**




SOUTHBRIDGE: Spacious Split Level Home with wonderful flex space over garage! 8 rooms 3 bedrooms 2 bath! Slider from dining room to back deck. Lower level has wonderful family room, option to have another bedroom plus large storage area. Fabulous 2 car garage with finished room above-great for office or man town, "she shed". Roof redone, vinyl sided, replacement windows. Large yard! **\$209,900.**





SOUTHBRIDGE: Immaculate, spacious and updated Colonial with 8 rooms 3 bedrooms 3 1/2. Upgraded kitchen with granite, SS appliances, eat-at-bar, and radiant heat in tile flooring. Partry closet with washer & dryer. Wonderful 3 season room with sliders to deck. Huge master bedroom & bath! First floor family room. Dining room with new flooring & radiant heat in floor. 4-zone Hyper heat & Air system. 1.22 acres with Barn! **\$299,900.**

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


417 NE MAIN ST., DOUGLAS, MA. 01516



MOVE IN READY! Conveniently located on RTE 16., this lovely Cape, situated on a near acre cleared lot, is filled with charm and impeccably maintained by the same owners. Features include: tin ceiling, solid doors with latch locks and original hardwood floors., spacious island kitchen, & enclosed multi-seasonal porch. Inviting foyer and master suite were added in early 2000 along with a great private patio. First floor bedroom along w/full bath. 2 additional bedrooms w/ a half bath on the second floor of the original home. Updated electrical, heating system, windows are younger w/ plenty of life left. **\$329,000**



DEB HACKETT
401-774-4891



RE/MAX
Town & Country



Open House Directory


(C) Condo (B) Business (P) Land	(X) Condo (U) Duplex (L) Mobile Home	(M) Multi-Family (S) Single Family (A) Apartment	(T) Townhouse (D) Adult Community (W) Waterfront	
ADDRESS	STYLE	TIME	PRICE	REALTOR/SELLER/PHONE
SATURDAY, OCTOBER 26				
DUDLEY 16 Francis Dr	S	10-Noon	\$419,900	ReMax Advantage 1 / Jo-Ann Szymczack 774-230-5044
5 Fairview Ave	S	12:30-2	\$249,900	Re/Max Professional Associates/ Patrick Sweeney 774-452-3578
WEBSTER 90-A Sutton Rd	S	11-12:30	\$289,900	Re/Max Professional Associates/ Patrick Sweeney 774-452-3578
SUNDAY, OCTOBER 27				
DUDLEY 5 Fairview Ave	S	11-12:30	\$249,900	Re/Max Professional Associates/ Patrick Sweeney 774-452-3578
WEBSTER 90-A Sutton Rd	S	12:30-2	\$289,900	Re/Max Professional Associates/ Patrick Sweeney 774-452-3578
SUNDAY, NOVEMBER 3				
DOUGLAS 417 NE Main St	S	1:30 -3	\$329,000	Re/Max Town & Country / Deb Hackett 401-774-4891

HERE & THERE




Local Events, Arts, and Entertainment Listings

SUNDAY, OCTOBER 27,



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




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

MONDAY, OCTOBER 28

MIDDLE AND UPPER SCHOOL PREVIEW NIGHT
6-7:30 pm. Join us for a casual and informative evening as we welcome parents and students curious about Wilbraham & Monson Academy. Admissions Office at Morrow House. 421 Main Street, Wilbraham, MA 01095. RSVP by October 21 at www.wma.us/previewnight or call 413-596-9107

FRIDAY SATURDAY & SUNDAY NOVEMBER 1, 2, 3



A Funny Thing Happened On The Way To The Forum. Show dates are November 1st and 2nd at 7:30 and November 3rd at 2PM Tickets are \$17.00 for adults and \$12.00 for seniors and 12 and under. Held at the North Brookfield Elementary School Auditorium 10 High School Drive, North Brookfield, MA 01535

WEDNESDAY, NOVEMBER 13

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

SUNDAY, SEPTEMBER 29

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


FRIDAY SATURDAY & SUNDAY NOVEMBER 1, 2, 3

A Funny Thing Happened On The Way To The Forum. Show dates are November 1st and 2nd at 7:30 and November 3rd at 2PM Tickets are \$17.00 for adults and \$12.00 for seniors and 12 and under. Held at the North Brookfield Elementary School Auditorium 10 High School Drive, North Brookfield, MA 01535

SUNDAY, NOVEMBER 15

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


SATURDAY NOVEMBER 16



HOLY ROSARY CHRISTMAS BAZAAR 10am-5:30pm. Along with our regular booths (baking, lottery, indoor flea market, thanksgiving basket etc...), this year we will be introducing a new money raffle drawing replacing the special gift raffle. St. Andrew Bobola Church 508-943-5633

SUNDAY NOVEMBER 17


HOLY ROSARY CHRISTMAS BAZAAR. 8:30am-12:30pm Along with our regular booths (baking, lottery, indoor flea market, thanksgiving basket etc...), this year we will be introducing a new money raffle drawing replacing the special gift raffle. St. Andrew Bobola Church 508-943-5633



SATURDAY, DECEMBER 7


Mary Queen of the Rosary Christmas Faire Vendors, Crafts, Raffles, Baked Goods, and so much more! In the Church Hall 9am-2:30pm. 7 Church Street, Spencer, MA. If you'd like info on being a vendor at this Christmas craft fair, please. Email susan.terkanian@gmail.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

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




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

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



HAPPY HALLOWEEN



LEGALS

**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. WO19C0543CA
CITATION ON PETITION TO
CHANGE NAME
In the matter of:
- - Weir**

A **Petition to Change Name of Adult** has been filed by - - **Weir of Blackstone MA**

requesting that the court enter a Decree changing their name to:

**Robert Michael Hiltz
IMPORTANT NOTICE**

Any person may appear for purposes of objecting to the petition by filing an appearance at: Worcester Probate and Family Court before 10:00 a.m. on the return day of 11/05/2019. This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.

WITNESS, Hon. Leilah A. Keamy, First Justice of this Court.
Date: October 10, 2019

Stephanie K. Fattman
Register of Probate

October 25, 2019

**(SEAL)
COMMONWEALTH
OF MASSACHUSETTS
LAND COURT
DEPARTMENT OF
THE TRIAL COURT
Docket 19 SM 004632
ORDER OF NOTICE**

TO:
William L. Impey; Kerrie A. Campopiano

and to all persons entitled to the benefit of the Servicemembers Civil Relief Act.; 50 U.S.C.c. 50 §3901 (et seq):

Deutsche Bank National Trust Company, as Trustee for Ameriquest Mortgage Securities Inc., Asset-Backed Pass-Through Certificates, Series 2005-R7,

claiming to have an interest in a Mortgage covering real property in **Northbridge**, numbered **86 Moon Hill Road**, given by **William L. Impey and Kerrie A. Campopiano** to **Ameriquest Mortgage Company**, dated **June 8, 2005**, and recorded in **Worcester County (Worcester District) Registry of Deeds in Book 36559, Page 215**, and now held by plaintiff by assignment, has/have filed with this court a complaint for determination of Defendant's/ Defendants' Servicemembers status.

If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at **Three Pemberton Square, Boston, MA 02108** on or before **November 18, 2019** or you may lose the opportunity to challenge the foreclosure on the ground of noncompliance with the Act. Witness, **GORDON H. PIPER** Chief Justice of this Court on October 4, 2019

Attest:
Deborah J. Patterson
Recorder
(19-001299 Orans)
October 25, 2019

**Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Division
Docket No. WO19P3369EA
Estate of:
Mary G. Kelley
Date Of Death: 08/18/2019
INFORMAL PROBATE
PUBLICATION NOTICE**

To all persons interested in the above captioned estate, by Petition of Petitioner **Steven T. Kelley of Merrimack, MA**

a Will has been admitted to informal probate.
Steven T. Kelley of Merrimack, MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties

are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.
October 25, 2019

**Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Division
Docket No. WO18P3121EA
Estate of:
Alan C. Shrayner
Date Of Death: 06/12/2019
INFORMAL PROBATE
PUBLICATION NOTICE**

To all persons interested in the above captioned estate, by Petition of Petitioner **Eric Shrayner of North Grafton, MA**

Eric Shrayner of North Grafton, MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.
October 25, 2019

NOTICE OF PUBLIC HEARING

In accordance with 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 14, 2019 at 7:05 P.M.** at the **Aldrich School Town Hall Annex, 14 Hill St., Whitinsville, MA** to consider the application Joshua Bresnan, 513 Main St., Apt. A, Fiskdale, MA 01518 for Special Permit pursuant to Article X Special Permit 173-47, Table of Use Regulations – in the Business-1 Zone Multi-family dwellings allowed with a Special Permit. The applicant would like to convert the second floor of the building into four residential apartments which is now zoned commercial space. The property is located at 99-105 Church Street, Whitinsville, MA 01588 and is shown on Assessor's Map 15A as Parcel 147 is located in a Business-1 zoning district and is owned by Michael Dutra.

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, Chairman
Northbridge Zoning Board of Appeals
October 25, 2019
November 1, 2019

**A.C. 92
COMMONWEALTH
OF MASSACHUSETTS
18E0138PP
WORCESTER, SS
PROBATE COURT**

To Frederico Carneiro, Lisa M. Carneiro both of Hopedale. John P. DaSilva of Milford all in the County of Worcester. and to all other persons interested. A petition has been presented to said Court by Susana DaSilva of Worcester in the County of Worcester representing that he hold as tenant in common undivided One Quarter part or share of certain land lying in Blackstone in said County Worcester and briefly described as follows:

The land with the buildings and improvements thereon in Blackstone, County of Worcester, Commonwealth of Massachusetts, and more particularly described as:

The Units known as Units 1, 2, 3 & 4 of the Meadowview Condominiums located on the westerly side of Elm Street in Blackstone, Worcester County, Massachusetts a condominium established pursuant to Massachusetts General Laws 183A and created by Master Deed Dated February 3, 1988, and recorded with the Worcester County Registry of Deeds Book 11115, Page 71 and described in Exhibit A as follows:

The land in Blackstone, Worcester County, Massachusetts, with the buildings thereon, bounded and described as follows:

Parcel 1 the land located between Blackstone Street and Elm Street in said Town as follows:
BEGINNING at a Worcester County Highway Bond on the westerly line of said Elm Street near the intersection of said Elm Street with Blackstone Street; THENCE S. 18° 27' E. by and with said Elm Street, 311.26 feet for a corner, said corner being distant 21,82 feet northerly From another Worcester County Highway Bound in the westerly line of Elm Street;

THENCE N. 72° 29' bounded southwesterly in part by land now or formerly of Joseph Plouffe and Anna Plouffe, 140.46 feet, and in part by land noe or formerly of Percy E. Anderson et ux, 126.94 feet, in all 267. 40 feet for a corner at the easterly line of said Blackstone Street;
THENCE N. 25° 32' by the easterly side of Blackstone Street, 136.20 feet; Thence N. 32° 12' E, still by the easterly line of Blackstone Street, 114.89 feet to a Worcester County Highway Bound; THENCE curving northeasterly and thence southeasterly by and with said lines of Blackstone Street and Elm Street as laid out by the County of Worcester 44.51 feet to the Worcester County Highway Bound at the point of beginning.

PARCEL 2 The land at the Westerly side of Elm Street, adjacent to Parcel 1 herein before described, bounded as follows:

Beginning on the westerly line of said Elm Street at a point 21.82 feet northerly from Worcester County Highway Bound on the westerly side of said Elm Street;
THENCE N. 72° 29' W. Bounded North-easterly by the parcel herein before described 140.46 feet for a corner at land Now or formerly of a Percy B. Anderson et ux;
THENCE S. 8° 11' W. bounded by said Anderson land 94 feet;
THENCE S. 16° 14' W. still by said Anderson land now or formerly 134.93 feet for corner at a stonewall;
THENCE S. 79° 15' E. along said stone wall, 55.40 feet;
THENCE N. 88° 24' along said stonewall 198.15 feet for a corner at the westerly line of said Elm Street this last Described line being bounded in part by land now or formerly of Roland Masse et ux;
THENCE N. 18° 27' W. by and with said westerly line of Elm Street, 177.99 feet to a Worcester County Highway Bound; THENCE still N. 18° 27' W. by and with Elm Street 21,82 feet to the point of beginning.

Being the same premises conveyed t Ronald M Bonolio, Mary A. Bonolio, James C. Todaro and Barbara A. Todaro By deed of Claude Cimini, Eleanor C. Cimini, Jay W. Tainter and Linda M. Tainter, dated December 20, 1987, recorded with Worcester CDeeds in book 11052, Page 166. Also see plan recorded in Plan Book 592, Plan 104. Being the same premises conveyed to Lisa Carniero, Frederico D. Carneiro, John P. DaSilva and Susana M DaSilva by Guy J Tringali, Sr. by all four unit deeds from Meadowview Condominiums dated December 14, 2005, and recorded at the Worcester District Registry of Deeds in Book 38015 Pages 63, 65, 67 and 69.

setting forth that he desires that - all - the aforesaid described part - of said land may be sold at private sale for not less than Five Hundred Thousand dollars, and Praying that partition may be made of all the land aforesaid according to law, and to that end that a commissioner be appointed to make such partition and be ordered to make sale and conveyance of all, or any part of said land which the Court finds cannot be advantageously divided either at private sale or public auction, and be

ordered to distribute the net proceeds thereof.

If you desire to object thereto you or your attorney should file a written appearance in said Court at Worcester before ten o'clock in the forenoon on the Twenty-Second day of November 2019, the return day of this citation. Witness, Leilah A. Keamy, Esquire, First Judge of said Court, this tenth day of October 2019.

Stephanie K. Fattman
Register of Probate

October 25, 2019

**Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Worcester Division
Docket No. WO19P3368EA
Estate of:
Theresa P. MacDougall
Also known as:
Theresa Phyllis MacDougall
Date Of Death: 06/18/2019
INFORMAL PROBATE
PUBLICATION NOTICE**

To all persons interested in the above captioned estate, by Petition of Petitioner **Ronald J MacDougall of Uxbridge, MA**

a Will has been admitted to informal probate.

Ronald J MacDougall of Uxbridge, MA

has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.
October 25, 2019

**A.C. 92
COMMONWEALTH
OF MASSACHUSETTS
WORCESTER, SS
PROBATE COURT**

To David Latourelle of Uxbridge and to all other persons interested.

A petition has been presented to said Court by Denise Petrillo Trustee of the Pavo Family Trust of Uxbridge in the County of Worcester representing that she holds as tenant in common undivided Half part or share of Land lying in Uxbridge in said County Worcester and briefly described as follows:

471 Hazel Street., Uxbridge, MA. setting forth that she desires that - all - the aforesaid described part - of said land may be sold at private sale for not less than \$222,000.00 dollars, and praying that partition may be made of all the land aforesaid according to law, and to that end that a commissioner be appointed to make such partition and be ordered to make sale and conveyance of all, or any part of said land which the Court finds cannot be advantageously divided either at private sale or public auction, and be ordered to distribute the net proceeds thereof.

If you desire to object thereto you or your attorney should file a written appearance in said Court at Worcester before ten o'clock in the forenoon on the 19th day of November 2019, the return day of this citation.

Witness, Leilah A. Keamy, Esquire, First Judge of said Court, this 21st day of October 2019.

Stephanie K. Fattman
Register of Probate

October 25, 2019
November 1 2019
November 8, 2019



FIELD TRIP VISITORS CAN LOOK AT PAINTINGS, SCULPTURES AND MUCH MORE AT THIS PLACE.

ANSWER: ART MUSEUM

What’s the Difference?

There are four things different between Picture A and Picture B. Can you find them all?



Answers: 1. Wheel is all black 2. Boy's neck strap is missing 3. More flowers are in the field 4. The barn has 3 windows

THIS DAY IN...



HISTORY

- 1415: THE BATTLE OF AGINCOURT TAKES PLACE DURING THE HUNDRED YEARS' WAR.
- 1940: BENJAMIN O. DAVIS SR. BECOMES THE FIRST AFRICAN AMERICAN GENERAL IN THE UNITED STATES ARMY.
- 1983: THE UNITED STATES INVADES THE CARIBBEAN NATION OF GRENADA.



FIELD TRIP

a trip made by students to study something firsthand

How they SAY that in...

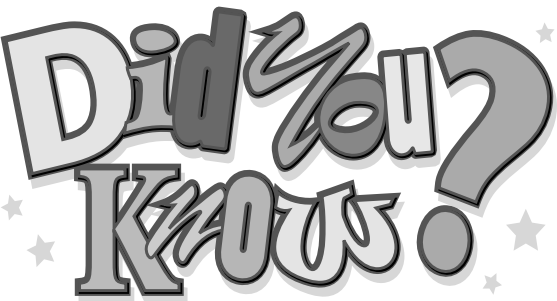
ENGLISH: Travel

SPANISH: Viajar

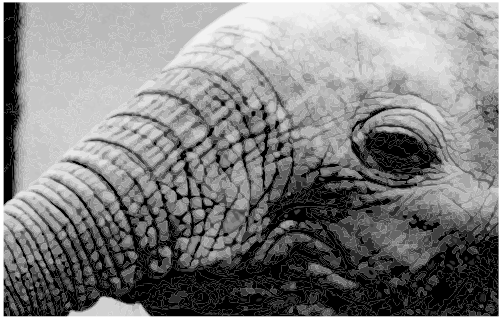
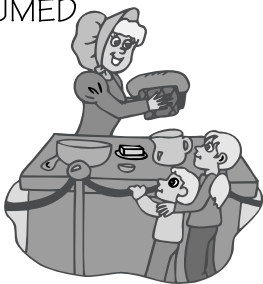
ITALIAN: Viaggiare

FRENCH: Voyager

GERMAN: Reisen



AT LIVING HISTORY MUSEUMS, VISITORS SEE COSTUMED PEOPLE WHO SHOW WHAT LIFE WAS LIKE DURING CERTAIN PERIODS OF TIME.



Can you guess what the bigger picture is?

ANSWER: BABY ELEPHANT

ABCDEFGHIJKLMNOPQRSTUVWXYZ

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to fruit.
Each number corresponds to a letter.
(Hint: 21 = e)

A. 1 7 21 21 23

Clue: Taste like sugar

B. 1 21 21 19 1

Clue: Develop into a plant

C. 17 8 13 19 12 24 21

Clue: Grown foods

D. 17 9 24 25

Clue: Choose

Answers: A. sweet B. seeds C. produce D. pick

SUDOKU

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

Level: Advanced

Here’s How It Works:

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

6	2	9	7	5	4	1	8	3
4	1	3	2	8	6	5	9	7
8	5	7	6	3	1	4	2	9
9	8	7	5	2	4	3	6	1
5	3	6	4	9	1	2	7	8
2	1	6	3	7	8	4	5	9
4	6	1	8	3	7	9	2	5
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Eligible candidates please submit their proposal to the District no later than November 4th, 2019. Proposals can be submitted to the District via email at info@cvrwd.com or via direct mail at PO Box 138, Rochdale, MA 01542

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Date: Sunday October 27 Location: Webster Memorial Beach Time: 3:00 till 5:00 pm Cost: Free Admission

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EXERCISE

How to lose weight after a thyroid condition diagnosis

People diagnosed with an underactive thyroid condition may have to make several changes to their lifestyles to feel well and maintain a healthy weight.

The thyroid is a tiny gland located in the neck that produces a hormone to regulate one's metabolism, or the process that converts what a person eats and drinks into energy. With hypothyroidism, also known as an underactive thyroid, production of that thyroid hormone is insignificant, resulting in a dramatically slower metabolism.

The endocrinology health site Endocrine Web estimates approximately 10 million Americans have hypothyroidism. The reasons the thyroid gland falters vary. But the symptoms may include fatigue, weakness, weight gain or increased difficulty losing weight, hair loss, muscle aches, depression, and irritability.

Each of the side effects associated with thyroid conditions can be troublesome, but many people with thyroid issues struggle most with weight gain and their inability to keep weight off. The president of the American Association of Clinical Endocrinologists, R. Mack Harrell, MD, says to first visit a doctor, who can determine if a synthetic thyroid hormone medication can help. Regular exercise also



Low-impact cardiovascular exercise mixed with intervals of strength training can be the right formula for losing weight with a sluggish metabolism.

can be an important part of the strategy to lose weight and manage other hypothyroidism symptoms.

Christian Nasr, MD, an endocrinologist with the Cleveland Clinic, advises his patients to

wait a few weeks before exercising so that their condition is controlled with medication. After that waiting period is over, gradually easing back into exercise can help with the fatigue and weight gain that

may not abate with thyroid medications.

The online health resource Everyday Health advises a program of low-impact aerobic exercises and strength training. The aerobics will raise the

heart rate without putting too much pressure on the joints. These exercises include using a stationary bicycle or a low-impact elliptical machine. Pilates and gentle yoga can improve core muscles and help alleviate joint pain as well.

Incorporating strength training into a workout can help build muscle mass, which burns calories, even when a person is at rest. That can be essential for a person finding it difficult to control his or her weight due to a sluggish metabolism.

Additional benefits of exercising are improved mood and reduced inflammation. Exercising can release endorphins into the body to help fight off depression. Also, researchers from the University of California-San Diego School of Medicine found a single 20-minute session of exercise was enough to trigger something called sympathoadrenergic activation, which suppresses the production of monocytic cytokines in the body that produce an inflammatory response in the immune system. That means exercise can keep inflammation in check.

Hypothyroidism is a common condition that produces various unwanted side effects. However, with proper care and exercise, many symptoms can be managed effectively.

Simple ways to lower your risk for type 2 diabetes

A healthy lifestyle can help people live life to the fullest. There are many components to a healthy lifestyle, and few may be as influential as prevention.

Preventive measures to reduce one's risk for various diseases can have a long-lasting effect, helping people maintain their independence well into their golden years. In addition, a proactive approach that focuses on disease prevention can improve the chances men and women will get to spend their retirement years doing whatever they please.

One disease that can be especially limiting is type 2 diabetes. According to the National Institute on Diabetes and Digestive Kidney Diseases, diabetes occurs when blood glucose levels are too high. Blood glucose, sometimes referred to as "blood sugar," comes from the foods a person eats and is the main source of energy for his or her body. Insulin helps glucose from food get into the body's cells so they can use it for energy. However, in certain instances, such as when a person has type 2 diabetes, the body does not make enough — or any — insulin. When that occurs, glucose stays in the blood, never reaching the cells it's supposed to help. The NIDDK notes that, over time, excessive levels of glucose in the blood can

cause a host of health problems.

Type 2 diabetes, the most common form of the disease, occurs when the body does not make or use insulin well. While it might seem as though people are helpless to stop this from occurring, the NIDDK notes that type 2 diabetes can be delayed or even prevented. In fact, the NIDDK cites three key ways that people can lower their risk for type 2 diabetes.

- Lose weight and keep extra pounds off. People should speak with their physicians about their body weights to determine if they're currently overweight or obese or maintaining healthy weights. If the doctor suggests losing weight, doing so can help prevent or delay diabetes. Each individual is different, but the NIDDK notes that losing between 5 and 7 percent of your starting weight may help delay or prevent diabetes.
- Become more physically active. The NIDDK lists a sedentary lifestyle among the many factors that can increase a person's risk for type 2 diabetes. By embracing physical activity, getting at least 30 minutes of exercise five days per week, people can delay or prevent diabetes. People who have been physically inactive for a long period of time should ask their physicians to recom-



mend appropriate activities that can help their bodies adjust to being physically active.

- Eat less and eat healthy. A diet that's high in vitamins and nutrients can help people delay or prevent type 2 diabetes. Small portions can help people control

their caloric intake, reducing the likelihood that they will become overweight or obese.

Prevention is a great way for people to reduce their risk for type 2 diabetes, a potentially debilitating yet often preventable disease.

Why personal training?



Each year on January 1, many people resolve to lose weight and get healthy. According to the Centers for Disease Control

and Prevention, almost 70 percent of Americans over the age of 20 are overweight, including 35 percent who are considered

obese.

After the holiday season, when social schedules ramp up and diets might be ignored, it's

no surprise that many people are ready to start new fitness regimens.

While it's easy to push oneself into the toughest and most intense workouts in order to super-charge weight loss or fitness gains, this could be a mistake that raises the average person's risk of injury. Instead, people should work with a personal trainer who can guide their workouts.

Personal trainers are fitness professionals who are trained to teach others how to exercise. These people are educated in correct posture and technique so that they can instruct how to do exercises correctly and efficiently. Furthermore, personal trainers can help people reach their fitness goals with an understanding of how to exercise safely with various chronic conditions or injuries.

There are many other reasons to work with a personal trainer.

- Motivation: Personal trainers can offer encouragement to get a person started and continue with a workout rou-

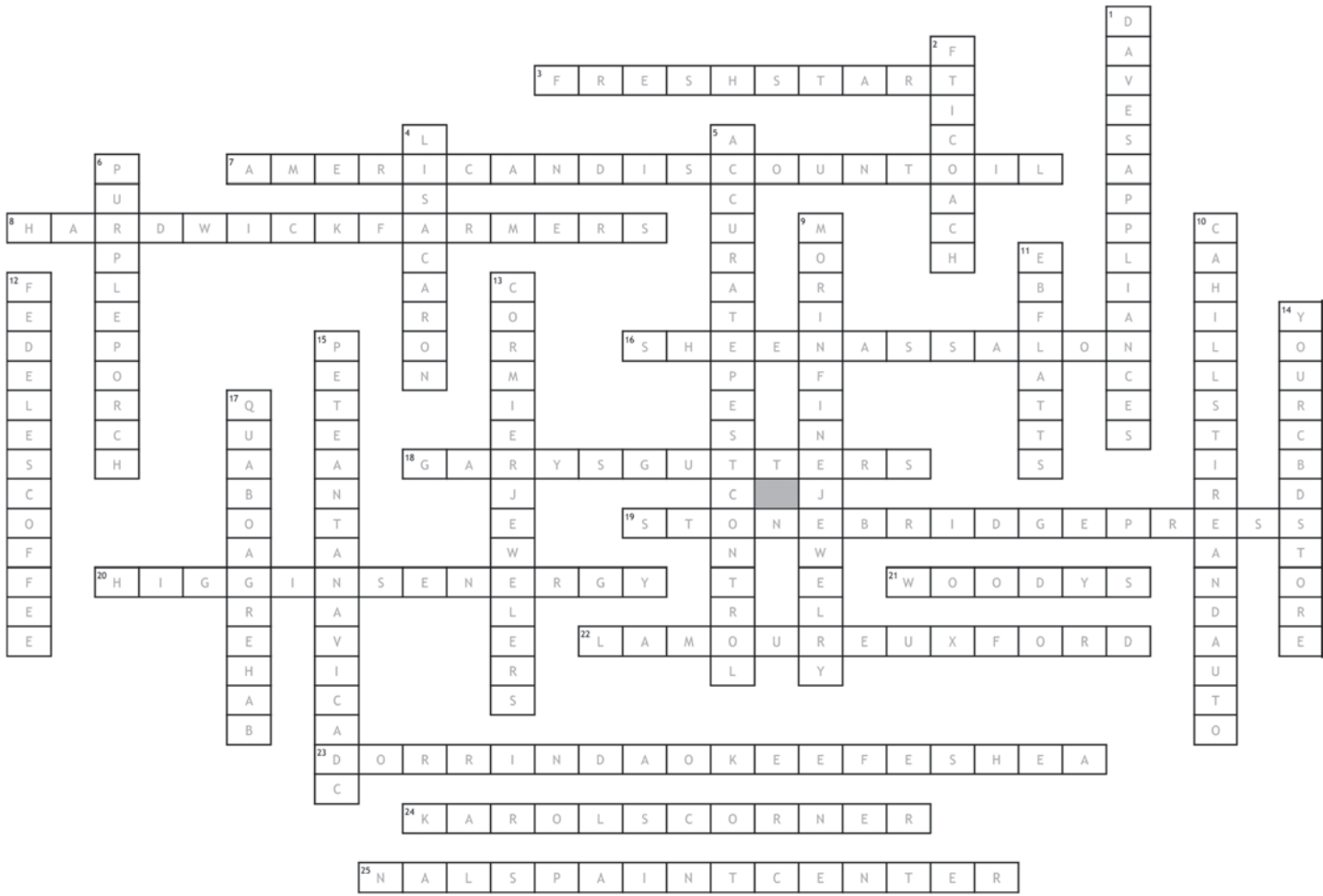
tine. Furthermore, knowing someone is there to hold them accountable can ensure the client is consistent in showing up to do the work necessary.

- Define fitness goals: Personal trainers can help people focus on goals that are specific and realistic to achieve measurable success.
- Showcase proper form: Understanding how to do exercises properly reduces the risk of injury and increases the efficacy of workouts.
- Offer variety: Sometimes workouts can become boring, and people become complacent. Personal trainers may alter routines to keep clients interested.
- Make time work: Experienced personal trainers will know how to maximize the time clients have. This can be advantageous for people who have limited time to exercise.

Personal trainers can help fitness fans achieve maximum results, exercise properly and form good habits.

2nd Annual ABC's of the Seasons

~ 10/4 FALL EDITION ANSWERS ~



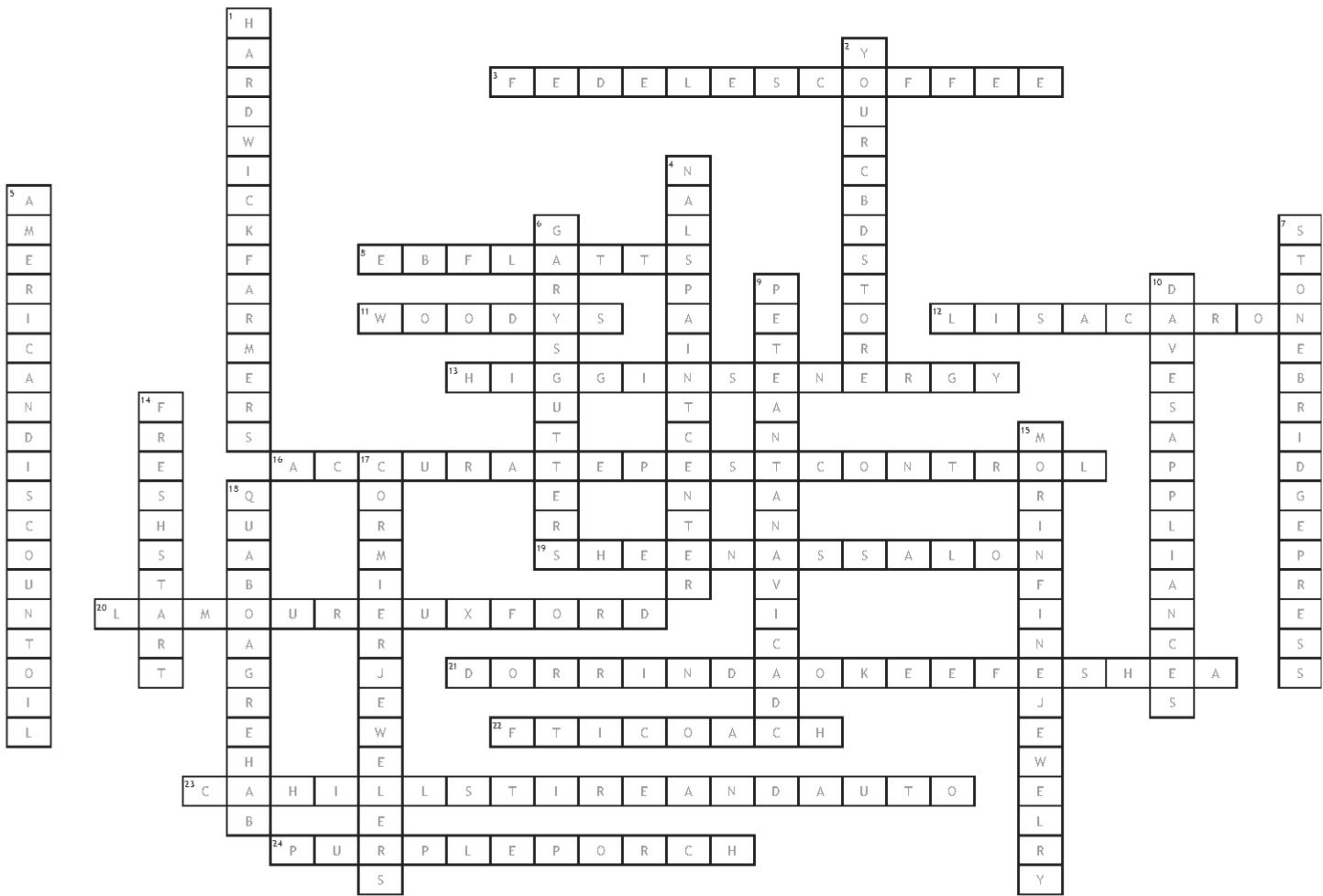
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8. Fresh Local Eggs, Cheese, Maple Syrup/Products
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18. ...lowest price guaranteed!
19. For All Your Advertising Needs
20. Never Be Cold Again!
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23. Thinking of buying or selling? Call me!
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11. Now in its 14th year!
12. 10% off Senior Citizen Day
13. Repairs or Custom Designs
14. 25% off your entire purchase
15. Free First Exam and Treatment for New Patients
17. Come Work for Us!

~ 9/27 FALL EDITION ANSWERS ~



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13. Never Be Cold Again!
16. One time treatments starting at \$125
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We hope you enjoyed our 2nd Annual ABC's of the Season crossword puzzle. The randomly chosen winner of all the correct entries for a \$25 gift card is A. Avezzie of Oxford, MA.

Please continue to support these and all of your local businesses. Our next ABC's of the Seasons will be our Winter Edition, coming out on January 31st. **Attention Businesses...** we do have the U and the X available to run Winter, Spring, & Summer. If you'd like to place your ad under one of these letters for the next three seasons, or would like more information, please contact your sales rep, or email jsima@stonebridgepress.news. Thank you to all the ABC businesses and to those who completed our puzzle!

June

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Patty
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