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Friday, November 3, 2017

# School officials stress internet security

BY JASON BLEAU  
 VILLAGER CORRESPONDENT

STURBRIDGE – Changes in technology can be intimidating, especially as more and more public and private information are stored on digital servers in businesses, schools, and town halls.

Over the past few years school in the Tantasqua Regional High School district have adopted using Google's technology for many of their internet and digital storage capabilities and as with any change there has also been some questions to make sure security is of the utmost importance. During a recent School Committee meeting member William Gillmeister sought information on this new technological approach to make sure security of information is being heavily considered.

"We've now got the Google platform going and I just read the technology initiatives in the Google classroom and

data security comes to mind," Gillmeister said.

His inquiry sparked a short conversation about the new Google-based system about which Superintendent Dr. Erin Nosek said nothing concerning security has had to change and the school's information is as safe as it has ever been.

"We have all of our same controls and mechanisms for security that we've always had in place whether they are in Google or (on other software)," Nosek said. "It is something that we think about. We are very cognizant about that."

Tantasqua uses multiple different vendors to handle internet security, with specific emphasis on a firewall to prevent unwanted access to personal information and files. The associate superintendent of business and finance Deborah Boyd said their investment in internet security actually keeps growing to

make sure that information stays secure and in the proper hands.

"The networking line in the central office budget keeps getting bigger because we keep putting in the firewall, the Cloud, and the actual cost of the internet itself, but our tech director is really obsessive over security," Boyd said. "He's been coming along slowly as far as even letting things like YouTube be used in classrooms."

Gillmeister also brought up a concern about public access wifi after reading a Wall Street Journal article about those networks being vulnerable. Boyd explained Tantasqua does have a public wifi network, but it is separate from their more secured network which is locked and contains a firewall. Boyd even noted that many who visit the school complain about the poor wifi

Please Read **SCHOOL**, page A7



Gus Steeves photo

Leslie Nyman, left, and Jackie Wolf present an overview of "Improved Medicare for All" at Sturbridge Town Hall on Oct. 18.

# Expanding Medicare to cover everyone

BY GUS STEEVES  
 STAFF WRITER

STURBRIDGE – Everyone considers good health care a necessity. The question is how to make sure it happens.

In many advanced nations, the people have given that duty to their governments, who run localized variants of what's known as "single payer."

Recently, several area residents heard about one form of that tailored for Massachusetts: Improved Medicare for All, which Jackie Wolf of the League of Women Voters described as "publicly-funded, privately-delivered healthcare" in which a single state fund pays for all preventive and medically necessary care (including dental and mental health) for everyone, who can choose their own doctors.

People would pay one premium payment annually, the same way we pay taxes; she said the plan calls for 7.5 percent to come from employers

and 2.5 percent from the workers. Additionally, there'd be a 10 percent tax on unearned income (capital gains); in both cases, the first \$30,000 is exempt, as are Social Security, retirement, pension and unemployment benefits, Wolf explained.

She and colleague Leslie Nyman, a retired pediatric nurse, presented several Power Point graphs to support their case, arguing that most of the OECD nations "have some form of single payer. Single payer adapts to the country that's providing the services." Compared to many of them, the US health system is failing: our average life expectancy is 78.8, versus most of Europe in the 80s; maternal mortality is far higher (15.9 per 100,000 births) than similarly rich Australia (1.9) or Britain (6.7); first-year infant mortality is 6.0 per 1000 births, versus Sweden's 2.2 and Canada's 4.8. Furthermore,

Please Read **MEDICARE**, page A7

## PARTY CAR



Kevin Flanders photo

The Brimfield Police got into the mood with their entry into the Trunk or Treat last weekend. More photos page 9.

# Festival planning underway

Representatives from The Cancer Center at Harrington were recently presented with a \$14,000 check from the 2016 Festival of (Giving) Trees.

The Festival is an annual event in Southbridge which features more than 100 uniquely decorated trees on display. Raffle tickets are sold and participants can enter to win one or more of the beautifully-decorated trees.

"We are so pleased to be given this money, which will help our patients and their families as they receive

weekly and often daily cancer treatments," said Pam Zouranjian Connor, administrator for the Cancer Center. "The Festival of (Giving) Trees is such a wonderful event for our community and we are grateful for their generosity."

Each year, many decorated trees are donated by local businesses, but anyone in the community is welcome to donate. Many trees are entered to honor a loved one who is currently battling cancer or has passed from the disease. Harrington

Please Read **FESTIVAL**, page A7



Courtesy photo

The committee is planning the next edition of FOGT

# Local advocate wins national recognition

STURBRIDGE — Charlie Cook of Sturbridge was recently invited to speak at the Second Amendment Foundation's annual Gun Rights Policy Conference in Dallas and received an award for his gun rights advocacy.

Each fall the Second Amendment Foundation hosts the Gun Rights Policy confer-

ence for national gun rights leaders and grassroots activists to gather, discuss and plan pro-gun rights strategies. This year more than 80 speakers and 700 people assembled to discuss critical issues such as legislative issues, industry concerns, guns rights and the media, suicide prevention, national reciprocity, concealed

carry, and more.

Cook, a local firearm safety instructor, was honored to speak about using new media to promote gun rights.

"Even with your cell phone," Cook said, "you can make videos to put on social media and on avenues like YouTube. With a little bit of experience, it gets easy to do."

In addition to his speaking role, Cook was honored with the Defender of Liberty award. The award is bestowed on only a handful of people each year who make a significant contribution to advancing gun rights. Allan Gottlieb, the founder of the SAF, presented Cook with the Defender of Liberty award for his innovative online strat-

egies for advocating gun rights.

In addition to being a firearm safety instructor for more than a decade, Cook has cultivated a groundswell of interest in gun rights with a series of online videos. Cook is known world-wide for his entertaining GunGram videos on YouTube.

GunGrams are videos in

Please Read **ADVOCATE**, page A6

## STURBRIDGE

### SNIPPETS

**BEST!**  
The town of Sturbridge was recently recognized as one of the seven best day trips from Boston by Trips to Discover, a digital travel magazine. Highlighting businesses in town like Old Sturbridge Village and Sturbridge Pottery, the town

is recognized for its historic and unique nature. Sturbridge is joined on the list by Cape Cod, Salem, Kennebunkport, Rockport, Plymouth and Newport. Sturbridge is honored to be on this list and we look forward to continuing to show why Sturbridge is one of the best places to shop, eat, stay and play.

#### HELP THE SCOUTS

Help your local Boy Scout Troop earn their way to some of the wonderful team building and leadership activities available to them each year. Sturbridge Troop 161 will be at Yankee Spirits on Saturday, Nov. 4 at 9:00 a.m., collecting bottles and cans for return deposits. Thanks for your support. Hope to see you there!

#### TED TROT

5th annual Trot with Ted. 5K/10K Run & Walk. Don't miss this fantastic morning of fitness, fun, and fundraising! Trot with Ted. benefits the Tantasqua Education Foundation. Sunday, Nov. 26 \$25 per person. (\$25 if pre-reg/post-marked by 11/12/17 • \$30 Day of the race) Free T-shirt if registered by 11/12. Special Guests! Team Hoyt New England Enter a Team Hoyt New England sponsored bike raffle! Winning ticket drawn after the race. Tickets are \$2 each or 3 for \$5. All proceeds benefit Team Hoyt New England, a nonprofit organization that purchase chairs and assists the disabled to run in local race

events. TeamHoytNewEngland.com. All proceeds from Trot with Ted. go to the Tantasqua Education Foundation. Visit TedFound.org for more info.

#### GETTING THROUGH THE HOLIDAYS

The Bereavement Center at The Overlook in Charlton. Saturday, Nov. 4, 1-4:30 pm. The first holidays after the death of a family member are always dreaded and difficult. We can't take that pain away but we can share some strategies to help you cope. Please join us by calling Susan Fuller at (508) 434-2200.

#### SENIOR CENTER MEAL

The Brimfield Senior Center is once again celebrating Thanksgiving with a down-home holiday feast on Nov. 17 at 11 a.m. Come join us in "Giving Thanks" for the bounty from the land, the warmth of the friendship and camaraderie we share with each other, and each and every blessing that has touched our lives. Your feast will include: oven roasted herbed turkey, homemade gravy, seasoned bread stuffing with apples, onions & celery, golden butter-nut squash, green beans almandine, seasoned turnip, creamy mashed potatoes, warm buttered rolls, and cranberry sauce. For dessert there will be homemade pumpkin pie and apple pie ala mode. The Senior Center is located in the 1st Congregational Church, 20 Main St., Brimfield. Seating is limited for this

event. Please call (413) 245-7253 for reservations prior to Nov. 14. There is no suggested donation for this dinner.

#### SANTA PANCAKE BREAKFAST

Santa Claus Pancake Breakfast at Bay Path High School, 57 Old Muggett Hill Road, Charlton, Saturday, Dec. 2, 7:30-10:30 a.m. Tickets \$5, children under 5 free. Free 5x7 family picture with Santa Claus professionally taken by Casson-Foster Photographers. You will receive an e-mail approximately one week after the event, notifying you that your photo is ready to be picked up in the main office at Bay Path. Raffle available.

#### FASHION & FUN

A night of fashion and LueLaRoe! The Sturbridge Nursery School is hosting the area's first LueLaRoe fashion show at the Publick House. Join us on Thursday Nov. 9 at 6 p.m. where three local vendors will be setting up their boutiques for your shopping pleasure. There will be a live fashion show displaying many of the items for sale. Tickets will be \$3 per person, sold at the door, and a cash bar will be on site. This event is for all ages as the vendors will have both adult and children sizing available. Proceeds will benefit the Sturbridge Nursery School. We hope to see you there! For more information please see the event listing on Facebook, LueLaRoe Shopping Night and Fashion Show or email brianne.bradley1@gmail.com



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Usually a defining factor is budget. Customers must consider what they can comfortably afford. Buying a used car or truck saves customers thousands of dollars as compared to a new vehicle. Sometimes when buying a used car payments can still be a problem for a customer's budget. Many banks will shorten available terms or require more money down and this can strain anyone's budget. We work with several lenders and offer certified used vehicles so in most cases we are able to help customers achieve their required budget. While new vehicles are more expensive than used, new vehicles generally have rebates or special finance rates to make them more affordable. We have seen cases where the monthly payment for a new car is very close to that of a used car. With the availability of leasing programs a new car payment could even be less than that of a used car.

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**VILLAGER STAFF DIRECTORY**

**EDITOR**  
RUTH DEAMICIS  
(508) 909-4130  
[ruth@stonebridgepress.news](mailto:ruth@stonebridgepress.news)

**SPORTS EDITOR**  
NICK ETHER  
(508) 909-4133  
[sports@stonebridgepress.com](mailto:sports@stonebridgepress.com)

**ADVERTISING MANAGER**  
JEAN ASHTON  
(508) 909-4104  
[jean@stonebridgepress.news](mailto:jean@stonebridgepress.news)

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**PRESIDENT & PUBLISHER**  
FRANK G. CHILINSKI  
(508) 909-4101  
[frank@stonebridgepress.news](mailto:frank@stonebridgepress.news)

**CHIEF FINANCIAL OFFICER**  
RON TREMBLAY  
(508) 909-4102  
[rtremblay@stonebridgepress.news](mailto:rtremblay@stonebridgepress.news)

**OPERATIONS DIRECTOR**  
JIM DINICOLA  
(508) 764-4325

**EDITOR**  
RUTH DEAMICIS  
(508) 909-4130  
[ruth@stonebridgepress.news](mailto:ruth@stonebridgepress.news)

**ADVERTISING MANAGER**  
JEAN ASHTON  
(508) 909-4104  
[jean@stonebridgepress.news](mailto:jean@stonebridgepress.news)

**PRODUCTION MANAGER**  
JULIE CLARKE  
(508) 909-4105  
[production@stonebridgepress.news](mailto:production@stonebridgepress.news)

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# Employees honored as Food Ambassadors



Emily Ferguson



Anastacia Zittel

NORTH KINGSTOWN, RI — Two local residents who are employees of Ocean State Job Lot have been named as 2017 “Three Square Meals” Food Ambassadors by the Ocean State Job Lot Charitable Foundation. Emily Ferguson of Sturbridge who works at the Sturbridge store, and Anastacia Zittel of Southbridge who works at the Southbridge store were selected for this year’s recognition based on an enthusiasm that exudes the spirit and nature of the “Three Square Meals” family meal assistance charita-

ble program and its community mindedness.

“For the past 14 years, Ocean State Job Lot’s Three Square Meals program has been helping to keep food banks stocked with truckloads of donations of nutritious, shelf-stable food,” states David Sarlitto, executive director of the Ocean State Job Lot Charitable Foundation. “Many of our associates play an important role in the success of this program, and our Food Ambassador program allows us to acknowledge and recognize their personal contribu-

tions and actions that inspire others.”

Regional, district and store managers across New England, New York, and New Jersey nominated one associate from each of the 127 Ocean State Job Lot stores and one employee who works at corporate headquarters who went above and beyond in helping to increase in-store donations, volunteering, or supporting their local food bank or food pantry in some way.

As part of the 2017 “Three Square Meals” truck convoy event held recently at Ocean State Job Lot’s headquarters in Rhode Island, each Food Ambassador was recognized with their name, photo and store location on a series of posters which now hang in the headquarters’ lobby. Each received a personalized letter of congratulations and gift card from Ocean State Job Lot President and Co-Founder Alan Perlman, who established the “Three Square Meals” program years ago.

Now in the 40th year of its founding in 1977, Ocean State Job Lot is a growing, privately held retail chain with 127 stores in New England,

New York, and New Jersey, approximately 5,000 employees, and annual sales approaching \$700 million. Job Lot sells brand name, first quality merchandise at closeout prices. Shoppers find an ever-changing array of household goods, apparel, pet supplies, seasonal products (holiday, gardening, patio, pool and beach supply), and kitchen pantry staples at a fraction of their typical price. The company was named by Forbes Magazine as a “Top Midsize Employer” in the country. The Ocean State Job Lot Charitable Foundation has a long history of philanthropic leadership, placing emphasis on local food banks in communities where Job Lot operates stores. The Foundation also supports medical and literacy initiatives, disaster relief efforts, the performing arts, military service men and women, and special needs and foster children. Ocean State Job Lot is headquartered at 375 Commerce Park Road in the Quonset Point Business Park, North Kingstown, RI 02852. Phone: (401) 295-2672; Web: <http://www.oceanstatejoblot.com>

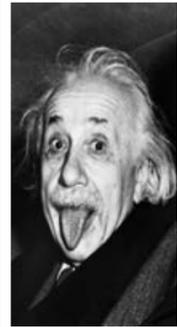


## ACCURACY WATCH

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

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

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



## Challenge your Memory

After reading your newspaper, put it aside for moment, then challenge yourself or a friend, to remember as many ads as you can.

- Less than 5: Keep trying
- 7-10: Getting Better
- 11-15: Excellent
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Josalin Beaulieu

## IN THE SERVICE

Josalin Jeannette Beaulieu, age 18, of Wales, graduated from the United States Navy boot camp at the Navy’s only Recruit Training Command located in Great Lakes, Illinois on September 29, 2017.

Beaulieu, Division 309, commendably completed eight weeks of intensive basic training at Great Lakes, Illinois as one of 733 recruits in Training Divisions 303-310 and 947.

While in basic training, Beaulieu, learned many valuable skills to become a sailor, in addition, she served as Recruit Medical Yeoman for her division throughout boot camp. She remained at Great Lakes upon graduation to continue her training as PACT Fireman.

Beaulieu is a 2017 graduate of Tantasqua Vocational High School of which she successfully completed the four-year vocational carpentry program. Alongside her academics, her after-school interests were focused on show choir rehearsals, performances and competitions and in addition performed in her schools musical productions.



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## Holiday Craft & Gift Fair

to benefit the Charlton Public Library

Saturday, December 2, 2017

9:30am-4:00pm

Charlton Public Library  
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\$2.00 Donation, \$1.00 OFF with ad. Children 18 & under Free



Courtesy photo

Members of Sturbridge Rotary welcome Bill Michaelis into the club.

## ROTARY INDUCTS NEW MEMBER

The Sturbridge Rotary Club is pleased to announce that Basil “Bill” Michaelis has been inducted into the Club membership. Bill resides in Sturbridge and is the retired president of California Fruit Company. Bill is well known in the greater community and brings years of management experience to the organization which will be put to good use in the club’s activities.

The Sturbridge Rotary Club meets on Mondays at 6 p.m. at the Publick House Historic Inn near the Sturbridge Common. For additional information on the Club, visit [www.sturbridgerotary.org](http://www.sturbridgerotary.org) or check out the Club’s Facebook page and “Like” us at [www.facebook.com/sturbridgerotary](http://www.facebook.com/sturbridgerotary).



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Candidates must be able to work nights and weekends when needed. Residence in Sturbridge is preferred, but not required.

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So what are waiting for? Send your résumé to Editor Ruth DeAmicis at [ruth@stonebridgepress.news](mailto:ruth@stonebridgepress.news), or mail to Stonebridge Press, ATTN: Editor, P.O. Box 90, Southbridge, MA 01550



## NOTICE:

Robert J. Giordano M.D., pediatrician, will be retiring on December 31, 2017. Harrington Physician Services Pediatrics Department (Drs. Diana Rabkina and Cynthia Wilson-Grillo) will be happy to continue the care of his patients within their practice.

Their location is:  
100 South St., Suite #102  
Southbridge, MA  
Ph: 508-765-7860

Please be advised Harrington HealthCare will be taking custodial charge of all medical records. Should you need a copy after December 31, 2017, contact the office.

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Dr. Becky McLaughlin

### New Patients Welcomed!

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would like to welcome  
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# Should I rush to get my home on the market before the holidays?

Traditionally we will see a slow down in the market starting just before Thanksgiving and then picking up after the new year. So the answer to the question could be yes or no. I always suggest looking at the inventory of similar homes because if there are no similar homes in your area then you may want your home to go on the market because someone relocating from another area is going to relocate regardless of what holidays come up. If your home is not on the market then you may miss out on a great opportunity. The other thing to consider is that during this time-

frame you will most likely only have serious buyers because only serious buyer want to trek through snow and cold weather to look at homes. At the same time, if you are looking to buy a home as well then you may have less homes to view as many people take their home off the market in the fall and winter.

I always suggest not to rush to get your home on the market as it may not show as well as it could and thus caus-



REALTOR'S  
REPORT

JAMES  
BLACK

ing you to take a lower price for the home. If you decided today to move I would suggest making any necessary repairs, stage the home for pictures and then reevaluate the market when the home is ready to market to decide if it is the right time and this way you can win the beauty competition because that is what you are entering when your home

goes up for sale. I was looking at an article last year posted on Realtor.com that said staged homes sell 88% faster and for 20% more money than homes that were not staged for the sale. This tells me staging is important to the sale of your home.

So there is really no cut and dry answer to this question. If you meet with a Seasoned Realtor that is familiar with your market and your situation they should be able to guide in what is the best decision for you and your home.

## Rotary collaborating to provide Thanksgiving baskets

One of Sturbridge Rotary's initiatives is to help eliminate hunger. For that reason, the Sturbridge Rotary Club decided in 2008 to provide Thanksgiving Food Baskets to the needy through the Catholic Charities Food Share Program of Southbridge.

By 2015, the number of families requesting a turkey and grocery certificate had increased to over 400 families and Food Share found they do not have the funds to continue this special Thanksgiving program, nor do they have the volunteers. Fortunately, eight local churches came together to form

the Tri-Community Church Collaborative.

Consequently, Sturbridge Rotary continued to donate funds to the Church Collaborative to help purchase the turkeys.

2017 is the 10th year that Sturbridge Rotary Club has participated in this worthwhile cause. To date we have contributed over \$2,900 to pre-screened families in the towns of Sturbridge, Southbridge and Charlton to enjoy a Thanksgiving dinner.

Sturbridge Rotary Club is one of 35,000 clubs worldwide providing humanitarian

service as members of Rotary International. Beyond the local and international help that we provide, we are most proud of our work toward helping to eliminate hunger in the local communities.

If you would like to help the Tri-Community Church Collaborative, please send your donations made out to Charlton Baptist Church with Tri-Community Church Collaborative (or just "TCCC") in the memo area. Mail your check to Catherine Chernisky - Chairperson, 150 Elm St., Southbridge, MA 01550.



Courtesy photo

Shown accepting the check is (L to R) Pam Bruder, Rotary President Dave Zonia, and Catherine Chernisky.

## Local Toastmasters earned distinguished designation



Courtesy photo

Toastmasters Division E Director Barb Millett with Village Toastmasters' immediate past-President Charlie Cook and current President Steven Hall.

STURBRIDGE — Village Toastmasters recently earned the President's Distinguished Club award.

The Distinguished Club Program is a three-tiered annual award program recognizing Toastmasters clubs that provide an outstanding member experience. The President's Distinguished Club award is the highest of these honors.

Over the course of the 2016-17 Toastmasters year, the Village Toastmasters club met a series of benchmarks for a quality club. From the training of its officer corps and timely submission of dues to numerous members earning their own

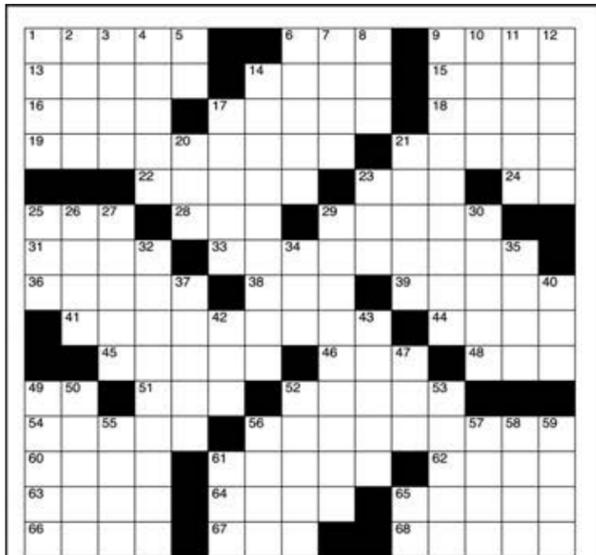
personal speaking and leadership awards, Village Toastmasters met and even exceeded those benchmarks.

This year's award marks the fourth consecutive year that Village Toastmasters has achieved this high honor, a true testament to the vibrancy and success of this Sturbridge-based club.

The achievement was marked by the club's immediate past-President, Charlie Cook, proudly pinning another ribbon of distinction on the club banner.

Village Toastmasters, located in Sturbridge, is focused on helping members improve their public speaking and leadership skills while building confidence in their abilities. The group meets every Thursday night 7-8:15 p.m. at the offices of the Chamber of Central Mass South, 46 Hall Road. Visitors are always welcome. For more information, visit [VillageToastmasters.org](http://VillageToastmasters.org).

Toastmasters International is a nonprofit educational organization that teaches public speaking and leadership skills through a worldwide network of meeting locations. Headquartered in Rancho Santa Margarita, CA the organization's membership exceeds 313,000 in more than 14,650 clubs in 126 countries. Since 1924, Toastmasters International has helped people of all backgrounds become more confident in front of an audience. For information about local Toastmasters clubs, visit [www.toastmasters.org](http://www.toastmasters.org). Follow @Toastmasters on Twitter.

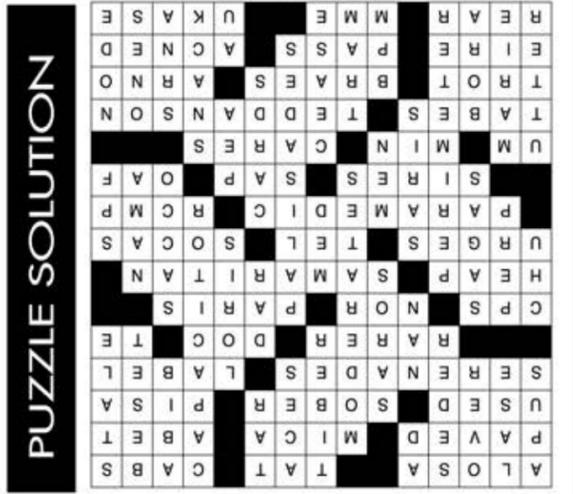


### CLUES ACROSS

- 1. River herrings
- 6. Body art (slang)
- 9. Taxis
- 13. Covered with asphalt
- 14. Mineral found in granite
- 15. Assist
- 16. Handled
- 17. Not drunk
- 18. Home to a famous tower
- 19. Songs
- 21. A way to designate
- 22. More infrequent
- 23. Medical man
- 24. Tellurium
- 25. Cycles/second
- 28. Neither
- 29. Home to a famous tower
- 31. Former Ravens tight end Todd
- 33. One who helps
- 36. Tries to persuade
- 38. Israeli city \_\_\_ Aviv
- 39. Political distance (abbr.)
- 41. Emergency first aid worker
- 44. Canadian law enforcers
- 45. Fathers
- 46. Drain of resources
- 48. An awkward stupid person
- 49. Home of the Wolverines
- 51. Chinese
- 52. Gives a hoot
- 54. Emaciation
- 56. "Sam Malone"
- 60. Horses do this
- 61. Hillside
- 62. River in Florence
- 63. Republic of Ireland
- 64. Lapse
- 65. Blemished
- 66. Backside
- 67. Woman (French)
- 68. An edict of the Russian tsar

### CLUES DOWN

- 1. The Bird of Paradise
- 2. Emit coherent radiation
- 3. Above
- 4. Passover feast and ceremony
- 5. Commercial
- 6. Rome is on its banks
- 7. Kershaw and King Felix are two
- 8. Seaman
- 9. Stores an electronic charge
- 10. Teething babies need \_\_\_
- 11. Threaten persistently
- 12. Not fresh
- 14. Presides over
- 17. Astronomical period
- 20. Harding's self-proclaimed mistress Britton
- 21. Nocturnal primate
- 23. Patriotic American women
- 25. Vietnamese river
- 26. Suspect
- 27. Heroic tales
- 29. Fences of wooden stakes
- 30. Venzetti's partner
- 32. Outermost parts of an area
- 34. Type of student
- 35. Noncoding RNA gene
- 37. Frocks
- 40. Sunscreen rating
- 42. Opposite of women
- 43. Needed to play games
- 47. A partner to carrots
- 49. Absolute
- 50. Disgraced French aristocrat Antoinette
- 52. End
- 53. Food eaten between meals
- 55. Cold wind
- 56. Streetcar
- 57. Soluble ribonucleic acid
- 58. Singles
- 59. Intersecting point
- 61. Beats per minute
- 65. Gold



Saint John Paul II Parish

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*Village Bake Shop, Jar Deal*  
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*Jewelry, Silent Auction,*  
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\$700,000 40 Main St, Brogan, John J, and Brogan, Richard E, to Wahib, Edy.  
\$330,000 3 Birch St, Crowell, Sean A, and Deak-Crowell, Carolyn, to Johnson, Matthew G, and Johnson, Jeannine M.  
\$305,000 40 Beach Ave, Renaud, Mark A, to Ferguson, Danielle.  
\$237,000 240 Arnold Rd, Johnson, Matthew G, and Johnson, Jeannine M, to Huie, Jeffrey, and Wood, Paige.  
\$235,000 22 Plimpton Ave, Beaudry, Jeffrey, and Beaudry, Katilyn M, to Topolewski, Alex W, and Topolewski, Cynthia.  
\$207,500 24 Sturbridge Hills Rd #24, Neslusan, Paul A, and Neslusan, Christine, to Clay, Katrina.  
\$136,000 15 Cricket Dr, Robin Soto Hicks RET, and Hicks, Mary K, to Lahaina Corp.

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# Latest antiques and collectibles news

The public will soon have a chance to view a rare Revolutionary War sword. A Leonardo da Vinci painting and valuable Star Wars toy collection will also soon be auctioned according to some recent news reports.



ANTIQUES, COLLECTIBLES & ESTATES  
WAYNE TUISKULA

A rare Revolutionary War Connecticut sword will go on public display for the first time according to a Fox News article. Col. Jonathan Pettibone, of the 18th Connecticut Regiment, was born in Simsbury, CT. The silver hilt is engraved with Pettibone's name, which is rare for Revolutionary War swords. The sword also bears the hallmark of silversmith Joseph Copp, of New London, CT. The sword was donated to the Museum of the American Revolution in Philadelphia by B. Owen Williams, a descendant of Pettibone. Williams issued a statement saying, "I'm

thrilled that it has survived in remarkably good condition despite my youthful exuberance and blissful ignorance to play with it surreptitiously as a boy." The sword will go on display in 2018.

Reuters reports that the last privately owned painting by Leonardo da Vinci will be hitting the auction block this month. The painting, titled "Salvator Mundi," is one of less than 20 known paintings by the renowned artist.

According to Reuters, "the portrait depicts Christ in vivid blue and crimson robes holding a crystal orb."

The first recorded sale of the painting was in 1763, when it was auctioned from the collection of King Charles I. It vanished until 1900 when it was found with Christ's hair and face painted over. An American buyer purchased it in 1958 for 45 pounds from a British auction house. It was auctioned again in 2005, where

the over painting was noted. It was consigned for the upcoming auction by a European private collector who had the work restored. The auction estimate is \$100 million.

The York Dispatch (York County, PA) reports that a major collection of Star Wars collectibles is currently being auctioned online. The collection is billed as "the best original trilogy vintage Kenner collection to ever come to auction."

The 700 action figures and other toys are estimated to sell for \$1 million. One of the rarest pieces is a Boba Fett action figure with firing missile. While the action figures were being produced, a toy with a similar missile was found to be a choking hazard. The Boba Fett toys with the missiles never went into production. Other rare figures include action figures of Luke Skywalker, Darth Vader and Obi-Wan Kanobi with telescoping light sabers. The light sabers were easily broken and the manufacturer did away with the telescoping feature. The figure of Darth Vader fig-



ure with the telescoping light saber is rare and Obi-Wan Kanobi is even rarer. There are only a few known to exist. The starting bid is \$15,000 and the auction estimate is \$75,000 to \$100,000. A price like that for a toy from the 1970s is truly astronomical.

We have a small estate sale in Millbury scheduled for November 11 and 12. We have scheduled an online estate auction of a Northborough farm next month. There are several horse carriages, sleighs, tractors and farm equipment.

There will be a preview at the farm on Saturday, December 9 and Sunday, December 10. Bidding ends on December 13. See [www.centralmassauctions.com](http://www.centralmassauctions.com) for details on these and other events.

Contact us at: Wayne Tuiskula Auctioneer/Appraiser Central Mass Auctions for Antique Auctions, Estate Sales and Appraisal Services [www.centralmassauctions.com](http://www.centralmassauctions.com) (508-612-6111), [info@centralmassauctions.com](mailto:info@centralmassauctions.com)

## Gobi delivers impassioned testimony for East-West Rail project

BOSTON – Senator Anne M. Gobi (D-Spencer) testified in front of the Joint Committee on Transportation in favor of a bill she co-sponsored with Senator Eric Lesser (D-Longmeadow) that would study the feasibility of constructing a high speed rail line from Springfield to Boston.

Senator Gobi pointed out that in the time between the committee coming to order and her rising in support of the bill, a train could have left Springfield, picked up passengers in Palmer, Worcester, and Framingham, dropped them off in Boston, picked up new passengers, and headed back to Springfield. The timeframe she highlighted was roughly one and a half hours.

She went on to discuss the benefits of rail service to the central and west-

ern parts of the state. Reducing gas emissions from autos, access to affordable housing stock for professionals working in Boston, access to new jobs for residents currently living in the more rural areas of her district, and increased access to healthcare specialists were all highlighted as benefits of the project.

The committee must now decide whether or not to give the bill a favorable vote and send it to either the House or Senate for debate.

For more information, please feel free to contact Senator Gobi's office at 617-722-1540 and for news like this and more, visit Senator Gobi's website at [www.senatorannegobi.com](http://www.senatorannegobi.com) and sign up for her newsletter.

## Art with Laura

Create a Pet Portrait on Slate with award-winning local artist Laura Cenedella at Hitchcock Academy! It's a great introductory class for less experienced artists as well as those with experience!

Laura is an artist who lives her craft.

"I go out almost every day and paint or do something for the arts."

She also has experience with students of all ages, levels, and abilities, including those with special needs. Like and follow her Facebook page, Laura O. Cenedella, to keep up with her latest artwork and events!

The adult class is scheduled for Monday, November 6th from 10:30 AM to 2:30 PM. Bring a lunch and an 8"x10"



photo of your favorite pet or animal, but all other supplies are included!

The youth class will take place over two days, Mondays November 13th and 20th from 4:00-6:00 PM and is a great class for them to take.

A 4 hour workshop during which students will receive group and individual instruction and will paint a personal pet

or favorite animal on a prepared slate using acrylic paints. Bring an 8x10" photo and a lunch, all other supplies are supplied! Students under 18 need a consent form. The event is Monday, Nov. 6 10 a.m.-2:30 p.m. and again on Nov. 13 and 20 4-6 p.m. Fee is \$36.

## Senior Supplement Program



- Are you over 65?
- Do you receive Medicaid, Fuel Assistance, Veteran's Aid or SNAP?
- Are you a resident of Southbridge or Sturbridge?

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### NOVEMBER DATES

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November 15

November 22



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the day before for a time



Supplement includes: food staples, some dairy items, frozen meats, canned goods, toiletries, paper products, \$10 gift card of your choice at local grocery store or pharmacy

## Friday's Child



Joey is an insightful twelve-year-old boy of Caucasian descent. Joey enjoys sports and likes to play football, basketball and soccer. He also loves animals and takes special care of one of the therapy dogs, Ellen, at his current placement. Joey is a bright child who generally does well in school.

Legally freed for adoption, Joey needs an experienced two parent family that will provide a structured home with clear expectations and rules. Joey may

need post adoption contact with his sister who is one year older than he is. Joey would do best in a home where he is the only child or with other children that are significantly older.

### Westfield Adoption Party

Have you ever considered adopting a child from foster care? Join the Massachusetts Adoption Resource Exchange (MARE) at the Westfield Boys and Girls Club on November 5th from 1:30-3:30 pm in Westfield. Families are invited to meet children and sibling groups of all ages who are waiting to be adopted, and to speak with their social workers. Whether you are considering adoption for the first time or have already completed MAPP training, this event is for you! To register, email [web@mareinc.org](mailto:web@mareinc.org).

To learn more about adoption from foster care, call the Massachusetts Adoption Resource Exchange (MARE) at 1-800-882-1176 or visit [www.mareinc.org](http://www.mareinc.org).

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

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# Church collaborative to provide Thanksgiving dinners

BY SARAH CHAMPAGNE  
NEWS CORRESPONDENT

For the third year in a row, the Tri-Community Church Collaborative plans to collect donations to provide Thanksgiving dinner to local families in need. The group, as organized by Cathy Chernisky, began the effort in 2015 when Southbridge Food Share was no longer able to provide Thanksgiving meals to local families in need. The Food Share had provided the service for at least a decade prior.

In 2014, Chernisky read in the Southbridge News that the Food Share would not be able to continue the annual effort to bring Thanksgiving dinners to local families in need. Chernisky, a devout Christian, had been resting a lot due to hip

problems, but she was growing bored – and anxious for a project to take on. She conferred with her husband Bob and then thought and prayed on the idea of coordinating the Thanksgiving dinner drive for several days before deciding that it was “in her heart” to take on the project. She reached out to several area churches and began to coordinate the logistics and donations to begin the effort. In 2015, the first year of the Tri Community Church Collaborative project, at least seven churches contributed to the project.

In 2016, the Tri-Community Church Collaborative began working with the Southbridge school system to get high school students involved in organizing the effort. This

year, students will be even more involved, approaching small local businesses to ask for donations and to describe how they can get involved.

Chernisky derives joy from serving God in her work with the Tri-Community Church Collaborative Thanksgiving drive. She is also grateful to the Southbridge, Sturbridge and Charlton communities, who have given generously each year.

“We have been very proud of the tri-community response. We have been given a lot of support - it has been so generous. We want to relay thanks for all previous support,” comments Chernisky.

Reflecting on the effort, Chernisky says, “We are doing this for people in difficult cir-

cumstances to give them a reason to experience joy at the holidays. We are doing this so that they have a reason to be thankful and joyful, under any circumstance.”

The Tri-Community Church Collaborative will be stationed outside local businesses for the next few weekends. They will have a small list available for people as they go into the store to make it easier to remember and find the items that are needed the most. This helps create the most efficient results for everyone and helps donors make sure they are making the most impact.

You can find the group Oct. 28 outside of Shaw's and Wal-Mart, on Nov. 4 outside of Shaw's and Wal-Mart, and Nov. 10 outside of Wal-Mart. The

group will be at these locations from about 11 a.m. to 3 p.m. on those days. Distribution day to area families will be held on the Saturday before Thanksgiving, Nov. 18 at 45 Charlton St.. The location will have a sign out front to indicate that registration for the Thanksgiving dinners is held there. Those registering for the Thanksgiving dinners should arrive with a photo identification and a piece of mail indicating their address. Efforts are made to not duplicate the efforts of any other group that may be giving out Thanksgiving dinners.

For questions about the effort or to make a donation outside of the times the group will be at stores, contact Cathy Chernisky at (774) 230-2708 or at bob\_and\_cathy@yahoo.com.

## Support group grassroots effort for families

BY KEVIN FLANDERS  
NEWS STAFF WRITER

LEICESTER – It's hard to know where to turn for support when a loved one is dealing with substance abuse challenges. Family members often feel desperate, isolated, and helpless, but a local support group wants them to know they aren't alone.

For over a year, the Talk, Tears and Tea support group has been meeting on the second and fourth Tuesdays of each month. Meetings are held in the community room at the Leicester Police station (located at the back of the building for privacy), and group members discuss an array of issues they have all dealt with while supporting loved ones going through turmoil. The opioid crisis hasn't just affected individuals addicted to drugs or alcohol, but also their friends and loved ones trying to help them.

Whether you attend every support group meeting or only show up sporadically, all residents whose families or friends are affected by addiction are welcome to join. There are always new members getting involved, and the group welcomes residents of surround-

ing towns as well.

“The group plays a vital role with families that have loved ones struggling with the disease of addiction,” said Leicester's Susan Krikorian, who founded the group. “Family members are frightened and feel alone – and even though this epidemic does not discriminate, people still feel the stigma related to substance abuse. The hardest part of this group is walking through the door the first time. A person coming in is scared, overwhelmed. They don't know where to turn.”

The group has relied heavily on social media to spread the word, promoting its meetings to residents of Leicester, Charlton, Sturbridge, Spencer, and the Brookfields. No one in the group is a professional counselor, and the meetings are aimed at providing residents with an informal environment to share their ordeals with people who have gone through similar situations.

Because each group member has been affected by addiction in a different way, their stories can inspire and inform. Though no two stories are exactly alike, the advice given from one person can often apply to everyone.

“We are not professionals, but each of us has or had someone in their lives that were on the same journey as the person walking through the door,” Krikorian added. “We take our experiences and help others gain their lives back. When our loved one is in the throes of addiction, we tend to lose ourselves in trying to fix them. We worry 24/7, we enable them, and we are manipulated by them. Their addiction becomes our addiction, leaving us not really living for ourselves anymore.”

The group is also helpful in terms of providing families with knowledge on where to seek treatment, as well as how to talk to a person struggling with addiction without confrontation. Many families are afraid to intervene or don't know where to seek help, often remaining silent until it is too late.

Group members want residents to know there is a place to turn for help, and that they don't have to be ashamed to get the conversation started.

“At the moment they walk in, we give them a place to feel safe and open up to others who know exactly how they are feeling. Our goal is to help members get part of their lives back,” Krikorian

said. “We want our members to know that miracles can happen – never give up on hope.”

The group has also recently begun adding guest speakers at its meetings, and it will continue inviting specialists in treatment and others who know how to combat addiction.

“Our meeting is confidential – anything that is discussed does not leave the room,” Krikorian added. “Bonds are established in this room. Trust is there and will not be broken.”

The group also has a private Facebook page (Talk, Tears, and Tea) where no one but the members can see postings. People can also ask for help online, and members can reach the facilitators on the Facebook page or via email at sckrikor@icloud.com.

Anyone that has a loved one or a friend struggling with addiction is welcome to get involved. Due to the nature of group conversations, members should be 18 or over to join.

The Leicester Police station is located at 90 South Main Street.

## Energy fund gearing up for winter

The Massachusetts Good Neighbor Energy Fund, a cooperative effort between the state's sponsoring energy companies and their customers to help households in temporary financial crisis pay their energy bills, announces that its 2016-17 “Give the Gift of Warmth” campaign raised \$448,003 in contributions. Most importantly, the donations to the campaign provided energy assistance to 1,233 Massachusetts households in need.

“Raising close to a half million dollars for thousands in temporary crisis shows the

commitment of the Fund's sponsoring energy companies and the true giving spirit of our sponsors' customers,” said Patrick Murray, chairperson of the 2017-18 Good Neighbor Energy Fund campaign and customer satisfaction and regulatory compliance lead supervisor for National Grid. “Donations from other sources, including companies and foundations, also added to the community effort to ‘Give the Gift of Warmth’ to all our neighbors in need.”

The fund is often the last resort for families who have

not qualified for federal and state assistance programs. The Salvation Army, which administers the fund, pays the energy provider directly for households whose gross income falls between 60 and 80 percent of the state's median income levels. For example, in the upcoming 2017-18 GNEF campaign year, a household size of four would need to have a total gross yearly income of between \$66,115 and \$88,153 to qualify.

Since its establishment in 1985, the Massachusetts Good Neighbor Energy Fund has raised over \$21 million and

helped more than 87,250 families in need pay a month's energy expense. For more information, visit [www.magoodneighbor.org](http://www.magoodneighbor.org).

The Massachusetts Good Neighbor Energy Fund opened for all applicants beginning Wednesday, Nov 1. Households in need who meet the eligibility guidelines are encouraged to visit the Salvation Army Center nearest to their home to request assistance.

Energy customers in Massachusetts can “Give the Gift of Warmth” by using the Good Neighbor Energy Fund

donation envelope found in their utility bills during the winter months or through an “add a dollar” program offered by some companies which allows customers to increase their monthly utility bill payment by one dollar or more. Customers can also donate online by visiting [www.magoodneighbor.org](http://www.magoodneighbor.org) or simply make a check payable to “Good Neighbor Energy Fund” and send it Good Neighbor Energy Fund, c/o The Salvation Army, 25 Shawmut Road, Canton, MA 02021-1408.

## Event to benefit Harrington Auxiliary

STURBRIDGE — The Harrington Auxiliary is proud to bring back Gary McKinstry, world-renowned, professional medium and psychic, to Old Sturbridge Village on Thursday, Nov. 16, from 6-8 p.m.

This is an ideal opportunity to attend McKinstry's presentation and connect with loved ones who have passed to the other side.

McKinstry's psychic activities are legendary and have been chronicled in Ghost Hunters of America: Real Stories of Paranormal Investigators. He is one of a handful of psychics to have toured the Victorian Mansion in Gardner, which he certified as definitely haunted. McKinstry has also verified that the Publick House in Sturbridge is haunted and has been since the Colonial era.

At the event attendees will have an opportunity to purchase tickets for two raffles. Proceeds from a 50/50 raffle will enable the Auxiliary to purchase equipment and provide community health programs that support Harrington Hospital's mission. The second raffle entitles the winner to a one-hour private reading with McKinstry.

Tickets for the event are \$20 and can be purchased through Harrington Hospital's Volunteer Office at 100 South St., Southbridge. For more information call (508) 765-6473 or email [khibbard@harringtonhospital.org](mailto:khibbard@harringtonhospital.org).

This event featuring Gary McKinstry is held in memory of Cecile T. Edmunds.

Harrington Auxiliary, established in 1932, is a non-profit organization of dedicated and impassioned volunteers whose mission is to support and enhance the excellent services provided by the Harrington HealthCare System.

### ADVOCATE

continued from page 1

which he plays well-known songs on the trumpet with one hand and adds musical accompaniment with a gun in the other hand.

In addition, Cook recently launched a project called Riding Shotgun with Charlie, a unique video series in which Charlie drives around in his car and interviews people about their interest in firearms and gun rights. As the title of the series suggests, the interviewees sit shotgun in his car. He has interviewed more than 20 people in eight states and Washington, D.C. The series is available

on YouTube and audio-only versions are offered on iTunes.

Cook thinks, “The Riding Shotgun videos gives listeners and watchers a chance to listen in on an intimate relaxed conversation while they drive around the country.”

Cook teaches NRA gun safety courses across New England. His mission is to assist people to feel confident, safe and effective when using a firearm. His classes prepare individuals for License to Carry and Firearms Identification cards. For more information, email [PersonalShootingInstruction@gmail.com](mailto:PersonalShootingInstruction@gmail.com) or find [Facebook.com/PersonalShootingInstruction](https://www.facebook.com/PersonalShootingInstruction).

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# Sturbridge resident honored for service



FRANKLIN — HMEA, a private, not for profit agency that supports more than 4,000 children and adults with developmental disabilities, and their families, today announced that

David Crowley of Sturbridge has received the organization's 2017 Board of Directors Award.

The annual award is given to a member of HMEA's staff who have significantly enriched the lives of individuals with developmental disabilities in the following areas: supporting meaningful relationships, increasing community participation, empowering people as decision makers and teaching new skills.

Crowley, who works at HMEA's Darnell School in Hudson, was nominated for the award by co-worker Nicole Heidenheim because of his attention to detail and high regard for individuals needs and preferences.

Students at the Darnell School are children aged 9 to

22 who have complex needs and many have additional diagnoses which may include anxiety disorders, seizure disorders, depression, Tourette's syndrome, or cerebral palsy. Some students have a cognitive delay that prevents them from accessing curricula near grade level, while other students present with typical intellectual abilities. Frequently, the students present with behavioral challenges and/or delays in independent living skills and social/communication skills. Students are referred because they have not made adequate educational progress in their current setting and a determination has been made that they need a more intensive structured educational setting.

Throughout his time at the

Darnell school, Crowley has been a classroom assistant as well as a speech and language assistant. He works with number of students where he individualizes and modifies instructions for student's needs. He ensures that his students are equipped to communicate and advocate for themselves.

Crowley is an effective communicator who meets with teachers to check on each student's progress and implement an Individualized Education Program. He attends all IEP and communication meetings. Crowley also leads group activities for Special Olympics where he models the exercises for the students and encourages those who may be struggling.

"David is a team player. He works well with all staff and students in the school and we are happy to have him be a part of the Darnell School." Heidenheim said.

Crowley received the award at the 28th HMEA annual awards night. HMEA serves people with autism and special needs from ages one to 91 in Massachusetts and Rhode Island. HMEA affirms and promotes the values, dreams and potential of people with developmental disabilities through education support and life experiences.

To learn more about HMEA, its programs and services and the people it serves, visit [www.hmea.org](http://www.hmea.org).

## Reducing emergency room visits through education

SOUTHBRIDGE — When the Massachusetts Health Policy Commission convened its October conference in Boxborough to showcase healthcare delivery transformations achieved through its Community Hospital Acceleration, Revitalization, & Transformation investment program, Harrington HealthCare's CHART program coordinator Maria Waterhouse and her team were present to explain how they achieved a 34 percent reduction in the number of emergency department revisits for patients who use the department as primary care.

Over the last two years, 27 community hospitals participating in 25 CHART programs have used \$60 million in CHART funding to create innovative, data-informed programs to improve care for high-risk populations in their communities. Through this program, caregiving teams at non-CHART hospitals learned how their CHART-funded peers achieved success.

Explaining how Harrington's CHART team achieved such successful results,

Waterhouse said "the rapport established between the navigator and the patient is a key dynamic to the program's success. We have demonstrated that it is possible to identify and engage high-risk patients with complex needs in the emergency room setting, to effectively follow up with them and provide support, navigation and problem-solving."

Harrington began implementation of its medical home model in 2014, supported by a \$3.5 million grant awarded by the Massachusetts Health Policy Commission. Targeted at increasing access to behavioral health services across all of southern Worcester County by removing barriers to care, Waterhouse says "the program's goal is to break the cycle of repeat patient visits in the emergency room by promoting continuity of care and establishing stability in the community."

The core team, composed of eight full-time staff, has achieved two years of success, having integrated support services into the care plan of hundreds

of individuals in the community.

"This initiative," says Greg Mirhej, executive director of behavioral health, "has allowed us to reduce the burden on acute care resources, and in turn develop model programs for those with behavioral health needs that are more effective, less costly, and offer a greater scope of care."

"The process begins when a social worker is alerted during the patient's medical evaluation," according to Waterhouse. "They complete a clinical assessment, create an individualized care plan and assign a navigator to work with the patient. The plan often includes home visits and addresses issues like access to food or shelter, outpatient programs, recovery services, doctor's appointments, long-term community supports, employment assistance and transportation."

"Our partnership with community hospitals is a critical part of the Health Policy Commission's efforts to achieve the Commonwealth's cost containment and quality improvement goals," says

David Seltz, executive director of the Health Policy Commission. "CHART hospitals were issued a challenge: propose initiatives that will put you on a path of transformation, while meeting critical health care needs of your community. As we saw from Harrington Healthcare and our other presenters, they have met that challenge. Harrington's results show that their program is working to achieve its goals and positively impacting its patients. We look forward to continuing to partner with Harrington HealthCare and the communities it serves to build a more coordinated and affordable health care system."

The CHART program is a four-year community hospital public-private partnership aimed at enhancing delivery of efficient, effective care. The Health Policy Commission's partnership with community hospitals is a critical part of the agency's efforts to achieve the Commonwealth's cost containment and quality improvement goals.

### MEDICARE

continued from page 1

many more Americans report being unable to get health services even if insured because of cost, despite the fact the US "is spending far more money on health care than any other country," Wolf said.

A big part of the US's extra cost comes from the fact "30 percent of every dollar goes to non-health care costs of health insurance" - including administration, advertising and lobbying. She noted Mass. General Hospital "has 450 people in billing alone. A comparably-sized hospital in Canada has two, and the joke is they exist to process the health claims of Americans who go there. It's a bureaucratic nightmare."

Many of those nations have had single payer systems for decades, starting with Germany in the late 1800s. In some, the doctors are government employees (UK, for example); in most, they're independent. Several allow people to get additional insurance to cover things like cosmetic surgery the public plan doesn't cover. But "the common denominator

is that the bills all come to one source, one central location," Wolf said.

In Massachusetts specifically, despite our supposedly "universal" coverage system sometimes dubbed "Romneycare," the Blue Cross/Blue Shield Foundation recently found that nearly 270,000 people lack insurance for various overlapping reasons, including 75 percent of them because they can't afford the premium, 40 percent because their job doesn't offer it, Wolf said.

Nyman later added the state's health care bill was about \$20 billion in 2016 - 42 percent of the entire state budget. That's been rising for years, up 43 percent since 2001, and it means "cuts to the money they can give to municipalities for schools, roads, transportation." To ease some of the costs, many communities have changed plans to require much higher copays and deductibles, meaning "workers are paying more and getting less benefit coverage," she said.

That's also often true in the private sector, where some smaller firms are eliminating coverage altogether.

"For a long time, my hus-

band and I had a business, and three years in a row, health insurance costs went up 17 percent a year," Nyman recalled.

She also noted a few non-business incidents that happened to people she knew. In one, a 93-year-old woman fell, fracturing an ankle. The doctor prescribed three weeks of rehab, but her private insurer refused to pay more than one, forcing her to go home, where she needed to pay for help to finish recovering. In another, a friend's husband had Alzheimer's "of the combative variety," and ended up paying \$250,000 out of pocket for extra-duty nurses beyond what her insurance paid, she said.

When they opened for questions, Tanya Nesuslan was ready. She said she works for a small insurer and "I've seen how little the state understands health insurance," including routinely under-paying Medicare/Medicaid claims and requiring firms to send data to the federal government that costs \$25 million a year. Additionally, she noted her firm has found \$13 million in fraud from providers. Because "thousands of people work

in medical administration," she expressed concern about what transition to single payer would do to those jobs.

Wolf said the single payer trust fund bill (S. 619) sets aside 5 percent of the fund specifically to retrain those people "for the wealth of jobs that will open in health care" in what are termed "affiliated" fields (occupational and physical therapy, aides and the like.)

"Anybody who has significant knowledge and experience is presumably going to be invited to participate in this," she said. "We welcome them."

Regarding the data issue, Nyman noted single payer simply wouldn't need such data.

Citing recent Supreme Court decisions, including Hobby Lobby, Nesuslan was also concerned that government officials might decide to eliminate certain kinds of coverage for religious or other reasons.

"You're a good devil's advocate," Wolf responded, then turned it around, saying, "We don't want private employers choosing" whether women get certain coverage, or contraceptives are allowed. She said she feels it'd be far harder for the state to put such restrictions

in place than private firms or insurers.

Another woman noted she's had often seen doctors want to provide specific care, but the insurers reject it. How would this prevent that?

Wolf noted doctors will be part of the commission that drafts the plan and sets the requirements. The commission will look at how to attract more doctors, adding, "We need deliberate planning, so the doctors aren't left to the marketplace."

Another wondered about how it'll cover the unemployed and homeless.

Wolf didn't really answer that, but said, "We can't have a person dying on the street or starting an epidemic because they don't have care."

She described the current Obamacare system of tiers - bronze to platinum - as "nonsense. Your doctor should be deciding what's medically necessary."

A second bill, H.2987, calls for the state to compare the costs of single payer as organized under S. 619 to the current system, and if the former is cheaper, to begin the process of switching to it.

### FESTIVAL

continued from page 1

HealthCare has been participating in the event for the past several years, creating a larger display of gifts and prizes, typically totaling more than \$3,000.

"We are always happy to present our check to the Cancer Center at Harrington. We are so fortunate to have this state-of-the-art cancer treatment facility right in our backyard," stated Janet Garon, Festival of (Giving) Trees chairman and president. "It is because of the generosity and support of the hundreds of volunteers, and thousands of people that attend our annual event,

that we are able to offer these contributions to our recipient agencies year after year. Many thanks to you all."

The mission of the Festival is to raise money to help the Silent Spring Institute, the Massachusetts Breast Cancer Coalition and The Cancer Center at Harrington. Over the past 19 years, the Festival of (Giving) Trees has raised and donated over \$500,000 to these beneficiaries.

The 2017 Festival of (Giving) Trees will be held Nov. 30 through Dec. 3 at LaSalle Reception Hall in Southbridge. For more information, visit [sparkling-trees.com](http://sparkling-trees.com).

mittee and officials to "go crazy" over it. He did mention he feels comfortable that the technology professionals in the district have the right state of mind.

"It's nice to know that our IT guys want to lock everything down," Gillmeister said.

### SCHOOL

continued from page 1

and limited access to certain popular webpages which is all part of the security on school grounds.

Gillmeister ended the conversation noting he didn't want the school com-

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EDITORIAL

East...  
 or west?

We live in an interesting area of the country. Sociologists and historians agree that if the settlement of the continent had begun on the west coast rather than the east, this area would still be mostly uninhabited and left wild and unattended.

The rocky soil and equally rocky weather was horrendous for farming; and though the fishing industry took off and does continue to this day, it was, and is, a dangerous profession better suited to warmer waters with less rigors. Should the settlers not have discovered the thrills of the 'glorious cod' and settled instead on some southern form of fish instead, or a west coast denizen, the Georges Bank would still teem with its wildlife unabated.

Perhaps only the lobster, relative of the lowly spiders and tastiest from the cold clime waters, would be still sought from the northern realms.

We just wouldn't have risked it. We wouldn't have eked out the rocky existence, the horrible winters, the starvation and deprivations if we could instead have settled on Santa Barbara's coast and moved slowly eastward into the breadbasket of the United States.

There would be no need to be here. The shipping centers and industry aimed toward Europe would be further south, the Carolinas and Virginia; not New York, New Jersey, Providence and Boston.

Why ever would someone settle their world headquarters there, where the cost of heating a building and lighting it and maintaining it through harsh winters and hurricanes and nor'easters and sou'easters could impact you so?

So perhaps we should consider ourselves...lucky?

We who love New England, who couldn't imagine living anywhere else. Who love the quirky weather and yes, the snow and the cold and the change of seasons. We no longer have to deal with rocky soil for the most part, we can simply admire the stone walls created by the hard work of many hands and bent backs.

And we can bless the Europeans who made the effort to settle, rather than perhaps Chinese deciding to become colonialists. Our entire country could have become a different place.

From a different direction entirely. And our area, a wilderness still.

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

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

So, what are you waiting for? Start writing!



# OPINION

VIEWS AND COMMENTARY FROM STURBRIDGE, BRIMFIELD, HOLLAND AND WALES

## Why "Hate Speech" is, and should remain, constitutional

Alexander Hamilton once wrote, "The sacred rights of mankind are not to be rummaged for, among old parchments, or musty records. They are written, as with a sun beam in the whole volume of human nature, by the hand of the divinity itself; and can never be erased or obscured by mortal power."

One such is the First Amendment to the Bill of Rights, which in part says, "Congress shall make no law...abridging the freedom of speech."

Since neither the executive or judicial branches can make law, only Congress (Art. 1, Section 1), or in the case of the judiciary rule in such a way as to make law, the federal government can impose no restriction on speech and neither can the states as the 14th Amendment made the Bill of Rights applicable to them as well.

Under liberty, speech cannot be qualified by government into types of speech as good, bad, harmful or hateful. Segments of society cannot authorize government to forbid speech they disagree with. It is left to the individual to do it for himself by turning off the television, radio, Internet or not attending an event expected to have such and leaving it when it does. Peer pressure harnesses most unacceptable speech but moving from offensive speech can deal with the rest.

If government could qualify speech into types, levels of restriction would follow with anti-government speech listed as one of the first. The Founding Fathers were at the top of the list in pre-revolutionary times, thus their obsession to forbid a place for government in speech. If government decides these things we are not free, as it will always decide in favor of enhancing itself.

Colleges and universities are places where intellectual debate should flourish and be encouraged. Learning requires the free flow of ideas. Viewpoint diversity, now absent in so many universities, is critical. Restricting viewpoint is tantamount to burning books in medieval times.

Student unrest in many universities last spring demonstrated what is becoming obvious; institutions of higher learning are becoming radicalized and project intolerance for anything but a liberal view. Too few permit conservative or libertarian speakers and far fewer constitutional speakers.

College is supposed to be a big tent housing all types of thinking so that the student can gravitate to what he thinks best after all sides are presented. Although everyone gives lip service to this statement, there still exists a preferred philosophy. Most colleges insist that they adhere to the idea of intellectual diversity, but the literature suggests otherwise, that the vast majority of colleges and universities are weighted in favor of one ideology and professors to one political party. Many political science textbooks acknowledge this. In my field, it is rare when professors present more than the preferred philosophy.

There exists a consensus of what a "good education" consists. Students are immersed in race consciousness, feminism, multiculturalism, environmentalism, collectivism, globalism,



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political activism, class warfare, global warming, acceptance of sexual deviations as normal, and minimization of the importance of Christianity. The end product, the student, must come to accept the above script. It is also in virtually all textbooks. It's not that any of these notions are bad, in and of themselves, but it is the nearly universal absence of the opposing view that is most troubling.

It is no wonder that in a just completed study of 1500 students; a majority felt that the First Amendment should not protect "hate speech" (which translates to speech they disagree with). In the geographically diverse survey covering college students from 49 states, John Villasenor found that "Freedom of expression is deeply imperiled on U.S. campuses. In fact, despite protestations to the contrary (often with statements like "we fully support the First Amendment, but...), freedom of expression is clearly not, in practice, available on many campuses, including many public campuses that have First Amendment obligations."

As mentioned, to the question, "Does the First Amendment protect 'hate speech'?" Most said no. This was so across all three political affiliations liberal, conservative and independent.

Other observations were noteworthy as well. Most, 62% of Democrats and 39% of Republicans also agreed that it was appropriate to shout down a controversial speaker to which they disagreed. With respect to the use of violence to shut down a speaker 20% of Democrats and 22% of Republicans agreed. Most incorrectly believed that the First Amendment required a presentation of a counter view. It does not. Worst yet, as college is supposed to be a place of competing view points, most also expected their institution to provide a learning environment that "shelters them from offensive views." Nonsense! College is supposed to prepare students for the real world, which has no filters.

This is especially disconcerting as students today do not know the most rudimentary parts of the Constitution and the consequence of this ignorance is serious. As pointed out by the Villasenor Survey, "What happens on campuses often foreshadows broader societal trends. Today's college students are tomorrow's attorneys, teachers, professors, policymakers, legislators, and judges."

"The sacred rights of mankind," as expressed by Alexander Hamilton, in this instance freedom of speech, is not hidden in old parchment but is, "as with a sunbeam," in the Constitution. It clearly denies government a function in addressing speech — even so-called "hate speech."

*Dr. Harold Pease is a syndicated columnist and an expert on the United States Constitution. He has dedicated his career to studying the writings of the Founding Fathers and applying that knowledge to current events. He has taught history and political science from this perspective for over 30 years at Taft College. To read more of his weekly articles, please visit [www.LibertyUnderFire.org](http://www.LibertyUnderFire.org).*

## Checklist for helping you choose a financial professional



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For reasons likely to remain obscure, October 30 is Checklist Day. But while the origins of this observance

may be a mystery, the value of checklists is clear: They help us organize our time and break large jobs into manageable steps. You can use a checklist for just about any significant endeavor — including the task of choosing a financial professional to help you achieve your important goals.

Here's what such a checklist might look like:

Find someone with the proper credentials. Make sure a prospective financial professional has the appropriate securities registrations.

Find someone who has worked with people like you. You'll want to seek out a financial professional who has experience working with people in circumstances similar to yours — that is, people of your financial status and with essentially the same goals and attitudes toward investing.

Find someone who will communicate with you regularly. During the course of your relationship with a financial professional, you will have many questions: Are my investments performing as they should? Should I change my investment mix? Am I still on track to meet my long-term goals? Plus, you will have changes in your life — new children, new jobs, new activities — that will affect your financial picture and that need to be communicated to your financial professional. Consequently, you need to be sure that whomever you work with is easy to reach and will be in regular contact with you. Many financial professionals meet with their clients at least once a year to discuss the clients' portfolios and recommend changes, as needed, and also make themselves available, through phone calls and email, for any questions or concerns their clients may have.

Find someone who will honor your preferences. Some financial professionals follow certain philosophies. For example, you might find one advisor who tends to favor aggressive investing, while another one might be more conservative. There's nothing wrong with either approach, but you'll want to be sure that your preferences take precedence in all recommendations and guidance you receive from a financial professional. And many professionals won't express any of their own preferences at all, but will instead follow a course of action based on your goals, risk tolerance and time horizon.

Find someone connected to other professionals. Your investment plans don't exist in a vacuum. Over time, you will likely need to integrate elements of your investment strategy with your tax and estate planning strategies. When this happens, you may find it advantageous to have a financial professional who can work with tax and legal professionals to help you meet all your needs in these areas.

Find someone whose compensation structure is acceptable to you. Financial professionals get paid in different ways — through fees, commissions or a combination of both. Which method is best for you, as an investor? There's no one "right" answer — but you will certainly want to understand exactly how your financial professional will get paid and how this pay structure will affect your interactions with him or her.

You may find this checklist to be useful when you interview financial professionals. Take your time and make sure you're confident about your ultimate choice. After all, you're hiring someone to help you reach your key goals, such as a comfortable retirement, so you'll want to get the right person on your side.

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

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# Boos abound in Brimfield

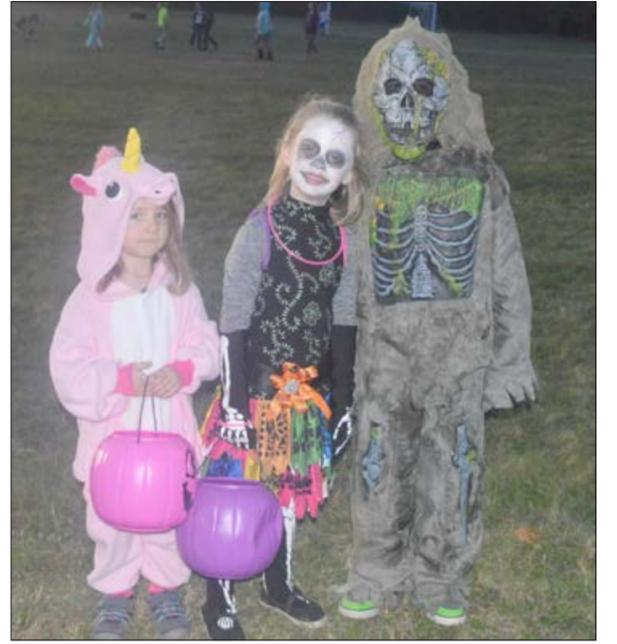


Chris and Melissa Caplette, of Brimfield, spend the night with their 5-year-old son Tristan.



Lily Rogers, 6, of Brimfield, lights up the night with her costume.

BRIMFIELD – Youngsters enjoyed a Halloween prelude last Saturday, packing the elementary school parking lot to receive candy as part of the town's Trunk or Treat program. But the kids weren't the only ones dressing up, as residents from throughout town showed off their costumes as well. Even a few four-legged friends got involved in the Halloween fun. Kevin Flanders photos.



Kevin Flanders photos

Local youngsters show off their costumes.



Destiny and Luis Suarez, of Sturbridge, enjoy the very first Halloween for 1-year-old Yalitzah Suarez.



Arianna Williams, left, and Isabella Woodman, both of Brimfield, are having a devilishly fun night.



Samantha McGlinchy, left, and Abby Radebaugh, both of Brimfield, represent the Brimfield Athletic Association.



It's a monster mash thanks to Macy Jensen, left, and Amy Higgins, both of Brimfield.



The Addams family is in the house. No, wait, it's actually the Maguire and Savoy families.



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# SPORTS

## Indians control the clock to take down Tantasqua



Tantasqua quarterback Colin Eliason pitches the ball off to Sebastian O'Leary.

BY NICK ETHIER  
SPORTS STAFF WRITER

STURBRIDGE — Clinging to a two-point lead versus Tantasqua Regional, the Bartlett High varsity football team started a drive at its own 24-yard line with 5:39 to play. The Indians were looking to kill some time off the clock, which is exactly what they did. Bartlett ran 11 straight running plays, converting a pair of fourth downs in the process, to run off the entire game clock. The end result was an 8-6 victory at the Reservation on Friday, Oct. 27.

"This one's pretty sweet. They're a good football team,

Tantasqua, and we were talking all week about what a great defense they are," said Bartlett head coach Dane Laboissonniere before citing the final drive. "We managed to kill the clock when we needed to. We had a couple of short fourth down conversions and we just trusted the defense in case we didn't get it."

But the Indians did get those first downs, both from Brett LeBeau on plunges up the middle.

"A guy like Brett has been a starter for us since the eighth grade," Laboissonniere said of the senior. "He's the dude we rode."

The victory was even more important for Bartlett because they clinched a spot in the Central Mass. Division 8 sectional tournament. The 5-3 Indians grabbed the No. 3 seed and will play at No. 2 St. Bernard's High on Friday, Nov. 3 at 7 p.m.

"Give [the credit] to Bartlett, they came here to play," said Tantasqua head coach Jon Hargis after his team dropped to 1-7. "They had to win to get into the playoffs."

Hargis thought back to the beginning of the third quarter when the Warriors led, 6-0, and were driving deep into the Indians' territory. Instead of grabbing a two-score lead, Tantasqua's drive stalled and Bartlett became the better team from that point forward.

"We were driving in the third quarter...inside the 20... and had a holding call that pushed us to second-and-18," explained Hargis. "A fumbled snap turned it into third-and-18 and then they stopped it. Then they kind of controlled the ball."

The Indians tied the score with 9:56 to play in the fourth quarter when Jesse Torres capped an eight-play, 72-yard drive with a 27-yard scoring spurt. Torres ran up the middle and then used a spin move to bounce out to his left to open space for the TD.

LeBeau punched in the two-point conversion on a rush to give Bartlett an 8-6 lead, which held up after the Indians forced



Colin Eliason of Tantasqua throws the ball down toward the right sideline.

two Tantasqua punts and then bled the clock out.

Laboissonniere was pleased with his team's defensive performance.

"They were everywhere," he said of players like LeBeau, Nate Whipple, Dominick Algeri, Antonio DeResta, Johnny Torres, Kyle Fafard, John Bsoumai, Eric Vazquez, Will Harding and Logan Paranto. "They really studied the game plan."

The Warriors could never muster enough offense after their second quarter touch-

down, which featured quarterback Colin Eliason hitting Ryan Bonja on a pass from 3 yards out.

"I told the team that this moment will define the rest of our season," explained Hargis. "Across the board we need to ask ourselves if we're going to continue to build the program and move forward."

Hargis also had kind parting words for Bartlett as they now prepare for the playoffs.

"Bartlett's a heck of a program and I wish them the best," he concluded.

## Tantasqua Regional Youth Soccer has season closing day



A Bantam Sturbridge Fire player begins a rush up the side away from a pursuing Brimfield player.

Tantasqua Regional Youth (TRY) Soccer was blessed with another fun season and families and players from the Recreational League came out in full force against a colorful fall backdrop for closing day this past Saturday, Oct. 28. Coaches, players and youth referees from Brookfield, Brimfield, Holland, Sturbridge and Wales descended upon the fields at the combined Tantasqua Regional school campus, filling the fields with color of their own as the multi-

hued uniforms of youth players swarmed from goal line to goal line. Adding to the color palette were the brilliant orange soccer balls, given to each player by C&R Tire, which were popping all around the fields.

The games showcased the area youth from ages of 5 to 18 who have been practicing and competing all year under the guidance of volunteer coaches. On one end of the spectrum, there was the unbridled and exuberant play of the



The Revs Pee-Wee team is clearly excited to have their picture taken with New England Revolution player Scott Caldwell.

Pee-Wees (5 and 6 year-olds) who were finishing up their first or second year of soccer and clearly enjoying it. At the older end, the more seasoned Junior-Senior teams consisting of players from junior high to seniors put their years of experience and tactics on display on the turf field in the Cage. Between these two divisions, the Bantams (7 and 8 year-olds), Freshmen (9 and 10 year-olds) and Sophomores (11 and 12 year-olds) developed their skills in graduated steps of more players, more rules, and bigger goals and fields. A platoon of youth referees helped guide the many week-

end games this season to their conclusion. Overall, approximately 800 kids participated in TRY Recreational Soccer in 2017.

On this closing day of the fall season, TRY worked their relationship with the New England Revolution to coax current professional player Scott Caldwell to be available for the kids. A local Massachusetts kid himself, Scott seemed to appreciate the homegrown development of players through the TRY system. He clearly enjoyed talking with each and every kid who approached him and wasn't shy about being in pictures and giving autographs to the excit-



A pack of Pee-Wees from Brookfield and Sturbridge pursue the ball.



A Pee-Wee Sturbridge Rapids player looks to hold off a rush by a Brimfield player.

ed players and families. It was certainly a great closing day to another great TRY Recreational League season.

## Tantasqua golf shines at district tourney; Berthiaume and Sosik advance to states

The Tantasqua Regional varsity golf team finished third at the Central Mass. Division 1 district tournament, which was held at Highfields Golf and Country Club in Grafton on Monday, Oct. 23. The Warriors combined to shoot a 319 total, which included scores by Noah Berthiaume (76), Michael "Chip" Sosik (77), Terrence Baker (82) and Ryan Slade (84). With two teams moving on to states, Algonquin Regional and St. John's High finished six shots ahead of Tantasqua with 313 totals. Algonquin won the overall team championship as the schools matched cards of their fifth best schools

Individually, Berthiaume finished in a tie for second overall and Sosik had the third best score (T4 finish) as both players qualified for the State Individual Championship, which was played along with the team championship at Haverhill Country Club after press time.



The Tantasqua Regional varsity golf team finished in third place at the Central Mass. Division 1 district tournament.



Noah Berthiaume and Chip Sosik of Tantasqua both qualified for the State Individual Championship after impressive finishes in the Central Mass. district tournament.

Courtesy photos

## SPORTS

## Spartans sweep SWCL cross-country championships



Kaspar Mazeika of Tantasqua was his team's top performer in the SWCL championship meet with a 20th place finish.

BY NICK ETHIER  
SPORTS STAFF WRITER

WEBSTER — On Friday, Oct. 27, Memorial Beach once again hosted the annual Southern Worcester County League cross-country championships. The boys' and girls' varsity teams traversed the 2.91-mile course, and Uxbridge High reigned supreme.

The boys' race was first, and the Spartans accumulated 33 points, 26 fewer than second place Millbury High to take the team title. The top five runners per team count (with their placement acting as their score) and Uxbridge placed third, fourth, seventh, ninth and 10th to total 33 and take the title.

The girls' race was much closer. The Spartans and Grafton High both scored 59 points, so the sixth best runner's score was the tiebreaker. Uxbridge's Danielle Healey placed 23rd, while the Indians' Emily Siemen took 36th.

Team totals and the top 20 finishers in each race are as follows:

## Boys' Team Results

1. Uxbridge, 33 points
2. Millbury, 59
3. Bartlett, 67
4. Tantasqua, 144
5. Grafton, 144
6. Oxford, 165
7. Auburn, 205
8. Quaboag, 212
9. Northbridge, 216
10. Leicester, 251

## Boys' Individual Results

1. Vincent DiDomenica, Millbury, 16:02.7
2. Jared Orrell, Oxford, 16:04.3
3. Stephen Sanches, Uxbridge, 16:35.5
4. Ryan Semle, Uxbridge, 16:42.7
5. Johnathan Wilson, Bartlett, 17:18.7
6. Avinash Bissoondial, Millbury, 17:23.2
7. Patrick Burke, Uxbridge, 17:24.2
8. Aidan Gilmore, Grafton, 17:27.3
9. Colin Caso, Uxbridge, 17:29.4
10. Thomas Burke, Uxbridge, 17:38.3
11. Brandon Boucher, Bartlett, 17:54.2
12. Samir Azzoui, Bartlett, 18:02.3

13. Brad Richer, Northbridge, 18:04.3
14. Noah Azzoui, Bartlett, 18:07.4
15. Dominic Beyer, Millbury, 18:14.1
16. Matthew Lorion, Millbury, 18:16.9
17. Liam Carlson, Quaboag, 18:19.0
18. Calvin Cieslak, Quaboag, 18:19.9
19. Nicholas Fernandes, Uxbridge, 18:22.6
20. Kaspar Mazeika, Tantasqua, 18:23.0

## Girls' Team Results

1. Uxbridge, 59 points
2. Grafton, 59
3. Millbury, 61
4. Tantasqua, 81
5. Leicester, 106
6. Quaboag, 155
7. Auburn, 201
8. David Prouty, 237

## Girls' Individual Results

1. Abigail Hamilton, Grafton, 18:48.8
2. Amma Ronan, Northbridge, 18:54.1
3. Ryann Molinari, Grafton, 19:21.7
4. Anabelle Nelson, Millbury, 19:31.9
5. Emily Moughan, Leicester, 19:33.7
6. Sam Carroll, Grafton, 19:41.5
7. Dani Blodgett, Tantasqua, 19:45.2
8. Heather Fontaine, Quaboag, 19:47.4
9. Hannah Jones, Uxbridge, 20:31.5
10. Anastasia Achiaa, Uxbridge, 20:50.8
11. Jena Taubert, Millbury,



Nick Ethier photos

From left, Northbridge's James Ciras, Tantasqua's Connor Smith and Drew Darger, also of Tantasqua, jockey for position.

12. Lannaya Brandt, Tantasqua, 21:27.3
13. Allison Pogorek, Millbury, 21:30.0
14. Kathleen Redgate, Uxbridge, 21:32.7
15. Kathryn James, Bartlett, 21:46.3
16. Bridget Redgate, Uxbridge, 22:01.9
17. Elise Croteau, Uxbridge, 22:11.5
18. Ellie Hills, Leicester, 22:16.5
19. Mia Boucher, Millbury, 22:17.5
20. Lindsey Card, Oxford, 22:18.9



Tantasqua's Dani Blodgett had a strong seventh place showing at the SWCL cross-country championship meet.

## Quaboag field hockey edges Warriors, reaches districts for 33rd straight year

BY DEAN P. ST. LAURENT  
SPORTS CORRESPONDENT

STURBRIDGE — A strong possession game coupled with a second half goal were enough to lift Quaboag Regional's varsity field hockey team to a 1-0 victory versus Tantasqua Regional at the Cage on Friday, Oct. 27.

The amount the Cougars possessed the ball and kept it away from the Warriors was what won them the game, according to head coach John O'Neill.

"There were times where we were OK, and then there were times that we were a little shaky. A shutout is a

shutout, but I think that contributed to us possessing the ball...and I think that was our best defense," expressed O'Neill.

The continuous possession started to translate into strong second half scoring chances for the Cougars. Crisp passing and forcing penalty corners then led to the lone goal. Passing the ball in the Warriors' defensive zone, Quaboag was able to rally a couple shots at

Tantasqua goalie Molly Ryan until midfielder Leah Robillard got a clear shot off and rocketed it toward the net. The ball redirected off Ryan and into

the back of the cage for the deciding goal.

"I think Darian Shepherd was the catalyst in the second half. She started to carry the ball better, which created a few things for us offensively. I thought Allana Roy, Carly Duff was fabulous and Leah Robillard, I thought the four of them were the spark of our team today," O'Neill explained. "They provided the spark and everyone else just filled in the pieces."

The Cougars (8-7-2) are district tournament bound for the 33rd straight season in O'Neill's immaculate 34-year coaching career at Quaboag. The Cougars are young, so the three seniors may need to lead by example come play-off time.

"The only year that we haven't made districts was my very first year," O'Neill said. "Going further we have to do a better job recognizing our passing lanes and we have to do a better job with communication. We are a very young team, we have three seniors and everyone else is younger with a combination of freshmen, eighth graders and sophomores, sprinkled with a few juniors. We graduated a few

seniors that we went to the finals last year with, so we have a few growing pains. People are going to look at our schedule and say we had a down year, but we had one of the toughest, if not the toughest Division 2 schedule out of everyone in Central Mass."

Despite the loss for the Warriors, they played well against a very talented Cougars team and showed promise as they put together their best game of their season on Senior Day.

"Amazing, they worked so hard. This was a team when I came had a lot to work on and they have grown so much," said head coach Shelby Green. "This is the best game I have seen them play, their passing was on point, they were talking, and they wanted it so badly. It was a good game all-around and Quaboag is a good competitor. It is always a good game to play against them."

The close loss to Quaboag was similar to how their whole season has gone. Finishing with a record of 3-13-2, many of their games were decided by a goal. The Warriors have a very bright future under Green, their first-year head coach. She is pleased with the strides her team has shown all season and expressed one thing that has to be focused on going further.

"I think that they have grown a ton over the season. I think I brought a different aspect to Tantasqua field hockey and we have a lot of changes that we have made this year, so I think we are growing every day and every game. If you look at our scores they're super close every single game and we are working and now we are just focusing on getting the ball in the back of the net," she concluded.

## SPORTS BRIEFS

## Fall into fitness: Youth sports at the Y

SOUTHBRIDGE — The Tri-Community YMCA, a non-profit organization, is offering kids a great way to stay active and connected with others interested in healthy competition. Choose from a variety of youth sports for both boys and girls of all ages this Fall 2 Session.

Basketball Strength & Conditioning: Tuesdays and Thursdays until Nov. 16 from 5:15-6:15 p.m. at the YMCA's Gymnasium. Boys and Girls ages 10-14 (Grades 5-8). Introduce your child to cardio, strength and flexibility conditioning to the basic fundamentals of basketball, along with developing skills such as dribbling, passing and shooting, while working on speed and agility training.

Gymnastics: Tuesdays, Nov. 2 through Dec. 21 at the YMCA's Gymnasium from 4-5 p.m. Ages 5 years and up. Start with the basics such as balance, coordination, tumbling, stretching and safety — and finish with full routines.

Youth Basketball League: Runs 10 weeks through the end of February, 2018 — Clinics starting on Nov. 11 (Grades K-4, Ages 6-10) and Dec. 2 (Grades 5-8, Ages 11-14). Boys and Girls will learn the fundamentals of basketball, good sportsmanship, and most importantly, to have fun! Includes clinics, weekly team practices, games, team shirts and more!

Rock Climbing: Fridays from 6:30-8 p.m. Come try our 20-foot indoor rock wall with five different climbs from beginner to advance. The basics of climbing are reviewed. Come have fun and try out your skills. Free for Members and non-members included in a

guest pass.

Cheer: Cheer is here! For Grades K-5 beginning the week of Nov. 13. Practices will be once a week on Thursdays and game times announced by coaches. This session offers a sound foundation for cheer, while learning about team building and the importance of good sportsmanship in a supportive and fun environment. No tryouts or experience required. All divisions are Co-Ed.

For more information on costs and to register, please call (508) 765-5466 or visit [tricomcommunityYMCA.org](http://tricomcommunityYMCA.org).

## Dudley/Charlton women's basketball looking for available players

There will be women's pick-up basketball happening at the Heritage School gym from 7-9 p.m. We play Monday evenings based on school schedule until June. There are no set teams and no fees, so no weekly commitment. Come when you can for some friendly competition and exercise. Must be 18 years of age or older. Please contact Deb at (508) 248-3600 or [mzd531@charter.net](mailto:mzd531@charter.net) for more information.

## 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 student (8 years old and older), parent or teacher from any of the surrounding towns and states can ski or snowboard for eight consecutive Saturday nights at Wachusett Mountain for just \$150 through the Southbridge Ski Club. You drive to Wachusett Mountain on your own. The eight-week program begins on Saturday, Jan. 6 and ends Saturday, Feb.

24. 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 century passes at a lower discounted price through our Club. All eight-week and season passes must be ordered through the Wachusett website by Nov. 30 for these lower discounted prices. For more information on how to order, please contact Dick Lisi at (508) 410-1332 or at [lisirichard15@yahoo.com](mailto:lisirichard15@yahoo.com).

## Ted Turkey Trot right around the corner

The fifth annual Trot with Ted — a 5k/10k run and walk — benefits the Tantasqua Education Foundation and is scheduled for Sunday, Nov. 26 at 9:30 a.m. The cost is \$25 for pre-registration (post-marked by Nov. 12) and \$30 for day of the race with a mail-in family cap of \$75. Race-day registration opens at 8 a.m. A kids' fun race, crafts and raffles will follow inside of Tantasqua's gymnasium. All proceeds from Trot with Ted go to the Tantasqua Education Foundation. Visit [TedFound.org](http://TedFound.org) for more details.

## Worcester State University to host various baseball clinics in 2018

With various baseball clinics at Worcester State University set for 2018, please visit [wsulancers.com/camps-clinics](http://wsulancers.com/camps-clinics) and [facebook.com/WSUbaseballclinics](http://facebook.com/WSUbaseballclinics) for more information. You can also call (508) 929-8852, (774) 230-3872 or email [dbaker1@worcester.edu](mailto:dbaker1@worcester.edu).

## HIGH SCHOOL NOTEBOOK

## Oct. 23

Wachusett 2, Tantasqua 1 — Dan Rickson scored a second half goal for the Warriors, but it wasn't enough to get past the Mountaineers and their two first half goals from Laszlo Dorogi in a boys' varsity soccer matchup.

Tantasqua 8, Burncoat 1 — The Warriors defeated the Patriots to advance to the Central Mass. Division 1 girls' varsity soccer sectional tournament. Tantasqua, who improved to 8-6-2, had Meghan Meserole and Julia Howard each score two goals. Eva Wengender, Melissa Izzio, Keira Bergeron and McKensie Avanesian also scored.

## Oct. 27

Tantasqua 6, Shepherd Hill 0 — The Warriors won their boys' varsity soccer matchup with the Rams, as Dan Rickson led the way with a pair of goals. Tantasqua is now 11-6.

## Oct. 28

Tantasqua 1, Algonquin 0 — Dan Rickson's goal was the difference as the Warriors boys' varsity soccer team ended its regular season with a victory over the Tomahawks. That puts Tantasqua's record at 12-6 heading into the Central Mass. Division 1 sectional tournament.

# OBITUARIES

## Ronald W. LeBlanc, 77



**DUDLEY-** Ronald W. LeBlanc, 77, died Sunday, October 22, at UMass Memorial Health Care / University Campus, after a long illness. He leaves his wife of 37 years, Mary (McClune) LeBlanc.

They were married April 19, 1980. He also leaves 2 daughters, Meaghan and her husband Jacob Castiglione of Southbridge, Kelli and her husband John Robbins of Holland, and 4 sons Kevin LeBlanc and his wife Susan of Dudley, Kyle LeBlanc and his wife JoAnn of Sturbridge, Kerry LeBlanc and his wife Laura of Willow Springs, NC, and Kory LeBlanc and his wife Koury of Putnam, and a sister Elaine Fuller of Taneytown, MD. He also leaves 12 grandchildren, and 6 great-grandchildren. He was predeceased by 2 grandchildren Jenelle LeBlanc and Keegan Robbins.

Ron was born in Southbridge, October 23, 1939, son of Theophile and Alice (Collette) LeBlanc and has lived in Dudley for most of his life. He was a graduate of the former Notre Dame High School, Class of 1958. He still counted his NDHS classmates among his friends, meeting with them regularly to reminisce. He was a proud veteran of the US Navy, serving for 4 years. During his service, his travels took him to Great Lakes, IL, Imperial Beach, CA, and Cyprus. His proudest Naval moment was marching to Anchors Aweigh while graduating as Honorman of his company. Ron was an active member of Sacred Heart of Jesus Church in Webster, and could be found every week in the front pew at the 4:00 Mass. He was a retired kitchen designer for Rivco Company, retiring in 2005. Ron's sense of humor and easy laugh will be missed by all who were blessed enough to have crossed paths with him. His hobby was being a model rail-

roader. Ron was an accomplished model builder, often giving clinics to others in the hobby. He loved spending time in his train room, listening to swing music, while adding more detail to his extensive model layout, the Blackstone Valley Railroad, which was his pride and joy. His love of trains took him on many adventures, including trips with his sons and daughter, Meaghan. He was a former member of the National Model Railroad Association's HUB Division. His train buddies were his second family, often meeting up to share their love of railroad. His wife, Mary, was the great love of his life. Despite finding each other later in life than they would have preferred, they shared an unending bond that was obvious to anyone who looked at them. Most of all he loved his family above everything. He will be greatly missed by his children, who were lucky to call him Dad. Ron especially loved spending time with his grandchildren, who will lovingly remember their Pèpère. He always had a warm lap to welcome them, an easy laugh to cheer them, and plenty of popcorn to share.

The funeral will be held on Friday, October 27 from Sansoucy Funeral Home with a Mass at Sacred Heart Church at 10 AM (PLEASE MEET DIRECTLY AT CHURCH) 18 E. Main St. Webster, MA. Burial with Military Honors will follow at St. John Cemetery, 260 Cambridge Street, Worcester, MA.

Calling hours will be held on Thursday, October 26 from 6-8PM at Sansoucy Funeral Home, 40 Marcy Street, Southbridge. Donations in Ron's memory may be made to the American Heart Association, 20 Speen Street, Framingham, MA 01701. www.sansoucyfuneral.com



## Doris F. (Delage) Bertrand, 77

**STURBRIDGE-** Doris F. (Delage) Bertrand, 77, of New Boston Road, died Monday, October 23, 2017, at the Overlook Masonic Health Center in Charlton.

She was the wife of Urban G (Jerry) Bertrand, Jr., with whom she recently celebrated 53 years of marriage. Besides her husband, she leaves her sister-in-law, Joann Johnson of Florida, a nephew and 2 nieces, and many friends.

Born in Southbridge, she was the daughter of Raymond and Clarinda (Pelletier) Delage. Doris was a graduate of the former Notre Dame High School in Southbridge, and also was a gradu-

ate of the former St. Vincent Hospital School of Nursing in Worcester. She worked for many years as a Registered Nurse at the old St Vincent Hospital in Worcester.

The family would like to thank all staff members of the "Overlook Family" for their exceptional care and kindness.

Funeral services will be announced at a future date and time. Sansoucy Funeral Home, 40 Marcy Street, Southbridge, MA 01550 is directing arrangements. www.sansoucyfuneral.com



Send all obituary notices to  
Stonebridge Press, PO Box 90,  
Southbridge, MA 01550, or by e-mail  
to [jean@stonebridgepress.news](mailto:jean@stonebridgepress.news)

# CALENDAR

## Saturday, November 4

**IT'S ELECTRIC!** On Saturday, Nov. 4, the New England Electric Auto Association (NEEAA) will be hosting a hybrid/electric car show and ride-and-drive event at the Charlton Public Library, 40 Main St. from 11 a.m. to 3:00 p.m. Several dealers will be present with the latest hybrid, plug-in hybrid and pure electric vehicles and will be offering test drives. Actual owners will also be present to share ownership experiences. Moe's Food Truck will be onsite for refreshments or lunch!

**MEAT RAFFLE:** Giant Meat Raffle Saturday Nov. 4, 6-9 p.m. at St. Joseph's Church Hall in Charlton. There will be six Meat, one Turkey and one Lobster Table! Early birds arriving prior to 6 p.m. receive three tickets to be used on the Meat table of their choice. Sponsored by the Mary Martha Guild and Catholic Financial Life, Chapter 56. Selected homemade food purchases will be available for dinner as well as homemade baked goods for dessert. Beverages include beer, wine, soda, water, coffee, tea, etc.

**PIE NIGHT:** The Hayloft Steppers Square Dance Club is holding a Pie Night dance on Saturday, Nov. 4 from 8:10:30 p.m. (\*Something New ~ early Fast Track at 7:30). The callers will be Ted Lizotte & Paul Cote and the cuer will be Margene Jervis. Admission is \$10 per person. For more information on our Beginner Classes, please call Moe at (508) 344-3430 or Al at (413) 436-7849 or visit our website at [www.hayloft-steppers.org](http://www.hayloft-steppers.org). The club is located at 232 Podunk Road in Sturbridge.

## Sunday, November 5

**ANNUAL AUCTION:** Quinebaug Valley Singers (QVS) second annual Auction will be held Sunday, Nov. 5, at the Federated Church of Sturbridge and Fiskdale, 8 Maple St., Sturbridge. Auction items can be previewed at 1:30 p.m. and the Auction will take place from 2-4 p.m. The QVS Auction event will include refreshments, musical entertainment with choral and instrumental pieces, and an opportunity to bid on high-quality items, gift baskets, services, and gift certificates from popular local retailers and venues in both live and silent auctions. A \$10 registration fee for a bidding paddle may be purchased at the door, or in advance from any QVS member. Proceeds benefit Quinebaug Valley Singers, a local community chorus, [www.qvsingers.org](http://www.qvsingers.org). For more information, or to purchase

your bidding paddle in advance, please contact Linda ([lamfam151@gmail.com](mailto:lamfam151@gmail.com)) or Carol ([carolcurtin77@gmail.com](mailto:carolcurtin77@gmail.com)) the QVS auction co-chairs. To donate items or services for the auction, please contact Jeanne ([jadler@charter.net](mailto:jadler@charter.net).)

## Thursday, November 9

**FASHION & FUN:** A night of fashion and LueLaRoe! The Sturbridge Nursery School is hosting the area's first LueLaRoe fashion show at the Publick House. Join us on Thursday Nov. 9 at 6 p.m. where three local vendors will be setting up their boutiques for your shopping pleasure. There will be a live fashion show displaying many of the items for sale. Tickets will be \$3 per person, sold at the door, and a cash bar will be on site. This event is for all ages as the vendors will have both adult and children sizing available. Proceeds will benefit the Sturbridge Nursery School. We hope to see you there! For more information please see the event listing on Facebook, LueLaRoe Shopping Night and Fashion Show or email [brienne.bradley1@gmail.com](mailto:brienne.bradley1@gmail.com)

## Monday, November 13

**GOING BATTY:** On Monday, Nov. 13, Charlton Garden Club will hold a bat house building workshop. \$15 material fee. 7 p.m. at the Charlton Federated Church, Charlton. For more information, contact Ginny Charette (508) 248-7300, Marcia Liedigk at (508) 434-0507. If not a member but want to come to make a bat box, please email [thistle42@me.com](mailto:thistle42@me.com).

## Friday, November 17

**SENIOR CENTER MEAL:** The Brimfield Senior Center is once again celebrating Thanksgiving with a down-home holiday feast on Nov. 17 at 11 a.m. Come join us in "Giving Thanks" for the bounty from the land, the warmth of the friendship and camaraderie we share with each other, and each and every blessing that has touched our lives. Your feast will include: oven roasted herbed turkey, homemade gravy, seasoned bread stuffing with apples, onions & celery, golden butter-nut squash, green beans almandine, seasoned turnip, creamy mashed potatoes, warm buttered rolls, and cranberry sauce. For dessert there will be

homemade pumpkin pie and apple pie ala mode. The Senior Center is located in the 1st Congregational Church, 20 Main St., Brimfield. Seating is limited for this event. Please call (413) 245-7253 for reservations prior to Nov. 14. There is no suggested donation for this dinner.

## Saturday, December 2

**HOLIDAY FAIR:** Fundraiser to benefit the Charlton Public Library, Saturday, December 2, 9:30am-4:00pm at Charlton Public Library, 40 Main St., Charlton. \$2.00 Donation, \$1.00 OFF with ad. Children 18 & under Free

**CRAFTERS WANTED:** The Holly Berry Fair committee of the Sturbridge Federated Church, 8 Maple St., Sturbridge is looking for crafters and artists who wish to sell their handmade items on Dec. 2 from 9 a.m. to 3 p.m. Remember, local fairs are best! This popular annual show attracts people from all over the area. Our booth fee is \$25 for each 8 foot space, optional lunch and table fees are on the registration form. To join us, simply go to the church website, [www.sturfed.org](http://www.sturfed.org) or call the church office (508) 347-3915. You may also get an application by e-mailing [janraerose@gmail.com](mailto:janraerose@gmail.com) or [nancast148@gmail.com](mailto:nancast148@gmail.com) We welcome all inquiries.

**CRAFT FAIR:** Need some unique, one of a kind Christmas gifts? Look no further than the Holly Berry Fair at the Sturbridge Federated Church, 8 Maple St., Sturbridge, on Dec. 2 from 9 a.m. to 3 p.m. in Fellowship Hall. Local artisans and craftspeople will be selling all manner of handmade items including needlework, paintings and cards. Along with gift items, there will be baked goods, ornaments, and face painting for children. Enjoy some hassle-free shopping while supporting local artisans and crafts people.

**CHRISTMAS FAIR:** The Charlton Helping Hand Society Inc. will host their annual Christmas Fair on Saturday, Dec. 2 from 10 am to 2 pm at The Dodge Chapel, 81 Hammond Hill Road, Charlton. All proceeds will benefit the group's charitable commitment to the Charlton Community. Offerings include our popular "Grammar's Attic", Bake and Cookie by the Pound Table, Vendors, Raffle Tickets, Ticket Auction, etc. All raffle prizes will be drawn at the end of the fair. Please join us, share the spirit of the season, the fellowship, bargains and especially to, "HELP US TO HELP OTHERS."

**CRAFT FAIR BAZAAR**  
We are looking for crafters to join our Craft Fair Bazaar on Dec. 2 at the Charlton City Methodist Church, Stafford Road in Charlton. Tables at \$30 and spaces are \$25. Please contact

Martha at [mburbridge50@gmail.com](mailto:mburbridge50@gmail.com) for more information. Please join us for the bazar and craft fair from 9 a.m. to 3 p.m.

**CHRISTMAS FAIR:** sponsored by the Golden Age Club, 8 a.m.-2 p.m. at the Charlton Senior Center, 37 Main St. Hand knit items, baked goods, craft items, holiday & Christmas items, raffles, homemade chowder, meatball grinders, peach shortcake and more!

### ONGOING

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

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

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

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

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



Courtesy photo

Kelly Hibbard, manager of volunteer services at Harrington Hospital (right), presents Marguerite Bartlett with the President's Volunteer Service Award for achieving 4,000 hours of lifetime volunteer.

## Harrington Hospital and Auxiliary recognize volunteer efforts

STURBRIDGE — Harrington Health Care System and Harrington Auxiliary held its annual volunteer recognition dinner Oct. 16 at The Barn at Wight Farm in Sturbridge. More than 100 men and women volunteers from the hospital as well as many auxiliary members were in attendance.

Kelly T. Hibbard, manager of volunteer services, recognized 96 individuals for donating their time in service to "helping Harrington strive to provide compassionate quality care." Many Auxiliary members were among those who received recognition for their volunteer involvement with the organization's various fundraising events. Three special groups, Sturbridge

Nifty Knitters, Oxford Silver Knitters and Overlook Silver Knitters, were honored for their contributions of 6,000, 24,500 and 42,500 hours, respectively.

In addition to distributing volunteer recognition awards, Hibbard honored Helen Lenti, immediate past president of the Auxiliary, with a specially designed bracelet for her significant fundraising efforts toward the Harrington Health Care System emergency department renovation project.

Connie Favreau, current Auxiliary president, acknowledged the outstanding efforts from the hospital gift shop staff, whose financial contributions have enabled the Auxiliary to fund several projects for the

hospital.

Hibbard awarded the President's Volunteer Service award to Marguerite Bartlett for achieving 4,000 hours of lifetime volunteer service and for her outstanding dedication to Harrington Hospital.

Department managers from The Cancer Center, transport, dietary, 3 North medical/surgical unit and phlebotomy delivered speeches in which they hailed the volunteers who have helped each area function efficiently and effectively.

Before closing the ceremony, Hibbard announced a couple of new volunteer opportunities at the Hospital.

"If you are reflective, compassionate, cheerful and have a pleasant manner, we need

you!! We are in need of a courtesy driver to drive a transport vehicle, which will pick up and/or drop off our patients in the parking lots. We also have several openings for greeters and ambassadors. If you are interested, or know someone who might be, please contact Volunteer Services at (508) 765-6472," she said.

Harrington Auxiliary, established in 1932, is a non-profit organization of dedicated and impassioned volunteers whose mission is to support and enhance the excellent services provided by the Harrington HealthCare System.

## New building soon open

SOUTHBRIDGE — In just a few weeks, Harrington HealthCare System will open the doors to its new Child and Family Services Center in Southbridge.

The healthcare system has leased the former CarQuest Auto Parts store at 139 South St. After the renovation is complete, the facility will house mental health counseling and group sessions for children and adolescents, ages 4-24, and their families.

The move gives Harrington's Department of Mental Health an opportunity to present a new, expanded family treatment facility to the community.

"The new center really won't be anything like our current office space on Pine Street. This renovation will showcase a bright, inviting place where families can feel good seeking services," said Katie Adams, Harrington director

of mental health.

Adams said in 2016, she focused on expanding their school-based programs and services. The initiative had great success, but over time, led to growing pains within the department.

"The demand increased really quickly and we weren't able to meet it. Now, we are building a staff large enough to really service the schools that are requesting a presence," she said, adding her staff will be shifting from six to 12 clinicians when the building opens.

Adams hired several new members to her team, licensed clinical social workers and mental health clinicians and marriage and family therapists. She is also expanding the range of specialties offered for child and family services, including more expansive cognitive therapy. Through a grant, Adams

was able to send several of her staff to receive training in child trauma.

"We want to continue to expand our relationship with the local school systems, as well. Our new team has great experience and more to offer clinically," Adams said.

When finished, the 6,500 square-foot space will include 12 therapy offices, two group rooms, an administration suite and a large common waiting area.

The new Child & Family Services is expected to open by late November.

For more information, visit [harringtonhospital.org](http://harringtonhospital.org)



Courtesy photo

Getting closer. The walls are going up and soon the new center will be open

## Worcester Torathon: our legacy of Jewish values

On Saturday night, Nov. 18, at Congregation Beth Israel in Worcester, rabbis, cantors, educators, and musicians from across New England will join together in an evening of music and study. Torathon will begin with a joyous one-hour concert starting at 6 p.m.

Come join us for this meaningful and spirited concert led by Jewish singer and songwriter Ellen Allard as she sets the stage for exploring this year's Torathon theme: Our Legacy of Jewish Values.

The concert will be followed by three 50-minute sessions of 24 offerings of adult Jewish study including such topics as Jerry Lewis: the King

of Comedy, Understanding the Jewish Calendar, Radical Rabbis, The Truth About Tattoos, and Common Ground: Islam and Judaism.

Some of the course descriptions follow:

**Jerry Lewis: The King of Comedy**, who died just a few months ago. He was also known as a philanthropist who raised millions for muscular dystrophy research. The course will include some of his famous work including one film that was never released.

**Radical Rabbis: Rabbi Aviva Fellman** discusses some of rabbinic texts that would be considered radical. Discussion will include the body, relationships, and other edgy topics.

**Common Ground Islam and Judaism**; Practices in common include a religious calendar, dietary laws, modest dress, and life cycle events. Mona Ives, Islamic educator and teacher, will lead the discussion.

**The Truth About Tattoos**: Rabbi Valerie Cohen leads a discussion about this controversial topic. She will show images of Jewish body art.

**Israeli Dancing**: Learn traditional and some not so traditional Israeli dances. Dances from the days of the first Israeli pioneers consist mainly of circle and partner dances of Eastern Europe with Arab and Yemenite influences. Maybe we'll mix in some contemporary steps as well.

**Songs to Mend a Broken World**: This session covers music of social justice and healing from the civil rights era to the present time. Music covered includes that of Pete Seeger, Simon and Garfunkel, and Woody Guthrie. Leaders are Cantor Reef-Simpson and song leader Ian Simpson.

**The Progressive Case for Israel**: This is a panel discussion led by local leaders who have traveled to Israel. Topics include the LGBT community, women's rights, and minorities.

Tickets for Torathon are \$20 in advance, by Nov. 16, and \$25 at the door. For high school and college students, prices are \$5 in advance and \$10 at

the door. To view the entire evening's program and to purchase tickets in advance go to [www.JewishCentralMass.org/Torathon](http://www.JewishCentralMass.org/Torathon). Tickets are also available in Worcester, at the Worcester JCC, Jewish Federation of Central Mass., Congregation Beth Israel, and, in Westboro, Congregation B'nai Shalom.

For more general information, also go to [www.jewishcentralmass.org/torathon](http://www.jewishcentralmass.org/torathon) or call (508) 756-1543.

Torathon is generously funded by a grant from the Jewish Federation of Central Massachusetts.

## Kudos to Coffee!

The humble cup of coffee.

It's a simple pleasure that baristas elevate to an art, painters depict on canvas, and philosophers have sung the praises of throughout the ages. So what's so virtuous about the everyday cup of Joe we sip every morning? Plenty, according to reliable health studies which show a steaming mug of java may go way beyond a satisfying pick-me-upper.

If your daily dose of caffeine has become nothing more than a breakfast ritual, the following coffee facts may prove to be more of an eye opener than that morning cup of coffee!

**Joe Jogs Memory**: If you love your coffee, you now have another excuse to drink high octane java! Here's the latest buzz on caffeine: A cup of joe can jog your memory, especially if you're over age 65, say researchers at the University of Arizona. In a study, memory performance declined significantly between morning and afternoon in seniors who didn't drink coffee or drank decaf. Those who had a cup of the high octane stuff showed no such effect.

**Dodge Diabetes**: According to WebMD, one to three cups of coffee per day can reduce risk for diabetes by up to nine percent. Up the cups to six or more daily and men's risk for diabetes is cut by 54%, while woman's is reduced by 30% as compared to non-coffee drinkers. While not fully confirmed yet, several studies suggest that it's the chlorogenic acid in coffee that help stave off Type II Diabetes, which is the non-inherited form of the disease.

**Drink to Think**: A ten year study by the University of Bristol revealed coffee drinkers really may be better thinkers! The report said a cup of coffee can help in the performance of tasks, requiring sustained attention. It further helped enhance a person's ability to perform these tasks, during low alertness situations such as at night or when a person

has a cold.

**Buzz Boost**: Did you know a safe caffeine buzz can give your workout a boost? According to the American College of Sports Medicine, consuming caffeine equivalent of between two to six cups of coffee one hour prior to exercise, increased both the endurance and performance of athletes during both prolonged and short-term exercise sessions. If you drink caffeinated beverages, drinking one before your workout may help you run or walk a little farther or cycle a little longer. Studies have shown that moderate caffeine intake about 300 milligrams, the equivalent of three cups of drip coffee, may be safe in most adults. But be sure to drink plenty of water before, during and after your workout to remain adequately hydrated.

**Jovial Java**: Are you aware caffeine can also be an effective antidepressant? Just don't drink more than a couple of cups of coffee a day or the effect can be counterproductive.

**Steam Therapy**: Taken in normal doses, caffeine has shown to have several other beneficial effects: Home remedy books advise drinking a cup of hot steaming coffee to suppress an asthma attack while waiting for proper medicine to kick in. The caffeine acts on the bronchial tubes contributing to the expansion of the muscles, thus relieving the severity of the attack in some cases.

**Halt Headaches**: Before you reach for a pain pill, try drinking a cup of strong coffee to combat your migraine or tension headaches. Caffeine has long been used in over the counter pain relief products because it dilates the blood vessels, helping to relieve migraine



TAKE THE HINT  
KAREN TRAINOR

pain. In addition, coffee is a diuretic, helping to eliminate toxic substances from the body.

**Diet Drink**: Coffee is the perfect diet beverage! It's not only low in calories (skip the cream and sugar, please); it acts as a natural diuretic to help shed water weight. In addition, the caffeine in coffee revs up your metabolism, which helps burn calories.

**Java Rx**: Did you know medical data shows coffee is rich in antioxidants? In fact, a well known study from the University of Scranton proclaimed coffee America's number one source of health boosting antioxidants! Here's the scoop: The beneficial "free radical sweepers" are also found in coffee aroma after brewing. According to research carried out in Switzerland by the Lausanne-based Nestle Research Center, consuming coffee up until 20 minutes after brewing will deliver 300 phytochemicals, (antioxidants), and can stay in the human system up to one month.

**Prefer your coffee sans the caffeine?** You'll reap the same health rewards as decaf has the same antioxidant benefits as regular coffee!

**Reduced Risks**: Several studies indicate that people who drink coffee on a regular basis are up to 80% less likely to develop Parkinson's disease. According to research performed at Vanderbilt University's Institute for Coffee Studies, it's the caffeine that offers the protection. In fact, VU reported based on this evidence drugs to treat Parkinson's, containing a derivative of caffeine are currently being developed.

**Want more?** Additional research reveals compared to not drinking coffee, at least two large cups of coffee daily can translate to a 25% reduced risk of colon cancer, a significant drop in liver

cirrhosis risk, and nearly half the risk of gallstones!

**DIY Vanilla Almond Coffee Grind**  
Flavored gourmet ground coffee blends are a favorite of many Java fans. Skip the high-priced specialty shop offerings and make your own - at a fraction of the cost! This "recipe" comes from McCormick, the spice people.

**Ingredients**: 1 can automatic drip ground coffee; 1 bottle (1 oz) pure vanilla extract; 1 bottle (1 oz) pure almond extract.

**Directions**: Pour coffee into a large zipper plastic bag or bowl. Add both extracts to coffee. Stir well to thoroughly blend extracts into coffee. Store coffee in plastic bag or airtight container in refrigerator or freezer until ready to use. Brew coffee as usual.

**Variations**: Decaffeinated coffee works just as well. And don't be afraid to try your own favorite flavors!

**The "Buzz" on Coffee**  
\*Coffee is the second most traded product in the world after petroleum.

\*It takes five years for a coffee tree to reach maturity. The average yield from one tree is the equivalent of one roasted pound of coffee.

\*One shot of espresso uses approximately 45 coffee beans.

\*The expression "a cup of Joe" was coined during WWII, when American servicemen (G.I. Joe) were identified as big coffee drinkers.

\*When coffee became scarce during the Civil War, soldiers who wanted a cup of coffee had to resort to roasting and brewing sweet potato and Indian corn.

\*Out on the range, cowboys brewed coffee by putting grounds into a sock, plunging it in cold water and heating it over campfire.

# Into the fall hunting seasons, but a warning to watch out for tiny predators

Last week's weather was great but cooler temperatures are needed to get the deer moving. Many areas do not have a good crop of acorns in them this year, but for the ones that do there is a good abundance of deer feeding on them. One local archer had a few visual encounters with deer, but did not get a shot. He did manage to get some footage on his iPad of numerous turkeys feeding under his tree stand. The fall turkey season opened this past Monday, Oct. 23, and will continue to Nov. 4. Only one turkey may be harvested in the fall and can be of either sex. Only hunters with a valid permit are allowed to hunt fall turkeys. If you filled your two tags in the spring, you cannot hunt the fall season in Mass!

Pheasant hunting is now in full gear in Massachusetts. Pheasant stocking will continue up until Thanksgiving in open covers and Wildlife Management areas. The two bird daily limit and six for the season already has pheasant hunters looking to Rhode Island to hunt. Grouse populations are in very bad shape locally, but areas to the west of the valley still hold some of the fast flying birds. Woodcock are also in bad shape locally. Mass Fish & Wildlife needs to look at their six bird annual limit of pheasant per hunter, and make available a program that allows bird hunters to purchase pheasant tags allowing for the taking of more birds.

The six bird annual limit if so antiquated changes need to be made soon. At a time when woodcock and grouse were abundant, bird hunters had a chance to continue hunting with their bird dogs. Raising a bird dog to harvest six pheasant is crazy. Hunting out of state or at game farms is too expensive



THE GREAT  
OUTDOORS  
.....  
RALPH  
TRUE

for many bird hunters. Fortunately, a few clubs have a game preserve license, and they provide some great pheasant hunting weekly.

Trout fishing anglers can fish all year long and take a daily limit of trout 365 days a year. Raising trout is very expensive, as is the raising of pheasant. Hopefully the Division of Fish & Wildlife board will take up this topic at one of their future meetings.

This writer received his copy of the New England Outdoor Writers newsletter last week. As a member for more than 20 years, I have had a chance to meet some great writers that often share some very good information about their own personal activities in the outdoors. This nonprofit organization annually selects some great college students that show good potential in protecting our environment and sportsmen's activities for the next generations. The NEOWA annually awards thousands of dollars in scholarships to these young college students.

This month's newsletter had a very good article by President Rand Julius about the dangers of tick bites. Although this writer has talked about the dangers of tick bites in the past, he revealed new information, and he asked other writers to talk about his wife's latest experience in one of their columns, hoping to sound the alarm about the dangers of tick bites.

Randy's wife Mary found a tiny tick on her foot after time in her backyard. She removed it and did not think about it until the next day when she noticed a small rash in the area of the bite. Twenty four hours later she noticed her foot had started to swell. Her leg was numb and she had severe nerve pain in her joints. She also had flu like

symptoms. A doctor's visit and blood test revealed that she had showed positive for the tick disease "anaplasmosis." She was put on a prescribed medication immediately which she took for three weeks. Although she feels better, she still has nerve pain & numbness in her foot.

A couple of weeks later Mary's 91 year old father contracted the disease "babesiosis" from a tick bite. He nearly died from the disease, but after time in a VA hospital with numerous intravenous antibiotics, he seems to be getting better. During his stay at the hospital he suffered from internal bleeding & went into cardiac arrest. Doctors are still in the dark on how to treat patients that have tick bites, so the patient needs to stay educated on what he or she needs to do to survive.

Ron Merley a long time member of the NEOWA lost a year of his life from a tick bite when he contracted a serious infection. It started off as symptoms of the flu, but got much worse with each passing day. He lost 20 pounds and had numbness and pain from one joint to another. He got so bad he could not get out of bed. A specialist put him on "Rocepherin" medication, which is an intravenous medication, and he started to improve but soon found himself getting worse after the drug was stopped. He contacted another doctor and found out that he had "babesiosis" which is similar to malaria. He never tested positive for Lyme disease after all of his testing by prior doctors. He has finally recovered from his illness after being treated with numerous medications including penicillin, but Randy and Ron wanted to tell their story about the dangers of tick bites.

Test for Lyme disease are only 50 % accurate at best Ron stated. Recent hunting activities in local covers have hunters finding many ticks attached to their



Courtesy photo

This huge buck was harvested in 2012, but we can hope he left a son or two for us.

dogs, clothing and on their skin. Be careful out there and stay alert for any signs of tick bites and symptoms of Lyme disease. You need to check your family and your pets daily for ticks and tick bites. Do not hesitate to find another doctor if you are not getting better in a few days. If you encounter a tick bite be sure to get medical help as soon as possible. It could save your life!!!!

The Uxbridge Rod & Gun Club will open their pond to fishing for members this Saturday at 1 p.m.!! A large stocking of trout last week should have anglers catching some impressive trout.

Our sympathy goes out to the family and friends of Chris Thurlow. Chris was a long time employee of Mass. Fish & Wildlife and advanced to the position of central district manager, which he held for many years.

This week's picture shows a huge buck harvested in 2012 locally in Massachusetts. Hopefully he left some of his genes for future generations. Archery season always harvests some of the largest bucks that roam Massachusetts forests.

Take A Kid Fishing & Keep Them Rods Bending!

## AREA BAZAARS AND FESTIVALS



As the fall festivals and winter bazaars go into full swing, many people travel from town to town, scooping up the sales and gathering in the handcrafted items for gifts. In addition, the ethnic foods and mouthwatering baked goods add just the right touch for holiday entertaining. With that in mind, the Stonebridge Press newspapers are adding this listing of area events just for the upcoming couple of months so you can find the nearby festivals on a crisp Saturday adventure. Enjoy!

### SATURDAY, NOVEMBER 4

**ALBANIAN KITCHEN & BAZAAR:** The Daughters of St. Nicholas will hold its annual Albanian Kitchen & Bazaar on Saturday, Nov. 4, from 10 a.m. to 3:00 p.m. at St. Nicholas Albanian Orthodox Church, 126 Morris St., Southbridge.

The bake table will feature traditional Albanian spinach, leek, sauerkraut, and squash pies; baklava, orange-date cookies, kurabias, and twist cookies along with many of your other favorites. An Albanian-style café will offer garden salad, egg-lemon soup, great northern bean soup, meatball and vegetable casserole, leek and cornmeal casserole, stuffed peppers, cabbage rolls, spinach triangles, baked macaroni and cheese, eggplant & potato casserole. You may either Dine in or Take Out.

This event will also feature theme baskets, used books, this 'n that table, illustrated children's books by author Ruth Sanderson.

**ANNUAL FAIR:** Bethel Lutheran Church at 90 Bryn Mawr Avenue in Auburn, will be having its annual Harvest Fair on Saturday Nov. 4th from 9 a.m.-2 p.m.

**ANNUAL FESTIVAL:** St. Thomas Episcopal Church presents our annual fall festival Saturday, Nov. 4, 8am - 3pm at 35 School St., Auburn. Bake Sale, Attic Treasures, Raffle Baskets AND LuLaRoe

**UWC FALL FAIR:** Please join us at our annual Upton Woman's Club Fall Fair at Blackstone Valley Technical High School on Saturday, Nov. 4 from 9:00am to 3:00pm. One of the most popular fall events in the area, this fair features a raffle for a beautiful queen-sized quilt made by UWC members.

UWC members will be selling

handmade wood crafts, beautiful hand sewn and knitted goods and basket raffles plus delicious lunch items and bake goods.

Stop by and visit Grandma's Attic, a unique collection of gently used items, for that special treasure you have been looking for as well as a chance to win a door prize and 50/50 raffle. Also featured are several of the areas great vendors. Don't miss this opportunity to do some early holiday shopping or to treat yourself to something special.

**FALL HARVEST CRAFT FAIR:** 9 a.m.-4 p.m., St. Stephen Parish Hall, Rte. 97, Quinebaug. Single 8 foot table or 10x10 space: \$20. Crafters and vendors wanted. Contact Kathy Piniarski at (508) 764-7271 or email kathypiniarski@gmail.com.

**CHRISTMAS FAIR:** St. Joseph's Parish Hall, 296 Main St., North Brookfield on Saturday, Nov. 4 9 a.m.-2 p.m. The day will include bake sale, handmade crafts, flea market, baskets and raffles galore! Lunch is served from 11 a.m.-1 p.m. and includes homemade soups, great sandwiches and delicious apple pie.

**HARVEST FAIR:** Stella Chapter Harvest Fair (J. Prouty) Masonic Lodge Bldg., 780 Southbridge St., Auburn on Saturday Nov. 4, 9 a.m.-3 p.m.

**HOLIDAY FAIR:** On Saturday, Nov. 4, the St. Denis Catholic Women's Council will host their annual Holiday Fair from 9:00 am to 2:00 pm at St. Denis Church, located at 23 Manchaug St. in Douglas. Tea Committee luncheon, Gathering Room, Fancy Work room, Children's games and crafts and more.

**HOLIDAY VENDOR & CRAFT SALE:** Charity raffle to support Toys for Tots, Nov. 4 from 11 a.m.-5 p.m. at Knights of Columbus, 10 Meadow Road, Spencer. Free admission.

**ST. ROCH HARVEST FAIR:** St. Roch Church, 332 Main St., Oxford will be holding their annual Harvest Fair on Saturday, Nov. 4 from 8 am-2 pm in the church hall. Activities include: A giant Adopt-A-Basket raffle, crafts, gifts, handmade knitted items, homemade baked goods, used books, inside garage sale, and a money raffle! Lunch will be served.

**HARVEST & HOLLY FESTIVAL:** sponsored by the VFW Auxiliary to Thompson Memorial Post 10088 Saturday, Nov. 4 9 a.m.-2 p.m. at the VFW Post home, 654 Quinebaug Road (Rte. 131) Quinebaug. Crafts, bake table, teacup socia, attic treasures, them baskets and luncheon available. To benefit veterans and community programs.

Sunday, November 5

**BAZAAR:** St. John Paul II Parish annual bazaar is

scheduled Sunday, Nov. 5 8:30 a.m.-4 p.m. at Trinity Catholic Academy, 11 Pine St., Southbridge. It will feature a variety of tables: children's games, crafts, The Village Bake Shop, Jar Deal, theme baskets, parish table, jewelry, silent auction, community raffle table (HUGE!) and entertainment. Karol's Kafe will be open for breakfast at 8:30 a.m. and will have a great variety of items for lunch. Free admission, ample parking and handicapped accessible. For information (508) 765-3701.

### SATURDAY, NOVEMBER 11

**HOMESPUN HOLIDAYS:** The Kathryn M Huston Mission Circle of the Whitinsville Presbyterian Church, 51 Cottage St. will host its annual fair on Saturday, Nov. 11, from 10 a.m.-2 p.m. "Homespun Holidays" will feature crafts, a bake sale, with our famous Cookie Walk & Harvest Table, attic treasures, theme baskets, a silent auction, kids' corner, and a delicious crunchy chicken luncheon served from 11 o'clock. The cost for the lunch is \$7 for adults and \$3 for children 10 and under. The public is welcome!

**HARVEST FAIR:** Good Shepherd Parish will host its annual Holiday Fair from 9:00 AM to 3:00 PM Saturday, Nov. 11 in the Parish Center (behind the church) and Parish Hall (beneath the church) in Linwood. The fair will feature a selection of crafts, baked goods, a cookie walk, over 60 themes raffle baskets along with gift card and super raffles, a kid's table, a luncheon, and much more. Please see the website at [www.goodshepherdlinwood.org](http://www.goodshepherdlinwood.org) for more details.

**STRAWBERRY HILL FAIR:** The First Congregational Church of Leicester at 1 Washburn Square (across from Town Common) will hold its annual STRAWBERRY HILL FAIR on Nov.11 from 9 AM till 2 PM. The Fair will feature holiday decorations, homemade knitted items, second hand treasures, gift baskets, raffles, country store, toys and games, baked goods, cafe', crafts and more. Please come and enjoy a few hours at our Fair. [www.leicesterfcc.org](http://www.leicesterfcc.org)

**RED DOOR FAIR:** The Christ Episcopal Church, Main Street, North Brookfield holds its annual Red Door Fair Saturday, Nov. 11 9:30 a.m.-2 p.m. Raffles, Christmas, baked goods, sewing & knitting, exquisite items, Rada knives. Lunch served.

Saturday, November 11 & Sunday, November 12

**BAZAAR:** St. Andrew Bobola Holy Rosary Sodality will be

holding their annual Christmas Bazaar Saturday Nov. 11 from 10 am to 6 pm & Sunday from 8 am to 12:30 pm in the church hall located at 54 West Main St., Dudley. The Bake table will feature homemade pastries along with bakka & paczki. Tables will include Elegant Junk, Thanksgiving Dinner, Special Gifts & Christmas Crafts n' More. Kitchen will be featuring homemade cabbage and cheese pierogi.

Sunday, November 12

**GLITTER & GLITZ - A HOLIDAY MARKETPLACE:** on Sunday, Nov.12 from noon to 5 p.m. at Point Breeze Restaurant, Point Breeze Road, Webster by St. Joseph's Women's Club. Hot and cold appetizers will be available, as well as a special gifts raffle, lottery scratch tickets raffle, 50/50 raffle, and an attendance prize. The tickets for the event are \$15 in advance, \$20 at the door, and can be purchased by calling ticket chairladies, Phyllis Scully at (508) 949-3517, Jill Manak at (508) 943-1810, or President and Honorary Chairlady Cindi Gardner at (401) 418-2242.

Saturday, November 18

**HOLIDAY FAIR NEEDS VENDORS:** Anyone interested in participating in Our Lady of the Valley Regional School's 35th annual Holiday Fair scheduled for Saturday, Nov. 18, please contact Kathy Kay at [kathygkay@yahoo.com](mailto:kathygkay@yahoo.com). The fair will run from 9 am to 3 pm, and will be held at the Our Lady of the Valley Regional School, located at 75 Mendon St., in Uxbridge. Crafters, direct sellers and other vendors are welcome! Spots are limited, so don't delay! Reserve your space today!

Saturday, December 2

**VENDORS INVITED:** The Friends of Charlton Public Library invite vendors to submit an application to participate in the 2017 Holiday Craft and Gift Fair which is held at the Charlton Public Library on Dec. 2. Applications available at the front desk of the Charlton Public Library or online at <https://www.facebook.com/charltonlibraryfriends/posts/1900020216878052> For questions contact Melinda at (508) 248-6292 or by email at [melinda@sewcialite.com](mailto:melinda@sewcialite.com).

**CRAFT FAIR:** Need some unique, one of a kind Christmas gifts? Look no further than the Holly Berry Fair at the Sturbridge Federated Church, 8 Maple St., Sturbridge, on Dec. 2 from 9 a.m. to 3 p.m. in Fellowship Hall. Local artisans and craftspeople will be selling all manner of handmade items including needlework, paint-

ings and cards. Along with gift items, there will be baked goods, ornaments, and face painting for children. Enjoy some hassle-free shopping while supporting local artisans and crafts people.

**CHRISTMAS FAIR:** The Charlton Helping Hand Society Inc. will host their annual Christmas Fair on Saturday, Dec. 2 from 10 am to 2 pm at The Dodge Chapel, 81 Hammond Hill Road, Charlton. All proceeds will benefit the group's charitable commitment to the Charlton Community. Offerings include our popular "Gramma's Attic", Bake and Cookie by the Pound Table, Vendors, Raffle Tickets, Ticket Auction, etc. All raffle prizes will be drawn at the end of the fair. Please join us, share the spirit of the season, the fellowship, bargains and especially to, "HELP US TO HELP OTHERS."

**CRAFT FAIR BAZAAR**  
We are looking for crafters to join our Craft Fair Bazaar on Dec. 2 at the Charlton City Methodist Church, Stafford Road in Charlton. Tables at \$30 and spaces are \$25. Please contact Martha at [murbridge50@gmail.com](mailto:murbridge50@gmail.com) for more information. Please join us for the bazaar and craft fair from 9 a.m. to 3 p.m.

**CHRISTMAS FAIR:** sponsored by the Golden Age Club, 8 a.m.-2 p.m. at the Charlton Senior Center, 37 Main St. Hand knit items, baked goods, craft items, holiday & Christmas items, raffles, homemade chowder, meatball grinders, peach shortcake and more!

**SANTA PANCAKE BREAKFAST**

Santa Claus Pancake Breakfast at Bay Path High School, 57 Old Muggett Hill Road, Charlton, Saturday, Dec. 2, 7:30-10:30 a.m. Tickets \$5, children under 5 free. Free 5x7 family picture with Santa Claus professionally taken by Casson-Foster Photographers. You will receive an e-mail approximately one week after the event, notifying you that your photo is ready to be picked up in the main office at Bay Path. Raffle available.

Sunday, December 3

**MARK THE CALENDAR:** Craft Fair/Winter Carnival Assumption School Event, 17 Grove St. (in Assumption Parish Hall) Millbury, on Sunday, Dec. 3, 11am until 3pm (some tables open at 10am). Homemade scarves, jewelry, hand crafted minerals, floral arrangements, Mary Kay, LulaRoe, Perfectly Posh, many many more; great items for Christmas gifts! Games, face painting, kitchen menu, candy sales, gift wrapping Grand Raffle, and Crafter Raffle. Please join us!

# TRICOMMUNITY YMCA CALENDAR

43 Everett St.  
tricomcommunityYMCA.org  
(508) 765-5466.

Please call 508.765.5466 or visit tricomcommunityYMCA.org for more information

nityYMCA.org or by calling 508.765.5466

one of our pool activities or for the cardio enthusiast, choose from three (45 min) total body workouts using balance, core and body strength. Entrance fee for everyone is a bag of non-perishable food items, or a monetary donation of \$10.00 per person to benefit the Southbridge Food Share, so bring a friend or family member to join you in a pre-feast workout. For more information and scheduled class times, visit tricomcommunityYMCA.org or by calling 508-765-5466.

## FRIDAY, NOVEMBER 3

Teen Night at the Tri-Community YMCA on Friday, Nov. 3 from 8:00 p.m. to 10:00 p.m., located on 43 Everett St. Open exclusively for teen's grades 6-12 only. Wear your favorite sports team jersey or shirt and spend your Friday nights participating in tournaments for basketball and volleyball, rock wall climbing, check out our NEW game room or hang out with friends. The cost is \$3 per student no re-entry to the YMCA after leaving. For more information, visit tricomcommunityYMCA.org or by calling 508.765.5466.

## SATURDAY, NOVEMBER 4

Join the Y to help support Puerto Rico with a two-hour Zumba class (must be 13 years or older to participate) on Saturday, Nov. 4 from 9-11 a.m., located on 43 Everett Street. Assist with a monetary donation of \$10 or more and enjoy two hours of Zumba with 2 outstanding instructors, with childwatch included at no additional fee. All levels welcome.

## WEDNESDAY, NOVEMBER 15

Join the Tri-Community YMCA's AOA (Active Older Adults) Luncheon on Wednesday, Nov. 15 starting at 11:30 am, located on 43 Everett St. The guest speaker will be Rita Sullivan from RSVP to discuss "Fraud Protection", and the luncheon menu will be sliced turkey breast and vegetables. Please call 508.765.5466 or visit tricomcommunityYMCA.org for more information

## THURSDAY, NOVEMBER 16

The Tri-Community YMCA is offering Adult and Pediatric CPR/AED Training on Thursday, Nov. 16 starting at 6 p.m. at the YMCA, located on 43 Everett St. Learn how to respond to cardiac and breathing emergencies for both adult and infant/child, including the use of an automated external defibrillator (AED) until advanced medical personnel arrive. Good for childcare providers, babysitters and fitness professionals. This class is not for Lifeguards. The cost is \$45 per person. To pre-register or for more information visit tricomcommunityYMCA.org

## THURSDAY, November 23

Everyone is invited to the Tri-Community YMCA's Annual Pre-Feast Workout on Thanksgiving morning, Nov. 23 from 6:30 am until 10:00 am, at 43 Everett Street in Southbridge. The Fitness Center and Pool will be open from 6:30 am until 9:45 am. Come try

### TRAINOR

continued from page A15

\*Research from the University of California found that the steam rising from a freshly brewed cup of coffee contained as many antioxidants as three fresh oranges.

\*In 1657, British ads for coffee claimed that the beverage was a cure for scurvy and gout.

\*\*"Maxwell House" Coffee got its name from The Maxwell House Hotel, in Nashville, TN, where it was first served in 1886.

\*Teddy Roosevelt was the inspiration of the Maxwell House coffee slogan "good to the last drop." He uttered the phrase after finishing up a particularly tasty cup of coffee, and the rest is history!

Win Dinner for Two

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

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



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With this ad. Exp 11/30/17

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All You Can Eat \$12.95 5-8pm (plus tax & gratuity)

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All You Can Eat \$14.95 10am-1pm (plus tax & gratuity)

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www.spencercountryinn.com

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All You Can Eat

Buffet menu selections are Meatballs, Penne with Marinara or Alfredo, Hot and Sweet Sausage with Peppers & Onions, Three additional Entrees (varies weekly - selections may include Chicken Parmesan, Perogies in Oil and Garlic, Eggplant Parmesan, Manicotti, etc), Carving Station, Salad & Assorted Rolls

Just a few of our regular menu selections...

<b>Lunch - Wed-Sat 11:30-2:00</b>	<b>Dinner - Wed-Sat 5:00-Close:</b>
Sandwiches (all served w/ chips & pickle)	All Dinner entrees served with salad, potato, & vegetable
Choice of Ham, Turkey, or Roast Beef..... \$5.95	Duck au Grand Marnier..... \$16.95
Grilled or Cajun Chicken over salad... tossed \$7.95..... Caesar... \$8.95	Prime Rib - Choice Cut - Fridays & Saturdays Queen \$15.95; King \$18.95
Hamburger Platter w/ French Fries..... \$6.95	Broiled Fresh Swordfish..... \$15.95
Chicken Parmesan with Pasta and Garlic Bread..... \$7.95	Surf & Turf..... Petite filet and three stuffed jumbo shrimp..... \$17.95
Baked Haddock w/ Potato and Vegetable.. \$8.95	Shrimp Scampi..... \$17.95
Broiled Sirloin Steak with Potato and vegetable..... \$8.95	Stuffed Chicken..... \$13.95

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508-885-9036  
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Dinner: Wed., Thurs, Fri, Sat 5:00-Close  
Sunday Brunch: 10:00-1:00

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**YOU SAVE OVER \$12,000**  
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<p><b>BRAND NEW CHEVY EQUINOX LT</b> SPORT UTILITY, #EQ18097 MSRP \$29,640 <b>YOU SAVE \$8,000</b> <b>\$0 Down Budget \$198</b> 39 MO. LEASE</p>	<p><b>BRAND NEW CHEVY SILVERADO 1500 4X4</b> DOUBLE CAB SPORT EDITION, #TK17517 MSRP \$42,215 <b>YOU SAVE \$14,000</b> <b>\$0 Down Budget \$198</b> 39 MO. LEASE</p>	<p><b>BRAND NEW CHEVY SILVERADO 4X4</b> CREW CAB 2500, #TK17626 MSRP \$55,105 <b>YOU SAVE \$12,000</b> <b>OR GET 0% FOR 72 MONTHS PLUS BONUS CASH</b></p>
<p><b>BRAND NEW CHEVY TAHOE LT 4X4</b> MSRP \$65,450 <b>OR SAVE \$13,000</b> <b>\$449</b> 39 MO. LEASE \$3,999 Cash or Trade Down</p>	<p><b>BRAND NEW GMC TERRAIN SLE</b> ALL WHEEL DRIVE #TE18215 MSRP \$31,920 <b>\$0 Down Budget \$198</b> 39 MO. LEASE</p>	<p><b>BRAND NEW GMC ACADIA SLE</b> SPORT UTILITY, ALL WHEEL DRIVE, 8 PASSENGER, #AC17893 MSRP \$35,375 <b>OR SAVE \$11,000</b> <b>\$198</b> 39 MO. LEASE \$3,999 Cash or Trade Down</p>
<p><b>BRAND NEW BUICK ENCORE</b> ALL WHEEL DRIVE SPORT UTILITY, #EN17709 MSRP \$27,185 <b>YOU SAVE \$9,000</b> <b>\$0 Down Budget \$169</b> 39 MO. LEASE</p>	<p><b>BRAND NEW BUICK ENVISION</b> ALL WHEEL DRIVE SPORT UTILITY WITH LEATHER PACKAGE, #EV17923 MSRP \$40,890 <b>YOU SAVE \$9,000</b> <b>\$279</b> 39 MO. LEASE \$1999 CASH OR TRADE DOWN</p>	

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<p><b>2012 CADILLAC CTS</b> PREMIUM EDITION, ALL WHEEL DRIVE, LEATHER, MOONROOF, NAVIGATION, LOW MILES, #AC17421A <b>YOUR PRICE \$20,988</b></p>	<p><b>2016 CHEVY COLORADO DOUBLE CAB</b> GM CERTIFIED, AUTOMATIC, ONE OWNER, LOW MILES, EXCELLENT CONDITION, #TK17641A ORIG. MSRP \$26,710 <b>YOUR PRICE \$21,988</b></p>	<p><b>2016 GMC TERRAIN SLE</b> #SI17135A ALL WHEEL DRIVE, KEYLESS ENTRY, REAR CAMERA, ONE OWNER <b>Your Price \$19,988</b></p>	<p><b>2014 CHEVY SILVERADO LT 4X4</b> 1500 CREW CAB, LOW MILES, ONE OWNER, #TK17045A <b>YOUR PRICE \$28,988</b></p>	<p><b>2014 DODGE RAM 4X4</b> 1500 CREW CAB, 20" WHEELS, ONE OWNER, #ES17165B <b>YOUR PRICE \$28,988</b></p>
<p><b>2016 CHEVY TRAVERSE LS</b> 8 PASSENGER, ONE OWNER, LOW MILES, #TK18273A <b>YOUR PRICE \$21,988</b></p>	<p><b>2016 CHEVY TRAVERSE</b> GM CERTIFIED, 7 PASSENGER, NAVIGATION, MORE, #TK18273A <b>YOUR PRICE \$21,988</b></p>	<p><b>2015 GMC SIERRA 4X4</b> 1500 DOUBLE CAB ELEVATION EDITION, LOW MILES, ONE OWNER, #TK17512A <b>YOUR PRICE \$29,988</b></p>	<p><b>2016 HONDA ODYSSEY EX-L</b> WAGON, 7 PASSENGER, LEATHER, NAVIGATION, DVD PLAYER, MOONROOF, ONE OWNER, #TK17631B <b>YOUR PRICE \$29,988</b></p>	<p><b>2015 FORD MUSTANG GT</b> PREMIUM PACKAGE, ONLY 700 MILES, 5.0V8, 6 SPEED, MANUAL, LEATHER, LIKE BRAND NEW, #TK17311A <b>YOUR PRICE \$29,988</b></p>
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## Quinebaug Valley Singers SECOND ANNUAL AUCTION



SUNDAY, NOVEMBER 5  
2:00PM

(preview items at 1:30pm)

Sturbridge Federated Church  
8 Maple Street  
Sturbridge

Light Refreshments • Musical Entertainment • \$10 registration fee for bidding paddle  
Opportunity to bid on high-quality items, gift certificates, and services from popular retailers and venues

Website: [qvsingers.org](http://qvsingers.org) • Facebook: [Quinebaug-Valley-Singers-QVS](https://www.facebook.com/Quinebaug-Valley-Singers-QVS)

**B** Section  
Friday,  
November 3, 2017

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\*\$100.00 promotional offer is for opening a Basic Checking account and activating direct deposit (of at least \$25.00) or signing up for online banking and conducting 5 debit card transactions using your debit card within the first 60 days of account opening (\$100.00 will be credited to the account by the last day of the statement cycle following the 60th day the account has been open). \$50.00 promotional offer is for making 5 bill payments using online banking and enrolling in eStatements within 60 days of account opening (\$50.00 will be credited to the account by the last day of the statement cycle following the 60th day the account has been open). Minors (anyone under the age of 18) are not eligible for Online Bill Pay. \$50.00 loyalty bonus will be paid after the account has been open for 12 months (\$50.00 will be credited to the account by the last day of the statement cycle following the 365th day the account has been open). Bonuses are for new customers and limited to one account per customer. In accordance with applicable regulations bonus payouts may be 1099 reportable. Account must be in good standing and have a positive balance at the time the bonus is paid. Minimum balance to open the account is \$10.00. May not be combined with other promotional offers. This is a limited time offer and subject to change without notice.

\*Not responsible for surcharges or fees imposed by any banks, ATM operators or any networks based outside of the continental United States, Alaska, Hawaii or U.S. Territories.

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

SATURDAY, NOVEMBER 4



9:00 a.m. - 2:00 p.m.  
ANNUAL HARVEST  
FAIR

BETHEL LUTHERAN

CHURCH

90 Bryn Mawr Ave. Auburn, MA  
Handmade knits and vintage  
linens, white elephant attic  
treasures, bake shoppe, homemade  
pies, candy, cakes and cookies.  
Pickles and cheese. Holiday shoppe  
and crafts

ALBANIAN KITCHEN &  
BAZAAR

10:00 A.M. - 3:00 P.M.  
Bake table featuring traditional  
Albanian pies, cookies and other  
favorites, theme baskets, used  
books, this 'n that table, illustrated  
children's books by author Ruth  
Sanderson and an Albanian-style  
café (eat in or take out.)

ST. NICHOLAS ALBANIAN  
ORTHODOX CHURCH  
126 Morris St.  
Southbridge, MA

ENTRANCE EXAM  
NOTRE DAME ACADEMY  
8:30 a.m.



Pre-register online at  
[www.nda-worc.org](http://www.nda-worc.org)  
425 Salisbury St.,  
Worcester, MA

ST. ROCH'S PARISH  
HARVEST FAIR  
334 Main Street (Oxford Center)  
8:00 a.m. - 2:00 p.m.



White Elephant Table,  
Crafts, Used Books, Baked  
Goods, Raffle Items,  
Delicious Food,  
\$\$ Money Raffles \$\$  
Come for lunch 11 a.m. - 1

p.m.

## OPEN HOUSE

GIGUERES NEW TRAMPOLINE  
FACILITY  
OPEN HOUSE (NEW WEBSTER  
LOCATION ONLY)  
9:00 a.m. - 4:00 p.m.  
New trampoline facility - 10  
Olympic quality trampolines  
Come jump on our trampolines.  
Sign up for classes, book a birthday  
party  
7 Viking Rd., Webster, MA  
508-980-1987

HARVEST FAIR  
9:00 a.m. - 2:00 p.m.  
EPWORTH UNITED  
METHODIST CHURCH

Bake table, crafts and  
jewelry table,  
Attic treasures  
Coffee shoppe  
9-11:30 a.m.  
Meatball sub  
luncheon 11:30 a.m.  
- 1:00 p.m.

64 Salisbury St., Worcester, MA  
508-752-2376

TEQUILA MOCKINGBIRD

9:00 p.m.  
Local classic rock/  
contemporary band  
308 LAKESIDE  
308 East Main St.  
East Brookfield, MA  
774-449-8333

SUNDAY, NOVEMBER 5

SAINT JOHN PAUL II PARISH  
BAZAAR  
8:30 a.m. - 4:00 p.m.  
Trinity Catholic Academy  
11 Pine St., Southbridge, MA  
Children's games, crafts, Village  
bake shop, jar deal, theme baskets,  
parish table, Jewelry, silent auction,

huge community raffle table,  
and entertainment, Karol's Kafé  
Open for breakfast at 8:30 a.m.  
A great variety of items for lunch  
Free admission, ample parking  
Handicapped accessible.  
508-765-3701

QUINEBAUG VALLEY SINGERS  
SECOND ANNUAL AUCTION  
2:00 p.m. - 4:00 p.m.  
(Preview items at 1:30)  
Federated Church of



Sturbridge &  
Fiskdale  
8 Maple St.,  
Sturbridge, MA  
Light refreshments,  
musical  
entertainment

\$10 registration fee for Bidding  
Paddle  
For more information contact  
Linda (lamfam151@gmail.com) or  
Carol (carolcurtin77@gmail.com)

FRIDAY, NOVEMBER 10

NATE KENYON  
9:00 p.m.  
Rising Nashville star!  
308 LAKESIDE  
308 East Main St.  
East Brookfield, MA  
774-449-8333

SATURDAY, DECEMBER 2

10 am - 3 pm  
PICTURES WITH SANTA  
Children & pets welcome



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ONGOING

YOGA CLASSES  
Monday evenings

6:30 p.m. - 7:30 p.m.  
Woodstock Elementary School  
Gym  
Oct. 23, 30, Nov. 13, 20, 27,  
Dec. 11, 18  
\$56 (7 classes), \$35 (4 classes)  
\$10.00 "Drop In"  
Diane Converse @ 860-315-5175 or  
[recreationdirector@woodstockCT.gov](mailto:recreationdirector@woodstockCT.gov)

THE QUIET CORNER GARDEN  
CLUB  
meets the first Monday in each  
month at the South Woodstock  
Baptist Church  
Roseland Park Rd.,  
Woodstock from  
7-8:30 p.m.  
Informative programs  
each month from gardening tips,  
wildlife preservation, garden crafts,  
etc.

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

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

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

LIVE ENTERTAINMENT FRIDAY  
NIGHT

HEXMARK TAVERN  
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260 West Main St., West Brookfield,  
MA  
508-867-2345  
[www.salemcrossinn.com](http://www.salemcrossinn.com)

TRAP SHOOTING  
Every Sunday at 11:00 a.m.  
Open to the public  
\$12.00 per round includes  
clays and ammo  
NRA certified range officer  
on site every shoot  
AUBURN SPORTSMAN CLUB  
50 Elm St., Auburn, MA  
508-832-6492

HUGE MEAT RAFFLE  
First Friday of the month  
Early Bird 6:30 p.m. - 7:00 p.m.  
1st table: 7:00 p.m.  
Auburn Sportsman Club  
50 Elm St., Auburn, MA  
508-832-6496

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

TRIVIAL THURSDAY  
No cost to play. Cash prizes  
Every Thursday at 7:00 p.m.  
CHESTER P. TUTTLE POST  
AMERICAN LEGION  
88 Bancroft St., Auburn, MA  
508-832-2701



RAFFLE

# ENVIRONMENT

## Environmental Considerations Driving Major Evolution In Agriculture

**(NAPS)**  
Farmers have been called the original conservationists because they have a rich history of tending to the delicate balance between soil and water that sustains life for all. Their love of the land drives what may well be the next major evolution in agriculture.

Most industries strive to do more with less, and agriculture is no different. Today's farmers use advanced tools and technologies that focus on the basics of plant science: how to make plants more efficient at taking up the essential nutrients they need. These new tools include products that increase fertilizer efficiency, make nutrients more available to growing crops and even create "hunger pangs" within those crops that signal plants to grab more nutrients.

By increasing nutrient use efficiency or ensuring more nutrients go to the plant, these technologies not only improve crop yields but also benefit the environment, especially soil health and water quality. Nutrients such as nitrogen and phosphorus that might otherwise wind up in waterways are instead left in the soil in significantly reduced amounts where they can be used by the plants that need them.

"Advanced science allows us to create new interactions among biological, chemical and physical relationships that benefit plant growth and output," said Greg



Today's farmers use advanced tools and technologies that focus on the basics of plant science: how to make plants more efficient at taking up the essential nutrients they need.

Thompson, president and chief operating officer for Verdesian Life Sciences, an industry leader and global supplier of plant health, biological and nutrition technologies headquartered in Cary, North Carolina. "At the same time, the positive environmental characteristics of these innovations are helping farmers improve their sustainability and conservation efforts, which they desire as stewards of natural

resources and which are also being demanded by consumers and food companies."

The product and technology portfolio offered by the company focuses on minimizing modern agriculture's environmental footprint while simultaneously helping farmers to remain profitable. "Conservation on farmland can seem hard to define. We define sustainability and conservation as continuous

improvement on every acre around water quality and soil health," Thompson added. "Our purpose as an organization is to help farmers adopt and follow best practices that support environmentally, economically and socially sustainable crop production. Being a good environmental steward and operating a profitable farm are not mutually exclusive."

"Farmers want to see

their fertilizer and nutrients leave the field in a grain truck at harvest—not be left in the soil or washed away in drainage," said Mike Wilson, specialty products marketing manager and agronomist for Wabash Valley Service Company, a major supplier of farm inputs and agronomic services for farmers in Illinois, Indiana and Kentucky. "This new category of nutrient use efficiency products is every

bit as revolutionary as the first John Deere plow."

Wilson works closely with roughly 2,500 customers who farm across several environmentally sensitive watersheds. Each has a nutrient management plan that Wilson's team helps farmers develop and implement. These plans are designed to maintain high crop yield potential while implementing the best possible environmental stewardship practices with fertilizer applications.

"We meet our environmental objectives by only applying the minimal amount of fertilizer needed to make a crop and we're very careful as to what, when, where and how much is applied," Wilson explained. "We also use new fertilizer efficiency technologies to get the most out of every pound of fertilizer applied by increasing the nutrient use efficiency of nitrogen and phosphorus—more in the plant means less in the environment."

This latest agricultural evolution benefits consumers by maintaining a plentiful and affordable supply of healthy and safe food, clean drinking water and productive, sustainable soils that will feed and nourish us for generations to come, Wilson noted.

*Learn More*  
For further facts on advances in agriculture, go to [www.vlsci.com](http://www.vlsci.com).

# VETERANS DAY

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**The Right Price . \$34,832.00**

\*Requires FMCC approved finance comm connection eligibility and purchase and installation of a new snow plow. Use the entire space where the two new cars were.

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 <b>2009 FORD F250 XLT</b> Supercab, 4x2, 50356 Mi <b>\$15923</b> STK#6449A	 <b>2014 FORD FLEX SEL</b> <b>REDUCED</b> <b>\$22823</b> STK#7164A	 <b>FORD F150 4X4</b> <b>NICELY EQUIPPED</b> <b>\$29923</b> STK#554X

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Listings Always Needed - We're Always Busy Selling!!!

<p><b>SUTTON</b> - 30 Tournament Way Pleasant Valley Ct! Beautiful 3,100' 8 Rm Townhouse w/All the Expected Amenities for Your Enjoyment! Custom Granite Kit! Frplc Liv Rm w/18' Ceilings! Formal Dining! 1st Flr Master Suite! Library! 2+ Bdrms! 2.5 Baths! C/Air! 2 Car &amp; Golf Cart Garage! *Fore* \$549,900.00</p>	<p><b>GRAFTON</b> - 23 Maplewood Dr! Unique 5 Rm Brick Ranch! 3 Bdrms! Corner Lot! Enjoy the Convenience of One Floor Easy Access Living! Kit w/Breakfast Bar! Fireplace! Liv Rm! Din Area! Master Bdrm w/Full Bath! 2 Baths! Total! Florida Rm! Private Back Yard! Attached 2 Car Garage! \$289,900.00</p>	<p><b>LEICESTER</b> - 2 Logan St! Beautifully Updated 6 Rm Split Entry Set on Nicely Landscaped 1/2 Acre! Stainless Appliance Kit w/ Granite Tile Counter Opening to Dining Area &amp; Liv Rm! Fam Rm plus 2 Bdrms or 3 Bdrms! Full Tile Bath! Sunroom w/Wall AC! Hrdwd Flrs Throughout! \$239,900.00</p>	<p><b>CHARLTON</b> - 2 Ponnakin Hill Rd! Nice Updated 7 Rm Split! 92Acre Corner Lot! SS Appliance Kit w/Center Isl, Cathedrals &amp; Skylight! Din Rm w/Slider to 12x16 Deck! Cathedral Liv Rm w/Brick Frplc &amp; Pellet Stove! 3 Bdrms! 2 Full Baths, Whirlpool Tub! Frplcd Fam Rm! Garage! \$289,900.00</p>	<p><b>WEBSTER</b> - 15 Lower Gore Rd! 6+ Rm Split! 57 Acres! Easy Access to 16, 385 &amp; 146! Near Webster Lake &amp; State Boat Ramp! SS Appliance Kit w/Breakfast Isl! Din Area w/Slider to Deck! Liv Rm w/Bow Window! 3 Bdrms! Master Dble Closets! 1.5 Baths! 2 Car Garage! Oil Heat! Town Services! \$269,900.00</p>	<p><b>WEBSTER</b> - 8 Oakwood Dr! 12 Rm Hip Roof! 5,165' Custom Colonial on 1 Acre w/ In-ground Pool! Formal Din &amp; Liv Rms! Frplc Fam Rm &amp; Frplc Den! Master Suite! Master Bath! 6 Bdrms! 3 Full &amp; 2 Half Baths! Hrdwds &amp; Wall to Wall! C/Air! In-law Potential! 2 Car Garage! \$499,900.00</p>	<p><b>STURBRIDGE</b> - 13 Main St! Work &amp; Live Here! Completely Remodeled! "Turn Key" 1st Flr Beauty Salon w/Cair, Handicapped Bthrm, Kit, Gas Heat! 2nd Flr - Appliances Kit, Liv Rm, 2 Bdrms, 1.5 Baths, New Oil Furnace! 13 Parking Spaces! 2 Car Garage! Sep Utilities! Town Services! Rte 26, 84 &amp; 90! \$329,900.00</p>	<p><b>AUBURN</b> - 5 Pineale Rd! Updated 7 Rm, 4 Bdrm Cape! Appliance Cabinet Kit! Formal Din Rm w/Hrdwds! NEW 20x22 Liv Rm out to 14x20 Deck! 1st Flr 2 Bdrms w/ Laminate Flrs! Recent Full Bath! 2nd Flr w/2 Bdrms w/Laminate Flrs! Laundry w/ Washer &amp; Dryer! 2 Sheds! Town Services! \$222,900.00</p>
<p><b>DUDLEY</b> - 36 Fish Rd! 7 Rm Raised Ranch w/Huge Split Level Cathedral Ceiling Family Rm w/Skylights! Open Cathedral Ceiling Kit/Din &amp; Living Rms w/Skylights! 3 Bdrms! Master Bath! 3 Full Baths! Huge Steel I Beam Clear Span 2 Car Garage! 1.1 Acres! Oil Heat! Shed! \$299,900.00</p>	<p><b>DUDLEY</b> - 20 Williams St! Nice 7 Rm Cape w/Oak Cabinets &amp; Corian Counters! Frplcd Liv Rm &amp; Din Rm w/Hrdwds! Sunroom w/Hot Tub/Skylights! 3 Bdrms! Master Bath &amp; Walk-in Closet! 2 Tile Bathrooms! Badass Furnace! Town Services! Fenced Backyard! \$244,900.00</p>	<p><b>WEBSTER</b> - 59 East Main St! Best Street for Business in Webster! Highest Traffic Count! Ideal for Most Business Applications! Complete Recent Remodel Inside &amp; Out! Formally a Polish Deli &amp; Convenience - Fully Equipped As Such - Full Kitchen! With Almost New Equipment - \$399,900.00 Without - \$299,900.00</p>	<p><b>DOUGLAS</b> - 93 Monroe St! 10.97 ACRES! Updated 1867 8 Rm Farmhouse! Flexible Floor Plan! Loads of Charm! Frplc Liv Rm! Fam Rm w/ Cathedrals! Slider to Deck! Din Rm! 4 Bdrms! 2 Baths! 2 Car Attached Garage! Additional 3 BAY, 50x85, GARAGE BUILDING! \$594,500.00</p>	<p><b>DUDLEY</b> - 7 Kayla Lane! 8 Rm Colonial Set On 1.34 Acres! Appliances Granite Kit! Frplcd Dining Rm! Living Rm w/ Hrdwds! Cathedral Ceiling Family Rm! 3 Bedrooms! Spacious Master, Master Bath! 2.5 Baths! 1st Floor Laundry! Farmers Porch! Deck! Attached 2 Car Garage! \$359,900.00</p>	<p><b>WEBSTER</b> - 9-11 Lyndale Ave! 8 Rm Colonial w/Greenhouses! Eat-in Kitchen! Formal Dining Rm Open to Living Rm w/ Wood Floors! Full Bath! Den w/Built-in! 4 Large Bedrooms on 2nd Floor! Nice Level Lot! Walking Distance to Center of Webster! Town Services! Rte. 395! Near Walk to Schools &amp; Churches! \$114,900.00</p>	<p><b>CHARLTON</b> - 44 Oxford Rd! 8 Rm Colonial w/Farmers Porch! 1.38 Acres! New Quartz Kitchen! Formal Dining Rm w/Hrdwds! Frplcd Fam Rm w/Hrdwds! Spacious Liv Rm! 4 Bdrms! Master Bath! 2.5 Baths Total! 16x30 Deck! 2 Car Garage! Shed! 2016 Roof! Many Updates! \$344,900.00</p>	<p><b>WEBSTER</b> - 39 Cudworth Rd! Everything on One Level - 5+ Room Ranch Set On Nice 47 Acre Lot! Cabinet Packed Kit! Dining Area w/Slider to Deck! Spacious Liv Rm! Comfortable Master! 2 Bdrms! 1.5 Baths! 1st Flr Laundry! 2 Car Garage! Town Services! Easy 395 Access! \$212,900.00</p>

<p><b>WEBSTER</b> - 42 Cushing Rd! 7 Rm Ranch! Cabinet Kit w/SS Appliances &amp; Tile Flr! Dining Area w/Corner Hutch! Frplc Liv Rm w/Hrdwds! 3 Bdrms w/Hrdwds! Full Bath w/Tile Flr! Den w/New Carpet! New Electrical Service! Partially Finished Basement! Garage! Screened Porch! Shed! Town Services! \$239,900.00</p>	<p><b>WEBSTER</b> - 141 Gore Rd/Rte 16! 1.68 Acres! Prime Exposure! Business Opportunities! Zoned Commercial! 165' Road Frontage! 183x2' 4 Car Garage! 12x20' Workshop! 7 Rm Colonial! 3 Bdrms w/Hrdwds! Din Rm w/Hrdwds! Slides! NEW FURNACE! Needs Roof! Updates to Electrical &amp; Cosmetics! \$119,000.00</p>
<p><b>WEBSTER LAKE</b> - 294 Killdeer Island! North Pond! 62' Waterfront! Panoramic Views! 8 Rm Colonial! Kit w/Double Oven! GLEAMING Hrdwd Flrs! 4 Bdrms! 2 Full Baths! 14x20 Trex Deck! Newly Painted! Pond Landscaped! Fenced Yard! Plenty of Docks Included! \$524,900.00</p>	<p><b>WEBSTER LAKE</b> - 10 Kenneth Ave! South Pond! Sandy Shoreline! 8 Rm Colonial! Ranch, 3 Bdrms! 3 Baths! Lake Views from Most Rooms! Cathedral &amp; Tile Flrs Throughout! Burmanhan Custom Granite Kit w/Cherry Cabinets! 1st Flr Office! Master w/New Bath! Frplcd Fam Rm! Deck w/Custom Bar! 2 Car Garage! \$639,900.00</p>

<p><b>WEBSTER LAKE</b> - 60 Bates Pond Rd! Middle Pond! Absolute Prime 52' Level Waterfront Lot w/Western Expo! Panoramic Lake Views! 8 Rms, 3 Bdrm, 2 Baths, A/C'd, Ranch! Custom SS Appliance Granite Kit! Din Rm w/Hrdwds &amp; Slider to Waterfront Deck w/awning! Lake Facing Frplc Liv Rm w/Cathedral, Skylight &amp; Hrdwds! Comfortable Master Bdrm! Frplcd Lower Level! Fam Rm! 2 Car Garage! \$749,900.00</p>	<p><b>WEBSTER LAKE</b> - 82 Lakeside Ave! South Pond! Prime 157' Waterfront w/Western Expo! Beautiful Sunsets! Panoramic Lake Views! 10+ Rm, 4 Bdrm, 4.5 Bath, A/C'd, 3,832' Custom Colonial! Lake Facing Quartz Kit w/Heated Flr! Din Area w/Custom Wall Unit &amp; Slider to Waterfront Deck w/Elect Awning! Frplc Liv Rm! Din Rm w/Tray Ceiling! Lake Facing Master w/Master Bath! Upstairs 3 Bdrms, 2 Lake Facing! Lower Level Fam Rm w/2nd Kit, Sauna &amp; Full Bath! 3 Car Attached, 1 Car Detached! Security! Generator! Boat House! \$1,195,900.00</p>	<p><b>WEBSTER LAKE</b> - Reid Smith Cove WATERFRONT LOT! South Shore Rd! Build Your Dream Home or Summer Retreat! Set on Quiet Road, Surrounded by Woods! Sloping Lot Down to Level Waterfront! 7,200' Lot! 57' w/ Water &amp; Road! Town Water &amp; Sewer Available! \$229,900.00</p>	<p><b>WEBSTER LAKE</b> - 30 S. Point Rd! 91' Waterfront! Yr Rd! 7 Rm Colonial! Ideal 2nd Home! Panoramic Views of South Pond! NEW Kit w/Dial! Frplc Din &amp; Liv Rm w/Lake Facing Picture Window! 3 Bdrms! Walkout Lower Level w/Fam Rm w/Summer Kit! NEW! Int. Paint! Recent Roof &amp; Siding! \$349,900.00</p>	<p><b>WEBSTER LAKE</b> - 55 Colonial Rd! South Pond! 105' Level Waterfront! Western Expo! Awesome Sunsets! 10 Rm Contemp! Pano Lake Views Most Rm's! Open Fr! Frplcd Liv Rm! 4 2nd Flr Bdrms, 3 Lake Facing! Master Bath! 2.5 Remodeled Baths! 2 Car Garage! Deck! Add Lot w/Access! Recent Roof! \$599,900.00</p>	<p><b>WEBSTER LAKE</b> - 33 Beacon Rd! 6 Rms, 3 Bdrms, 2 Baths! 141' Waterfront! 12,458' Lot w/Plenty of Privacy Kit, Master Bdrm, Master Bath, Roof &amp; Windows new in 2013! Enjoy Sunsets from Wrap-around Porch! Beautiful Lake Views! Frplc Liv Rm! SS Appliances C/Air! 2 Car Garage! \$519,900.00</p>
<p><b>WEBSTER LAKE</b> - 48 Laurelwood Dr! Reid Smith Cove! One of the Lake's Best Lots! Beautiful 10 Rm, 3,686' Contemp! 104' Waterfront, 228' Rd Frontage, 33,628 Sq. Ft. or .77 Acres! The Best on Market! Gradual Sloped Lawn to Beach/Shore! Private Rd w/Woods Across Street! Location, Slope to Water, View &amp; Exposure, Things You Can't Change, After that it's One's Imagination! Front, Back, &amp; Side Yards, Space to Roam, Entertain, Park &amp; Expand! Main Level, White &amp; Black Granite Kit, Center Isl w/Gas Range &amp; Sink, Walk Overs! Din Area! Lake Facing Din Rm! Frplcd Liv Rm w/Cathedral Open to Sun Rm w/Water View! Lake Facing Office/Possible 4th Bdrm! Half Bath! Upstairs, 3 Bdrms, 2 Bathrooms! Amazing Lake Facing Master, Bath w/Whirlpool, Steam Shower, Dble Vanity, Cathedral w/Skylight &amp; Laundry! Walk-out Lower Level w/ Frplcd Fam Rm, Summer Kit &amp; 3rd Full Bath, 3.5 Total! C/Air! Gas Heat! 2 Car Garage &amp; More! \$1,100,000.00</p>	<p><b>WEBSTER LAKE</b> - 18 Bates Crossing! South Pond! Beautiful Sunrises! Huge Eastern Exposure! 8 Rm, 3,100' Custom Contemporary! 2,43 Acres! Substantial Privacy! Home Features Endless Possibilities! Open Fr Plan w/Magnificent Views from Every Rm! 3 Bdrms, 3 Baths, Cathedral Ceilings w/Skylights! European Kit w/Center Isl! Modern Frplc Liv Rm w/Glass Sliders Open to Waterfront Balcony! Master Bdrm w/en-suite Bath, Separate Shower, Jacuzzi Tub, Walk-in Closet &amp; Attached Laundry! Lower Level Bdrms Share Private Bath! C/Air! Attached Garage w/Work Space! Detached 2 Car Heated Garage w/Workshop! Greenhouse! Panoramic Lake &amp; Estuary Views! \$950,000.00</p>	<p><b>WEBSTER LAKE</b> - 901 Treasure Isl! Prime Beachfront! Townhouse! 6Rm! 1,574' Open Floor Plan! Appliances Granite Kit w/Hrdwds! Din &amp; Liv Rms w/Hrdwds! 2 Bdrms! Master Bath! 2.5 Baths! Frplcd Fam Rm w/Tile Flr! Recent Clair, Gas Heat &amp; Windows! Trex Deck! Garage! BOAT SLIP! Heated Pool! \$424,900.00</p>	<p><b>WEBSTER LAKE</b> - 394 Killdeer Island! Middle Pond! South Facing! Well Maintained 7 Rm Colonial! Appliances Oak Kit! Din Rm w/Hrdwds! Cathedral Ceiling 10 Rm w/Lake Views! Cathedral Ceiling 3 Season Sunroom! Overlooking Lake! Lake Facing Master Suite, Master Bath! 3Bdrms! 2 Baths! Sandy Beach! \$469,900.00</p>	<p><b>WEBSTER LAKE</b> - 60 Lakeside Ave! 100' Waterfront! Huge Views of South Pond! Western Exposure = Fantastic Sunsets! In Time for Summer! 5 Rooms of Rustic Charm! Real Log Summer Cottage! 10,924' Lot Allows for Room to Expand! Remodel! IT Tear it Down! Build New! \$359,900.00</p>	

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<p><b>DUDLEY - 67 WEST MAIN ST</b></p> <p>Looking for a place for your BUSINESS? Looking for a good INVESTMENT? Check out this Dudley Business Zone (BUS-15) Property on the CORNER of West Main &amp; View Street 197' road frontage (65 on W Main / 132 on View St.) Business Zone Allowing Rear Lot on View St. is also available, asking \$54,900. Improvements include an 40x20 Trex Deck! 2 story single family home w/ 2 BDR, 2 Baths. It may be possible to convert this home back to a 2 family with the addition of a 2nd master of egress. Home is connected to Municipal Water &amp; Sewer, a recent Natural Gas Business FWH Boiler w/heat exchangers, a 2 Car Detached Garage \$199,900</p>	<p><b>WEBSTER - 12 ERNEST ST</b></p> <p>Welcome home to this Huge, Sprawling, Custom Built, Very Attractive, Ranch Style Home! No Kidding - there is 2,848 SF +/- of Living Area on One Level! Meander on up the curved brick walkway and open the door to a very unique and private property! Half acre +/- level lot! In-ground pool, built-in hot tub, a poolside cabana w/kitchen &amp; full bath, Gated driveway! Huge carport/pavilion for entertaining! The interior is incredible w/separate wings for private family living &amp; entertainment, separate BR suites, 10 rooms total! Currently has a long-term, established, successful in-home hair salon business! You Will Be Amazed! \$349,900.</p>	<p><b>WEBSTER - 10 HIGHLAND ST</b></p> <p>Better than new young oversized 3 to 4 bedroom split entry on a dead end street! Hardwood floors! Granite counters! Forced hot water by oil! Above ground pool! Town water &amp; sewer, 2 gar. garage. So much more!</p> <p><b>SORRY, SOLD!</b></p> <p>Sold higher than asking price \$278,000</p>	<p><b>THOMPSON - 422 RIVERSIDE DR</b></p> <p>Roadside Oasis! Pride of Ownership! Close to 395! Ideal for anyone starting or has their own business. 30x40 Steel Building, 128 garage Door! 15 Foot Ceilings! Fully Insulated! Single Family - 3Bedroom, 2+ Bath - 1456 Sq Ft. Flat Level Lot, 1/2 Acre! Completely Renovated! Originally a 2 family converted to a Single Family Use. Security System! Stainless Steel Appliances! Town Sewer! Private Water! \$259,000.</p>	<p><b>DUDLEY - 54 MILL RD</b></p> <p><b>ON DEPOSIT</b></p> <p><b>ON DEPOSIT "REFRESHED"</b> One-sized 3 Bedroom Ranch w/ Fireplace &amp; 1+ Acres of Liv Private Backyard on Country Road! Lots of Updated! Fresh Paint &amp; Refinished Hardwood Floors Throughout! New Heating/ AC System! New Lighting! Newer Windows! Kitchen has New Floor and Counters! Both Baths have New Sinks, Counters and Toilets! First Floor Spacious Laundry Room with Cabinets and Closet for Extra Storage! <b>NEW PRICE \$257,000</b></p>
<p><b>WEBSTER LAKE - 38 WEST POINT RD</b></p> <p><b>SORRY, SOLD!</b></p> <p>On Killdeer Island with 90 feet of water frontage on North Pond! This 3-4 bedroom, 2 car garage! All town services. House would make a good rehab or complete tear down, nice location justifies either.</p> <p>assisted sale \$449,900.</p>	<p><b>WEBSTER LAKE - 18 BATES XNG</b></p> <p><b>SORRY, SOLD!</b></p> <p>Privacy, view, and a lot of Land! 2+ acres! level waterfront with a natural shoreline, no wells. Private Lagoon! 3,100' Contemporary! 3 bedrooms, 3 baths! Large open kitchen, cathedral ceiling with skylites and fireplace, overlooking lra. Bates Cove! Master Bedroom with Jacuzzi Tub, large walk in Closet! Central Air! 2 Car Heated Garage! Experience Nature at it finest! assisted sale \$950,000.</p>	<p><b>WEBSTER LAKE - 22 LAURELWOOD DR</b></p> <p>1st Time Offered in Reid Smith Cove, Spectacular 3700+/- SF, 13 Rm/4.5 Bath Lake Home, Uniquely Designed for Lake-Style Living! Private Setting, Ideal Location, .68 Acres, 92' of Natural Shoreline, Prof. Landscaping, Multiple Decks, Lakeside Cabana, 3 Mstr BR Suites w/Elegant 1st Flr Mstr - all w/ Private Baths, Finished Walkout LL w/Living &amp; Billiard Rms &amp; Summer Kitchen! Call Sharon at 508-954-7222 for More Information \$1,150,000.</p>	<p><b>LAND!</b></p> <p><b>WEBSTER/DUDLEY BUILDABLE LOTS</b></p> <p><b>Webster Lake</b> - 16 Black Point Rd. Waterfront, Boat Access, Town Water &amp; Sewer. \$52,000</p> <p><b>Webster Lake</b> - 0 South Point Rd. Waterfront, Garage on lot \$144,900.</p> <p><b>Webster Lake</b> - 22 South Point Rd. Waterfront, Southern exposure! Town Water &amp; Sewer \$229,900</p> <p><b>Oxford</b> - 4 Leicesters St., 8.47 acres, mostly cleared \$149,900</p>	

On The shores of Lake Chargoggagoggmanchauggagoggchaubunagungamaugg

<p><b>WEBSTER LAKE - 32 JACKSON RD</b></p> <p>All reasonable offers considered! AN INTRIGUING OPPORTUNITY TO OWN AN EXTREMELY UNIQUE 3.32 ACRE WEBSTER LAKE WATERFRONT PROPERTY! Located at the Southern most end of Webster Lake's South Pond beyond Cedar Island. Extremely Private with Direct Lake Access along a Daylight Level Peninsula. Launch a boat, fish &amp; simply enjoy the lake in quiet solitude. Charming 2 BR, 2 Bath Ranch has a Full Finished Lower Level &amp; walkout access to a screened-in patio, plus a detached garage! \$369,000</p>	<p><b>WEBSTER LAKE - 118 POINT BREEZE RD</b></p> <p>Excellent Opportunity to Finally Own Your Own Webster Lake Waterfront Property! Prime Location, 5,697 +/- SF Lot, 50' Rd &amp; Water Frontage at a Great Price! Contemporary Ranch offers 996 +/- SF of living area w/2 BRs &amp; full bath. Plus, convenient, indoor access to Walkout Lower Level w/retirement potential for additional living area. Main level features Open Floor Plan w/sliders to full front deck! Spectacular Westerny views across Middle Pond! Additional land &amp; shore frontage available. \$345,000</p>	<p><b>WEBSTER LAKE - 91 SOUTH SHORE RD</b></p> <p><b>SORRY, SOLD!</b></p> <p>One of A Kind Property! - Gorgeous Panoramic Views of Reid Smith Cove! 90ft of Water Frontage, with privacy! 3 bedrooms, 1 Bath &amp; 2 half baths! Wet Bar! Appliances Included. Walk Out Lower Level! Deck! 1 Car Detached Garage! Your own Private Boat Ramp. BOAT &amp; DOCKS INCLUDED. Town Services! \$574,900.</p>	<p><b>WEBSTER LAKE - 32 WEST POINT RD</b></p> <p><b>ON DEPOSIT</b></p> <p>On Killdeer Island! FIRST TIME OFFERED! Great for Swimming! Center Staged, Multi Level Stone Fireplace is the "Focal" of the Beautiful Custom Built Lakefront Contemporary! The Main Level is Complete with Fire Peaced Living Room, Eat-In Kitchen, Full Bath and 2 Bedrooms! 2nd Floor offers a Private Master! Lower Level has Cozy Family Room, Office Area, Fireplace &amp; Full Bath! Great for Over night Guests! Don't Let this One Get Away! \$585,000.</p>	<p><b>WEBSTER LAKE - 2 SOUTH POINT RD</b></p> <p><b>ON DEPOSIT</b></p> <p><b>WEBSTER LAKE: PANORAMIC VIEWS OF WEBSTER LAKE!</b> Great South Facing Location, 62' prime lakefront, large deep lot 10,489sf, flagstone &amp; concrete patios, full concrete walkway at water's edge, dock, retaining walls &amp; stonework, privacy fence, storage shed, recently paved drive, plenty offstreet parking in driveway &amp; area of roadside, spacious, year-round 2 story Cape home, 4 BRs (1 on 1st flr), 2 full BAs, Harvey replacement windows, 6 year+ young roof. <b>NEW PRICE \$419,900</b></p>
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## Open House Directory

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

ADDRESS	STYLE	TIME	PRICE	REALTOR/SELLER/PHONE
<b>SUNDAY, NOVEMBER 5</b>				
<b>DUDLEY</b> 21 Inwale Rd	M	10-12	\$232,500	Maria Reed 508-873-9254/ReMax Advantage 1
6 Fourth Ave	S	10-12	\$229,900	JoAnn Szymczak 508-943-7669/ReMax Advantage 1
<b>OXFORD</b> 1 Carole Dr	C	12-1:30	\$189,900	Maria Reed 508-873-9254/ReMax Advantage 1
<b>WEBSTER</b> 86 Upper Gore Rd		2-3	\$314,800	Maribeth Marzeotti/ReMax Advantage 1 508-864-8163
<b>THOMPSON CT</b> 73 Pasay Rd	S	12-1:30	\$169,900	Maribeth Marzeotti/ReMax Advantage 1 508-864-8163

To have your open house listed in this directory please contact Sandy at 508-909-4110

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**Auburn:** Fabulous New Construction at an affordable price in AUBURN! Handsome Colonial with 7 rooms 3 bedrooms 2 baths with garages. Large kitchen with granite, tile floors, recessed lighting. Master bedroom with walk in closet. Finished family room in lower level! Energy efficient! Wonderful builder to work with! **\$339,900.**

**Sturbridge:** One of a kind beautiful Condo loaded with costly upgrades. Exquisite Condo with 8 rooms 4 bedrooms 3 baths. Each closet has been upgraded with closet organizers. Lower level all finished including Jacuzzi/hot tub. Living rooms, bedrooms and lower level have built in cabinetry custom made for the seller. Attached 2 car garage. So much storage! Location a premium for commuters! **\$299,900**

**Auburn:** BEAUTIFUL totally renovated Ranch with 5 rooms 2 bedrooms. Hardwood floors. Open living room, dining room & Kitchen-great for entertaining! Kitchen cabinets, counters, & ss appliances all done within 6 years. Spacious updated bath with ceramic tile floor. Vinyl sided, updated roof, windows, central air. NICE NICE HOME! **\$219,900.**

**Southbridge:** Newer (2007) Home in desirable newer neighborhood! 5 room 3 bedroom 2 bath Ranch! Vaulted Ceiling Living room. Master bedroom with beautiful master bath! Some hardwoods. Lower level fully finished-great additional space for family room, office, exercise room. New Deck. Large Level fenced backyard. Central Air. Move in condition! **\$239,900.**

**Sturbridge:** Contemporary Colonial-unique layout! 6 rooms 3 bedrooms 1 1/2 bath! Huge living room with stone fireplace, sliders to deck. Brand new Stainless steel appliances in kitchen! Front to back step down family room! Updated roof & septic. Exterior painted in 2015. BEST PART 1.07 acres of PRIVATE LEVEL YARD! MINUTES TO PIKE & RT 84 to Hartford! **\$229,900.**

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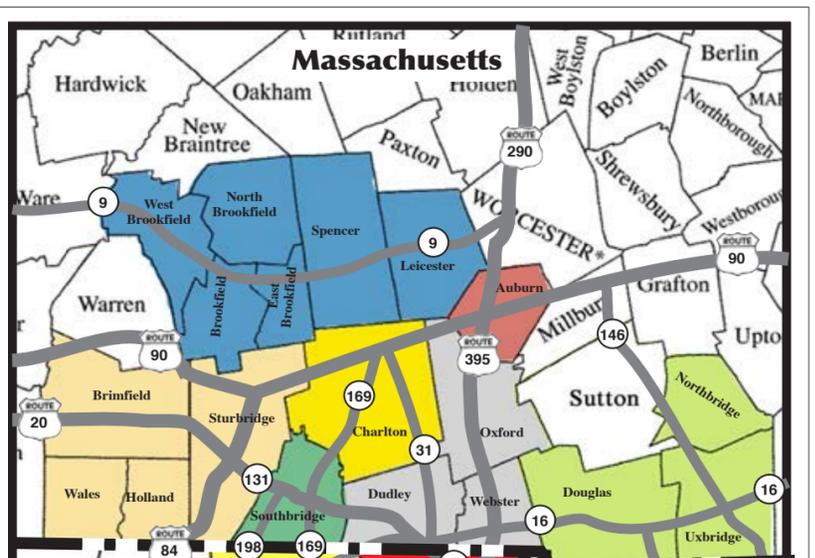
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## ENVIRONMENT

# Finding ways to conserve energy around the office

Conservation methods can help save energy and preserve natural resources, but business owners may also be intrigued by the potential cost-savings of conservation.

Utility costs vary depending on the size of a business, but the U.S. Small Business Administration notes that prospective business owners must estimate and include such costs when seeking loans to start their businesses. Estimated utility costs can be intimidating, especially for those owners who have never before owned their own businesses. Traditional conservation methods like recycling and reusing are great ways to conserve and save around the office, but business owners also can embrace some other ways to lower their office energy costs while benefitting the planet at the same time.

- Order an energy audit. Many utility companies will conduct energy audits free of charge or for nominal fees. These audits typically include onsite visits, during which auditors will look for areas where business owners can conserve energy.

- Determine how much space you truly need. Current business owners and prospective owners can save substantial amounts of money and avoid wasting energy by giving ample thought to how much office space they truly need. Large office spaces may not be necessary for businesses that recently downsized staff, while those starting out may want to start in small spaces before upgrading to larger spaces if and when their businesses expand. Small business own-



Evaluating existing office space and downsizing if ample space is going unused can help business owners conserve energy and save money.

ers leasing their office space can speak with their leasing agents to determine if they can include a clause in their lease that allows them to move into larger spaces if the need arises before their existing leases expire.

- Allow employees to telecommute. Based on an analysis of data from the U.S. Census Bureau's 2005-2014 American

Community Survey conducted by GlobalWorkplaceAnalytics.com, a typical business would save \$11,000 per person per year if it allowed its employees to work from home just half the time. Those cost-savings can be traced to numerous factors, and lower utility costs in the office as well as the need for less office space are among them.

- Embrace green technology. Many homeowners use programmable thermostats and other eco-friendly tech products to lower their monthly utility costs at home, and businesses can follow suit. LED lighting around the office can substantially reduce office energy consumption and costs, while business owners who own their office buildings

might be able to install solar panels that will dramatically reduce energy costs and even pay for themselves over time.

Conservation is not just for home, and business owners confronted with rising energy costs can find numerous ways to lower their energy expenses while simultaneously helping the planet.

## Helpful and harmful insects

## How to conserve water when temperatures rise



Butterflies and other helpful insects, such as bees, pollinate flowers and can keep dangerous pests at bay in the garden.

Although it's virtually impossible to count them, insects are the most diverse group of organisms on the planet. Nine hundred thousand different kinds of insects are known to exist. At any given time, it is estimated that there are around 10 quintillion individual insects living.

Gardeners grow frustrated when seeing their gardens infested with insects. In an effort to restore their gardens, homeowners might be tempted to eradicate any bug that moves in their yards. But gardeners would be wise to first learn which insects are hurting their gardens and which can actually help gardens in the long run.

### HARMFUL

Certain insects can be dangerous to animals and plants. The following are a handful of insects that can threaten the vitality of gardens.

Aphids: These insects suck on the juice needed to sustain plants, particularly when they congregate.

Bald-faced hornet: Hornets tend to be an aggressive species that can sting

repeatedly. Should you find a nest near an entertaining space or garden, it can cause trouble.

Carpenter ants: These ants will burrow into wood causing damage. They may compromise any wooden structure in and around a home.

Locusts: Various species of locust can damage plants and crops due to their voracious appetites.

Treehoppers: These small, green insects mimic the look of leaves, and their appetites can affect crops and gardens.

Red pavement ant: As they feed on all manner of human food, these ants can quickly overtake areas with their staggering numbers and deliver painful bites.

Grasshoppers: Certain grasshoppers, like the red-legged grasshopper, can decimate food crops and transfer parasites to birds when eaten as prey.

Caterpillars: Many caterpillars, the precursor to adult moths, will feed constantly on leaves, stems and other parts of plants. The tobacco hornworm moth caterpillar can damage potato and tomato plants.

### HELPFUL

Plants depend on insects to transfer pollen as they forage, and many insects are quite beneficial to have around. While some pollinate, others are predators of other pests.

Antlion: A foe of ants, they'll help eat and control ant populations and pollinate flowers. They pose no threat to humans, either.

Big dipper firefly: These colorful insects feast on earthworms, slugs and snails during the larval stage. Fireflies add drama to evening gardens with their twinkling lights.

Garden spiders: Although some spiders can be venomous, many are quite handy to have around the garden. They'll help control pest populations that can damage plants and crops.

Dragonflies: These arial artists that zip around the yard are consuming smaller insects that would otherwise pester plants and humans.

Blue-winged wasp: This wasp attacks the larvae of Japanese beetles, helping to control beetle populations.

Bees and butterflies: Butterflies and bees are some of the best pollinators out there, and each can add whimsy to gardens.



Underground irrigation systems can be more effective and eco-friendly than hoses for homeowners who want to maintain lush lawns in spring and summer.

Spring and summer are synonymous with increased hours of sunlight, warm temperatures and, oftentimes, an increased reliance on water to feed recreational pursuits and lawn and garden needs.

The Water Information Program states that 3.9 trillion gallons of water are consumed in the United States each month and the average person uses 176 gallons of water per day. Water conservation may be essential when the risk for weather-related drought looms. Practicing year-round conservation efforts can help ensure smart usage of local watersheds, lakes and reservoirs and help maintain these water sources for years to come. It also helps the average person reduce his or her carbon footprint while saving people a little money along the way.

Explore these water-saving tips to make smart use of water.

- Collect shower water in a bucket while you are waiting for the water to heat up. Use that water to irrigate plants around the house or even outdoors.

- Check for leaks around the house. Put a few drops of food coloring in the toilet tank and see if it spreads into the bowl within a half-hour. If it does, that means a leak is present and gallons of water may be being wasted.

- Keep a pitcher of drinking water in the refrigerator. This way, when you come inside from the heat you'll have a cold drink at the ready and will not have to run the tap to fill a glass.

- Install a lawn irrigation system so that you can maximize the amount of water that gets to the roots. Arrange

the sprinkler heads so surrounding driveways and sidewalks are not getting "watered" as well.

- Apply the minimum amount of fertilizer required, as fertilizers can increase water consumption.

- Aerate lawns and garden beds so the water reaches the roots rather than running off the surface of the dirt.

- Employ rain barrels to collect rain water runoff. Rain barrels can help to repurpose rain water rather than simply allowing it to wash into storm drains.

- Reduce reliance on sprinklers and hoses for summer recreation. Instead, rely on pools and other devices that use recirculating pumps.

- Homeowners with pools can limit how often they backwash their pool filters.

- Solar pool covers can warm up pool water naturally and also reduce the rate of water loss through evaporation.

- Inedible plants can benefit from the nutrient-rich water siphoned out of a home aquarium when cleaning the tank.

- The conservation guide Earth Easy says one way to cut down on water use is to turn off the shower after soaping up, then turn it back on to rinse. A four-minute shower can use between 20 and 40 gallons of water.

- Add organic matter to the landscape to increase water absorption and retention. Top dress areas as needed throughout the season.

Water conservation efforts can help homeowners maintain their lawns and gardens during heat waves and even save them a little money while benefitting the planet as well.

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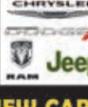
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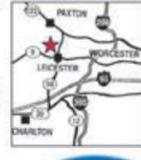
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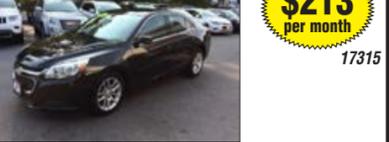


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<b>010 FOR SALE</b>	***** <b>6-PIECE TWIN BEDROOM SET FOR SALE</b> Matching headboard, footboard, 5-drawer chest, 6-drawer dresser with mirror, and night stand in dark oak. In very good condition. Asking \$500.00 or best offer. <b>Call 508-846-5486</b> *****	<b>BICYCLES FOR SALE</b> ONE MEN'S AND ONE WOMEN'S BICYCLE SPECIALIZED CROSSROAD SIZE MEDIUM AVENIR SEAT SHIMANO REVOSHIFTS 7 SPEEDS & MORE MINT CONDITION A MUST SEE <b>ASKING \$175/EACH or best offer CALL (508) 347-3145</b>	<b>ENTERTAINMENT CENTER- OAK</b> 49"W 49"H 17 1/2"D Excellent Condition, Has Drawers and Shelves <b>\$150 Call (508) 347-7492 Can email picture</b>	<b>FOR SALE</b> <b>OAK TV STAND \$200</b> <b>CHERRY COFFEE TABLE \$125</b> <b>TWO END TABLES \$125/EACH</b> <b>SOFA TABLE \$150</b> <b>ALL VERY GOOD CONDITION</b> <b>FULL-SIZE AERO BED NEVER USED \$75</b> <b>WOMEN'S BOWLING BALL &amp; BAG \$35</b> <b>PRICES NEGOTIABLE</b>	<b>FURNITURE FOR SALE</b> <b>1 Bedroom Set-</b> Bed, Two Bureaus with Mirror Solid Cherry Wood <b>1 Dining Room Set</b> from Ethan Allen- Solid Cherry Table with Two Extensions and Glass Hutch with Lights Protection Pad FREE with Purchase <b>1 Entertainment Center</b> with Two Bookcases Each Side <b>(508) 764-6715</b>	<b>LIQUIDATION OF ANTIQUES AND COLLECTIBLES</b> <b>Must Sell for Health Reasons</b> <b>Call (508) 234-5766 Monday through Friday</b> <b>MEC 650 PROGRESSIVE LOADER</b> w/ extras \$250 <b>400 ANDERSON WINDOW</b> 51x32 RO \$200 <b>THERMATRU DOOR</b> 36-80 Right Hand Inswing Full View with Grill \$185 or best offer <b>(508) 892-9595</b>	<b>MOVING SALE</b> <b>Hillsboro Full-Size Iron Sleigh-Bed with Box Spring &amp; Mattress</b> Excellent Condition \$1,000 <b>Walnut Dresser &amp; Nightstand and Full/Queen Headboard</b> Excellent Condition \$450 <b>Beige Reclining Lift Chair</b> \$350 <b>White Couch and Blue Velvet Chair &amp; Floral Chair</b> \$450 <b>48" Round Slate and Cherry Coffee Table with Matching End Table</b> \$500 <b>Antique Dining Room Set; Table w/ Six Chairs, Buffet Server, China Cabinet &amp; Secretary</b> Excellent Condition \$1,500 <b>Queen Size Hillsboro Iron Bed w/ Beautyrest Black Box Spring and Mattress</b> Excellent Condition \$2,000 <b>(508) 987-2419</b>
<b>100% STAINLESS STEEL HOT DOG CART</b> Excellent Condition! Only used a season and a half. Dual Heat Source, Wet Steam Table, SS Dual Sinks, Hot/Cold Water Supplies, Easy to Maneuver <b>\$3,200 Call (508) 839-9338</b>	<b>ALL BEST OFFER-MOVING SALE</b> <b>6 Chairs</b> <b>Two wedding dresses size 14 &amp; 18</b> <b>Mother of bride dress size 18</b> <b>Bridesmaid dresses, size 18</b> <b>Piano</b> <b>2-draw filing cab.</b> <b>Green Sofa &amp; Loveseat</b> <b>4-burner gas grill</b> <b>Patio Table w/ Glass Top</b> <b>Pressure washer</b> <b>6 Chairs</b> <b>Umbrella</b> <b>Tools, Axes</b> <b>Recliner</b> <b>Twin Beds</b> <b>Desks</b> <b>Book Cases</b> <b>TV</b> <b>(774) 262-0442</b>	<b>COMPLETE MACHINE SHOP</b> Bridgeports, C & C Milling Machine, Lathes, Air Compressors, Fork Trucks, Drill Presses, A Complete Mezzanine 3,500 sq.ft. NEVER INSTALLED! Pallet Racking, Electric Pallet Jacks <b>(508) 792-9950</b>	<b>Excellent Items for Sale!!</b> <b>TV ARMOIRE:</b> Solid Wood, Corner Space, Fits 40" Flat Panel, 57h x 40w x 24d, Space for Electronics and Storage <b>\$300 OBO</b> <b>LG WASHER AND DRYER:</b> Models WT5070CW and DLEX5170, Large Capacity and TrueSteam, Like New! <b>\$500 for pair \$300 if sold separate</b> <b>In Northbridge Call: (508) 801-6367</b>	<b>FOR MORE INFORMATION AND PICTURES CALL (508) 892-1679</b>	<b>GARMIN GPS 12XL</b> Personal Navigator, powerful 12 channel receiver, moving map graphics, backlit display for night use. New!! <b>Perfect for Hunters, Boaters, and Hikers REDUCED \$125/best offer (508)347-3145</b>	<b>MOTORS</b> 1/2HP 230/460V 1725RPM, 56 Frame \$30 5HP, 230/460V 1740RPM, 184T Frame/TEFC \$100 5HP, 230/460V 3495RPM, 184T Frame/TEFC \$100 4 Motor Speed Controls Hitachi J100, 400/460V Best Offer <b>Call 5pm-8:30pm 508-867-6546</b>	<b>NEW BALANCE SNEAKERS</b> 3 Pair Black Leather Walking Shoes Velcro Close, Never Worn! 9 1/2 Wide <b>\$60/each (508) 637-1304</b>
<b>12' CONTRACTORS ENCLOSED TRAILER</b> \$2,400 <b>DEWALT LASER &amp; STAND</b> \$275 <b>4 ADJUSTABLE WALL BRACKETS</b> \$140 <b>LADDER RACKS FOR TRUCK</b> \$125 <b>ENGINE STAND</b> \$50 <b>(508) 892-9595</b>	<b>1949 International Harvester Cub Tractor</b> Runs Well, Two New Tires, Attachments Include Snow Plow, Harrow, Cultivator, and Land Plow. <b>\$2,500 (508) 248-6860</b>	<b>Computer Desk</b> 23Dx30Hx47W \$30.00 <b>Glass Chess Set</b> \$15.00 <b>Poker Chips/ Aluminum Case</b> \$20.00 <b>Leapfrog</b> 6 Books \$25.00 <b>Call (508) 867-4546</b>	<b>Farmall Cub Tractor with Cultivator and Fertilizer Side Dresser</b> \$800 <b>Seasoned Cord Wood for SALE</b> <b>(774) 232-9382</b>	<b>FOR SALE</b> Outdoor Lawn Tractor & Outdoor Christmas Decorations Best Offer Call <b>(508) 234-2216</b>	<b>GLASS TOP PEDESTAL TABLE</b> Silver base, 36" high, with attached 24" round top \$120 <b>GLASS TOP FOR A TABLE</b> 1/2" Thick, 44" Square \$100 <b>(508) 347-8942</b>	<b>MOVING ESTATE SALE</b> Tools, Compressor, Electronics, Electric Keyboards and Accessories, Kitchen Items, Some Furniture, plus Much More! Please Call <b>(508) 885-2055</b> or email: <a href="mailto:marabus@charter.net">marabus@charter.net</a> for more information or appointment ***** <b>Need to Place a Classified Ad? Call 800-536-5836</b>	<b>NICHOLS and STONE Pedestal Dining Table</b> 78"x60" plus 18" Extension, 6 Side Chairs \$800 <b>Harden Gold Wedge Sofa</b> Excellent Condition \$400 <b>(774) 241-0141</b>
<b>1991 HARLEY DRESSER</b> 55,000 Miles Runs Great! <b>\$4,500</b> or Will Trade for Car of Equal Value	<b>ALUMINUM OUTSIDE PATIO FURNITURE WITH CUSHIONS</b> 6 Swivel Chairs, Lounge Chair, Three-Seat Glider, Two-Seat Glider, Glass Coffee Table, Glass Side Table, <b>Will Sell Individually, Excellent Condition, Never Been Outside!</b> <b>(508) 234-2573</b>	<b>DAY BED FOR SALE</b> With Bed Underneath, Never Been Laid On! <b>\$200 (508) 347-7441</b>	<b>110 GAL. FISH TANK</b> Complete with stand, filter and accessories \$250.00 <b>Call 774-230-8925</b>	<b>FOR SALE</b> Many Old Engines, Freight & Passenger Cars from the 1940's. Metal Buildings, Everything Must Go! <b>(508) 867-2501 CALL IN EVENINGS</b>	<b>GORGEOUS HAND-CARVED CHINA CABINET</b> from China \$4,000 NEW \$1,500 OBO <b>CHERRY DR TABLE &amp; SIX CHAIRS</b> \$900 OBO <b>OAK TABLE &amp; FOUR CHAIRS</b> \$75 OBO <b>DOVE-TAILED DRESSER</b> \$80 OBO <b>(860) 630-4962</b>	<b>Call for Info (508) 943-5797 Cell (508) 353-9722</b>	<b>Need to Place a Classified Ad? Call 800-536-5836</b>
<b>4 LEXUS ALLOY WHEELS W/SNOW TIRES</b> \$400 OBO <b>(774) 240-8252</b>	<b>Angle Iron Cutter For Shelving</b> 4W296, HK Potter 2790 Normally Sells For \$700 \$50 OBO <b>Call 5pm-8:30pm (508)867-6546</b>	<b>Electrical Material</b> Industrial, Commercial, Residential Wire, Pipe, Fittings, Relays, Coils, Overloads, Fuses, Breakers, Meters, Punches, Pipe-Benders.  New Recessed Troffer Fluorescent 3-Tube T-8 277V Fixtures Enclosed <b>\$56 Each Call 5pm-8:30pm (508)867-6546</b>	<b>FOR SALE</b> Wood AND/OR COAL IRON STOVE \$500 or best offer WOOD PELLET STOVE \$500 or best offer <b>Call 508-471-0959</b>	<b>For Sale: Rich Brown Leather Sectional with Chaise</b> Very Good Condition. Asking \$450 <b>Call (508) 320-7230</b>	<b>LANDSCAPE EQUIPMENT TRAILER</b> \$995 OBO <b>Call 5pm-8:30pm 508-867-6546</b>	<b>Call 800-536-5836</b>	<b>Call 800-536-5836</b>

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**010 FOR SALE**

**NORDITRAC EXERCISER**

**EXERCISE BIKE**

**LARGE PET CARRIER**

**THREE SPEED MEN'S COLOMBIA BIKE**

**BEST OFFER (508) 278-3988**

**PINE DINING ROOM, PEDESTAL TABLE, 2 LEAVES, 8 CAPTAIN CHAIRS \$200 OR BEST OFFER 508-248-7055**

**Sears 12" Bandsaw**

**New Total Gym (774) 241-0027**

**SERIOUS GEMSTONE COLLECTOR AND JEWELRY MAKER**

WANTING TO SELL GEMSTONES AT WHOLESALE PRICES.

THESE ARE GENUINE QUALITY GEMSTONES FROM APATITE TO TANZANITE-AAA GRADE.

**LIZBETH LEBLANC (508) 867-6030**

**SMALL BUREAU \$75.00**

**PRINTER'S ANTIQUE DRAWERS \$20.00 PER**

**2002 COMPUTER ACCUSYNC 50 NEC \$100.00**

**KITCHEN CHAIRS**

**SPARE TIRE P225/60R16 EAGLE GA WITH RIM \$45.00**

**ELECTRIC CHORD ORGAN \$60.00**

**CAR SUNROOF \$100.00**

**HOMEMADE PINE COFFEE TABLE AND TWO END TABLES \$100.00**

**ANTIQU LAMP JUG \$40.00**

**ANTIQU CROQUET SET \$40.00**

**SMALL COFFEE TABLE \$35.00**

**ELECTRIC BASE BOARD \$25.00**

**DROP LEAF CART \$50.00**

**END TABLE W/DRAWER \$50.00**

**END TABLE W/ TWO DRAWERS \$60.00**

**CALL 1-508-764-4458 1-774-452-3514**

**SNOW BLOWER CUB CADET 945 SWE SNOWBLOWER**

13 hp Tecumseh OHV, 45 in width trigger controlled steering, 6 forward, 2 reverse, Hardly used! \$1,700

**WHITE OUTDOOR PRODUCTS**

SnowBoss 1050 Snowblower, 10hp Tecumseh two stage 30 in width, electric start Well maintained. \$600.00

**(508) 347-3775**

**SPORTS CARDS/MEMORABILIA COLLECTION**

Call for more info (413) 668-6330

**SWAMP MOTOR BRAND NEW!!!**

Swamp runner w/5' long extension propeller. Predator engine, 6-1/2 HP, 212cc, paperwork and book. Used 2 hours; not even broken in!! Asking \$500 or best offer!!!

**508-885-3697**

**010 FOR SALE**

**Solid Rock Maple Bedroom Set**

Full Box Spring & Mattress \$450

**Cracker Barrel Rocking Chair**

Brand New! \$75

**Rocker/Glider Chair \$75**

**Hutch**

Top Comes Off \$75

**Three Piece White Wicker Outdoor Set Loveseat and Two Chairs \$100**

**(508) 764-6425**

**TOOL SHEDS**

Made of Texture 1-11

8x8 **\$775**

8x10 **\$960**

8x12 **\$1050**

8x16 **\$1375**

Delivered, Built On-Site Other Sizes Available **CALL (413) 324-1117**

**TREES/FIELDSTONE**

**Trees- Evergreens Excellent Privacy Border**

**Hemlocks-Spruces-Pines (3'-4' Tall) 5 for \$99**

**Colorado Blue Spruce (18"-22" Tall) 10 for \$99**

**New England Fieldstone**

Round/Flat Excellent Retaining Wallstone \$28/Ton

**(508) 278-5762 Evening**

**Two dressers -best offer Custom made parlor cabinet, \$1500 Glass door hutch - best offer John Deere snow-blower (like new) \$700 - must be seen! Call for appt. 774-507-6315**

**TWO SOFA TABLES**

**ONE DARK OAK w/ Shelf Underneath \$125**

**ONE MAHOGANY COLORED \$100**

Both Very Good Condition Can email Pictures **(774) 239-3006**

**WOODSPLITTER**

21 Ton, Horizontal/Vertical **\$1,600**

**FLOOR JACK \$20**

**SHOP VAC 16 Gallon \$50**

**CRAFTSMAN SANDERS, HOME-LITE CHAIN-SAW**

**WHEELED BIKES**

**8 BARRELS for a Floating Dock \$10/each**

**GLASS TOP TABLE 42"x68" \$50**

**PLAYER PIANO (Needs Work), Includes 140 Rolls \$1,000**

**DISHES FOR 8 Still in Box**

**GPS GARMIN 255, CANON POWER SHOT CAMERA 1010X**

**(508) 885-3136 (860) 888-5207**

**100 GENERAL**

**105 BULLETIN BOARD**

**TWO CAR GARAGE FOR RENT**

in **Oxford, MA**

Contains heat, torches, lift, spin balancer, tire machine, press

Ten Year Old Building **Whole Garage \$1300/month Please text (508) 615-1246**

**107 Misc. FREE**

**FREE OAK ENTERTAINMENT CENTER**

Lighted Glass Doors on Top, Holds T.V. in Middle, Doors on Bottom for Storage, **IN PERFECT CONDITION! BROOKFIELD (508) 867-8768**

**110 NOVENAS**

**THANK YOU, ST. JUDE FOR ANSWERED PRAYERS M.C.**

**130 YARD SALES**

**CHRISTMAS WREATHS & CRAFT FAIR**

SAT. NOV. 11th 9am-3pm, indoors 15 PINE STREET OXFORD

**DEADLINE FOR YARD SALE SUBMISSIONS IS NOON MONDAY FOR ALL MASS. WEEKLY PAPERS**

Deadline subject to change due to holidays Call for more info \*\*\*\*\*

**YARD SALE NOV. 4&5**

9am-3pm, both days 111 Pond Street Uxbridge Lots of stuff including Jim's Garden creatures. Bring old quilts or blankets to donate to dog orphans in Worcester!

**200 GEN. BUSINESS**

**205 BOATS**

**15' STARCRAFT ALUMINUM CANOE with Keel \$350 Call (508) 278-2083**

**16FT OLDTOWN OTTER KAYAK**

2 Person Paddles Included \$500 **(508) 347-9979**

**2013 Mirro-Craft 14'6" Boat Trolle1416**

2013 40HP Yamaha Motor, Full Cover Hummingbird Fish Finder, Many Extras, Boat, Motor, and 2014 Trailer Like New, Ready to Go! Call **(860) 935-0340 Leave Message Price \$8,500.00**

**Old Town Canoe**

1931 old town 18' restored Maine guide canoe.

Clear resin coated, Mahogany gun wales And caned seats a third seat mahogany caned seat and back Paddles included Perfect for the wooden canoe enthusiast. **\$5800.00 (508)479-0230**

**257 COLLECTIBLES**

**84 PIECE AVON CAPE COD COLLECTION-DINNERWARE AND MORE**

In Great Condition!

\$300 or best offer **(508) 885-7372**

**265 FUEL/WOOD**

**FIREWOOD**

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

**281 FREE PETS**

**SEVEN YEAR OLD CAT**

**Female, spayed, long-haired black with white chest and white paws. Shy but very affectionate. Great for elderly person or quiet home. NO DOGS Call for pictures & information (774) 245-4665**

**284 Lost & Found PETS**

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



**LET US KNOW!!!**

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

**LOST CAT STURBRIDGE-Near Main Street**

Neutered, Heavy-Set Male **Name is Wolf**

Gray & Black Tiger Tabby Missing Since 9/21/17 **(203) 725-4264**

**MISSING DOG**



**MISSING SINCE 8/11 GERMAN SHORTHAIR POINTER NAME: MORETTI AGE: 12**

**\*\*PLEASE DON'T CALL OUT TO HIM OR CHASE HIM, WILL BE SCARED\*\***

**PLEASE CALL WITH ANY INFORMATION (774) 272-0590**

\*\*\*\*\*

**MISSING DOG!!! \$500 Reward**

**Name: Piccolo Sex: Male Breed: Maltese Age: 12 PLEASE CONTACT CHRIS (860) 634-6001 Grosvenordale, CT Chrissydee1962@gmail.com**

**LAST SEEN AT INTERSECTION OF TUFT HILL RD/LINEHOUSE ON 9/11/17 @ 9:00pm Has Anxiety and CHF It is important he gets daily medication. When Piccolo gets anxious, he may become disoriented and run. Coax him with treats, please!!!**

\*\*\*\*\*

**WAR RELICS & WAR SOUVENIRS WANTED WWII & EARLIER CASH WAITING!**

Helmets, Swords, Daggers, Bayonets, Medals, Badges, Flags, Uniforms, etc. *Over 30 Years Experience.* **Call David 1-(508)688-0847 I'll Come To YOU!**

**Local Heroes**



**FOUND HERE!**

**286 LIVESTOCK**

**HORSE BEDDING**

Pine Bag Shavings 3.25 cubic feet **\$4.85/each**

**HORSE HAY**

for Sale Big Squares 3' x 3' x 71/2' Square Bales **EXCELLENT for Horses**

**West Brookfield Call (508) 867-2508**

**298 WANTED TO BUY**

Looking To Purchase **Antiques And Collectibles Single Items Or Entire Estates**

We Buy It All And Also Do **On-Site Estate Sales And Estate Auctions CALL MIKE ANYTIME (774)230-1662**

**\$ BUY & SELL \$ ALL GOLD & SILVER ITEMS**

Specializing in NUMISMATIC COINS, gold & silver of any form!

Qualified with over 30 years experience & a following of many satisfied customers.

We also sell a nice selection of fine jewelry, antiques & collectibles.

Bring in your items & see what they're worth. You won't leave disappointed. *Honesty and fairness are our best policies!*

**Lee's Coins & Jewelry**

239 West Main Street East Brookfield (Route 9 - Panda Garden Plaza) **(508)637-1236 (508)341-6355 (cell)**

**EMPLOYMENT OPPORTUNITY**

Superintendent of Schools for Spencer-East Brookfield Regional School District. Req'd: minimum of 10 yrs.educational experience,including administrative experience at senior level; Masters degree, and license or eligible for licensure as a superintendent of schools in Mass. Salary commensurate with qualifications and experience. Contact Melissa Farrow for application: 508-885-8500 Deadline to apply: 12/15/2017 SEBRSD is an equal opportunity employer.

**MOPEDS & OLDER SCOOTERS AND MOTORCYCLES**

Call Travis **(774) 242-9227**

**Foster Parents Wanted**

Seeking Quality Homes Throughout Central MA To Provide Foster Care To Children In Need. 24/7 Support. Generous Reimbursement. **\$1000 Sign-On Bonus Call For Details**

**Painting Interior/Exterior Power Washing Carpentry**

• FREE ESTIMATES • FULLY Insured • Reasonable Rates • **Rich O'Brien Painting 28 Years Of Experience (508)248-7314**

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**Furniture Doctor**

Have your furniture Professionally restored at Reasonable rates. furniture face lifting, painting, striping to Refinishing, caning and repairs. **ANTIQUE DOCTOR Daniel Ross (508)248-9225 or (860)382-5410 30 years in business**

**500 REAL ESTATE**

**505 APARTMENTS FOR RENT**

**APARTMENT FOR RENT WEST BROOKFIELD**

2 bedroom apt., newly remodeled. Month-to-month lease. Security deposit. \$900 + utilities. **508-826-6607**

**GENERAL LABOR**

second shift MACHINISTS wanted. Lake Regional Medical in Brimfield, MA is looking for skilled CNC machinists to work 2nd shift. We offer great wages + benefits and 10% 2nd shift differential work schedule, Mon.-Thurs., 10 hours a day. Please apply at **Integer.net/careers** or call **413-752-8831**

**300 HELP WANTED**

**310 GENERAL HELP WANTED**

**Ahearn Equipment Inc.** is a growing agricultural, construction and power equipment dealership in Spencer. We are seeking a full-time Power Equipment Specialist. Excellent verbal and written communication skills required. The ideal candidate would also be proficient in Microsoft Excel and Word. You must have experience in the construction and agriculture equipment industry with at least 2 years of customer service/counter sale experience. Resumes can be emailed to **cgirard@aharnequipment.com** or dropped off to Carrie Girard, Human Resources Coordinator at 460 Main Street, Spencer, Mass.

**BASED IN NORTH BROOKFIELD HOME EVERY NIGHT**

\*\*\*\*\*

**CLASS A DRIVER AND/OR GENERAL MECHANIC FOR 18-WHEEL TRAILER TRUCKS**

\*\*\*\*\*

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

**400 SERVICES**

**442 LICENSED DAY CARE**

\*\*\*\*\*

**454 HOME IMPROVEMENT**

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

**PAINTING Interior/Exterior Power Washing Carpentry**

• FREE ESTIMATES • FULLY Insured • Reasonable Rates • **Rich O'Brien Painting 28 Years Of Experience (508)248-7314**

**PAINTING Interior/Exterior Power Washing Carpentry**

• FREE ESTIMATES • FULLY Insured • Reasonable Rates • **Rich O'Brien Painting 28 Years Of Experience (508)248-7314**

**Worcester County Memorial Park Paxton, MA**

Garden of Faith Lot 271A 2 Graves, side-by-side

Asking \$1,700 each \$2,200 Both **Call (508) 723-2306**

**WORCESTER COUNTY MEMORIAL PARK Paxton, MA**

Garden of Faith Lot 271A 2 Graves, side-by-side

Asking \$1,700 each \$2,200 Both **Call (508) 723-2306**

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**310 GENERAL HELP WANTED**

**SUBSTITUTE TEACHERS WANTED UXBRIDGE PUBLIC SCHOOLS**

Flexible schedule, no experience needed. Preference given to licensed or experienced educators. Non-union position. Email letter of intent and resume to: **LEIGH FISHER lfisher@uxbridge.k12.ma.us**

**Volunteer Book-keeper and Secretary**

needed by the Pine Grove Cemetery of Spencer, MA. Training will be provided. Responsibilities include payroll, bill pay, deed preparation, annual reports for board & state, taking minutes at annual meeting. Please call **508-885-9537** Speak to Lyn or Deen

**325 PROFESSIONAL HELP WANTED**

**BASED IN NORTH BROOKFIELD HOME EVERY NIGHT**

\*\*\*\*\*

**CLASS A DRIVER AND/OR GENERAL MECHANIC FOR 18-WHEEL TRAILER TRUCKS**

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

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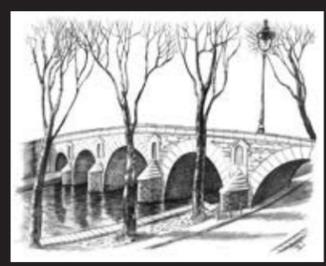
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LAW391A **\$50/WK**

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**\$16,900**

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LAW960 **\$57/WK**

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tion control, Curtain airbags, Passenger Airbag, Front fog/driving lights...Other features include: Bluetooth, Power door locks, Power windows, Auto, Turbo...Standard features include: Bluetooth, Power door locks, Power windows with 1 one-touch, Automatic Transmission, Compressor

LAW1097 **\$57/WK**

## 2015 FORD ESCAPE



**\$19,925**

wireless phone connectivity, Power door locks, Power windows, Auto, Turbo...Standard features include: wireless phone connectivity, Power door locks, Power windows with 1 one-touch, Automatic Transmission, Compressor

LAW 1098 **\$61/WK**

## 2012 GMC ARCADIA



**\$19,925**

Leather seats, Bluetooth, Power locks, Power windows, Heated seats...Standard features include: Leather seats, Bluetooth, Remote power door locks, Power windows with 2 one-touch, Heated drivers seat, Automatic Transmission, 4-wheel ABS brakes, Rear air conditioning - With separate controls, Air conditioning with dual zone climate control, Cruise control, Universal remote transmitter, Audio controls on steering wheel

LAW1077 **\$69/WK**

## 2017 HYUNDAI SANTA FE SPORT



**\$20,925**

include: Bluetooth, Power locks, Power windows, Auto, Air conditioning...Standard features include: Bluetooth, Remote power door locks, Power windows with 2 one-touch, Automatic Transmission, 4-wheel ABS brakes, Air conditioning, Cruise control, Traction control - ABS and driveline, Head airbags - Curtain 1st and 2nd row, Passenger Airbag, 5 liter V8 DOHC engine, Power mirrors, Tilt steering wheel, 4 Doors, Four-wheel drive,

LAW1060 **\$73/WK**

## 2017 DODGE JOURNEY SXT



**\$21,625**

Power locks, Power windows, Auto, Air conditioning, Rear air conditioning...Standard features include: Remote power door locks, Power windows with 1 one-touch, Multi-speed automatic Transmission, 4-wheel ABS brakes, Air conditioning, Rear air conditioning - With separate controls, Front air conditioning zones - Dual, Cruise control, Audio controls on steering wheel, Traction control

LAW998 **\$76/WK**

## 2014 GMC SIERRA



**\$24,871**

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LAW1019B **\$87/WK**

## 2014 GMC ACADIA



**\$25,250**

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LAW1080 **\$89/WK**

## 2013 FORD F-150 STX



**\$26,925**

Power locks, Power windows, Auto, Air conditioning, Cruise control...Standard features include: Remote power door locks, Power windows with 2 one-touch, Automatic Transmission, 4-wheel ABS brakes, Air conditioning, Cruise control, Traction control - ABS and driveline, Head airbags - Curtain 1st and 2nd row, Passenger Airbag, 5 liter V8 DOHC engine, Power mirrors, Tilt steering wheel, 4 Doors, Four-wheel drive,

LAW1020 **\$95/WK**

## 2012 GMC SIERRA 1500 SLE



**\$26,925**

Power locks, Power windows, Auto, Air conditioning, Cruise control...Standard features include: Remote power door locks, Power windows with 1 one-touch, Automatic Transmission, 4-wheel ABS brakes, Air conditioning, Cruise control, Traction control

LAW924 **\$95/WK**

## 2014 FORD F-150



**\$28,675**

Power locks, Power windows, Auto, Air conditioning, Cruise control...Standard features include: Remote power door locks, Power windows with 2 one-touch, Automatic Transmission, 4-wheel ABS brakes, Air conditioning, Cruise control, Traction control - ABS and driveline, Power mirrors, Tilt steering wheel

LAW1094 **\$102/WK**

## 2014 FORD F-150



**\$29,925**

Power locks, Power windows, Auto, Air conditioning, Cruise control...Standard features include: Remote power door locks, Power windows with 2 one-touch, Automatic Transmission, 4-wheel ABS brakes, Air conditioning, Cruise control, Traction control - ABS and driveline, Power mirrors, CARFAX 1 owner and buyback guarantee\* Tilt steering wheel

LAW1101 **\$106/WK**

## 2013 CHEVROLET SILVERADO 2500HD LT



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LAW963 **\$110/WK**

## 2014 CHEVROLET SILVERADO



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LAW1005 **\$114/WK**

## 2014 FORD F-150 XLT



**\$31,925**

1 owner. This rugged 2014 Ford F-150 STX, with its grippy 4WD, will handle anything mother nature decides to throw at you!

LAW1007 **\$114/WK**

## 2013 FORD F-150 LIMITED



**\$33,925**

Bluetooth, Power locks, Power windows, Auto, Climate control, Standard features include: Bluetooth, Remote power door locks, Power windows with 4 one-touch, Automatic Transmission,

LAW1042 **\$121/WK**

## 2015 JEEP GRAND CHEROKEE OVERLAND



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LAW1024 **\$121/WK**

## 2015 FORD F-150 FX4 LARIAT



**\$41,925**

Remote power door locks, Power windows with 2 one-touch, Automatic Transmission, 4-wheel ABS brakes, Air conditioning, Cruise control, Traction control - ABS and driveline, Power mirrors,

LAW1030 **\$151/WK**

## 2015 CHEVROLET SUBURBAN 1500 LTZ



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LAW1076 **\$174/WK**

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# 7<sup>th</sup> Annual Stonebridge Press Pet Halloween Costume Contest

Thank you to all who have sent in photos of their precious pets in adorable costumes, and to all of our SPONSORS for making this contest possible!

A special thanks to Big Y, Thibault's Poultry Country Store, and Klems, for providing the prizes for our winners.

Winners of \$25 gift cards will be announced in the November 17th issue.

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Alex as Superman from Blackstone



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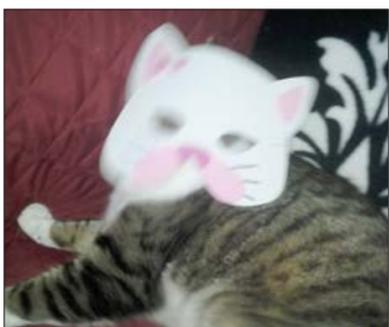
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# PETS

## Helping Your Pet Survive An Emergency

(NAPS)

If you're like many pet parents, it's probably crossed your mind lately about what would happen to your animal if a natural disaster strikes.

The experts at the Centers for Disease Control and Prevention offer this advice: Make a plan and prepare a disaster kit for your pet. This can help make things safer for you, your pet and any first responders.

Make A Plan

1. Find out what shelters and assistance are available to accommodate pets.
2. Microchip your pets and register the microchip with the manufacturer.
3. Get a pet carrier for each of your pets and put his or her name, your name and contact information on it.
4. If you'll be sheltering at home with your pet, find an interior room with few or no windows and make sure it's pet friendly.

Make A Kit

The experts on animal care at Henry Schein Animal Health have these hints to help you create an emergency first aid kit for your pet.

- A book on animal first-aid
- Your pet's medical records
- Contact information for your veterinarian and a friend or family member familiar with your pet
- Spare leash and collar
- Food and water for at least two weeks
- Food and water bowls and a manual can opener
- Prescribed medication
- Gauze rolls and pads and adhesive tape
- Scissors
- Antiseptics
- Cotton balls

- Instant ice pack
  - Saline solution
  - Blanket
  - Dog waste bag, paper towels, antibacterial soap, litter box and litter
  - Milk of magnesia and activated charcoal
  - Anti-diarrheal pills
  - Flea and tick medicine
  - Sedatives
  - Artificial tear solution
  - Anti-itch cream
  - Water-based sterile lubricant
  - Animal bug spray
  - Styptic pencil
  - Rubbing alcohol
  - Epsom salts
  - Thermometer
  - Tick remover
  - Tweezers
  - Nail clippers
  - Needle-nose pliers
  - Syringe
  - Eyedroppers
  - Flashlight
  - Pet toys and bed (familiar items can help pets feel more comfortable)
  - Current photo of pet
  - A description of the pet, including age, sex, neuter status, colors and approximate weight.
- Remember, injured pets may be scared, in pain or confused, and even the most gentle pet may bite or scratch. Try to stay calm, move slowly, and handle your pet carefully. If possible, secure him or her in a carrier during transport.
- Learn More  
Download an infographic on emergency preparedness at <https://www.henryscheinvet.com/firstaid>.

## Close The Lid On Cat Litter Odors

(NAPS)

According to the ASPCA, there are more than 85 million pet cats in America. If one (or more) of them is yours, you may have noticed one aspect of cat companionship that's less than delightful: the litter box. Fortunately for cats and their humans, following a few steps can help keep the odor down and the litter box use up.

What You Need To Know

To help keep your home from smelling like cat litter, you need to have the right number of litter boxes and deal with them promptly and properly.

- Veterinarians recommend you have at least one more litter box than you have cats: two boxes for one cat, three for two and so on. That will make sure your cat always has a place to go.
- When adding the litter, don't overfill. Most cats prefer two inches of litter or less. Too deep, and your cat may not like his or her footing and opt to go elsewhere.

If your cat does miss the litter box, don't panic. If it's a onetime thing, treat the affected area with water, vinegar and mild soap and blot dry. If it happens a lot, consider moving your litter box, retraining your cat, or visiting the vet to make sure it's not a medical issue.

- Be diligent about cleaning the litter daily. One thing

that makes that a lot easier is a Litter Genie® Pail with its unique air-tight design and a seven-layer refill bag with odor barrier technology that locks away bad smells and germs. It holds up to two weeks of cat litter for one cat, so you can avoid constant trips to the trash. The Litter Genie Plus range also features an antimicrobial that inhibits odors caused by bacteria on the pail.

All you do is:

1. Scoop
2. Open the lid and drop the clumps
3. Pull the handle to lock it in.

It's that simple, and locking away used litter can help keep your home smelling fresh and your cat happy.

The refill cartridges last up to eight weeks with one cat, and the compact pail fits in bathrooms, under kitchen sinks and in other small spaces.

Contest For Cat Lovers

You can be part of the mission to banish cat litter odors from homes at #StopCatLitterSmell. Throughout May, the brand will give away 10 pails a week for four weeks across its social channels, Facebook, Twitter and Instagram, with one overall winner receiving over \$2,000 worth of prizes, including \$1,000 toward a chosen cat rescue, \$1,000 to splurge on your cat, and a Litter Genie Pail with a year's supply of refills.



LEARN MORE

Litter Genie® is available in Petco, PetSmart, Target, Walmart, Amazon.com, Chewy.com and other retailers where pet products are sold. For further facts and tips on cat care and litter odor control, go to [www.littergenie.com](http://www.littergenie.com).

For more details on how to enter the #StopCatLitterSmell competition, go to @littergenie on Facebook, Twitter or Instagram.

A little care on your part can help you enjoy the company of your feline friends without your company noticing litter box odor.

## Keep Your Dog From Dining In The Litter Box

(NAPS)

If your home is like most, you share it with at least one animal friend. According to a recent Harris Poll, 62 percent of Americans have at least one pet; half of cat owners also have a dog; and a third of dog owners also have a cat.

Dogs and cats living together, however, can lead to a problem: Dogs like to dine out of the cat's litter box.

The reason may be boredom or instinct but most often it's due to a nutritional deficiency. Typically, cat feces contain lots of protein and fat and give off an odor that's very appealing to dogs. The result is a nasty habit that could lead to health issues if not corrected.

Fortunately, there's a solution to deter dogs from snacking on cat stools. You simply give tasty NaturVet Outta My Box soft chews to both the dog and the cat.



With a little help, your dog will curb the litter box snack shack urge.

Outta My Box is veterinarian formulated with patent-pending ProBioStrive and contains natural active ingredients that reduce the stool odors, making the litter box less desirable to dogs. They also help maintain an optimal GI balance in your dog to help him kick the cravings.

For more information, visit [www.naturvet.com](http://www.naturvet.com) or call (888) 628-8783.

### Creating A Pet

## EMERGENCY

### First Aid Kit



Here are some helpful items\* to consider when making an emergency first aid kit for your pet. Store the items in a waterproof container. Make sure to note the seasonal items (e.g., winter blankets, season appropriate medicines, etc.) and expiration dates.

- A book detailing animal first-aid procedures and tips
- Copies of your pet's medical/vaccination records
- Contact information for your:
  - Veterinarian
  - Veterinary emergency clinic
  - ASPCA's Animal Poison Control Center (1-888-426-4435)
  - Friend or family member who is familiar with your pet

### GENERAL ITEMS



### PET-SPECIFIC SUPPLIES



- Spare leash and collar
- Cloth muzzle
- Prescribed medication records-  
It is always a good idea to have an extra supply of pet's prescribed medications.
- Bottled water & bowl
- Bag of food (Be sure to mark the date of storage to replace as needed)
- Dog waste bag, paper towels, antibacterial soap

- Gauze rolls and adhesive tapes - Used to control bleeding and provide support for suspected bone fractures or breaks

- Bandage scissors
- Self-adhesive bandages (does not stick to fur)
- Antiseptic products - Used on cuts and scratches to prevent infection and relieve pain
- Cotton balls
- Gauze pads (for wound cleaning)
- Instant ice pack
- Saline solution
- Blanket
- Pet carrier

### FIRST-AID SUPPLIES



### OVER-THE-COUNTER ITEMS



- Milk of magnesia, activated charcoal for ingestion of poisons
- Anti-diarrheal pills
- Flea and tick medicine
- Sedatives
- Artificial tear solution
- Veterinarian suggested allergy medicine, such as Diphenhydramine
- Anti-itch cream
- Water-based sterile lubricant
- Animal bug spray
- Styptic pencil to stop bleeding
- Rubbing alcohol
- Epsom salt
- Glucose paste or corn syrup for animals that are diabetic or have low blood sugar

### Keep in Mind...

When an animal becomes ill or requires emergency first aid care, the veterinarian should be contacted immediately.

- Thermometer
- Tick remover
- Tweezers
- Nail Clippers
- Needle-nose pliers
- Syringe
- Eye droppers
- Pen light/ Flashlight

### USEFUL TOOLS



### REMEMBER!

- Injured pets may be scared, in pain, or confused
- Even the most gentle pet may bite or scratch
- Take precautions to avoid getting hurt:
  - Avoid mouth
  - Do not smother the pet
  - Stay calm, slowly move, and handle carefully
  - Stop if pet becomes agitated
  - Use a muzzle, but only if animal is not vomiting
- If possible, secure animal in a carrier during transport.
- To avoid distraction and provide comfort, have someone ride with you or drive to the veterinarian.



\* This is a comprehensive list of suggestions; you may include any items that best fit your needs  
Sources referred to:  
[https://business.avma.org/files/productdownloads/LR\\_COM\\_FirstAid\\_010816.pdf](https://business.avma.org/files/productdownloads/LR_COM_FirstAid_010816.pdf)  
<https://www.avma.org/public/EmergencyCare/Pages/First-Aid-Tips-For-Pet-Owners.aspx>  
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[http://www.humanesociety.org/animals/resources/tips/pet\\_first\\_aid\\_kit.html](http://www.humanesociety.org/animals/resources/tips/pet_first_aid_kit.html)



Titan the Lion from Spencer



Wally from Worcester



Walter from Sturbridge

## PETS

# Foods that cats and dogs should never eat

Nutritious diets are essential to long-term pet health. Many well-intentioned pet owners feed their pets foods they believe are nutritious, only to learn that certain foods, even those deemed healthy for humans, can be quite dangerous to dogs and cats.

Cats and dogs metabolize foods and other substances differently from humans. WebMD reports that each year, there are more than 100,000 cases of pet poisoning in the United States. Many of these instances were caused by household substances that may seem perfectly harmless. Medications, cleaning products and certain foods can poison pets. Dogs tend to be at higher risk for food poisoning, particularly because they



are less discriminatory with regard to food.

Before caving into the temptation to share snacks with their pets, pet owners should recognize the common foods the ASPCA and other pet welfare organizations list as the most likely to contribute to pet poisonings worldwide.

- **Chocolate:** Chocolate is accountable for roughly one-quarter of all toxic exposures. Chocolate contains methylxanthines, which are found in cacao seeds. When ingested by pets, methylxanthines can cause excessive thirst and urination, panting, vomiting, diarrhea, abnormal

heart rhythm, and seizures. Serious cases can be fatal. Dark chocolate and baking chocolate are especially dangerous for pets.

- **Grapes/raisins:** Grapes, raisins, sultanas, and currants, whether raw or cooked, can cause kidney failure in dogs. Not all dogs are affected. However, these fruits should be avoided. Symptoms include lethargy, diarrhea and vomiting within 24 hours of consumption.

- **Hops:** Commonly used for brewing beer, hops have become a greater risk for pets now that home brewing as a hobby or side business has become popular. When ingested, hops can cause a rapid heart rate, anxiety, vomiting, and other abdominal symp-

toms. Essential oils and tannins in hops also can cause high fever when pets ingest them.

- **Macadamia nuts:** These nuts can cause depression, vomiting, tremors, and hyperthermia in dogs.

- **Milk and dairy:** Do not give dogs and cats milk to lap up, and avoid giving them high amounts of cheese and other dairy foods. Pets do not possess significant amounts of lactase, the enzyme that breaks down lactose in milk. Therefore, diarrhea and digestive upset is likely to occur when pets consume dairy.

- **Onions/garlic:** These aromatic ingredients are not a good idea for pets, particularly cats. Onions contain an ingredient called thiosulphate, which is toxic to cats and

dogs. The ingestion of onions and onion-related foods can cause a condition called hemolytic anemia. This is damage to red blood cells that causes the cells circulating throughout the pet's body to burst.

- **Xylitol:** Keep pets away from sugarless gums and candies that contain Xylitol, which also may be used in toothpaste. The substance causes insulin to release in most species, which can lead to liver failure.

Pet owners should be aware that the foods they eat regularly may not be safe for their pets. Always consult with a veterinarian before giving pets foods commonly eaten by humans.

## Recognize and relieve sources of pets' stress



Stress can affect anyone, even household pets. Although life may seem foot-loose and fancy free for companion animals, they have their share of stressors as well.

It may be hard to believe that dogs, cats, birds, and other animals can suffer from stress. But certain situations or scenarios may trigger a stressful response in pets, and pet owners should learn to recognize such stressors and do what they can to help pets avoid them.

Research indicates that stress, especially constant sources of stress, can impact pet health and well-being. A 2011 study published in the *Journal of Physiology and Pharmacology* found that when dogs are under stress, their bodies release an excessive amount of the fight or flight hormone norepinephrine. This can alter gut bacteria and interfere with gastrointestinal tract motility. Resulting diarrhea can compound stressful situations and exacerbate the situation.

The pet advice site Pet-Happy says that, during stressful situations, pets' blood pressure may climb, breathing may become more rapid, heart rate may increase, and the immune system can become less effective — instances that would also occur in humans. Various studies show that stress can be a contributing factor to disease.

Animals experience stress for different reasons and exhibit stress in ways that set them apart from one another and their human companions. The following is a breakdown of what may contribute to stress in birds, cats and dogs.

### BIRDS

According to James Morrissey, a veterinarian at the College of Veterinary

Medicine at Cornell University, birds are very good at picking up stress in people, which may contribute to their own stress. It can be challenging to determine what is causing stress in birds. However, the appearance of stress bars on feathers, the sudden onset of aggression, fearful behavior, changes in appetite, and destructive behavior can indicate that stress is present.

### CATS

Cats can become stressed over situations their owners may not consider major. Loud music and noises, changes in food or litter brands, having new carpet or furniture installed, or a number of visitors in the home may be stressors, says Pam Johnson-Bennet, author and cat behavior expert. Some of the easiest stress symptoms to spot include excessive self-grooming, urine spraying, aggression, extreme vocalization, and eliminating outside of the litter box.

### DOGS

The British Small Animal Veterinary Association's "Manual of Canine and Feline Behavioural Medicine" says that some of the most common dog stress triggers are novelty, housing changes, loud noises, changes in household members, and changes in schedule. Dogs may exhibit stress through appetite changes, isolation, digestive issues, lethargy, and increased sleeping.

Once stress is identified apart from any other health issues, pet owners can take steps to reduce it. Providing a security spot to which the pet can retreat, regular exercise, mental stimulation, and gradual changes to routine, diet or other things a pet has relied on can help.



A warm coat, a cozy spot to sleep and limited time spent outdoors can keep pets safe during winter.

## How to keep pets safe in winter weather

The arrival of cooler temperatures sparks various changes. Chilly air and precipitation can be dangerous, especially to pets that are unaccustomed to extreme changes in temperature.

Pet owners may be well aware of the hazards of warm weather, including the threat of leaving pets in hot cars. But cold weather also has its share of risks. Heed these tips to keep pets safe and secure.

- **Schedule a well visit.** The American Veterinary Medical Association suggests scheduling a visit with a veterinarian to check for any medical issues. Cold weather can aggravate symptoms of certain conditions, such as arthritis. A thorough examination can shed light on potential problems.

- **Keep homes humidified.** Going in and out of the house and moving from cold air to dry indoor heat can affect pets' skin. Itching and

flaking may result, causing pets to scratch at such areas. Maintain humidity in the home for comfort. The ASPCA also says to reduce bathing to help preserve essential oils on the skin.

- **Protect paws outdoors.** Pet paws are sensitive to sand, ice, snow, and chemical ice melts. Massage petroleum jelly or another protectant onto paw pads, or consider the use of pet booties.

- **Keep pets indoors more often.** Pets should not remain outdoors for long stretches of time in frigid temperatures, even if they are accustomed to roaming during other seasons, advises The Humane Society of the United States.

- **Provide options for sleeping.** Come the winter, cats and dogs may need new sleep spaces to avoid drafts and stay warm. Give them other spots they can call their own.

- **Consider a sweater or**

vest. Some pets are more tolerant to the cold than others. However, some dogs and cats may benefit from a sweater, vest or coat designed for pets to offer a little more insulation.

- **Update identification and contact information.** Snow and ice can mask scent cues that help pets find their way home. Update contact information and make sure pets' collars are on tightly.

- **Keep coolant and antifreeze locked away.** Coolant and antifreeze are lethal to dogs and cats and should be kept out of reach. Clean up any spills from vehicles promptly.

- **Provide fresh food and water.** Pets may burn more calories trying to stay warm. Be sure the animal has a little extra food and plenty of water to stay sated and hydrated.

Winter weather requires pet owners to make changes so pets can remain happy and safe.

Happy HALLOWEEN



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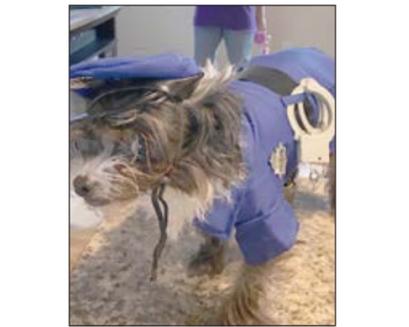
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