

## *Charlton awarded Green Communities grant*

**BY JASON BLEAU**  
VILLAGER CORRESPONDENT

**CHARLTON** – The town of Charlton was one of 91 municipalities awarded Green Communities competitive grants in September. The Baker-Polito Administration announced \$14.9 million in Green Communities

Grants, \$211,000 of which has been awarded to Charlton. The money will be split among several projects including installing LED lights at both the library and town hall, wastewater treatment purchases and administrative and technical assistance expenses.

"Today's grant announcement is the largest award in the Green Communities program history and represents our Administration's commitment to supporting clean energy efforts for cities and towns across Massachusetts," said Gov. Charlie Baker in a press release in

September. "The projects funded by these grants will allow cities and towns across the Commonwealth to reinvest their energy savings in vital public services like schools, public safety, and local infrastructure."

Lt. Gov. Karyn Polito also released a statement

commending complimenting the program and the assistance it provides to communities across the commonwealth.

“As Massachusetts works to meet ambitious energy and emission reduction goals, the Green Communities program gives municipal partners the resources

they need to continue building upon the substantial energy progress each city and town has already made," Polito said. "We look forward to the continued success in energy innovation these grants will ensure across the Commonwealth."

Please Read **GREEN**, page **A5**

# Selectmen seek consistency in lowering of flags

**BY JASON BLEAU**  
VILLAGER CORRESPONDENT

**CHARLTON** – The Charlton Board of Selectmen has adopted a new policy in order to ensure that the American flags on town properties are properly lowered on appropriate occasions.

The topic was added to the agenda for a Board of Selectmen meeting in late September after Selectman Bill Borowski was contacted by a concerned citizen when it was noticed that flags weren't properly lowered to half staff to recognize the anniversary of Sept. 11. Town hall officials also confirmed they were contacted about the mistake, calling it an "erroneous error." While officials noted that at the time, the town hall was dealing with a malware attack, that was not considered an excuse for overlooking lowering the flags out of respect for the lives lost 18 years ago.

Selectman David Singer said he requested adding the item to the Sept. 24 meeting agenda after hearing of the communication Selectman Borowski had received from a citizen. He acknowledged that in the past the town had looked to the state for when flags should be lowered to half staff, but going forward, it should be normal practice for Charlton to lower the flags as they see fit without needing to be reminded.

"It never should have happened in the first place. One thing I will point out is, this town has, in the past, not relied upon the state to be our guide for what's right and I think that going forward this town should continue to follow that course," Singer said.

Selectmen unanimously approved a new policy that will allow for a more organized approach to lowering the flags

Please Read **FLAGS**, page A5



*Courtesy Photo*

# PINK PATCHES

Officers from the Auburn Police Department joined fellow public safety officials from throughout the area for Pink Patch Day at Tree House Brewing Company in Charlton last weekend to show their support for the fight against breast cancer.

# Nexamp opens regional office in Sturbridge



*Gus Steeves Photos*

**The whole Sturbridge Nexamp staff. President Zaid Ashai is second one to the right of the table.**

**BY GUS STEEVES**  
CORRESPONDENT

STURBRIDGE — You've probably never heard of Nexamp by name, but have probably passed several of their large solar arrays while driving through the region.

The firm inaugurated its central Massachusetts head-

quarters last week, claiming a space on Hall Road in Sturbridge.

"We're excited to be here and looking forward to having a space to conduct the business we need to do," said Construction Director Jen Delaney, who noted the firm's area workforce has been working out of homes and trailers for some time now.

Town Administrator Jeff Bridges was equally optimistic.

"It's a good addition to the Sturbridge business portfolio, particularly on the high-tech side. I hope they find the region welcoming," he said.

Moments later, he told the Nexamp staff, “We’ve got some great technology businesses in town. I was surprised when I got here at the level of tech we enjoy.

Please Read **NEXAMP**, page **A5**

*Bay Path PN students  
participate in annual  
Paxton Senior Health Fair*



*Courtesy Photo*

**Volunteers for the Paxton Senior Health Fair are Rachel Carlisle (Oxford), Sandra Melton (Woonsocket, R.I.), Alyssa Misiano (Rutland), Sikorrya Seguin (Dudley), Fjolla Shehu (Worcester) and Renee Welch (Dayville, Conn.).**

PAXTON — The Paxton Senior Health Fair provided Bay Path Practical Nursing students with an opportunity to interact with Paxton Seniors, the Paxton Senior Center and various community organizations and vendors that all

shared a common goal: Live,  
Life, Healthy.

The free event was held Wednesday, Sept. 25 at the Paxton Senior Center, 17

Please Read **HEALTH FAIR**, page **A9**

A woman with long brown hair, wearing a striped shirt, is holding a large white speech bubble. Inside the speech bubble, the text reads "Are you READY?" in a mix of blue and black fonts. The background is a solid blue color.







# New exhibit shows local artists ‘connected in nature’



Doreen LaScola and Piya Samant are showing together at Jacob Edwards Library all month. Behind them is one of LaScola's paintings called "Hidden Jewel," a scene of Doane's Falls in Royalston.

BY GUS STEEVES  
CORRESPONDENT

SOUTHBRIDGE — For artist Piya Samant of Auburn, this month's show at Jacob Edwards Library is a sort of homecoming. She's shown in town three times, twice here.

"It's always incredible to show here," she said. "It's lovely they do it here, and great Margaret [Morrissey] takes the initiative."

This time, though, Samant is showing with a newcomer to town, Doreen LaScola of Winchendon, but the two are far from strangers. They've shared two previous billings, both at Worcester's Sprinkler Factory, but said they've yet to paint together.

"It's wonderful to offer them thematically-linked shows tied into the happenings in the wider world," Morrissey, the library director, said.

She was referring to the fact the show's title is "Connected in Nature" and is part of this month's Last Green

Valley Walktober calendar of events.

"I think it's really significant we change our environment every month because of what the artists bring," she added. "Southbridge has a few places people can compare and contrast art styles – here, the Arts Center, Starlite. ... For anybody who wants to lose themselves in peaceful thought, you can sit and look and dream."

For both Samant and LaScola, that kind of inspiration often comes from Nature. LaScola said she tries to "capture the wind, the cold, the leaves rustling. ... This revives me somehow."

But she initially did not like what's termed "plein air" painting (that is, outdoors), "but I kept going until I didn't hate it anymore," she said. In the studio, her paintings are mostly abstract, although she actually uses a wide range of media, including woodcuts, acrylics, oils and encaustic.

To Samant, artistic expression blends cultures. She grew up in Gujarat, India, where there's "a lot of color in the



Two of Piya Samant's entries in this month's art show.

fabrics and textiles, but everything is concrete, so I like to incorporate the flora and fauna of New England." She especially likes sunrise and tries to get up to see and photograph it wherever she travels because it's "different everywhere."

Her art career started at age 4 or 5 with drawing, then portraits, which she still loves, but she wants "to explore everything until I commit to something."

"[Portraits are] a great way to connect with another human being and learn about their personality," she noted.

LaScola also started with drawing, but in a somewhat curious subject.

"When I was young, I was fascinated by hobos and jumping on trains," she said. "My brother helped me draw my first hobo."

Like Samant, LaScola has "the travel bug," and fulfilled it for a while as a stewardess before landing at the Minneapolis College of Art and Design. That "opened up my eyes and gave me



## ACCURACY WATCH

The Auburn News 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) 909-4111 or email [news@stonebridgepress.news](mailto:news@stonebridgepress.news) during normal business hours. During non-business hours, leave a message in the editor's voice mailbox. The editor will return your phone call.

a vehicle to express myself I didn't have before."

After college, she spent 35 years as a graphic designer, but that was just to make a living.

"When I'm making art, I breathe," she said.

Over the years, her approach has changed. Initially, she "got an image and that's what I was working on," LaScola said. But now "sometimes I just go in and see what I get," because of working in plein air, whether she's outdoors or in the studio.

Both women are members of ArtsWorcester, and Samant said "They've been really helpful for my art career. Any emerging artists can really benefit from them."

Gus Steeves can be reached at [gus.steeves2@gmail.com](mailto:gus.steeves2@gmail.com).

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## Cross country team hosting first invitational meet



Courtesy Photo  
Leicester Middle School runners will take part in an invitational meet next month.

BY KEVIN FLANDERS  
STAFF WRITER

LEICESTER – Continuing to expand the footprint of its program, the Leicester Cross Country team will host its first middle school invitational meet next month.

The first annual Wolverine Invitational and Community Race will take place on Saturday, Nov. 2, at Leicester Middle School. After the middle school races and awards are completed, there will be a community 3K race over the same course. Younger runners may also choose to run a shortened 1K kids race as well.

Middle school races will take place between 9-11 a.m., with the community race immediately following it at noon. For school leaders and athletes, it is exciting to get the community involved in the event and familiar with the cross country program. With the addition of fifth grade students to the middle school this year, officials had the opportunity to create a middle school running club that is open to grades 5-6 (seventh and eighth graders run with the high school team).

"This meet is meant to help build both our middle and high school running programs by providing runners with the opportunity to compete against other teams in a fun invitational," said Norman Everett, a coach with the Leicester cross country program. "The community race is meant to encourage participation in running through all ages and help to draw spectators to the middle school event."

Last year, the district successfully hosted the Central Massachusetts Middle School Invitational after the original host backed out. Leicester hosted 400 runners from across the state that day, and officials hope the event next month continues to cement the town as a great venue for competitions.

The meet was originally planned to take place at Burncoat Park, but a concern was brought up over the park's use by hunters during archery season. As a result, the event was relocated to Leicester Middle School, but officials hope to use the park setting next year on a different date.

"I like the idea of using a cross country meet as a way to bring people to the park, which is in the process of being used again," Everett added.

The Wolverine Invitational will serve as the running club's fourth race of the season. The event might still feature more teams competing, but currently Leicester Middle School is facing Marlborough's Advanced Math and Science Charter School.

Officials thank everyone who came together to make the event possible, including the LHS Boosters. The club is covering the costs of running the meet, which include invitational shirts, professional timing, police details, and other expenses.

Moreover, Ashland-based NEC Trophies donated trophies that will be awarded to the top two teams for each middle school race, along with ribbons for the top 15 finishers.

The North Medford Running Club, Central Mass Striders, and Sneakerama have also donated to the Boosters to help support the race. Additionally, Leicester Middle School's Community club will send its members to the event as volunteers.

All proceeds from the community race and T-shirt sales will go to the Boosters Club and benefit Leicester athletics. The community race participation fee is \$10 per person and \$20 for a meet T-shirt.

Meet times are as follows:

Boys middle school race: 10 a.m.  
Girls middle school race: 10:30 a.m.  
Community Race: Noon  
Parking is limited, but shuttles will be available from the Leicester Walmart.

To obtain an entry form, contact Norman Everett, Leicester Middle School, 70 Winslow Ave., Leicester, MA, 01524.

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# Program examines phrenology craze of 19th century



Tom Kelleher holds up a plastic human skull, one of several he used to demonstrate the locations of various phrenological “organs.”

BY GUS STEEVES  
CORRESPONDENT

SOUTHBRIDGE — Local resident Maureen Doyle got her head examined last Wednesday, as a voluntary guinea pig for Tom Kelleher’s talk on the pseudoscience of phrenology.

Based on the natural tiny bumps of her skull, Kelleher said users of the 19th century precursor to modern psychology would have claimed Doyle had a “good sense of order,” hopefulness and a high level of “suavitiveness” (friendliness), but below average senses of direction, acquisitiveness and “adhesiveness.”

Of course, he also noted that various practitioners of phrenology came up with a widely varying number of spots

on the skull that they labels “organs” for dozens of personal qualities over time. But it was the first attempt to localize brain functions in a systematic manner, although inaccurate when compared to what we now know of actual neurobiology.

For most of human history, Kelleher said, people believed the brain was largely the body’s thermometer, not the source of emotions, because we “feel things physically more than we do in our heads.” A lot of that time, the dominant Western “medical” idea was based on the “four humors,” with illness being an imbalance among them treated in various ways to restore that balance.

Phrenology “first saw the light of day” in the 1790s, when then-teenager Franz Josef Gall thought the people around him with “prominent eyes” were better students, and started observing other physical features he thought correlated with various personal traits. As an adult, he read “thousands of heads” by touching the skull’s subtle bumps and valleys, a practice he termed “craniology.” His partner Johann Spurzheim coined the term “phrenology” and popularized it with a lecture series in which the Boston elite were “hanging on the great doctor’s every word,” Kelleher said in the character of Central Mass phrenologist Nelson Sizer.

Although not the first American phrenologist, Spurzheim became famous for it. He didn’t get to enjoy fame much, since he died of typhoid fever soon afterward. His Boston funeral was the biggest event in decades, and his autopsy “was accompanied by a phrenological lecture, given by someone else, of course.” But nobody knew what to do with his body after they preserved his skull, brain and heart, since appeals to Europe to claim it fell on deaf ears.

The fact the two men had been kicked out of their native Austria fell right into the hands of a couple of entrepreneurs trying to promote the idea of the country’s first park-like “rural” cemetery, Mt. Auburn in Cambridge. They convinced Boston brahmins to donate for a big headstone there, and used it to sell a lot of gravesites.

To most Americans of that day, phrenology was mostly a curiosity at first

“We Americans are above all else a practical people,” Kelleher said as



Tom Kelleher examines the “mental organs” of Maureen Doyle.

Sizer. “We need to know what good is it to me, what value is it, what use can I put it to?”

They answered that question with the idea that “through knowing the brain, you can know the mind,” and phrenology became a major root in the self-help movement. Using it, proponents claimed, you could know “which cards you’re holding, so you can play the game,” Kelleher/Sizer noted. By studying it, they thought people could identify if politicians were honest, a business partner was good with money, servants would be good workers, and spouses would be loyal, among countless other things.

“It will put each person ... into the place where they’ll achieve their greatest success,” he said. “... It has the greatest potential in the rearing of children.”

“Size is the measure of power. Size is strength. Size matters,” he said, using the blacksmith’s arm vs that of a scrivener (writer) as an example. Both, however, can change depending on how they’re used, “and so it is with mental organs.”

He said phrenologists applied the idea to much of the animal world as well, using three common examples. Beavers, he said, show no development of the organ for religion, but are notable for their “twin organs of constructiveness,” groundhogs for theirs of “inhabitiveness,” and squirrels for theirs of “acquisitiveness,” although “acquisition, not memory, is the squirrel’s strength.”

The field peaked in the 1840s, largely due to the work of three men, Kelleher said, leaving the Sizer character behind. George Combe, a Scottish lawyer who toured America 1838-40, wrote The

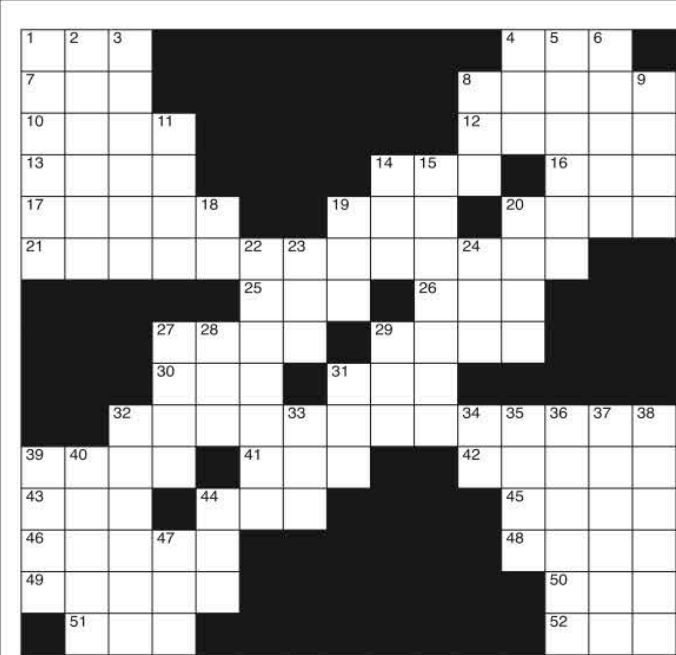
Constitution of Man “reflecting on man through the principles of phrenology.” It “outsold Darwin more than seven to one” in the 19th century. Only two books outsold it – the Bible and Pilgrim’s Progress. About the same time, brothers Orson and Lorenzo Fowler founded the American Phrenological Institute, which published hundreds of books, articles and journals on the concept and “how to live your life” using it. They became famous for moral and medical advice.

Ironically, it was real medicine that helped spark the concept’s rapid decline. In the late 1840s, railroad worker Phineas Gage suffered an accident in which a metal bar was blown through his head. He survived, but his personality was radically changed in ways that had nothing to do with the alleged “organs” phrenology identified in the brain. More than a century later, modern neurology would show why Gage changed due to the damage to parts of his frontal cortex.

Phrenology “was discredited by a lot of things,” Kelleher said. Among them were real science, the fact the concept had “no strong second generation” to promote it, and the fact it was used by “a lot of racists in their ‘proof’ of Aryan racial superiority.” It still exists as “a sideshow” at carnivals and a way “to meet people at parties by feeling their heads,” he added.

The famous phrenological diagram of the head, though, is still commonly used to depict all kinds of things, often in political cartoons or ads.

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



CLUES ACROSS

1. Computer key

4. Periodical (abbr.)

7. Hot beverage

8. Capital of Ghana

10. Shrek is one

12. Behemoth

13. Good friend

14. Form of “to be”

16. Where travelers rest

17. European country

19. Everyone has one

20. Pop

21. Feelings of anxiety

25. Small amount

26. Moved quickly

27. Common name for a type of frog
29. Free from psychological disorder

30. 8th month (abbr.)

31. Basics

32. Transcending national boundaries

39. Natives of Kashmir

41. Returned material authorization (abbr.)

42. Cigar wrapper

43. Brew

44. Popular video game series

45. Abba \_\_, Israeli politician

46. Jewelled headdress

48. French cleric

49. Bizarre

50. Unit of measurement

51. Foul-mouthed Hollywood bear

52. “Partridge Family” actress

CLUES DOWN

1. Type of bomb

2. Smooth

3. Clothing pattern

4. Defunct phone company

5. Something to take

6. Type of piano

8. Consumed

9. “Pitch Perfect” actress Kendrick

11. Ray-finned fish

14. Heat storage stove

15. Shrink back

18. Yukon Territory

19. Connects words

20. Sound unit

22. Furniture with open shelves

23. Cool!
24. 007’s creator

27. Source of the Nile River

28. Not safe, but ...

29. Helps little firms

31. Comedienne Gasteyer

32. Conceptualize

33. Root mean square (abbr.)

34. Integrated circuit

35. Evergreen trees and shrubs genus

36. Apprehended

37. Suitable for growing crops

38. Isolated

39. Footwear company

40. Electronic intelligence gathering

44. Political action committee

47. Free of

## MARIANHILL CLASS OF '74 GATHERS FOR REUNION



Courtesy Photo

Marianhill Central Catholic High School Class of 1974 recently celebrated their 45th Class Reunion at Fins n Tales in Southbridge. This class has had a reunion every 5 years since their graduation year in 1974. Photo: 1st-row l-r: Diane Mandeville-Beaudry, Mary Gauthier-Bellerive, Pam Poulin-Higgins, Diane Proulx-Perry. 2nd-row: Raymond Beaudry, Thomas Palmerino, Dudley Cook-Esterhay, Michael Tucker, Peggy Higgins-Belanger, Cathy Gravel-Fournier, Arleen O’Grady-Smith, Elizabeth Plasse-Dominguez, LeeAnn Berthiaume-Monahan, & Paul Perry. 3rd-row: Richard Earls, Ronald Galipeau, Maddy Foisy-Latini, Denise Madore-Langlois & Bernard Richard. Unavailable for the photo: Debra Lajeunesse-Richard, Nancy Coderre & Mike Giguere. A great time was had by all! We are looking forward to planning out 50th Reunion and hoping to have twice as many attendees in 2024!

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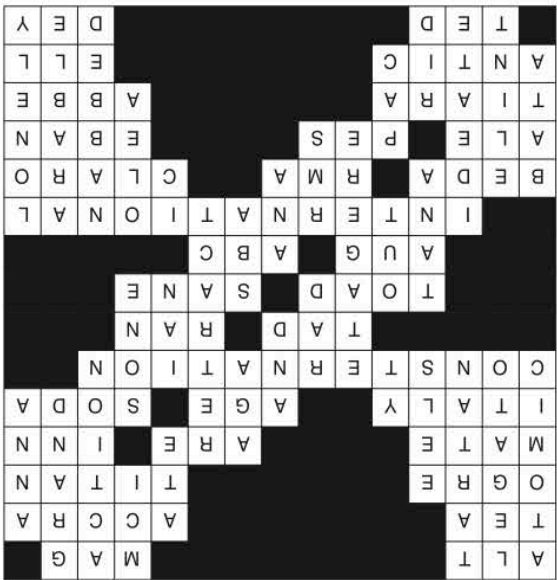
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## NEXAMP

continued from page 1

You're welcome to be part of that."

According to the state's Corporations Database, Nexamp is a Delaware-based company founded in November 2007 and registered in Massachusetts January 2008. At the time, it described its activities to be "[a] full range of activities with respect to energy and carbon reduction," but completely changed its board of directors in May 2019. As of its most recent annual report (for 2018), the firm describes itself as a "photovoltaic energy assets holding company."

In practice, President Zaid Ashai said Nexamp "started being an installer of solar, wind and geothermal" but since 2013 has been the "developer, owner and operator" of commercial solar arrays. The Sturbridge office is the firm's third in the state (after Boston and Haverhill), and it also has branches in Chicago, New York and Washington, D.C.

"Solar technology continues to improve, so the cost continues to be driven down," he said.

He expects to see a lot more solar

on rooftops and parking lots, but also improved battery storage systems that will "allow us to behave like a baseline [energy] source."

That has long been solar's key stumbling block – the fact the sun isn't always shining and the quality of energy storage systems has been somewhat behind that of the panels themselves. But with improvement in the latter and overall modrnization of the grid, Ashai said he expects solar to eventually provide 30-60 percent of the nation's energy supply.

According to the National Renewable Energy Laboratory's solar update for May 2019, the US now has about 11 gigawatts of solar capacity representing 2.3 percent of total electricity generation. That's expected to double by 2022. Overall, renewables account for 22 percent of capacity and 18 percent of actual generation (including solar, geothermal, wind and hydro but not nuclear).

Those numbers are just a starting point compared to the laws several states have already set requiring 100 percent alternative energy supplies by 2050 – California, Nevada, Washington, New Mexico, Puerto Rico, District of Columbia and Hawaii. The governors

of seven other states have either signed executive orders or pledged to do so, including Massachusetts, the NREL report states.

A bill now in the Legislature, S. 2005, calls for 2000 MW of energy storage by 2030, sets a greenhouse gas reduction goal of "not less than 75 percent below" 1990 levels by 2040, and requires public fund divestment from fossil fuels by 2026, but does not specify percentages for various kinds of alternative energy sources.

Such laws are driven by generally awful predictions about the impact of climate change if we do not act soon. According to data from the National Oceanic and Atmospheric Administration website, the global average temperature is now 0.79 degrees Celsius (1.42 degrees Fahrenheit) above the 20th-century average, with almost all of that warming happening since 1980. Projections for the future range greatly, largely dependent on whether atmospheric carbon keeps growing, levels off or declines. The best IPCC model (RCP 2.6) shows a roughly stable temperature slightly above that of the present through 2300. The worst (RCP 8.5) projects an increase that ranges from 3 degrees Celsius to more than 12 degrees Celsius above present by 2300. The wide range is in part because scientists do not yet have a good handle on numerous natural feedback loops that might be triggered by such events as melting permafrost and sea ice or ocean acidification.

"If we do not address climate change by 2050, the future for the next generations is dire," Ashai told his Sturbridge staff. "The consequences will cost us a lot more than we can bear."

Ashai said Nexamp aims to help build "virtual powerplants and microgrids" and other things that can allow the energy system to support alternatives over the long term.

Doing so, he said, will "allow energy to be more accessible, allow the grid to be more transparent and allow customers to have more choices."

The Sturbridge office will largely focus on coordinating the firm's various commercial and residential solar projects in central and western Massachusetts, providing a place where its engineers, designers and project managers can work without having to



Sturbridge Town Administrator Jeff Bridges, center, talks to Nexamp Senior Vice President Chris Perron and Communication Manager Keith Hevenor.

commute to Boston. Delaney said they have three active arrays in Charlton plus one about to turn on, one in Wales, two in Sutton and a couple in Palmer, among other locations.

"We will build where we can build," depending in part on whether they can connect into the regional grid from a given location, she said.

Stephan MacPhee handles some of the residential side of the business, noting people can either buy the panels outright or lease them; Nexamp has 6-12 different plans. When he started about 12 years ago, such solar was always a cash purchase and generally cost more than other energy sources, but now it's less. Also, back then they could only go on south-facing roofs, but there's a lot more flexibility today, although there are still limits depending on shade, roofing material, and the home's electrical system itself.

"I'm happy I've been in this industry and seen it grow," he said. "It's a great space to be in."

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

## GREEN

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In order to qualify as a Green Community, Charlton has to meet five criteria with the grants helping support initiatives geared towards energy efficiency and clean energy. Charlton is one of 240 cities and towns in Massachusetts designated as Green Communities. Each community qualified for a maximum \$250,000 in

grant money.

State Sen. Anne Gobi, who serves as the Senate Chair of the Joint Committee on Environment, Natural Resources and Agriculture, release a comment congratulating her towns, including Ashburnham, Ashby, Barre, Hardwick, Monson, Warren, and, of course, Charlton, for earning the funding.

"This municipal-state partnership has been so

successful and provides much needed assistance to communities as we strive for a cleaner, more sustainable Commonwealth," Gobi said.

To date the Department of Energy Resoruce has awarded over \$118 million to the 240 Green Communities towns. The program is nearing its ten year anniversary having awarded its first grants in 2010.

## FLAGS

continued from page 1

at all town buildings without relying so heavily on notifications from the state. The policy will also reportedly allow for more consistency by making sure all buildings are aware of days when they need to lower flags even if the state doesn't provide a reminder. After hearing the initial complaints Selectman

Bill Borowski said he was happy to see the topic addressed at the meeting.

"I think it was just more of a discussion to let everyone know that, look, a mistake was made, we're really sorry, it obviously was not intentional and basically just to talk through it and say let's just figure out how to do this going forward," Borowski said. "If we need a formal policy then so be it, but let's apologize and figure out some way that it doesn't happen again."

# LEGALS

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE By virtue and in execution of the Power of Sale contained in a certain mortgage given by Roger Gordon and Nicole Gordon to Mortgage Electronic Registration Systems, Inc. as nominee for America's Wholesale Lender dated January 5, 2007, recorded at the Worcester County (Worcester District) Registry of Deeds in Book 40486, Page 333; said mortgage was then assigned to Bank of America, N.A., successor by merger to BAC Home Loans Servicing, LP FKA Countrywide Home Loans Servicing, LP by virtue of an assignment dated September 6, 2011, and recorded in Book 47819, Page 146; and further assigned to Green Tree Servicing LLC by virtue of an assignment dated May 14, 2013, and recorded in Book 50929, Page 76; and further assigned by Ditech Financial LLC FKA Green Tree Servicing LLC, sometimes known as Greentree Servicing LLC to U.S. Bank Trust, N.A., as Trustee for LSF9 Master Participation Trust by virtue of an assignment dated February 6, 2017, and recorded in Book 56761, Page 255; of which mortgage the undersigned is the present holder for breach of conditions of said mortgage and for the purpose of foreclosing the same will be sold at PUBLIC AUCTION at 11:00 AM on October 29, 2019, on the mortgaged premises. This property has the address of 6 Eastford Road, Auburn, MA 01501. The entire mortgaged premises, all and singular, the premises as described in said mortgage: The land in said Auburn on the southwesterly side of Eastford Road and further bounded and described as follows: BEGINNING at a stone monument set on the southwesterly line of said street about two hundred seventeen and three tenths (217.3) feet southeasterly of the southeasterly line of Bryn Mawr Avenue; THENCE deflecting to the right 97 degrees in a southwesterly direction, two hundred thirty-nine and eleven hundredths (239.11) feet to a stake; THENCE deflecting 90 degrees to the left, in a southeasterly direction, fifty-nine and fifty-five hundredths (59.55) feet to a stake; THENCE deflecting 90 degrees to the left, in a northeasterly direction, two hundred forty-six and forty-two hundredths (246.42) feet to a stake set on the southwesterly line of said new street; THENCE by the southwesterly line of said street, in a northwesterly direction, sixty (60) feet to the place of beginning. 25456/172 Subject to and with the benefit of easements, reservation, restrictions, and taking of record, if any, insofar as the same are now in force and applicable.

In the event of any typographical error set forth herein in the legal description of the premises, the description as set forth and contained in the mortgage shall control by reference. Together with all the improvements now or hereafter erected on the property and all easements, rights, appurtenances, rents, royalties, mineral, oil and gas rights and profits, water rights and stock and all fixtures now or hereafter a part of the property. All replacements and additions shall also be covered by this sale. Terms of Sale: Said premises will be sold subject to any and all unpaid taxes and assessments, tax sales, tax titles and other municipal liens and water or sewer liens and State or County transfer fees, if any there are, and TEN THOUSAND DOLLARS (\$10,000.00) in cashier's or certified check will be required to be paid by the purchaser at the time and place of the sale as a deposit and the balance in cashier's or certified check will be due in thirty (30) days, at the offices of Doonan, Graves & Longoria, LLC ("DG&L"), time being of the essence. The Mortgagee reserves the right to postpone the sale to a later date by public proclamation at the time and date appointed for the sale and to further postpone at any adjourned sale-date by public proclamation at the time and date appointed for the adjourned sale date. The premises is to be sold subject to and with the benefit of all easements, restrictions, leases, tenancies, and rights of possession, building and zoning laws, encumbrances, condominium liens, if any and all other claim in the nature of liens, if any there be. In the event that the successful bidder at the foreclosure sale shall default in purchasing the within described property according to the terms of this Notice of Sale and/or the terms of the Memorandum of Sale executed at the time of foreclosure, the Mortgagee reserves the right to sell the property by foreclosure deed to the second highest bidder, providing that said second highest bidder shall deposit with the Mortgagee's attorneys, the amount of the required deposit as set forth herein. If the second highest bidder declines to purchase the within described property, the Mortgagee reserves the right to purchase the within described property at the amount bid by the second highest bidder. The foreclosure deed and the consideration paid by the successful bidder shall be held in escrow by DG&L, hereinafter called the "Escrow Agent") until the deed shall be released from escrow to the successful bidder at the same time as the consideration is released to the Mortgagee, whereupon all obligations

of the Escrow Agent shall be deemed to have been properly fulfilled and the Escrow Agent shall be discharged. Other terms, if any, to be announced at the sale. Dated: September 25, 2019 U.S. Bank Trust, N.A., as Trustee for LSF9 Master Participation Trust By its Attorney DOONAN, GRAVES & LONGORIA, LLC, 100 Cummings Center, Suite 225D, Beverly, MA 01915 (978) 921-2670 www.dgandl.com 54559 (GORDON) October 4, 2019 October 11, 2019 October 18, 2019

### NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Mary L. Serwecki to BankUnited, FSB, dated June 22, 2006 and recorded in the Worcester County (Worcester District) Registry of Deeds in Book 39253, Page 237, of which mortgage the undersigned is the present holder, by assignment from: Federal Deposit Insurance Corporation, Receiver of BankUnited, FSB, Coral Gables, Florida to BankUnited, N.A. F/K/A BankUnited, recorded on December 18, 2018, in Book No. 59836, at Page 339 BankUnited, N.A. F/K/A BankUnited to Wilmington Savings Fund Society, FSB, As Trustee for Upland Mortgage Loan Trust B, recorded on December 18, 2018, in Book No. 59836, at Page 344 for breach of the conditions of said mortgage and for the purpose of foreclosing, the same will be sold at Public Auction at 2:00 PM on November 13, 2019, on the mortgaged premises located at 32C Boyce Street, Unit 9, Building 3, Woodland Oaks Town Homes Condominium, Auburn, Worcester County, Massachusetts, all and singular the premises described in said mortgage, TO WIT: Unit No. 9 of Building 3 of Woodland Oaks Town Homes Condominium created by Master Deed dated October 26, 1983 and recorded in Worcester Registry of Deeds in Book 7966, Page 155. as amended and shown on a plan recorded with said Registry of Deeds in Plan Book 531 Page 80. The Post Office address of the unit is 32C Boyce Street, Auburn, Massachusetts 01501. The unit is shown on a plan recorded with the first deed of this unit, to which is affixed a verified statement in the form provided by G.L. c. 183A s. 9, and is conveyed subject to and with the benefit of the obligations, restrictions,

rights and liabilities contained in G.L. c. 183A, the Master Deed, the documents establishing the organization of unit owners and the By-Laws as amended of record. Each of the units in the Condominium is intended for residential purposes and such other uses as are set forth in the Master Deed. The undivided percentage interest of the unit in the common areas and facilities is 11.111%. For mortgagor's(s') title see deed recorded with Worcester County (Worcester District) Registry of Deeds in Book 27465, Page 258. These premises will be sold and conveyed subject to and with the benefit of all rights, rights of way, restrictions, easements, covenants, liens or claims in the nature of liens, improvements, public assessments, any and all unpaid taxes, tax titles, tax liens, water and sewer liens and any other municipal assessments or liens or existing encumbrances of record which are in force and are applicable, having priority over said mortgage, whether or not reference to such restrictions, easements, improvements, liens or encumbrances is made in the deed. TERMS OF SALE: A deposit of Five Thousand (\$5,000.00) Dollars by certified or bank check will be required to be paid by the purchaser at the time and place of sale. The balance is to be paid by certified or bank check at Harmon Law Offices, P.C., 150 California St., Newton, Massachusetts 02458, or by mail to P.O. Box 610389, Newton Highlands, Massachusetts 02461-0389, within thirty (30) days from the date of sale. Deed will be provided to purchaser for recording upon receipt in full of the purchase price. The description of the premises contained in said mortgage shall control in the event of an error in this publication. Other terms, if any, to be announced at the sale. WILMINGTON SAVINGS FUND SOCIETY, FSB, AS TRUSTEE OF UPLAND MORTGAGE LOAN TRUST B Present holder of said mortgage By its Attorneys, HARMON LAW OFFICES, P.C. 150 California St. Newton, MA 02458 (617)558-0500 13045 October 18, 2019 October 25, 2019 November 1, 2019





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# A day for healing

Gus Steeves Photos

STURBRIDGE – Healing was the aim of the day at the Host Hotel Sunday, as area nonprofit Pink Hippy brought together a variety of alternative practitioners to share their skills and ideas in the Integrative Therapies Expo. Among other things, attendees could get short sessions of massage, reflexology and yoga, learn meditation practices and nutrition tips, and listen or meditate to Native American flute music, Celtic harp, and guitar. They could also access various resources for dealing with breast cancer (Pink Hippy’s overall focus), learn about medical marijuana and acupuncture, and get some free food.

The organization is based at Generations, 129 East Main St., Webster, and can be found online at [www.pinkhippy.org](http://www.pinkhippy.org).



Kate Hardy and Steve Margelony staff one of the Pink Hippy tables featuring pink stuffed animals and small air ferns growing out of wooden statuettes' heads.



Three women participate in a restorative yoga mini-class.



Craig Standing Bear of Oxford plays Native American tunes on flute with Anne Belliveau's accompaniment on bodhran.



Vin Mitchell provides some background guitar music appropriate for healing.

**SERVE!**  
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SPORTS ACTION!



Dawn Skoglund gives Louise Bonnette a reflexology treatment.



Bree Marion of Leicester gives a client a massage.

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Fayth is an active girl of African American/Caucasian and Cape Verdean descent. Like most children Fayth's age, she loves to play and run around! She enjoys opportunities where she can get her face painted and donuts are her favorite snack. Fayth is an excellent student who does very well in school.

Fayth is legally free for adoption and would do well in a loving, structured home environment with a single mother or two-parent family. Fayth currently lives with a female child who is the same age as her and they are doing very well together. Interested families should be able to maintain the Open Adoption Agreement with Fayth's birth mother, and the connection she has with her two sisters. They should also be open to supporting Fayth's needs when it comes to her hearing loss.

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

To learn more about adoption from foster care, call the Massachusetts Adoption Resource Exchange (MARE) at 617-964-6273 or visit [www.mareinc.org](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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# OPINION/COMMENTARY



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## EDITORIAL Healing through service

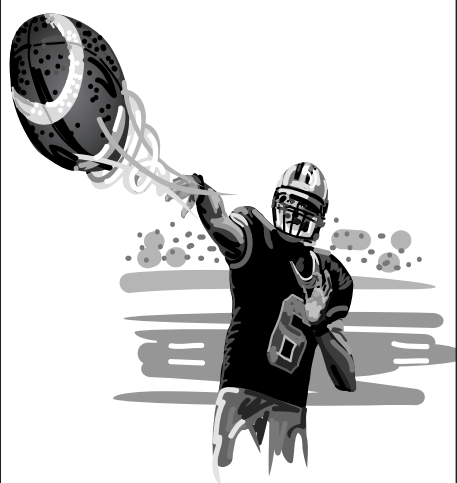
At a time when our country seems more divided than ever, and tempers are quick to flare over such hotbed issues as the border war, gun control, human rights violations and climate change, it's become increasingly common to hear our peers speak of strange times and an undefined feeling of malaise. Interpersonal violence has been on the rise, and an overall sense of disconnectedness has led many to feel isolated and fearful.

The international playing field seems full of land mines, both literal and metaphorical, and each day brings unpredictable media headlines. As the national stage normalizes disrespect of others and that behavior seeps into everyday interactions, it becomes more necessary than ever for all of us to practice goodwill toward others. The opioid epidemic touches a growing number of families. Many people hide behind their social media personas; quick to fire volatile opinions they would otherwise be unable to say in face-to-face interactions. We hear that climate change isn't real, while also being told that a mass extinction is underway and life as we know it will end in thirty years. Every day we send our children to school, secretly questioning whether they will be safe.

Some days, the problems of the world feel insurmountable. While there is no simple one-solution-fits-all approach to the issues swirling around us, sometimes the best way to make sense of the world is simply by helping others. Rosalynn Carter summed it up best when she said, "Do what you can to show you care about other people, and you will make our world a better place." Volunteering provides countless benefits to both the giver and the recipient. Uplifting others, even something as simple as making another person smile, can change the path of an entire day if not a life. We are well aware of the gift of service and how it benefits others who may be less fortunate. But we do not often consider the impact volunteering can have on our well-being.

As we each consider our path to wellness, we would be wise to include community engagement alongside cardio and strength training. Research has shown that volunteering not only increases self-confidence and combats depression, it also helps us stay physically healthy and lowers mortality rates. Through community service, we form tangible bonds with others, and our social and relationship skills improve. And just maybe, each charitable act we perform will help offset that malaise that hangs in the air.

As civil rights leader Dorothy Height once said, "Without community service, we would not have a strong quality of life. It's important to the person who serves as well as the recipient. It's the way in which we ourselves grow and develop."



**TOUCH DOWN!**  
**CHECK OUT**  
**THE SPORTS ACTION!**

## Country music finds beauty in our imperfections

I just finished watching the final of eight episodes of the Ken Burns Country Music documentary. Last week, I wrote of how Country Music was the soundtrack of my life. Every Country song up until a specific date in my life triggers a memory for me. As is life, some memories are happy and others not, but in almost every moment of my life until 1983, a Country song was playing in the background.

My dad was a devoted Country Music fan. His favorite artists were Merle Haggard, Waylon Jennings, Willie Nelson, Ernest Tubb, Bob Wills and many others, but Merle Haggard topped his list. He knew all the words and after a beer or two on a Saturday night he'd begin singing them.

My sisters and I idolized our father for many reasons. He was always there for us regardless of the problem. He always had a kind and encouraging word and could make us laugh at the drop of a hat. We loved Country Music because he did.

I can name the specific moment that I pushed Country Music out my life. It was 6:15 PM on May 13, 1983. My dad died suddenly and unexpectedly of a massive heart attack and for me, Country Music died with him. The music I grew up listening to became representative of the loss of the pillar of our family. I shut it off. Every musical memory included my father and he was now gone. Ken Burns brought me back to the music of my youth and I am grateful.

And I have a lot of catching up to do! So many new artists came after that date and I missed them all. I find myself especially attracted to the music and sound of Dwight Yoakam. To me he's a country music newcomer even though he's been around for thirty years. It's as if I turned off the radio and fell asleep for over three decades and I'm hearing many of the stars and their music for the first time ... and loving it.

None among us is perfect. Not one.

What is it about this enduring musical genre that captivates millions around the globe? I think that Country Music finds beauty in our imperfections. Death, addiction, divorce, pain, loss, failure ... it doesn't matter which of life's problems are featured, Country finds a way of creating acceptance. It let's us know we are not alone, and others have experienced the same and suffered with us. It shares that as bad as things may be, 'the music' understands and will stay by our side as it helps us sort through the pain and find a way to overcome. Country Music is more than notes on a page

### POSITIVELY SPEAKING

BY GARY W. MOORE

or organized sounds, it is a friend when you need one the most.

Country Music is also respect. I've never heard of a Country star trashing his or her hotel room or cursing at fans. I have not seen a Country star give his fans the finger or walking off stage during a temper tantrum. Country Music stars genuinely seem to understand they are nothing without the people who buy tickets or download their songs. I always am touched by their respect.

Arlene and I were at a business meeting in Branson, Missouri in 1993 and was having breakfast on our last day. I looked over after we were seated, and I saw Merle Haggard sitting at a table talking to a younger band member. He was telling the younger that it is okay to make mistakes if you learn from them. He was coaching a younger musician about something that had happened. I remember the kindness in his voice.

I asked our server to please give me his check, which she did. After a while, Haggard stood and asked his server for his check and she pointed over to our table and said we had paid it. He walked over and thanked us then asked, "Why'd you want to buy our breakfast?"

"My dad loved your music and you made him happy for many years. He died in 1983 and he never got the chance to thank you himself. So, this is his son's way of thanking you on his behalf." He responded, "Thank you. I'm sorry I never had the opportunity to meet him." We exchanged a few other pleasantries and he turned to leave the restaurant, then he stopped, turned back and laughed. "Where will you be for lunch?"

It was a beautiful experience for me to be able to thank Merle Haggard for his music, and I was genuinely touched by his kindness.

I think most importantly for me, Country Music is forgiving. I dropped it without notice and left thirty-five years ago and didn't look back. But now, that I have returned, Country Music has welcomed me back with opened arms and only responded with the title of the Kathy Mattea hit song ...

"Where've you been?"

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

## Be creative when withdrawing from retirement accounts



FINANCIAL FOCUS

DENNIS ANTONOPOULOS

Like many people, you may spend decades putting money into your IRA and your 401(k) or similar employer-sponsored retirement plan. But eventually you will want to take this money out – if you must start withdrawing some of it. How can you make the best use of these funds?

To begin with, here's some background: When you turn 70 and a half, you need to start withdrawals – called required minimum distributions, or RMDs – from your traditional IRA and your 401(k) or similar employer-sponsored retirement plan, such as a 457(b) or 403(b). (A Roth IRA is not subject to these rules; you can essentially keep your account intact for as long as you like.) You can take more than the RMD, but if you don't take at least the minimum (which is based on your account balance and your life expectancy), you'll generally be taxed at 50% of the amount you should have taken – so don't forget these withdrawals.

Here, then, is the question: What should you do with the RMDs? If you need the entire amount to help support your lifestyle, there's no issue – you take the money and use it. But what if you don't need it all? Keeping in mind that the withdrawals are generally fully taxable at your personal income tax rate, are there some particularly smart ways in which you can use the money to help your family or, possibly, a charitable organization?

Here are a few suggestions:

Help your grown children with their retirement accounts. Your grown children may not always be able to afford to "max out" on their IRAs. You might want to help them with any excess funds from your own retirement accounts. You can give \$15,000 per year, per recipient, without incurring any gift taxes – an amount far higher than the current annual IRA contribution limit of \$6,000 (or \$7,000 for individuals 50 or older).

Help your grandchildren pay for college. You might want to contribute to an investment specifically designed to build assets for college. A financial professional can help you choose which investments might be most appropriate. Of course, if your grandchildren are already in college, you are free to simply write a check to the school to help cover tuition and other expenses.

Help support a charitable organization. Due to recent changes in tax laws, many individuals now claim a standard deduction, rather than itemizing. As a result, there's less of an incentive, from a tax standpoint, for people to contribute to charitable organizations. But if you'd still like to support a charitable group and gain potential tax benefits, you might want to consider moving some, or all, of your required distributions from your IRA to a charity. You can transfer up to \$100,000 from your IRA in this type of qualified charitable distribution, thus meeting your RMD requirements without adding to your taxable income. Furthermore, this move might keep you in a lower tax bracket. (Before making this transfer, though, you will need to consult with your tax advisor.)

Your RMDs can contribute greatly to your retirement income, but, as we've seen, they can do even more than that – so use them wisely.

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

## Painting Tips

If your surroundings are looking a little drab this season, the solution could be as simple as adding color to your space. Whether you plan to completely renovate a tired room or just focus on a wall or two, nothing spruces up a room like paint. Best of all, paint products and ideas available today make it easier than ever to be a do-it-yourselfer! The following tips offer some smart solutions to cut your next project down to size.

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To tell if bargain paint is a true deal, rub a little between your fingers. If it feels perfectly smooth, it's a quality paint. If it has a gritty feel, the paint's not up to par.

\*\*\*

Want to get the best price on paint? Consumer groups claim April is the best month to purchase paint at a discount.

\*\*\*

Be sure to check out the "oops" gallons of paint at your favorite paint or home store. When consumers return mixed paints or don't accept them once the colors are blended, they are often sold at a fraction of their original price. Even if you can't find a color you like, remember a light color can often be



TAKE THE HINT

KAREN TRAINOR

used as a primer to cut costs.

And if you're lucky you can alter the hue a little to better suit your needs, as some stores will even re-tint these bargain paints.

\*\*\*

Flat paint is a top choice for ceilings, but quality differs. Here's how to tell the good from the bad. Buy tiny samples of flat paint, then place a spoonful of each on a flat surface. Put a drop of food coloring on the paint blobs. The one that spreads the least is the best quality paint.

\*\*

Want to repaint but you're not sure if that dried paint surface is latex or oil based? Here's a trick to test: Scrub a small painted area clean and dry well. Soak a cotton ball in rubbing alcohol and rub over the cleaned spot. If traces of paint come off, it's latex and should be repainted with the same. If it doesn't come off, it is oil based.

\*\*\*

Don't know what to paint first? : Experts advise painting in this order: ceiling, walls, trim, cabinets, and doors.

\*\*\*

When painting new plaster, or a similar porous surface, paint on a solution of water mixed with PVA glue first. This



# A perfect time to be outdoors



This past weekend was just perfect to be outdoors for most activities. The Uxbridge Rod & Gun club opened their pond to fishing after a healthy stocking of trout in the club pond. Very few took advantage of the trout stocking, with only a hand full of members fishing at the noon time opening. The rainbow and brown trout were

nice size, and will provide some great fishing in the coming weeks. This writer fished Wallum Lake in Douglas this past week, and was rewarded with some impressive rainbow trout. The rainbows were not hitting flies I was using, so I switched over to a couple of Repala stick baits, and was hav-

ing some fast action on two rods. Shore fishermen were also doing very well using the popular power bait. Because Wallum Lake is under Rhode Island regulations, anglers are able to retain five fish daily. Duck & Goose hunting opened under ideal conditions this past Monday in Massachusetts. Some local marshes held many birds for hunters this year, and it should only get better in the next couple of weeks. The big blow that we had last week stated the migration of ducks and geese, bringing some great shooting for the season opener. Pheasant hunting opened a couple of weeks ago at the Uxbridge Rod & Gun Club under their preserve permit. Turnout of members was great, and they did very well harvesting pheasant. This week's first picture shows Frank and Joyce Dagineault taking a break during one of the hunts. Enjoying the fall colors and some bird hunting prior to the opening of deer hunting in Rhode Island, the pair still get out and do as much hunting as possible being in there 80's, although they will tell you that they are slowing down a bit. We all are.



Tautog fishing in Rhode Island waters is heating up with reports of some impressive fish being caught daily. If you have never gone tautog fishing, you need to go now. Catching tautog on green crabs, using light tackle is a blast. Eating the fish is one of the best tasting fish in the ocean, if you use the simple following receipt: Cut the

fillets into medium to large size chunks. Drop them in a pan of boiling water that has a couple of table spoons of white vinegar added to it. When the boil returns the fish only need to cook another couple of minutes or until it flakes apart with a fork. Do not overcook. Strain the fish and drop the fish chunks

into some hot butter. Salt & pepper to taste. It taste better than lobster. This week's picture shows a world record tautog, also known as blackfish. *Take A kid Fishing & Keep Them Rods Bending!*

## Put Fall leaves to work in your landscape

Raking fall leaves can seem like a chore and a never-ending one, at that. Reduce time and effort spent managing fall leaves by putting this valuable resource to work in your landscape. Use your mower to recycle leaves right where they fall. As you mow the grass, you'll shred the leaves into smaller pieces. If they are the size of a quarter or smaller, your lawn will be fine. As these leaf pieces decompose, they add organic matter and nutrients to the soil. Another option is to attach a bagger to shred and collect the leaves with every pass of the mower. Only use grass clippings collected from lawns that have not been treated with a weed killer this fall. Or burn a few extra calories and rake the leaves into a pile. Shred with a leaf shredder or mower and spread them over the soil surface around perennials. Leaf mulch helps insulate plant roots, conserve moisture, suppress weeds and improve the soil as it breaks down. Bag shredded leaves you want to save for next season. Tuck them out of sight for winter under trees or around the foundation of your house for added insulation. Dig extra shredded leaves into vacant annual flower and vegetable gardens or incorporate them into the soil as you prepare new planting beds. They will break down over winter, improving the drainage in heavy clay soils and the water-holding ability in fast-draining soils. Create compost with shredded leaves and other landscape trimmings. Do not use meat, bones or dairy that can attract rodents. Avoid diseased, insect-infested trimmings and weeds that can survive in compost piles that don't produce enough heat to kill these unwanted pests.



Melinda Myers Photo

Shred and collect fall leaves with every pass of the mower. Then place a layer in flower beds to insulate perennial plant roots, conserve moisture, suppress weeds and improve the soil as it breaks down.

Start with a compost pile that's at least three feet high and wide for efficient decomposition. Place a mixture of shredded fall leaves, grass clippings free of herbicides, vegetable scraps and other landscape trimmings in an 8- to 10-inch layer. Cover with compost and sprinkle with a low nitrogen, slow release fertilizer. Repeat the layers until the pile is the desired height. Then moisten until it's the consistency of a damp sponge. Turn the

pile occasionally, moving the material in the center to the outer edge and the less decomposed trimmings to the hotter center. It's a great workout and speeds decomposition. Or pile the materials in a heap and let nature do the work; it just takes longer. Oak and large maple leaves both make great mulches and additions to the compost pile but are slow to break down. Shred them with your mower or leaf shredder first for bet-

ter results. Avoid black walnut leaves that contain juglone, a compound which is toxic to many plants. Once the leaves are fully decomposed the compost is safe to use. As you begin putting fall leaves to work in your landscape, you'll start considering them a gift versus a curse from nature especially as you see the results of your efforts – a more beautiful landscape. Melinda Myers has written more than 20 garden-

ing books, including *Small Space Gardening*. She hosts *The Great Courses How to Grow AnythingDVD series* and the nationally syndicated *Melinda's Garden Moment TV and radio segments*. Myers' Web site, [www.MelindaMyers.com](http://www.MelindaMyers.com), features gardening videos, podcasts, audio tips and monthly gardening checklists.

### HEALTH FAIR

continued from page 1

West St., under the coordinating efforts of Mr. Bob Wilby, Secretary, Paxton Lions Club. In attendance is Gretheline Bolandrina MSN Ed, RN, CRRN Bay Path Practical Nursing Academy Director.

Bolandrina said the decision to participate in this event was made even last year as the Academy have participated in the last two years under Mr. Wilby's invitation. Health care is a concern and service learning are an important factor in the practical nursing student's

academic success during their school career.

Bolandrina said there are many factors to think about with service learning.

"There's a need for health care, and service learning means many different things to

different people," Bolandrina said, "with practical nursing student volunteers, they touch on not just physical care for disease prevention, it's mental, spiritual, emotional, financial, social. There's a lot of different elements in service learning that they take and even more, give back."

Bolandrina said being invited by Mr. Wilby to participate in the event at the beginning of the semester gives students the opportunity to set service-learning goals for themselves and move forward.



SPORTS

Rockets, Grafton fit to be tied in scoreless affair



Jason McKay photos

Auburn's Aidan McGrail turns on the jets in an attempt to dribble by Grafton's defense.

**BY KEN POWERS**  
SPORTS CORRESPONDENT

AUBURN — When two boys' varsity soccer teams with high-powered offenses and solid defenses square off, sometimes it's the play of the goalkeepers that takes center stage.

That's exactly what happened when Southern Worcester County League

(SWCL) rivals Auburn and Grafton High met on Wednesday, Oct. 9 at Memorial Field, the teams battling to a 0-0 tie.

Preserving the tie for Auburn was senior Coleman Picard, who made 10 saves, while senior Scott Puopolo kept the ball out of the Grafton net and finished with six saves.

With the tie the Rockets are now 7-1-4 overall and 5-1-3 in the SWCL A Division, while Grafton ran its record to 9-0-4 overall and 8-0-2 in league play. Grafton is currently in first place in the league and Auburn is in third. Between them, in second place, is Tantasqua Regional, which defeated Auburn, 3-0, and lost to Grafton, 2-0.

"They're still undefeated," Auburn head coach Chris Bailey said after the game. "We were hoping to knock them off today."

Auburn played a defensive-minded game against the Indians, who entered the game with 38 goals on the season. As a result, the Rockets' had just four good scoring chances in the game, two in each half.

The best of those chances came with 6:40 to play in the first half when Auburn senior Nolan Kennedy got free 15 yards out in front of the Grafton goal. Kennedy gathered in the pass from a teammate and spun and shot the ball to the left side, the ball missing the net by a few feet.

"We played more of a possession game today than we usually do. Our possession game features more defense in the middle third of the field as opposed to the way we typically play," Bailey said. "Typically, we want to play defense in our offensive third of the field. We, essentially, shrink the field, but we didn't want to shrink the field that way today. You can't against a team like this. You'll get beat in the middle and they'll find a seam."

"We played it back a little bit and hoped we would get our opportunities, and we did get our opportunities, we just couldn't finish today," Bailey continued. "They're a great team and the kids did a really good job today. It's a point and we'll take the point against a team like that. Grafton is probably the best team we've played so far."

Grafton's best chance to score came

with 8:45 remaining in the game. The Indians' powerful midfielders charged the Auburn net and as a result Grafton's John-Paul Brennan got free, with the ball, right in front of the Rockets' goal. Before he could get a solid scoring chance off, however, Brennan was swarmed upon by three Auburn defenders, who successfully negated the scoring chance.

"I was pleased with the way we played defense on them today, but I was a little disappointed in the second half. They ran a trap on us toward the end of the game that we missed and it almost cost us," Bailey said. "We'll work on some of the things we need to be better at. We've got stuff to work on, which is good."



Emmanuel Teedo Pannah of Auburn keeps the ball in between his feet while a Grafton defender goes in for the steal.



Auburn's Sam Almeida slides in an attempt to clear the ball out of the zone.



Fidel Castro of Auburn settles the ball while moving in transition.

SPORTS  
BRIEF

Ski or snowboard at Wachusett Mountain

Are you interested in having a lot of fun while also helping to make the winter fly by? Any students in grade 3 and up, parents or teachers from any of the surrounding towns and states can ski or snowboard eight consecutive Saturday nights at Wachusett Mountain for just \$158 through the Southbridge Ski Club. You drive to Wachusett Mountain on your own. The eight-week program begins on Saturday, Jan. 4 and ends Saturday, Feb. 22. Ski or snowboard rentals as well as lessons are also available at a very reasonable cost. You may also be able to ski or snowboard for free through your health insurance coverage. Also, anyone (students or non-students) can purchase Gold, Silver and Bronze Season Passes at a lower discounted price through our Club. For more information, please contact Dick Lisi at (508) 410-1332 or at lisirichard15@yahoo.com.

Softball pitching lessons available in Southbridge

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



# SPORTS

## Tightly contested game with Auburn, Indians ends in a tie



Auburn's Reese Levansavich attempts to dribble her way around Grafton's Fleur Balogh de Galantha.



Auburn's Amy Ly looks to make a pass down the field to keep Grafton's defense behind the play.



Auburn's Jenny Erikson collects control of the ball while the team moves down the field.



Jason McKay photos

Emma Ganley of Auburn has plenty of open space to maneuver the ball through the turf.



Brooke Laplante of Auburn keeps possession of the ball while Grafton defender Cassandra DeBlieck stays with her.

**BY KEN POWERS**  
SPORTS CORRESPONDENT

AUBURN — The varsity field hockey teams from Auburn High and Grafton High waged a hotly-contested battle from the opening whistle to the final horn, but the outcome was not what either team was looking for as the game, played on Wednesday, Oct. 9 on Memorial Field, finished in a 1-1 tie.

With the tie the Rockets improved their Southern Worcester County League (SWCL) A Division record to 5-0-3 and their overall record to 6-2-5. The Indians, in third place in the A Division of the SWCL, improved to 3-2-3 in

league play and 6-2-5 overall.

"Grafton has a good team; they play well and they're well coached," longtime Auburn head coach Bethann Cormier said. "They do some nice things offensively and defensively. They did a nice job on their free hits; they found windows and opportunities to get around us. We've got to do a better job with that."

After a scoreless first half, Auburn took a 1-0 lead with 21:18 remaining in the game, junior Emily Dupuis scoring off a penalty corner. Assisting on the goal was sophomore Reese Levansavich and junior Lydia Oliver.

"The corner was perfectly executed. Lydia started the play on the insert, Reese passed the ball across to Emily Dupuis, who got off a good shot," Cormier said. "We changed that corner around a little bit tonight and it paid off. Emily had a very nice game for us tonight."

"I thought our passing was great today," Cormier added. "I thought our defense really stepped up, too."

Grafton tied the game with 11:41 remaining, Anneliese Oetsen scoring off an assist from Maura Rocco. The Indians' goal also came off a penalty corner.

Both teams battled furiously after Grafton scored

the game-tying goal. Auburn called timeout with 1:54 remaining and the Rockets carried the play and pushed at the Indians' goal for the final 114 seconds, but they could not put away that ever elusive game-winning goal.

Before the game, Auburn honored its seven seniors — Amy Ly, Grace Beauregard, Emma Ganley, Sandra Phan, Elyse Whittemore, Avery Pellegrino and Emma Crowley.

Cormier said honoring the team's seniors always comes with a lot of mixed emotions.

"The emotion of the day can make it difficult but I told them, 'it's a day that should be fun, but you have a job to do so you've got to get serious and let all that stuff go,'" Cormier said. "Senior Night is always fun, but it's a hard night, too. We talked at the beginning I told them they needed to get

focused and get themselves in the game. I think they were fine with that. I don't think [Senior Night] was an issue at all."

The Rockets' wins this season have come over Uxbridge (1-0, Sept. 4), David Prouty (6-0, Sept. 9), Northbridge (2-1, Sept. 10), Westborough (2-1, Sept. 13), Oxford (5-1, Sept. 19), and Quaboag (2-0, Sept. 23). Auburn's ties have come with Leicester (0-0, Sept. 11), Narragansett (3-3, Sept. 16), Oakmont (1-1, Sept. 25), Tantasqua (1-1, Sept. 27), and now Grafton.

Auburn's losses have come at the hands of Nipmuc (2-1, Sept. 18) and Shrewsbury (2-1, Oct. 7). The Rockets finish the season with games at Tewksbury, Wachusett, North Middlesex and Uxbridge, and a home game against Longmeadow.



# OBITUARIES

## Paul A. “Hawk” LaForte, 84



CHARLTON- Paul A. “Hawk” LaForte, 84, passed away on Thursday, Oct. 10th, in the Rose Monahan Hospice Home, Worcester, after a long illness. He leaves his wife of 23 years, Eljay W. LaForte; his two sons, Paul M. LaForte and Mark A. LaForte; his two daughters, Catherine LaForte Ledoux, Melissa LaForte Caissie; two step daughters, Lori J. Whitney and Jean N. Cunnane; three brothers, Carl LaForte, Robert LaForte and Ronald Driscoll; his sister Elizabeth Driscoll Lindsey of Charlton; 4 grandchildren, Michelle Dugan, Stephanie LaForte, Daniel Caissie, Jr. and Alex LaForte; 4 step grandchildren, Julian Kondratowiz, Jameson Kondratowiz, Isabella Pettinelli and Logan Pettinelli; and 1 great granddaughter, Rhiannon Dugan. He was predeceased by two brothers, Alfred LaForte and Donald LaForte. He was born in Worcester the son of Alfred J. and

Margaret (Cleveland) LaForte. He was a US Navy Veteran of the Korean War. Hawk was the Vice President and co-owner of NED Corp. in Worcester for many years, a company that produced diamond saw blades for the granite industry. Hawk was a life member of the Shannon Dorothy American Leigon Post in Rochdale; a life member of the Charlton Beagle Club; a senior member of the Singletary Rod and Gun Club in Oxford; and a member of the Elks Club in Auburn. He loved to ride his Harley Davidson Motorcycle. He enjoyed hunting and fishing. He also loved his camp in Caratunk, ME. Hawk’s graveside service in West Ridge Cemetery, Charlton, will be private. There are no calling hours. The Daniel T. Morrill Funeral Home, 130 Hamilton St., Southbridge, is directing arrangements. [www.morrillfuneralhome.com](http://www.morrillfuneralhome.com)



## Valerie G. Noyes, 76



AUBURN – Valerie G. (Jones) Noyes, 76, of Kateri Way, died Wednesday, October 9, 2019, at the Life Care Center of Auburn. She is survived by four children, Deborah A. Noyes of South Hadley, Michael P. Noyes and his wife Vanessa of Charlton, Kathryn Noyes-LeBlanc of North Grosvenordale, CT, and Audra E. Jones of Leicester; her brother, Christopher M. Jones and his wife Murad of New York; eight grandchildren, Clyde Wayshak, Michaela Wayshak, Paige Jones, Alex LeBlanc III, Cecilia LeBlanc, Guy Jones, Nathaniel Noyes, and Abigail Noyes; and two cousins, Ed McLaughlin and Kathy Jones. She was born in Carmel, CA, daughter of the late Robert R. and Elizabeth T. (Peat) Jones, and lived in Auburn for many years. She graduated from Carmel High School in 1959.

Ms. Noyes worked at BJ’s Wholesale Club in Auburn for over 10 years, retiring in 2011. Previously, she worked at Shaw’s Supermarket in Auburn along with various other food service positions. She had a great interest in art and music. She enjoyed traveling back to her California home, visiting beaches in California, and spending time with her family on Cape Cod. She was profoundly devoted to Captain Jack Sparrow, Daryl Dixon, Jamie Fraser, Ned Stark, and her two cats, Apollo and Athena. Calling hours were Tuesday, October 15, 2019, from 4-6 p.m. at Paradis-Givner Funeral Home, 357 Main St., Oxford. A service of remembrance was held at 6:00 p.m. at the conclusion of calling hours. In lieu of flowers, memorial contributions may be made to the M.S.P.C.A., 350 South Huntington Avenue, Boston, MA 02130. [paradisfuneralhome.com](http://paradisfuneralhome.com)

# COMMUNITY CALENDAR

### Saturday, October 19

BOY SCOUT TROOP 101 BOTTLE DRIVE: Please let Auburn Boy Scout Troop 101 help you clean out your returnable bottles and cans this Fall! The troop will hold a Can and Bottle drive at the Auburn Fire Station on Saturday, Oct. 19, from 9 a.m. to noon. All funds generated help run troop programs. If you have a larger collection of returnables, we would be happy to pick them up. Please call (508) Chris 868-5634, or Liz 981-6840 or Eric (617-764-2509) Thank you.

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

### Saturday, October 26

HOLIDAY FAIR: 9 a.m.-2 p.m., Joel Prouty Masonic Lodge building, 780 Southbridge St., Auburn. Featuring crafts, plants, baked goods, jewelry, lunch, woodcrafts, opportunities, etc. There will be vendors, too! Come join us for great holiday shopping!

### Saturday, November 2

HARVEST FAIR: 9 a.m.-2 p.m., Bethel Lutheran Church, Auburn. Handmade crafts, table linens, attic treasures, homemade baked goods. Enjoy a cup of tea and pastry in our tea room and stay for lunch.

### ONGOING EVENTS

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

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

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

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

HISTORIC HOUSES SCAVENGER HUNTS: The Auburn Historical Museum at 41 South St. will be hosting a family historic houses scavenger hunt

on Tuesday and Saturday from 9:30 a.m. to noon for the month of July. Come and find out about some of the historic houses of Auburn that are in the newest book available at the museum. The event is free and open to the public.

NEW GROUP FORMING: If you’re separated or divorced, you don’t have to go through it alone. DivorceCare meets weekly, you’ll receive practical support and find healing and hope for the future in a friendly, confidential setting. We meet Thursdays, 6:30-8 p.m., beginning Feb. 1 at Faith Church, 22 Faith Ave., Auburn. Call (508) 832-5044 or email [divorcecare@faithauburn.org](mailto:divorcecare@faithauburn.org) for more information.

NUMISMATICS: Looking for a new hobby? Come learn about the hobby of Coin Collecting. Or maybe you are an old time collector. Our club, the Nipmuc Coin Club, has both. We learn from each other through our monthly guest speakers, show and tell presentations, monthly coin auctions and free attendance prizes. Our group loves to share their knowledge with each other. About half of our members also like to eat. Each month we have a simple dinner with dessert and refreshments just prior to our meeting, which allows us time to socialize too. We meet the fourth Wednesday of each month starting at 6:30 p.m. in the Oxford Senior Center located at 323 Main St. in Oxford. It is the building directly behind the Oxford Town Hall building. For more information, please contact Dick Lisi at (508) 410-1332 or [lisirichard15@yahoo.com](mailto:lisirichard15@yahoo.com).



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

BOYS’ GROUP: Chuck wants boys in the 6th through 10th grades to join The Man Cave. The Man Cave is a boys’ group that meets from 7:30 to 8:45 p.m. Thursdays at the AYFS, 21 Pheasant Court, Auburn. This is where

members will learn that peers their own age share similar concerns. Group members will be able to discuss ways to cope with their concerns as well as receive positive feedback. Each week will center around a particular topic for discussion. No cost to join. For information, call Brandon Pare (508) 832-5707 x 16 or Dan Secor (508) 832-5707 x 14. Free food available.

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

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



**To place an In-Memoriam, Birthday or Anniversary Greeting,**

the deadline is Friday noon for the following week.

**(Memoriams will run on the Obituary pages)**

Ad prices are \$15 for a 2x3 (actual size 2.4" x 3") or \$25 for a 3x4 (3.7" X 4") or 4x3 (5" x 3"). You can add a photo at no additional cost.

To send by mail, please mail or drop off to  
**June Simakauskas, P. O. Box 90, 25 Elm St., Southbridge, MA 01550.**  
Personal checks, Visa, Master Card, Discover and AMEX are accepted.

**For more information, please call June at 508-909-4062 or email [jsima@stonebridgepress.news](mailto:jsima@stonebridgepress.news) and she'll be happy to help!**



### TRAINOR

continued from page A8

will seal the surface and stop the paint from soaking into the plaster. Not only does it give a much better finish, but the paint will go further too. \*\*\*\*

To prevent paint peels on cement floors, wash them down with full strength white vinegar before you paint them. Once dry, apply the paint. It will adhere and prevent future peels. This trick also works to help paint adhere to galvanized metal finishes. \*\*\*

When painting with a brush, always keep a wet edge as you paint, and work away from that wet edge. If you paint over a dry edge, you will get overlap marks. \*\*\*

If you are painting a baseboard heater or radiator with enamel paint (made for this purpose) the finish will last longer if the surface is warm. The enamel will “bake” on the metal for a chip-proof finish. \*\*\*

Are your paintbrush bristles “shedding” on a freshly painted surface? Even the best of brush-

es sometimes come loose. To prevent this, try soaking a new brush in linseed oil overnight before using it. As a bonus, the pre-treated brush will last longer and be easier to clean! \*\*\*

To remove varnish or oil-based paint from hands easily, try spraying them with a laundry pre-treat solution, such as Spray and Wash. Rub hands together and rinse well. This does the job without harsh chemicals such as turpentine. \*\*\*

After cleaning brushes, place a rubber band around the tip of the bristles until dry. It will keep the shape of the bristles and prevent them from fanning out during drying. \*\*\*

Avon Skin So Soft cleans paint brushes easily, and as a bonus, leaves the brushes soft and silky. \*\*\*

Instead of tossing out that old rubber spatula, why not store it with your painting supplies? When pouring paint the spatula helps you get every bit out of the pan. There is no waste and less mess! \*\*\*

Win Dinner for Two at the

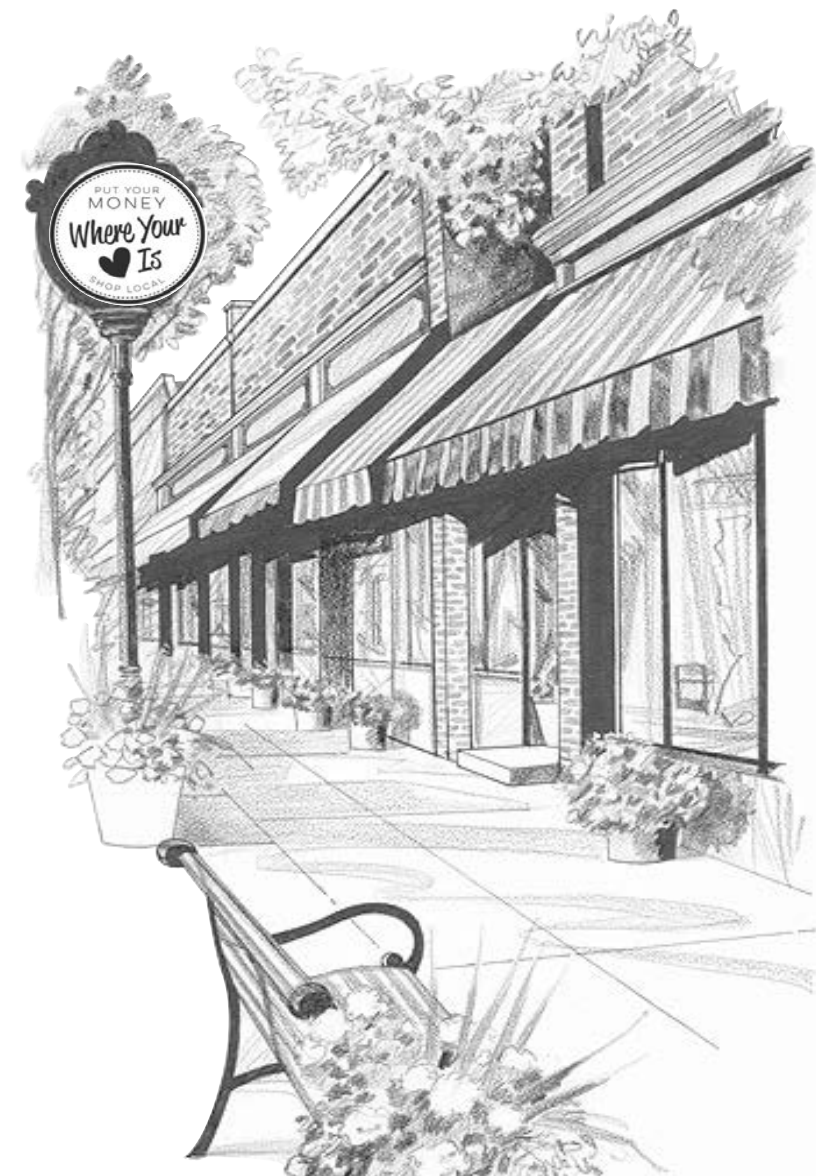
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Your tips can win you a great dinner for two at the historic Publick House Historic Inn in Sturbridge! Simply send in a hint to be entered into a random drawing. One winner per month will win a fabulous three course dinner for two at the renown restaurant,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

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



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## How to start exercising at home

A healthy diet and an active lifestyle are great ways to achieve a healthy weight and good overall health. Many people no doubt associate exercise with fitness centers and gym memberships. While gyms certainly are effective places to break a sweat, exercising at home can be an effective way to get fit as well. Working out at home may require some creativity, as even homeowners

with gyms in their basements may not have as much equipment at their disposal as they would at a local fitness center. ]

Body weight exercises include push-ups, planks, squats, and lunges. Alternating incline and positioning of the body when performing some of these exercises is a great way to work various muscle groups. Body weight exercises do not necessarily require equipment, and that may disappoint some people. That's because, with no added weight—and only one's own body weight to provide resistance—it's difficult for a person to challenge himself or herself effectively and gradually build up progress.

Get outdoors for cardio

A mix of cardiovascular activity, which puts a strain on the heart

and lungs to build up stamina, can help shave off the pounds when paired with strength training exercises. Take to the great outdoors near home to get in a good cardio workout.

Rally Health, a digital, data-based health advisory company, says that walking can constitute a cardio workout if one goes at a brisk pace of around three miles per hour. Walking on an incline also can constitute vigorous exercise that's on par with running or biking, particularly when it's a steep hill.

Home-based cardio workouts also can include cycling, swimming in a backyard pool or playing a pickup sports game with the kids.

Set up a home gym

With a few barbells, dumbbells and a weight bench, it's easy to create a home gym in a basement or garage. Extra equipment, such as TRX resistance training equipment or an elliptical machine, can be added to make the gym more complete.

A home gym also can be a place to do strength and

stretching exercises like yoga or pilates.

Many people find that they can effectively workout at home with little to no equipment necessary. With such convenience, individuals may find they make more time for exercise, which is an important component of a healthy lifestyle.

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WHAT TO KNOW

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Kim Brown, Branch Manager, North  
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Mentor

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# How to lose weight after a thyroid condition diagnosis

People diagnosed with an underactive thyroid condition may have to make several changes to their lifestyles to feel well and maintain a healthy weight. The thyroid is a tiny gland located in the neck that produces a hormone to regulate one's metabolism, or the process that converts what a person eats and drinks into energy. With hypothyroidism,

also known as an underactive thyroid, production of that thyroid hormone is insignificant, resulting in a dramatically slower metabolism. The endocrinology health site Endocrine Web estimates approximately 10 million Americans have hypothyroidism. The reasons the thyroid gland falters vary. But the symptoms may include fatigue, weakness, weight gain

or increased difficulty losing weight, hair loss, muscle aches, depression, and irritability. Each of the side effects associated with thyroid conditions can be troublesome, but many people with thyroid issues struggle most with weight gain and their inability to keep weight off. The president of the American Association of Clinical Endocrinologists, R.

Christian Nasr, MD, an endocrinologist with the Cleveland Clinic, advises his patients to wait a few weeks before exercising so that their condition is controlled with medication. After that waiting period is over, gradually easing back into exercise can help with the fatigue and weight gain that may not abate with thyroid medications.

The online health resource Everyday Health advises a program of low-impact aerobic exercises and strength training. The aerobics will raise the heart rate without putting too much pressure on the joints. These exercises include using a stationary bicycle or a low-impact elliptical machine. Pilates and gentle yoga can improve core muscles and help alleviate joint pain as well. Incorporating strength training into a workout can help build muscle mass, which burns calories, even when a person is at rest. That can be essential for a person finding it difficult to control his or

her weight due to a sluggish metabolism. Additional benefits of exercising are improved mood and reduced inflammation. Exercising can release endorphins into the body to help fight off depression. Also, researchers from the University of California-San Diego School of Medicine found a single 20-minute session of exercise was enough to trigger something called sympathoadrenergic activation, which suppresses the production of monocyte cytokines in the body that produce an inflammatory response in the immune system. That means exercise can keep inflammation in check. Hypothyroidism is a common condition that produces various unwanted side effects. However, with proper care and exercise, many symptoms can be managed effectively.

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Send your photos to [jsima@stonebridgepress.news](mailto:jsima@stonebridgepress.news) or mail to Stonebridge Press Pet Contest, P. O. Box 90, Southbridge, MA 01550 by OCTOBER 18th. All photos to run in the November 1st issue of all 7 Massachusetts Papers!

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

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

### SATURDAY OCTOBER 19

3RD ANNUAL AMERICAN LEGION AUXILIARY HANDMADE CRAFT FAIR  
9am-2pm. Crafters featuring their handmade wares, raffles, and bake tables  
Serving Lunch  
American Legion Gaudette Kirk Post 138  
175 Main Street  
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### WEDNESDAY, OCTOBER 23

FINANCIAL FRAUD & THE ELDERLY What to Know and How to Avoid It  
1:30-2:30. Kim Brown Branch Manager, North Brookfield Savings Bank  
Tea & Refreshments will be served  
Limited seating  
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### SUNDAY, OCTOBER 27, MURDER MYSTERY DINNER



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### WEDNESDAY, NOVEMBER 13

HOW TO MOVE ON - CREATING A BRIDGE TO A NEW LIFE  
1:30-2:30. Barbara Perman, President, Moving Mentor  
Tea & Refreshments will be served  
Limited seating  
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### SUNDAY, SEPTEMBER 29

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### SUNDAY, NOVEMBER 15

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### SATURDAY NOVEMBER 16

HOLY ROSARY CHRISTMAS BAZAAR  
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gift raffle. St. Andrew Bobola Church 508-943-5633

### SUNDAY NOVEMBER 17

HOLY ROSARY CHRISTMAS BAZAAR.  
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### SATURDAY, DECEMBER 7

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



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

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



### TRIVIA SATURDAY

### LIVE ENTERTAINMENT FRIDAY NIGHT HEXMARK TAVERN



AT SALEM CROSS INN  
260 West Main St., W. Brookfield, MA 508-867-2345 [sailemcrossinn.com](http://sailemcrossinn.com)

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





# REAL ESTATE



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

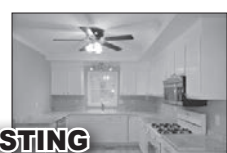


**MILLBURY - WATERFRONT!** Ramshorn Lake! 51 Davis Rd! Beautifully Landscaped & Private 1.22 Acres w/500' on the Water! One of Ramshorn's Premier Properties "Royledge"! Sprawling 3,117' French Country Villa w/Panoramic Water Views from this Perfect Peninsula! Ideal for Entertaining! Stonewalled Gated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



**DUDLEY - 90' WATERFRONT!** 12 Lakeview Ave! Full Recreational Merino Pond! 12 Rms, 4/5 Bdrms, 3.5 Baths Total! 2 Complete Residences, Single Family w/in-Law or as a 2 Family! Right Side w/Open Flr Plan! Lake Facing Kit, Din & Liv Rms! 2nd Flr w/2 Lake Facing Bdrms! Finished Walk-out Lower Level! Left Side w/Granite Kit w/Skylight! Frplce Din/Liv Rm! 2/3 Bdrms! Master w/Bath! Town Services! In Time for Summer! **\$439,900.00**

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

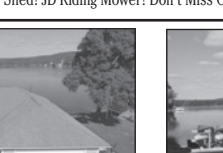
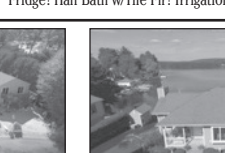


**OXFORD - 27 Rocky Hill Rd!** Move Right Into this 6 Rm Ranch! Bright, Fresh Kitchen! Dining Rm! 20' Living Rm! 3 Comfortable Bdrms! Nice Bathrm! Deck w/Awning! All the Work has been Done! Roof, Siding, Windows & Insulation 2016! Gas Furnace & AC 2015! Front Porch Windows, Door, Living Rm Floor & Skylights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

**WEBSTER - 27 N. Main St!** 3 Family! 55/9 Rms! 3/4 Bedrooms! 1st Flr w/Eat-in! Liv Rm! 3 Bdrms! Updated Bathrm! 2nd Flr w/Kit w/Din Area! Liv Rm! 3 Bdrms! Updated Bath! 3rd Flr w/Eat-in Kit! Liv Rm! Bdrms! Full Bath! Long Term Tenants! Sep Utilities! Vinyl Sided! Laundry Hook Ups! Freshly Painted Hallways! **\$259,900.00**

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

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



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



**DUDLEY - 94 Tracy Road!** 7 Rm 4 Bdrms Colonial on 1.24 Acres! Privacy! Many Upgrades! Hrdwds Throughout! Frplce Liv Rm w/Recessed Lights! Formal Din Rm! Eat-in Kit! Updated in 2015! Cherry Cabinets, Granite Counters, Center Isl & SS Appliances! Sunroom w/Skylights, Hrdwd Flrs & Slider to Deck! 1st Flr 1/2 Bath w/Laundry! Master Bdrms w/Dble Closet & Full Bath w/Linen Closet! 2nd Flr Full Bath! Lower Level Game Rm/Office! Utility/Storage Rm! 16x21 Deck! Garage Under! Save on Your Electric Your Bills, 2015 Solar Panels! Level yard w/Shed! Call now! **\$349,000.00**

**WEBSTER LAKE - 250 Killdeer Island Rd!** North Pond's Sandy Shore! 9 Rm Ranch in Meticulous Condition! Absolutely Beautiful 100' Waterfront Lot! Stainless Applianced Kitchen w/Cherry Cabinets, Granite Counters, Hrdwd Floor & Dining Area w/Slider to Deck! Formal Dining Rm w/Hrdwds! Front to Back Living Rm Overlooking the Lake w/Cathedral Ceiling, Custom Built Cabinets, Gas Frplce & Hrdwds! 1st Flr Lake Facing Master Bdrms w/Slider to the Deck & Access to the Screened Hot Tub, w/Walk-in Closet, Full Bath w/Whirlpool Tub, Separate Shower & Commode Closet! 1/2 Bath & Separate Laundry Rm Nearby! Walk-out Lower Level w/Full Kitchen, 22' Lake Facing Family Rm w/Sliders to the Patio/Lake! 2 Lake Facing Bdrms w/Sliders to the Patio/Lake! Full Bath! Oversized 2 Car Garage! LP Gas Heat/Hydro Air! Generator! Private Boat Ramp! Docks! Don't Delay! **\$899,900.00**

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**SUTTON - LAKE SINGLETARY WATERFRONT!** 5 West Sutton Rd! 8 Rm Cape! 3 Bedrooms! Screen House at Waters Edge! Gradual Access to the Water! Well Maintained! Kit, Formal Dining Rm! Spacious Fireplace Living Rm! Den! Sun Rm! Updated Windows! Brand New Furnace w/Hybrid Hot Water System & New Septic Just Installed! Quick Closing! **\$449,900.00**

**SUTTON - LAKE SINGLETARY WATERFRONT!** 5 West Sutton Rd! 8 Rm Cape! 3 Bedrooms! Screen House at Waters Edge! Gradual Access to the Water! Well Maintained! Kit, Formal Dining Rm! Spacious Fireplace Living Rm! Den! Sun Rm! Updated Windows! Brand New Furnace w/Hybrid Hot Water System & New Septic Just Installed! Quick Closing! **\$449,900.00**



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

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

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

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

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

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

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



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We Want  
Your Listings!

Featured Open House!  
POMFRET, CT - 280 RIVER RD



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

Featured New Construction!  
THOMPSON, CT - 6 LILLIAN AVE, LOT #1



There is No Place Like Home - beautiful newly constructed home! Split level style home has an attractive modern flare! Open floor plan, cathedral ceilings, hardwood floors, tile floored baths, & washer full bath w/wide shower & walk in closet, plus 2 more spacious BRs & a full hallway bath. 24' lower level family room, half bath w/laundry hookups! Two car garage! Central AC. **\$309,900.**

WOODSTOCK, CT - 64 LYON HILL RD



Estate like long paved driveway! 3158 Sq Ft Colonial! Geothermal built. Open floor plan, ash flooring throughout! Granite and s/s applianced kitchen! Large master bedroom, coffered ceiling, master bath, W/Jetted tub! Walk in closets. Two car garage. Radiused catwalk on upper level! A walk up attic. Walk out lower level! The third garage is accessed from the lower level. Generator hookup. One beautiful property! assisted sale **\$499,900.**

DUDLEY - 71 EAGLE DRIVE



Wow! Young 8 room Center Hall Colonial! Better than new! 3 bedroom, 3 full baths! 23' X 23' Cathedral ceiling Family Room! Hardwood & Ceramics throughout. Heat by forced hot air/oil, Central air! 2880 Sq Ft of living area. In one of Dudley's finest developments with underground utilities! **\$420,000.**

SOUTHBRIDGE - 79 N.WOODSTOCK RD



FRESHLY PAINTED 3 BEDROOM RANCH HAS SO MUCH TO OFFER! ALL HARDWOODS THROUGHOUT! REMODELED BATHROOM! 3 SEASON ENCLOSED PORCH. KITCHEN DINING AREA HAS A VERY SPACIOUS OPEN LAYOUT! BEDROOMS WITH DOUBLE CLOSETS! CORNER LOT WITH SIDE GARAGE UNDER! CLOSE TO SHOPPING AREA AND MAJOR AMENITIES. Town Water. New Price **\$214,900**

WEBSTER - 3 STEFANIAK AVE.



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

CHAPLIN, CT - 74 FEDERAL HILL RD



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

WEBSTER/DUDLEY/DOUGLAS LAND!



Dudley - Marshall Terrace 12,000 +/- Sq. Ft. Possible potential for a 2 family





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Lisa Caron,  
full-time Realtor  
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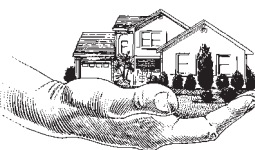
A mortgage broker like Ron has more options to see what is best for you!

Face-To-Face Mortgage Co.  
ph: 508-892-8988  
e: [Ronald.laprade@verizon.net](mailto:Ronald.laprade@verizon.net)  
Mass. Mortgage broker number NMLS #1241





Jo-Ann Szymczak 774-230-5044  
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Broker | 774.641.3325  
SANDRA TERLIZZI  
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- DECORATIVE HARDWOOD FLOOR
- GLASS DOOR KNOBS AND WAINSCOTING
- OPEN FLOOR PLAN
- LAND! LAND! LAND!
- 4.01 ACRE SUBTITLE TO SUBDIVIDE OR AN OPPORTUNITY TO EXPAND THIS HOME AND REMAIN ON THE 4 ACRES- ROOM TO ADD A SMALL BARN OR GARAGE

71 Mason Rd ~ \$359,900




DUDLEY: 4 bedrooms, fireplace, gas heat, central air, hardwood floors.

6 Francis Dr ~ \$419,900



W. BOYLSTON: Offers! 3 bedrooms, town services, 50 yr. roof, recent windows, HW floors, updated kitchen.

44 Central St ~ \$300's




DUDLEY: 3 bedrooms Sided, eat-in kitchen, recent gas furnace, updated electrical.


7 Daniels St ~ \$199,900

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SOLD

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




ON DEPOSIT

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




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

FEATURE PROPERTIES



NEW CONSTRUCTION

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



OPEN HOUSE SAT 12:30-2

DUDLEY, MA - \$249,900  
5 Fairview Ave  
Under Priced, Needs Work

NEW CONSTRUCTION PROPERTIES COMING SOON

BUILD TO SUIT

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




**MORTGAGEE'S SALE OF REAL ESTATE  
AT PUBLIC AUCTION**
**Tuesday, October 22, 2019**
**12:00 PM-UXBRIDGE  
256 Mendon Street**

 sgl fam, 1,178 sf liv area, 0.24 ac lot, 6 rm,  
3 bdrm, 1 bth, Worcester(Worc): Bk 32153, Pg 288

**1:00 PM-BLACKSTONE  
28 Kanatha Street**

 sgl fam, 1,386 sf liv area, 0.29 ac lot, 6 rm,  
4 bdrm, 1 bth, Worcester(Worc): Bk 36000, Pg 373

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

*Auctioneer makes no representation as to the accuracy  
of the information contained herein.*
**BAY STATE AUCTION CO, INC.**  
NORTH CHELMSFORD (978) 251-1150 www.baystateauction.com  
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rere-Doros

Robin  
Giguere

Debbie  
Thomo

Joan  
Lacoste

Chad  
Splaine

Michelle  
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Misiaszek

Michelle  
Splaine

Paula  
Aversa

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

**SOUTHBRIDGE:** Impeccably maintained Cape  
Cod Style home! 6 rooms 4 bedrooms 2 baths.  
Beautiful kitchen with appliances. Wonderful  
heated sun room with deck for barbecuing.  
Hardwood floors. Central Air. Updated boiler  
and hot water. Professionally landscaped  
yard. Located at the end of a dead end street.  
\$259,900.

**STURBRIDGE:** MONEY MAKER! Commercial  
building on Rt 20 in the heart of Sturbridge! 7429  
SF of living area! 94 acres with 34 parking spaces.  
Multiple possibilities for your use, vision and  
enjoyment. Currently being used as an inn with some  
long term rentals. Fully gutted & renovated main  
building w/ post & beam & cathedral ceilings. Fully  
insulated. Sprinkler system. Updates include wiring,  
plumbing, & electric. \$349,000.

**STURBRIDGE:** EXTRA SPECIAL home built on  
secluded lot! 7 rooms 3-4 bedrooms, 3 baths. Full  
in-law over garage-beautiful. Living room has  
soaring ceilings with views of the private backyard  
with wonderful water! feature-built into stone wall.  
Great kitchen with built in kitchen nook. First floor  
master bedroom with stunning master bath! Lower  
level finished family room. 3 car garage. Brand new  
paved driveway! 1.75 acres. Easy access to Rt 84 and  
Mass Pike. \$415,000.

**OPEN HOUSE 12-2PM SUN  
483 ALPINE SOUTHBRIDGE**  
Beautifully maintained Colonial with 6 rooms  
3 bedrooms 2 1/2 baths. Large kitchen/dining  
room combo with tile floor. Half bath and first  
floor laundry. Master bedroom with large walk  
in closet and master bath. 2017 Pellet stove to  
keep you warm. Cozy three season sun room  
which leads to patio/deck and a large flat yard.  
New roof in 2019. \$289,900

**SOUTHBRIDGE:** Celebrate the holidays in this  
Custom Built Gambrel style home! Pretty &  
inviting 7 rooms 4 bedrooms 1 1/2 baths. Kitchen  
has upgraded energy efficient appliances. 1st  
floor bedroom or den. 2nd floor has 3 spacious  
bedrooms and a custom bathroom with 6' tub and  
separate shower. Exterior painted in 2019. Garage.  
Level yard. \$224,700.

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

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

# Open House Directory

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

**ADDRESS STYLE TIME PRICE REALTOR/SELLER/PHONE**
**SATURDAY, OCTOBER 19**

<b>DUDLEY</b> 71 Mason Rd	S	10-Noon	\$359,900	ReMax Advantage 1 / Maria Reed 508-873-9254
5 Fairview Ave	S	12:30-2	\$249,900	Re/Max Professional Associates/ Patrick Sweeney 774-452-3578
<b>WEBSTER</b> 90-A Sutton Rd	S	11-12:30	\$289,900	Re/Max Professional Associates/ Patrick Sweeney 774-452-3578

**SUNDAY, OCTOBER 20**

<b>DOUGLAS</b> 417 NE Main St	S	1:30 -3	\$349,000	Re/Max Town & Country / Deb Hackett 491-774-4891
<b>SOUTHBRIDGE</b> 483 Alpine	S	Noon-2	\$289,900	Aucoin Ryan Realty 508-765-9155
<b>POMFRET, CT</b> 280 River Rd	S	Noon-3	\$264,900	Hope Real Estate Group / June Cazeault 860-377-2044

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Miller

 Richard  
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 Kathryn  
Durand

 Jocelyn  
Bennett

 Brad  
Favreau

 Kiona  
Carpenter

 Kevin  
Houghton

 Tanya  
McDermott

 Michael  
Collins

 Scott  
Pempek

 Charlie  
Tracy

**OPEN HOUSE SAT 10/19 12:00-1:30**

 196 Hill Rd, Thompson \$435,000 NEW LISTING  
One of the most stunning Antique homes in  
NECT. Alpheus Russell House circa 1795. Com-  
pletely remodeled, exceptional architectural detail.  
John Downs 860-377-0754

**OPEN HOUSE SAT 10/19 12:00-1:30**

 245 Westford Road  
Eastford \$339,000 NEW PRICE  
Hillside contemporary home abutting Bigelow  
Brook! Includes extra building lot! Crest in-law.  
Prior plant nursery location with valuable stock.  
John Downs 860-377-0754

**OPEN HOUSE SAT 10/19 10:00-11:30**

 69 Lyon Hill Road  
Woodstock \$254,900 NEW PRICE  
Immaculate 3 BR, 2 BA Cape. 1st floor bedroom  
and full bath. New hardwoods! 2 Car Garage.  
John Downs 860-377-0754

**OPEN HOUSE SAT 10/19 10:00-11:30**

 87 Ragged Hill Rd. Pomfret \$739,900  
Rare opportunity to own one of the finest homes  
in NECT! This reproduction features authentic  
historic details & custom craftsmanship.  
5.52 acres.  
John Downs 860-377-0754

**Pomfret \$239,900**

 Private 3 BR, 2 full BA Ranch on just  
under 2 acres. Recent kitchen, baths  
& electrical, 2 car garage. Move in ready!  
Robert Viani 401-741-2432

**Hampton \$250,000**

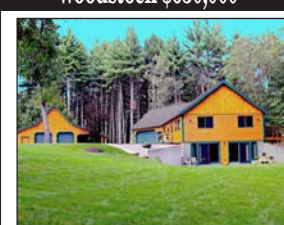
 A beautifully maintained antique home  
w/meticulous craftsmanship. Outside is a  
patio overlooking the sprawling lawn &  
antique barn!  
Gelhaus Realty Group:  
Vivian 860-455-5363

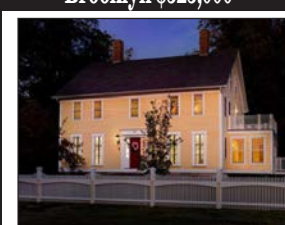
**Danielson \$229,900 NEW PRICE**

 3 + BR, 2 BA, 2 car garage. Move in con-  
dition, motivated! Immediate occupancy,  
neighborhood setting.  
Robert Viani 401-741-2432

**Brooklyn \$479,900**

 4 BR, 3.5 BA, in-law w/1500 SF on lower  
level, sep. entrance, 3 bay att. garage,  
center island, fieldstone fireplace,  
sunroom, sauna w/shower.  
Rachel Sposato 860-234-1343

**Woodstock \$630,000**

 Horse property! Custom 3000 SF ranch,  
41 acres to ride, hunt, and fish.  
Huge heated barn for all your toys  
and a workshop.  
Maryann Miller 860-949-6130

**Brooklyn \$525,000**

 4 BR, 3.5 BA, 12+ acres. This Colonial has  
been restored & is move-in ready! Zoned  
for commercial & residential use! Open  
a bed & breakfast!!  
Gelhaus Realty Group:  
Kristen 860-377-0118

**Killingly Waterfront \$695,000**

 Sensational living on Alexanders Lake.  
Glassed in front w/the most beautiful  
views. Open living, wood floors, fireplaces,  
wine room, front patio.  
Rachel Sposato 860-234-1343

**Putnam \$199,000**

 Completely renovated medical office  
Condo adjacent to DKH. 1,133 SF, 7 rooms.  
Association fees pay for snow removal,  
lawn & trash.  
Mary Collins 860-336-6677

**Ashford \$374,900**

 2002 Sturbridge Village Freeman Farm  
House replica. 3 BR, 2 BA,  
Ash flooring, 2 FPS,  
17.8 acres. Concrete core tested!  
Robert Viani 401-741-2432

**Thompson \$277,000 NEW PRICE**

 Great 3 BR, 3 BA oversized Raised Ranch  
in Thompson w/2 acres! Quiet country  
road, yet close to amenities. Motivated  
seller!  
Kathy Durand 860-208-3934

**Putnam \$165,000**

 Well cared for Victorian w/in walking to  
downtown. 3 BR & 2 full BA & hardwood  
floors. Private drive w/a detached 2 car  
garage & shed.  
Gelhaus Realty Group:  
Vivian 860-455-5363

**Putnam \$2,000/mo. Commercial Lease**

 2 rentals- side by side! Combo of 4000  
SF or rent individually. Offices, waiting  
rooms already set up! Lease per unit is  
\$2000. Triple net lease.  
Rachel Sposato 860-234-1343

**Land for Sale**
**Eastford \$125,000**  
Build your dream home on this 7.5 acre parcel that abuts Yale Forest.  
Private, peaceful & picturesque. Enjoy country living at its best!  
Gelhaus Realty Group: Vivian 860-455-5363

**Putnam \$125,000**  
.27 acres. Commercial land, close to 395 on Kennedy Drive  
Build your business location. Near medical offices!  
Rachel Sposato 860-234-1343

**Canterbury \$59,900**  
Buildable 2 acres, beautiful lot on Raymond Schoolhouse!  
Build your dream home  
Rachel Sposato 860-234-1343




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**ABOVE GROUND OVAL POOL**  
used 12 seasons.  
15 x 24 all aluminum.  
Walk around deck, patio,  
privacy fence.All equipment in-  
cluded, including electric heater.  
Needs liner and  
bottom rail.\$1,200  
Call 508-476-1467

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Reflecting 6.2 Everywhere  
Speakers 4 Speakers 2 Left  
and 2 Right Asking \$80.00  
Each Call 1-508-347-3145

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brewer \$75 Oak bookcase  
3"x3" 3 shelves \$50 508  
320-7230

**CANON CAMERA  
AE-1 MANUAL**  
With Lens and Flash  
52 mm UV 35 mm 52 mm  
Zoom II  
62 mm UV model 202  
35-70 mm 1007773  
Asking \$180.00  
of BEST OFFER  
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**CHINA FOR SALE**  
8 place settings of Golden  
Peony by Princess.  
if interested please  
call  
9am-6pm  
508-764-8870

**CUB CADET SNOW-  
BLOWER.** 13hp Tecumseh  
OHV. 45 in. width, trigger steer-  
ing, 6 FRWD, 2 REV, new con-  
dition. Hardly used! \$1,600.00.  
508-347-3775

**DUCK STAMP** RW#1.\$150.  
got stamps?. Call Ron 413-896-  
3324 stamps wanted.

**DUCK STAMP** RW#1.\$150.  
got stamps?. Call Ron 413-896-  
3324 stamps wanted.

**ENTERTAINMENT  
CENTER**  
3 Pieces Each 6 ft 2 inches Tall  
31 Inches Wide  
Adjustable shelves for TV's ect.  
Cabinets for storage  
BEST OFFER  
Call 1-508-347-3145

010 FOR SALE

**FIREWOOD**  
3/4 Seasoned/standing dead  
hard wood custom cut to your  
specs. Delivered to your home.  
12"-14" \$300 per cord. 16-18"  
\$260 per cord.  
Call: 508-282-0232

**FIREWOOD**  
Seasoned/standing dead hard  
wood custom cut to your specs.  
Delivered to your home. 12"-14"  
\$300 per cord. 16-18" \$260 per  
cord.  
Call: 508-282-0232

**FOR SALE**  
Brand new 8ft Lees Cap. Fits a  
8ft bed for 2016  
and under. \$850  
call 508-909-6070

**FOR SALE**  
Janome Sowing/ Embroidery  
Machine. Includes: all feet,  
Hoops software. \$3,700. Call  
860-774-5714 and leave a mes-  
sage.

**FOR SALE MAKE A OFFER:**  
kitchen table with four chairs  
and a side table. Inversion  
Table and Ellipticle and 3  
book cases. Call 508885-  
6570

**FOR SALE** Remote control  
Airplanes some with motors.  
**Eagle Magna 3** plus Fish  
locator. Still in box.  
**Panasonic Base** with  
speakers. 774-241-0027

**FURNITURE FOR SALE**  
dinning room set with  
HUTCH like new perfect con-  
dition. Bar with 3 stools.  
Must See. Stereo Equipment  
Love seat and chairs and  
Misc items. 508-234-7252

**GENERAC GP500 Gasoline  
Generator**-Unboxed, never  
used. Original manual + war-  
ranty card. Provides 5500  
watt power supply. Asking  
\$575. 203-209-6418

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SUPPLIES**  
including a large assortment of  
fabrics in both prints and solids  
to choose from. Also includes  
choices of a variety of laces,  
trims, sequins and beads etc.  
Please call  
413-436-5073.

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**ITEMS FOR SALE** Air  
conditioner-\$50,  
wirlpool refrigerator-\$100  
Water Heater-\$600, Table  
saw-\$40, Pool table-\$400,  
Air Hookey table-\$400, Ver-  
fiene Fridge- \$500, Kitchen  
stove-\$100, windows/door:  
Triple casement: \$150,  
Double hung \$50, Dead  
light-\$100, Pitcher window-  
\$ 1 0 0  
Teratone door-\$100, Double  
Hung-\$150, Casement-\$50,  
Double Hung Replacement  
\$25. Dump trailer 5kCall  
757-7055106.

**LETTER PRESS COMMER-  
CIAL PRINTING EQUIPMENT**  
- all together, poster press  
14"x22", job press 10"x15", Sey-  
bold paper cutter (extra blade)  
25"x36", wooden type cabinet,  
12 draws of type, 1 lead cutting-  
saw, hand tool equipment, 2  
steel draw cabinets. (will not sell  
separately) \$5,000. 508-764-  
4458

**MOTORCYCLE GEAR:**  
Harley Davidson Women's  
black leather jacket Size L \$100.  
Women's Leather chaps by CDI  
Riding Gear size-M \$50. 2  
Harley Davidson women's vests  
1 tan, 1 black \$50. each; Men's  
Widder Electric heat vest size 42  
\$25. Ladies Hudson Leather  
vest size L \$25. HJC full face  
helmet yellow and grey brand  
new size S, \$75. HJC full face  
grey helmet size XS, used \$25.  
Ladies Tour Master rain gear  
size L yellow and black \$50.  
Call:413-245-6530

**QUEEN SIZE BEDROOM**  
SET dark cherry, includes bed  
frame, headboard, 2 bureaus,  
one end table \$500. Also lighter  
oval table with leaf and 4 cush-  
ion chairs, solid wood. \$200.  
508-885-2262.

010 FOR SALE

**REESE 16K SLIDING FIFTH  
WHEEL HITCH** \$375  
or BO. ALSO **WEIGHT  
DISTRIBUTION HITCH**, for  
class C receiver on car or  
truck \$300 or BO. call john  
508 244 9699

**SNOW TIRES, PIRELLI**  
245/45R19/102V M+S, 250  
miles, \$1000, 508-564-3556

**STEREO EQUIPMENT**  
**RECEIVER ONKYO AV HT**  
R8230Digital Dolby Wrat  
Wide Range Amplifier  
Tech.TEAC W-450R  
Stereo Double Reverse  
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**SONY** Mega Storage 300  
CD High Density Linear  
Converter System Asking  
\$300.00 for ALL Call  
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Model 385-IC/385LH  
Used Once  
Best Offer

BEAR CAT  
VAC-N-CHIP PRO  
& VAC PRO

Models 72085, 72285,  
72295  
Used Twice  
Best Offer  
**CALL**  
**(508)765-5763**  
**TO SEE COME TO**  
**22 TAFT ST. 2ND FLR**  
**SOUTHBRIDGE, MA**

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

**TWO DBL HUNG VINYL  
CLAD WINDOWS**  
glazed white; 30 3/8 by 56 3/4  
inches; dbl pane;  
removable sash & screen;  
\$85.00 each call Jim @ 508-  
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Trees- Evergreens, Excellent  
Privacy Border. Hemlocks-  
Spruces-Pines (3'-4' Tall) 5 for  
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England Fieldstone  
Round/Flat, Excellent Retaining  
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Black enamel model vigilant  
Great condition.  
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ing-room table w/6 chairs & 2  
leaves, Oak entertainment Ctr.,  
various size lamps, small elec-  
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kindling wood;** beams, ply-  
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for woodstoves, not for building.  
Clean. Delivery possible. Ask for  
J.D. 413-262-5082

110 NOVENAS

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prayers.  
S.M

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YARD SALE!**  
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\* Job ID: 3168077 \* Application Deadline: OPEN UNTIL FILLED \* Starting Date: IMMEDIATELY

### Job Description

Vocational Instructor, Full Time, permanent position, school year (184) days, Secondary Vocational School. Must be licensed by MASS DESE as an "Information, Support, Services & Networking Instructor" **OR** possess the necessary criteria to become licensed. Associates Degree or higher related to subject matter and skills to be taught, 4 years recent full time experience (within the last 7 years) directly related to ISSN. Teaching experience preferred but not required.

### Job Requirements

- \* Please submit Resume, college transcripts and 3 letters of reference. Please address all correspondence to Donald Montville, Vocational Director.
- \* Citizenship, residency or work visa required

**Contact Information:** Peggi Corsi, Secretary to the Vocational Director  
57 Old Muggett Hill Road, Charlton, MA 01507  
Phone: (508) 248-5971, Ext. 1700 Fax: (508) 248-4747  
Vocational Director: [dmontville@baypath.net](mailto:dmontville@baypath.net)

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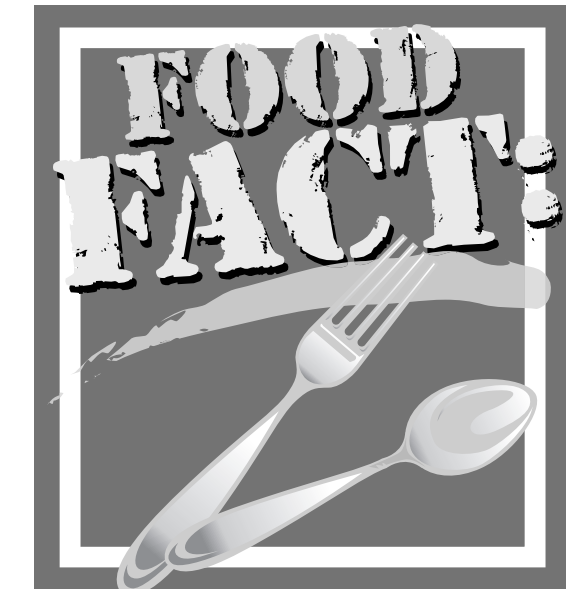


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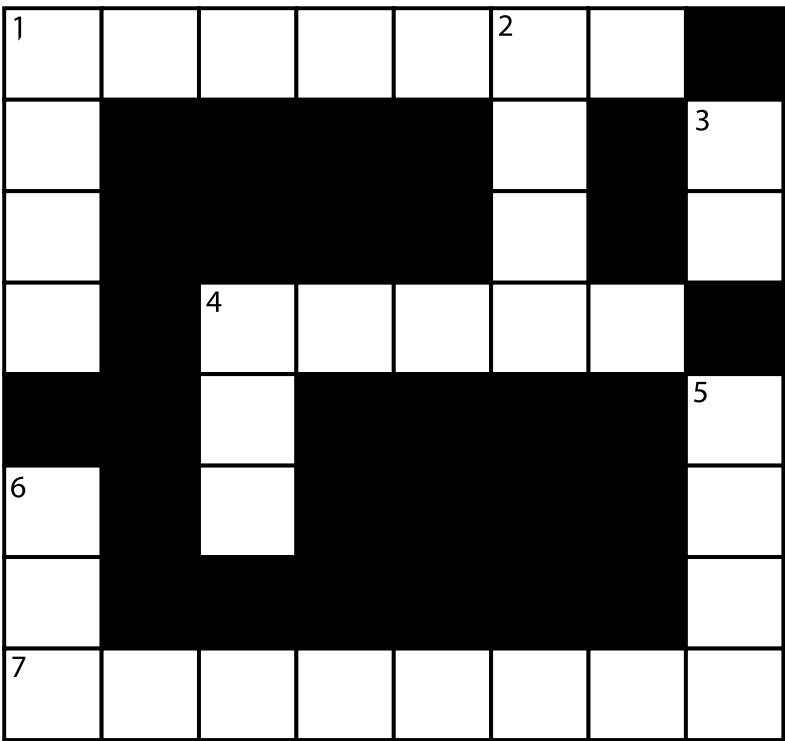




THIS EGG-BASED NOODLE DISH IS COMMONLY FOUND IN GERMAN CUISINE.

ANSWER: SPAGETZLE

Crossword Puzzle



ACROSS

- 1. European country
- 4. Cheers! (German)
- 7. One from Bavaria

DOWN

- 1. Happy
- 2. Information
- 3. Opposite of “yes”
- 4. Cooking container
- 5. Instrument
- 6. Curved bone

Answers: Across 1. Germany 4. Prost 7. Bavarian Down 1. Glad 2. News 3. No 4. Pot 5. Horn 6. Rib

THIS DAY IN...



HISTORY

- 1792: THE CORNERSTONE OF THE WHITE HOUSE IS LAID.
- 1903: THE BOSTON RED SOX DEFEAT THE PITTSBURGH PIRATES IN THE FIRST MODERN WORLD SERIES.
- 1943: A NEW ITALIAN GOVERNMENT SIDES WITH THE ALLIES AND DECLARES WAR ON GERMANY DURING WORLD WAR II.

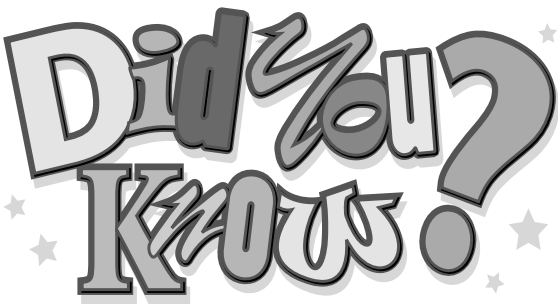


GERMANIC

branch of language that includes English and German

How they SAY that in...

- ENGLISH: Language
- SPANISH: Idioma
- ITALIAN: Lingua
- FRENCH: Langue
- GERMAN: Sprache



LAUGENBREZEL ARE TRADITIONAL GERMAN PRETZELS WITH A TEXTURE THAT IS SIMILAR TO BAGELS.



Can you guess what the bigger picture is?

ANSWER: GERMAN ALPENHORN

⓪ \*\* ☐ ☺ ☼ ~ ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ ⑪ ⑫ ⑬ ⑭ ⑮ ⑯ ⑰ ⑱ ⑲ ⑳ ㉑ ㉒ ㉓ ㉔ ㉕ ㉖ ㉗ ㉘ ㉙ ㉚ ㉛ ㉜ ㉝ ㉞ ㉟ ㊀ ㊁ ㊂ ㊃ ㊄ ㊅ ㊆ ㊇ ㊈ ㊉ ㊐ ㊑ ㊒ ㊓ ㊔ ㊕ ㊖ ㊗ ㊘ ㊙ ㊚ ㊛ ㊜ ㊝ ㊞ ㊟ ㊠ ㊡ ㊢ ㊣ ㊤ ㊥ ㊦ ㊧ ㊨ ㊩ ㊪ ㊫ ㊬ ㊭ ㊮ ㊯ ㊰ ㊱ ㊲ ㊳ ㊴ ㊵ ㊶ ㊷ ㊸ ㊹ ㊺ ㊻ ㊼ ㊽ ㊾ ㊿

CRYPTO FUN

☐ ☒ ☓ \* ♂ ♀ ♂ ~ \* + Determine the code to reveal the answer!

Solve the code to discover words related to traffic. Each number corresponds to a letter. (Hint: 8 = h)

A. 21 20 2 9

Clue: Vehicles

B. 8 3 4 8 10 20 14

Clue: Major road

C. 9 13 26 16

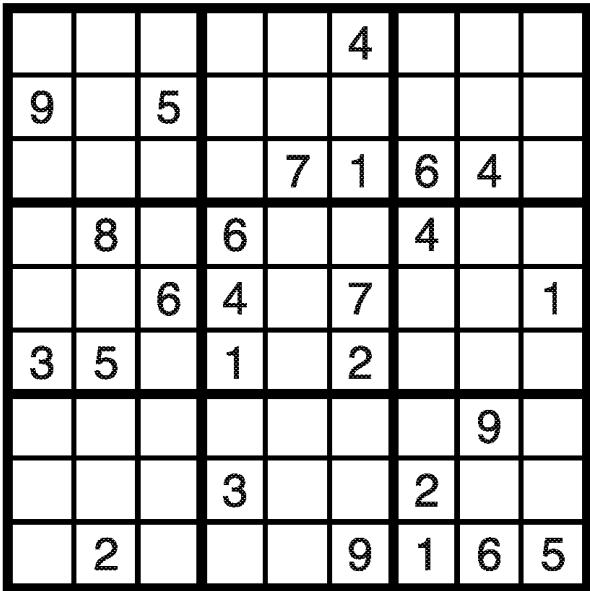
Clue: Halt

D. 18 26 7 25 22 19

Clue: Fullness of amount

Answers: A. cars B. highway C. stop D. volume

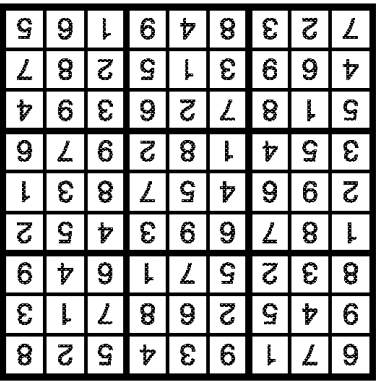
SUDOKU



Level: Intermediate

Here's How It Works:

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



ANSWER:

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HEALTH

Breast cancer signs and symptoms



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

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

- Changes in how the breast or nipple feels: The NBCF says nipple tenderness or a lump or thickening in or near the breast or underarm could indicate the presence of breast cancer. Some women may notice changes in the skin texture or an enlargement of the pores in the skin of their breast. In many instances,

skin texture has been described as being similar to the texture of an orange peel. Lumps in the breast also may indicate breast cancer, though not all lumps are cancerous.

- Change in appearance of the breast or nipple: Unexplained changes in the size or shape of the breast; dimpling anywhere on the breast; unexplained swelling or shrinking of the breast, particularly when the shrinking or swelling is exclusive to one side only; and a nipple that is turned slightly inward or inverted are some signs and symptoms of breast cancer that can affect the appearance of the breast or nipple. It is common for women's breasts to be asymmetrical, but sudden asymmetry should be brought to the attention of a physician.
- Discharge from the nipple: The NBCF notes that any discharge from the nipple, but particularly a clear or bloody discharge, could be a sign of breast cancer. The NBCF also advises women that a milky discharge when they are not breastfeeding is not linked to breast cancer but should be discussed with a physician.

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

Occupational therapy has many benefits



People may be familiar with physical therapy, which many are prescribed after suffering a sports-related injury or being injured in an accident. But less may know about occupational therapy, a form of therapy that can help individuals live full, happy lives even if they're dealing with permanent disabilities or chronic conditions.

The American Occupational Therapy Association, Inc., says that occupational therapy helps people perform daily tasks to reach goals. This can include helping children or adults with disabilities participate fully in work or school. Occupational therapy also may intervene during or after a physical or mental illness so that one can regain lost skills. Occupational therapists tend to focus on treating people who need assistance with a physical, sensory or cognitive disability. OT practitioners address psychological, social and environmental factors that can impact a person's ability to function.

Even though one may think OTs primarily treat adults, especially aging seniors, this is not the case. The health and wellness resource KidsHealth, from Nemours, indicates that children also benefit. Occupational therapists can work with children after surgery or help those with behavioral problems.

OTs also help children recover after suffering traumatic injuries, and can even help kids with developmental delays.

Occupational therapy differs from physical therapy. While physical therapy deals with pain, range of motion, endurance, and strength, among other things, the AOTA notes that OT tries to hone fine motor skills, visual-perception skills and cognitive skills and to lessen sensory-processing deficits. Very often OT is used in conjunction with PT.

Occupational therapy can be a rewarding career with many different opportunities. Therapists work in various settings, including schools, hospitals, rehab facilities, nursing homes, and even in independent practices. In addition, new specialties, such as assisting those with low vision or helping workers adapt to ergonomic tools, enable even more specialized concentrations.

People who think they can benefit from occupational therapy should first consult with a primary care physician or a discharge team from a hospital to find out which OT services may benefit them.

Potential treatment options after a breast cancer diagnosis

A breast cancer diagnosis is something no one wants to receive. But the burden of breast cancer is substantial. In fact, the World Health Organization notes that breast cancer is the most commonly occurring cancer in women worldwide.

Thankfully, breast cancer survival rates are high in many parts of the world, particularly in developed countries such as the United States, Canada and Japan. While survival rates are lower in developing countries, it is encouraging to know that the average five-year survival rates are as high as 90 percent in some nations. That suggests that the strategies used to successfully fight breast cancer in developed nations may one day prove as effective in developing nations, potentially leading to a sharp decline in global breast cancer deaths.

Upon being diagnosed with breast cancer, patients will be educated about a host of potential treatment options. The Centers for Disease Control and Prevention note that breast cancer is treated in several ways, and the course of treatment a doctor recommends will depend on the kind of breast cancer and how far it has spread. In addition, accord-



ing to Breastcancer.org, breast cancer is made up of many different kinds of cancer cells, which often necessitates the use of various types of treatments to get rid of the cancer.

The following are some treatment options doctors may discuss with breast cancer

patients.

- Surgery: Breastcancer.org notes that surgery is typically the first line of attack against breast cancer. The CDC says the goal of surgery is to cut out cancer tissue. Some common breast cancer surgeries include lumpectomy, in which the

tumor and a small amount of surrounding tissue is removed, and mastectomy, in which all of the breast tissue is removed.

- Chemotherapy: Chemotherapy is used to treat various types of cancer and involves the administration of special medicines to shrink

or kill existing cancer cells. Breastcancer.org notes that chemotherapy is sometimes administered prior to surgery in an attempt to shrink the cancer.

- Radiation therapy: Radiation therapy aims to kill cancer cells using high-energy rays that are similar to X-rays. Sometimes referred to as "radiotherapy," radiation therapy is overseen by a radiation oncologist who specializes in this type of treatment.
- Hormonal therapy: Estrogen makes hormone-receptor-positive breast cancers grow, and hormonal therapy, which may be referred to as "anti-estrogen" therapy, aims to reduce the amount of estrogen in the body and block its action on breast cancer cells.
- Targeted therapies: These therapies, which Breastcancer.org notes are generally less likely than chemotherapy to harm normal, healthy cells, target specific characteristics of the cancer cells. Cancer cells can have many characteristics, so there are various types of targeted therapies.

Breast cancer treatments can be highly effective in the fight against breast cancer, particularly when the disease is caught in its early stages.



# HEALTH

## Exercise and aging: How to work out safely after 50

In an ideal world, people young and old exercise each day. But as men and women age, finding time to work out is not so easy.

Commitments to work and family often take precedence over daily exercise. As a result, many people 50 and over might not have exercised regularly or at all in many years. But as children grow up or even move out, people facing down their golden years are often compelled to get back in the gym. That's a wise decision that can increase a person's chances of being healthy and happy in retirement. But before beginning a new exercise regimen, men and women over 50 should take heed of the following safety tips to ensure their efforts are not derailed by accident or injury.

- **Speak with your physician.** The National Institute on Aging notes that even people with chronic conditions such as heart disease, diabetes or arthritis can be physically active. However, anyone with such a condition and even those who don't fall into those categories should consult with their physicians and receive a full physical before exercising. Such a consultation and checkup can shed light on any unknown issues, and physicians can offer advice on how to safely manage any problems that may arise.

- **Begin with low-intensity exercises.** Even if you feel great and have maintained a healthy weight, don't push yourself too hard at the start. Your body needs time to adjust to physical activity, so choose low-intensity exercises like walking and light strength training so



your muscles, tendons and ligaments can adjust. Initially, exercise every other day so your body has ample time to recover between workouts.

- **Choose the right places to exercise outdoors.** Exercising outside provides the best of both worlds for many people, providing a chance to get

healthy all while enjoying the great outdoors. When exercising outdoors, choose areas that are not remote and where others can see you and offer help if you suffer an injury or have an accident. Boardwalks, public parks and outdoor gyms are safer places to work out than wooded areas or other places

well off the beaten path.

- **Stay hydrated.** The NIA notes that many people lose their sense of thirst as they age. But just because you aren't thirsty does not mean you don't need water, especially while exercising. Water regulates body temperature and lubricates the joints, thereby

decreasing your risk of injury during exercise.

Exercising after 50 can help people live healthy well into retirement. But caution must be exercised when aging men and women return to exercise after a long break.

## 3 tips to overcome everyday aches and pains



Pain is a significant concern for many people. Estimates from the International Association for the Study of Pain suggest that one in five adults across the globe suffer from pain.

Pain can affect anyone, even people who have not been in an accident or suffered an injury while playing a sport or performing another physical activity. For example, lower back pain, which can be caused by sitting at a desk for long stretches of time, is the most common type of chronic pain in the United States. Such pain may be unavoidable, but that does not mean it and other types of everyday aches and pains cannot be overcome.

1. Begin a well-rounded exercise regimen.

Regular exercise that includes both strength training and cardiovascular exercise increases blood flow and helps build a strong core. A strong core supports the spine and reduces the pressure on it, making it less likely people who sit for long stretches at a time will end their days with lower back pain. Routine exercise also helps other areas of the body by keeping muscles loose and flexible. Before beginning a new exercise regimen, men and women, especially those with existing aches and pains, should consult their physicians about which exercises they should do and which they might want to avoid.

2. Employ RICE. RICE, which stands for rest, ice, compression, and elevation, can help men

and women overcome the aches and pains that result as the body ages and tendons begin to lose some of their elasticity. RICE might be most helpful for people who have been diagnosed with tendinitis. Athletes over 40 who engage in activities that require repetitive motion might need to take more days off between rounds of golf or other competitive and/or repetitive activities. If tendinitis flares up, take some time away, icing any sore areas, wrapping them in bandages, and elevating them while resting. Athletes rarely want to sit on the sidelines, but a few days off can go a long way toward alleviating the pain associated with tendinitis.

3. Recognize your body may develop some limitations.

Age should not prevent you from being physically active, and numerous studies have touted the benefits of continuing to exercise into your golden years. However, as the body ages, muscle fibers become less dense, resulting in a loss of flexibility that increases the risk of injury and/or soreness. As men and women grow older, they shouldn't abandon activities like gardening or strength training. But they may need to scale back on the intensity with which they perform such activities. Doing so can prevent the kinds of muscle strains associated with aging.

Pain affects more than one billion people across the globe. But some simple strategies can help people overcome pain and enjoy a rich quality of life.





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