

Mailed free to requesting homes in Sturbridge, Brimfield, Holland and Wales

Vol. XI, No. 30

ONLINE: www.StonebridgePress.com

COMPLIMENTARY HOME DELIVERY

Friday, July 27, 2018

Locals will ride for Dana-Farber Cancer Institute

NEEDHAM — On Aug. 4 and 5, 16 riders from Sturbridge and Fiskdale will cycle up to 192 miles in the Pan-Mass Challenge (PMC) with the goal of topping last year's record-breaking gift and raising \$52 million for critical cancer research and patient care at Dana-Farber Cancer Institute.

During PMC weekend, over 6,200 cyclists from more than 40 states and seven countries will gather in Massachusetts to participate in the PMC. Riders include everyone from seasoned triathletes to weekend warriors and range in age from 15 to 84. Many ride to honor a family member or friend lost to, or being treated for cancer, and more than 850 riders and volunteers are cancer survivors or current patients themselves, and considered Living Proof® of the PMC mission.

Designed to cater to all levels of cycling and fundraising ability, the PMC offers 12 different routes, varying in mileage and difficulty, that pass through 46 towns across the Commonwealth, with starting lines in Sturbridge, Wellesley and Bourne. Cyclists are required to raise between \$600 and \$8,000, depending on the chosen route, though the average cyclist raises more than \$7,000, which exemplifies the spirit of the PMC and its rid-Volunteers, spectators, ers.

donors and sponsors are also part of the camaraderie on ride weekend, all working together in hopes of one day eradicating cancer.

"After surpassing our goal and raising \$51 million for Dana-Farber last year, we are excited to keep the momentum going as we approach our 39th PMC ride weekend," said Billy Starr, founder and executive director of the PMC. "We are continuously humbled by

the dedication and generosity of our riders, volunteers, donors, sponsors and community members - it's thanks to them that the PMC is able to make such an immense impact on the fight against cancer. We hope everyone has a safe and enjoyable ride weekend and can't wait to see you all out on the road.'

The PMC donates 100 per-

Turn To RIDE page A2



Federated Church artisan Brian Rhea puts the finishing touches on this year's Sturbridge Chair #24 in the series; and some of the many items to be put up for bid at this year's auction.

Federated Church of Sturbridge & Fiskdale to

New bill protects the disabled from caregivers

BOSTON

The Massachusetts State Senate took action to protect individuals with intellectual and developmental disabilities from caregivers found to have substantiated charges of abuse.

Known as Nicky's Law, the legislation was filed by Senator Michael O. Moore (D-Millbury) to address a gap in protections for the most vulnerable members of our community. The bill establishes a registry of individuals found to have committed substantiated abuse of individuals with intellectual or developmental disabilities. Providers serving these populations would be required to screen potential employees during the application process, and prohibited from hiring any individual who appears on the registry.

"Almost four years ago I

Turn To BILL page A2



bost 69th annual auction

STURBRIDGE Church Federated of Sturbridge and Fiskdale will hold its 69th annual Antique Auction on Saturday, Aug. 11 on the beautiful Sturbridge Common across from the

The historic Publick House Historic Inn. The auction will be held, rain or shine, under tent, with a preview of items to be sold beginning at 9:00 a.m. and bidding starting promptly at 10:00 a.m.

A real old fashioned country auction, this event is now known as the longest annually held church auction in the nation, according to auction committee chair,

Turn To AUCTION page A5

9Round Worcester announced as naming sponsor for Running Out of Summer 5K

Milers and Rapscallion Brewery are pleased to announce 9Round Worcester as the naming sponsor of the inaugural Running Out Of Summer 5K to be held on Aug.

WORCESTER — Wormtown 25. The race, which begins and ends at Rapscallion Brewery in Sturbridge benefits Second Chance Animal Services of Worcester and East Brookfield.

"We are extremely excited to be part of such a worthwhile

event," commented Sheri Barrette, owner of 9Round Worcester. "Not only does this event support animal welfare — a cause deeply important to me personally — but it

Turn To **9ROUND** page A5

Courtesv photos

Congressman Richard Neal stands with Julian Edelman and Danny Amendola during the VIP Meet and Greet at Harrington's "A Fare to Remember" gala.

Harrington fundraiser nets \$220,000 emergency department

SOUTHBRIDGE HealthCare Harrington System is celebrating a successful black-tie fundraiser held July 14 at Mechanics Hall in Worcester, which raised more than \$200,000 toward the renovation of its Southbridge Emergency Department.

The event featured tastings from more than a dozen local restaurants including Rovezzi's, Porterhouse, Baba Sushi, Mexicali, The Clambox, Metro Bistro and Burton's Grill. Coffee and dessert were provided by Sturbridge Coffee

Turn To FUNDRAISER page A12



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Car Buying Tips

truck?

The *RIGHT* answer: There are three ways to pay for your vehicle. They are to pay cash, finance nancing is that in most cases you will pay interest. the balance or lease the automobile. Each method has its pros and cons.

If you pay cash, you have the knowledge that you own your car outright. You could, in theory, cut back on insurance and you will not pay interest as you would with the other two methods. The downside of paying cash is that you are spending a large part of your liquid assets and potentially losing investment potential. The other thing is if your car gets totaled and you did cut back on your insurance you are out all that money.

If you finance, you will have a budgeted monthly payment and won't need to spend all your hardearned cash. In fact, with today's low interest rate options, in some cases as low as 0%, it may make more sense to finance your car. You also have op-

Customers ask place: How tions with the financing that can help to protect should I pay for my new car or the value of the car. Consider GAP protection to protect against a total loss. Ask us for more details on how this works. Of course, the downside of fi-Because todays cars are rather expensive many customers take on longer term notes increasing the interest expense and leaving them still owing money when they want to trade in for another. This leads us to leasing.

> If you lease a car you usually get a lower monthly payment. You will also get GAP protection (at least with Ford Motor Credit Leases) at no charge and your term will be shorter allowing you to seamlessly get a new car in just a few years as your needs change. Downsides to leasing are the excess mileage or wear and tear concerns. Let us tailor a lease to your needs to help avoid these concerns.

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STURBRIDGE SNIPPETS

than 700 students named to the Spring 2018 Dean's List.Students are named to the Dean's List for achieving a semester grade point average of 3.30 or higher. Among them were Brimfield residents Thaddeus France working toward a degree in accounting and finance and Alex Parker working toward a degree in accounting. Sturbridge residents include Kevin Izzio working toward a degree in pre-pharmacy; Benjamin Kennedy working toward a degree in electrical engineering - Five-year Bachelor/MSEE; and Taylor Mersfelder working toward a degree in health sciences.

SPRINGFIELD — Western New England University congratulates over 400 students named to the Spring 2018 President's List. Students are named to the President's List for achieving a semester grade point average of 3.80 or higher. From Holland Nathan Lachapelle working toward a degree in computer science and Matthew Dumas working toward a degree in mechan-

RIDE

Ford

continued from page **1**

cent of every rider-raised dollar directly to Dana-Farber through the its fundraising arm, the Jimmy Fund, and is the institute's largest single contributor, raising more than 53 percent of the Jimmy Fund's annual revenue. In 2017, the PMC gave a record gift of \$51 million to Dana-Farber, bringing its 38-year contribution to a total of more than \$598 million since its inception in 1980.

The PMC is presented by the Red Sox Foundation[®] and New Balance[®]. To make a financial contribution to

BILL

continued from page 1

was contacted by a constituent, whose son Nicky was tragically abused by a Commonwealth licensed service provider," said Moore. "When criminal prosecution did not result in a conviction, the family was shocked and devastated to learn no existing state law would prevent the abuser from gaining employment with another provider. The Commonwealth has an elevated responsibility to protect the most vulnerable members of our community, and this legislation will disrupt a cycle of abuse that has already affected far too many families in Massachusetts. The passage of this bill is a victory for Nicky, and hundreds of individuals and families across the Commonwealth."

Research shows that individuals with disabilities, like other vulnerable populations, are more likely to be abused. Additionally, cognitive or speech difficulties, physical barriers to the judicial system, and lower rates of police follow-up and prosecution make criminal convictions extremely difficult. Despite these challenges, a ical engineering. Brandon Opitz of Sturbridge working toward a Doctor of pharmacy.

BRISTOL, RI — Roger Williams University is proud to announce that Margaret Foster, of Sturbridge graduated Summa Cum Laude with a B.A. in psychology in May as part of the Class of 2018.

POMFRET, CT — Anna Sosik of Fiskdale from the Class of 2019, was named to the Spring 2018 Honors List at Pomfret School. To achieve this level of distinction. Anna earned a grade point average of at least 3.330 and received no grade lower than a B-.

POMFRET, CT — Emma Aldenberg of Sturbridge from the Class of 2020, was named to the Spring 2018 Head of School Scholar Honors list at Pomfret School. To achieve this level of distinction, Emma earned a grade point average of at least 4.00 and received no grade lower than an A-.

a rider from your town or become a virtual rider, visit www.pmc.org, or call (800) WE-CYCLE. Connect with #PanMass2018 on Facebook, Twitter, Instagram and LinkedIn.

Good luck to the following participants from Sturbridge: Jason Abysalh, Denise Agentowicz, Richard Bamberger, Mary Bellezza, John Bright, Seth Cormier, Brian Galonek, Leane Hammond, Kyle Renaud, Shawn Rich, and Steven Sexton.

Good luck to the following participants from Fiskdale: Lee Cappola, Pete Connly, Brian Fitzgerald, Gary Galonek, and Chris Phillips.

criminal conviction is currently the only way to prevent an abusive caretaker from being hired by an unknowing provider in Massachusetts. The registry will instead rely on the findings of the Disabled Persons Protection Commission (DPPC), which already investigates all allegations of abuse against individuals with developmental and intellectual disabilities.

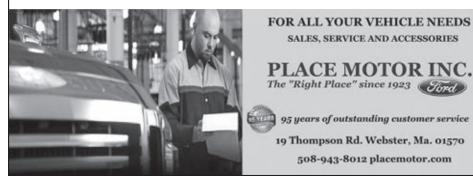
When I first took office, a concerned mother reached out and shared with me a story about how her son, Dana, had been mentally and physically abused by his caretakers. That caretaker continued to seek out new jobs in the same field, but individuals with histories of abusiveness must be kept far away from this field of work," said Senator Patrick O'Connor (R-Weymouth). "The Senate came together to pass common-sense legislation to protect those who are most vulnerable in our society. It must be a basic standard that all caretakers are compassionate, responsible, and respectful.'

"Those who abuse individuals with developmental disabilities must be held to account. Today, the Senate has acted to close the gap in protections for persons with developmental disabilities and help deny abusers the chance to abuse again. I want to thank Senator Moore for championing this legislation," said Senate President Harriette L. Chandler (D-Worcester). Nicky's Law emerged from a collaborative process that included significant input form disability advocates, relevant state agencies, and legislators. The final language includes robust due process protections, including the option for a full appeal hearing before the Division of Administrative Legal Appeals (DALA). Service providers who fail to check the registry will be subject to fines, and the potential termination of licenses and state contracts. The DPPC is also mandated to conduct an annual audit to ensure all applicable names are added to the registry, and providers fully comply with reporting requirements. The legislation, which passed the Senate unanimously, has now been referred to the House of Representatives for consideration. To continue tracking the bill, S.2606, please visit the Legislature's website, www.malegislature.gov.

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The Sturbridge Villager (USPS#024-955) is published weekly by Stonebridge Press Inc., 25 Elm St., Southbridge, MA 01550 Periodical postage paid at Southbridge, MA 01550. POSTMASTER: Send address changes to Sturbridge Villager, P. O. Box 90, Southbridge, MA 01550

VILLAGER Almanac

REAL ESTATE

STURBRIDGE

\$550,000 88-A Fiske Hill Rd, Cross, James R, and Cross, Barbara M, to Taylor, Andrew E, and Taylor, Cynthia J.

\$472,000 20 Audubon Way, Jain, Abhasjain, and Mittal, Kalpana, to Ostrowski, Michael A, and Ostrowski, Kelly M.

\$357,000 155 Cedar St, Valiquette, David P, and Valiquette, Joan M, to Agonmoh, Obinna S, and Agonmoh, Chineye.

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ruth@stonebridgepress.news TO SUBMIT A LETTER TO THE EDITOR OR SOUND-OFF: E-MAIL: ruth@stonebridgepress.news TO PLACE A

Tri-Valley, Inc. - August 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Dudley 508-949-6640, Franklin 508-520-1422, Milford 508-478-8102, Northbridge 508-234-2002, Oxford 508-987-6000, Southbridge 774-289-9438, Spencer 508-885-3904, Sturbridge 508-347-5063, Sutton 508-234-0703, Upton 508-529-9094, Uxbridge 774-482-6174, West Brookfield 508-867-1411 Tri-Valley receives federal financial support under the Older Americans Act furnished by the Central Mass Agency on Aging and the Executive Office of Elder Affairs.		1 Chicken Pesto Delmonico Potatoes Corn Mixed Fruit	2 Hot Dog Baked Beans Coleslaw Fresh Melon	3 Haddock with Parmesan Cream Sauce Wild Rice Broccoli & Carrots Brownie Diet = Small Piece	
6 Ranch Chicken Red Bliss Potatoes Carrots and Green Beans Lorna Doone Cookies	7 Beef with Onions & Peppers Mashed Potatoes Honey Glazed Carrots Peaches	8 Vegetable Cheese Bake Oven Roasted Potatoes Mixed Vegetables Baked Apples	9 Spaghetti & Meatballs Green Beans Fresh Fruit	10 Chicken Picatta Couscous Roman Blend Vegetables Tapioca Pudding Diet Pudding	
13 Roast Beef Sandwich Lettuce & Tomato Mayonnaise Potato Salad Cucumber & Tomato Salad Strawberries	14 Greek Chicken Steamed White Rice Broccoli Chocolate Pudding Diet Pudding	15 Meatloaf & Gravy Garlic Mashed Potatoes Chuck Wagon Corn Baked Cinnamon Pears	16 Chicken Pot Pie Mashed Potatoes Summer Blend Vegetables Brownie Diet = Half Piece	17 Macaroni & Cheese Carrots Green Beans Peaches	
20 Beef Stew Rice Corn Niblets Pear Crisp Diet = Applesauce	21 Cranberry Chicken Salad Lettuce & Tomato Macaroni Salad Three Bean Salad Fresh Melon	22 Chicken Milano Seasoned Potatoes Beets Banana Pudding Diet Pudding	23 Salisbury Steak w/Gravy Mashed Sweet Potatoes Peas & Carrots Birthday Cake Diet = Plain Cake	24 Haddock with Dill Sauce Lemon Seasoned Rice Broccoli & Red Peppers Fruited Ambrosia	
27 Jambalaya Rice Pilaf Green Peas Pineapple	28 Meatballs with Onion Gravy Bowtie Pasta Scandinavian Vegetables Mandarin Oranges	29 Fish with Crumb Topping Wild Rice Roman Blend Vegetables Butterscotch Pudding Diet = Vanilla Pudding	30 BBQ Chicken Herbed Potatoes Country Blend Vegetables Fresh Fruit	31 Marinated Pork Loin Cranberry Herb Stuffing Brussels Sprouts Blondie Diet = Small Piece	

Political Advertisement Political Advertisement Political Advertisement Political Advertisement Political Advertisement

In Charlton Agriculture Zone = Residential IS MEGA MARIJUANA Coming to Your Neighborhood?

Charlton is only town that allows marijuana processing in a RESIDENTIAL zone

Planning Board says Article 27 is NOT WHAT THEY INTENDED

 Article 27 allows UNLIMITED cultivation and processing on any agricultural=residential parcel over 10 acres

YOU CAN FIX THIS! CHARLTON SPECIAL TOWN MEETING 7 p.m., AUG.1, Charlton Middle School

Vote Veson 1 Veson 2 Veson 2

1. Rescind Article 27 bylaw

2. New Bylaw To prohibit non-medical marijuana Will require ballot vote to enact prohibition

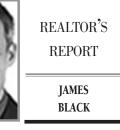
Protect your property value - Paid for by citizens of Charlton

Where can I get the best deal on a home?

Many times people will reach out to me asking how they get the best deal on a home. This market with low inventory is a little more challenging being in a sellers market where the seller gets to dictate price and terms in most scenarios. Usually the homes they inquire on are the foreclosures and pre-foreclosures on Zillow. Unfortunately, this website can be very misleading because these homes are not necessarily for sale and most of the time are not for sale. The pre-foreclosure on Zillow is just showing that in the registry of deeds that the owner has missed a payment and the bank has filed a notice. On the foreclosures it shows that the property has been foreclosed on but most of the times it is months before the banks will actually put these properties up for sale. Every market however does have

deals to be had. Many times the deals are word of mouth where someone hears about a deal and buys it before it even hits the market. This is usually a friend or family member. Another opportunity is with estate sales. These

homes may have stayed in one family for many years and been well maintained but need some cosmetic updates. This is a great opportunity to see past those needed cosmetics because many buyers will not. Even in good times there are still foreclosures and foreclosures auctions are a great place to find a deal but there is a lot of competition and you need to know your numbers for the



renovation so you don't get in over your head. I would also be careful as inventory is slowly rising in many areas it is important in my opinion to not buy hoping for an increasing market by the time you resell the home. This type of speculative buying has

worked out well for many investors over the past several years but make sure the market you are buying into shows signs of high enough demand and low enough inventory to warrant a risky approach like this. One more opportunity is the many online auction sites that have occupied homes that have been foreclosed on that will not grant access prior to closing. This is

very risky as you have to make an educated guess based on the exterior condition what the interior condition may be. You will definitely need to pay cash as you will not be able to get an interior appraisal and you may not be able to get title insurance depending on who the occupant is. There are also banks utilizing online auction sites for short sales and even starting to preapprove some of these short sales to get them moved off their books before they have to foreclose on them. Some of these are being listed at a discount.

I always suggest consulting with a local Realtor who knows your market when diving into investing to ensure you are making sound buying decisions.

Art guild plans photography contest

The Massasoit Art Guild is announcing a photo contest celebrating the town of Spencer's unique and beautiful architectural structures. This contest is open to any resident of the region over the age of 18 and you need not be a member of the Guild.

Entry details are available at our website (www.massasoitartguild.com) along with the online entry form. There is no

fee to enter. The contest will close Sept. 1, 2018.

The subject matter must be architectural details or other structural details (fences, birdhouses, monuments, and the like) and must be located in Spencer. All entries will be shown in an online gallery on the Guild website.

Three winning photographers will receive \$75 and their photos will be used to create a poster to be presented to the town of Spencer. The poster will be created by a local photographer, Karen Langlie, and will be featured at the annual art show held at Spencer Town Hall in October. This opportunity is being made possible by the generosity of a local donor.

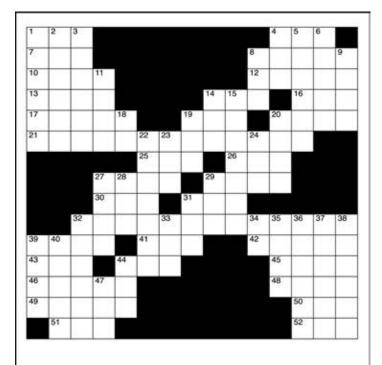
The Massasoit Art Guild is an organization that supports local artists by giving them opportunities to meet, attend workshops, and display their artwork in a variety of venues throughout the community. In addition to featuring artists at local venues, the MAG holds an

annual art show and sale each fall at the town hall in Spencer. Membership is open to artists of any fine art form, and those who are interested in supporting the growth of local artists. Membership costs \$25 per year.

Meetings are held the second Tuesday of each month at the former Hodgkins School in East Brookfield, next to the fire station on Route 9. There is also a photo group that meets separately the first Tuesday of each month.

For more information on the Guild, visit its website at www.massasoitartguild.com or its Facebook page (search for "Massasoit Art Guild").

The Massasoit Art Guild has members from all over central Massachusetts and Connecticut, representing over 23 communities in the region, including: Auburn, Barre, Brimfield, Brookfield, Dudley, East Brookfield, Framingham, Holden, Holland, Leicester, North Brookfield, New Braintree, Oxford, Paxton, Princeton, Rochdale, Sturbridge, Southbridge, Spencer, West Brookfield. Ware, and Worcester.



CLUES ACROSS

- 1. Rated horsepower (abbr.)
- 4. What a cow says
- 7. Snake-like fish
- 8. Spiritual leader
- 10. Catch
- 12. Car part
- 13. Extremely small amount
- 14. Nucleic acid 16. The Greatest of All Time
- 42. Type of TV 43. Corpuscle count (abbr.)

30. Russian river

31. Supervises flying

41. Common gibbon

39. Greeting at meeting

44. Scottish port

Garden your way to better health

GARDEN Moments MELINDA **MYERS**

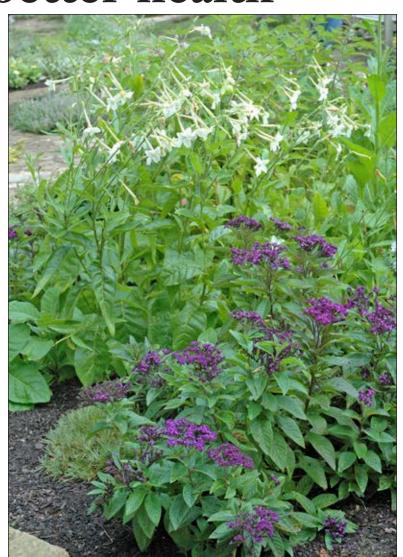
Break out the tools and garden your way to a healthier mind, body and spirit. Gardeners have always known it, but now research proves that gardening is a great form of exercise.

You'll work out all your major muscle groups when raking, digging and planting for an hour. Include gardening as a major component of your workout schedule. You'll stretch and strengthen muscles while pro

moting cardiovascular health

and maintaining bone mass. A

University of Arkansas study



- 17. Lustrous
- 20. Muckraking journalist Jacob
- 21. Medicine
- 25. S. American plant
- 26. Small amount
- 27. Dry or withered
- CLUES DOWN

2. Epic

5. Get

- 1. "The Leftovers" actress King 23. Decorate a cake with frosting 24. Headgear 3. Missouri county 27. New York art district 4. Chinese revolutionary 28. __ Lilly, drug company 29. Car mechanics group 31. Influential U.S. president 6. Ancient Greek coin 32. Quell the anger 8. Returned material 33. Swiss river authorization (abbr.) 9. Part of the human eve 34. Personal computer 11. A fisherman's accessory 35. Incline from the vertical 14. Brazilian state 36.Wild goats 15. Of a wedding 37. Assert that someone has 18. Prosecutor done wrong 38. Anti-apartheid leader Mandela 19. The main constituent of chromosomes 39. Crop of a bird 40. "A Doll's House" playwright
- 20. Advice 22. Principles of right and wrong

45. Computer company 19. India's least populated district 46. One from Asia 48. Former significant others 49. Woven fabrics or garments 50. One's sense of self-esteem 51. The Science Guy 52. Monetary unit

44. Autonomic nervous system

29. Where construction takes place

32. "City of Brotherly Love" native

found that yard work as well as weight training more significantly maintained bone density than aerobics, dancing or bicycling in women over 50. And for those of us trying to lose weight, add 30 minutes of

gardening to your daily or weekly routine to help shed some extra pounds. A half hour of raking burns 162 calories, weeding 182, and turning the compost pile a whopping 250 calories. Gardening several times a week will help keep you and your landscape looking its best. Anytime I can receive double or triple the benefit from my time and energy, the more likely I am to complete the task.

Protect your joints and muscles while gardening. Warm up, just as you would for any workout, with a few simple stretches.



Visa/Master Card Accepted

Photo by Melinda Myers, LLC

Heliotrope, nicotiana and other fragrant flowers can provide aromatherapy at the end of a stressful day.

Protect your knees by using a stool, kneeling pad or one legged kneel (keeping your other foot flat on the ground and back straight) instead of squatting.

And no matter what shape you are in, drink lots of fluids to stay hydrated during and after you finish gardening. This is especially important with the extreme temperatures we are experiencing this summer. Try gardening early in the morning or evening when temperatures are a bit cooler. And time your work in garden beds when they're blanketed in shade.

Protect both your eyes and skin from the sun's intense rays by always wearing sunscreen, a hat and sunglasses. And consider regular checkups with a dermatologist to monitor for skin cancer.

Pace yourself so you can enjoy the process and smell the roses, heliotrope, daphne and alyssum along the way. Gardeners have been into aromatherapy long before its recent rise in popularity. A few strategically placed fragrant flowers can create a delightful welcome home, soothing scent in your secret garden or aromatherapy as you weed

Turn To GARDENING page A5



47. Consumed 0 0 R H Ρ M Е E R BBI L A G R М OT OR А OT RNA Α AL 1 OLUTI RI N I T I D U D 1 1 A C E T A M I N O P H E N D 0 CA TA SE т Е RE SI Š OL Α A F A Ш н 1 LADELPHI AN AR ABLE CI Α 0 L С R BC D Е LL A Y R х ES SI A N w E F S Е GO т s E N Y Ν Е



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9ROUND

continued from page 1

also focuses on including fitness in a healthy lifestyle, a core value of 9Round Fitness.⁴

The race was conceived by the Wormtown Milers and Rapscallion Brewery as a means to promote community, philanthropy, and fun in south central Worcester county. The charity was chosen by asking Rapscallion Mug Club members and Wormtown Milers members to vote for their charity of choice, with Second Chance being the overwhelming winner.

"We were so excited to learn that we had been chosen as the beneficiary of the Running Out of Summer 5K, said Lindsay Doray, director of development at Second Chance Animal Services. "Not only are we appreciative of being the recipient of much-needed funds for animal welfare, but we have also been impressed with the positivity and incredible dedication to the local community exhibited by Rapscallion, Wormtown MIlers, and 9Round."

'Rapscallion has long been an animal-friendly establishment, so it was no surprise when our Mug Club members chose Second Chance as the beneficiary," said Cedric Daniel, co-proprietor of Rapscallion Brewerv. "Part of our model is to give back to the local community in which we operate, and the partnership with Wormtown Milers was a perfect opportunity to do just that. Including our members in some of the decision-making process provided an even wider sense of community, something that is directly in line with our core values.'

Participants in this inaugural event will enjoy a scenic, timed 5K race that is dog- and kid-friendly, and will also receive a tech shirt, medal, and a free beer specially brewed by Rapscallion for the event — the Running Out of Summer Ale. The beer will be brewed in a very limited quantity, on tap solely on the day of the event and the evening prior during bib pick-up.

"Wormtown Milers has been actively seeking partners that align with our goal to provide a supportive and community-centric road race that is also loads of fun," commented Heidi White, co-founder of Wormtown Milers. "Rapscallion Brewery is the ultimate presenting partner, and Second Chance is such an incredible organization that is so dedicated to our furry friends we didn't think we could do any better.

Then 9Round Worcester signed on as Naming Sponsor, and we knew this was going to be a very special event. 9Round Worcester lives and breathes inclusivity, community, fitness, and fun.'

The race, which takes place at 10am on Saturday, Aug. 25,, caps at 300 runners. Those wishing to participate are encouraged to register early to avoid missing out on this memorable event. Register online at www.runningoutofsummer.racewire.com.

Since 2014, Wormtown Milers has been a welcoming, supportive running team in central Massachusetts whose members are of all fitness levels and abilities. The goal of the team is to provide an inclusive and fun community for runners of all levels. Whether it's running a marathon to qualify for Boston, getting a team together for a 200-mile relay, or dressing up to run a Halloween 5K, Wormtown Milers is at the start line with smiling faces. Teamwork, support, sportsmanship, encouragement, and dedication - those are the hallmarks of Wormtown Milers. Learn more at www.wormtownmilers. com.

Rapscallion Brewery is a microbrewery destination located on the grounds of Hyland Orchard in Sturbridge with a tap room that is open daily, the brewery offers weekly live music and events, an annual mug club, a disc golf course, and a food truck which runs on weekends. A dozen Rapscallion beers rotate on tap including seasonals and small batches, complemented by other offerings such as a local hard cider and kombucha and a number of wines, as well as a sangria and a housemade non-alcoholic root beer and Polar beverages. A casual, comfortable hang-out for friends, family and four-legged companions, it maintains a sizeable collection of board games and opens space throughout the brewery for gathering, including a seasonal patio. Community-minded, the brewery hosts charity events regularly and sponsors numerous local causes each year. Rapscallion also operates two satellite locations - Table & Tap in Acton and Kitchen & Bar in Concord, gastro pubs with artisanal fare and Rapscallion brews on tap. For more information, please visit drinkrapscallion.com.

Founded in 2008 by professional kickboxer Shannon Hudson and his wife, Heather, 9Round is a specialized fitness center that brings kickboxing fitness training to the average person in a convenient, affordable, 30-minute, full body circuit format. The program is



Sheri Barrette, owner of 9Round Worcester, with her dog Romi.

developed around a proprietary and copyrighted system of nine challenging workout stations developed by Shannon himself. Today, there are more than 700 9Round clubs worldwide. For more information, please visit www.9round. com.

Second Chance Animal Services is a nationally recognized organization that provides innovative programs and services to help animals. Second Chance Animal Services has been helping animals since 1999. We are a non-profit charitable 501c3 organization that

operates a no-kill animal shelter, veterinary clinics that provide subsidized rates, and more. We help over 34,000 pets through adoption, low cost spay/ neuter, subsidized veterinary care, community outreach, educational programs, training, a pet food pantry, and other services. We strive to keep pets in loving homes whenever possible by providing services to help pets in the community. We also operate an animal shelter that helps thousands of pets each year. Learn more at www.secondchanceanimals.org.

AUCTION

continued from page **1**

Ken Benson. Items up for bid include an amazing assortment of antique items donated by church and community members, many in original condition and some lovingly restored by local artisans.

Items on the auction block include a four drawer reproduction Queen Ann bureau by Bevan Funnell Ltd, New Haven England, which makes classic English furniture using carefully selected quality materials and veneers. The bureau was a winner of the 1967 Queen's Award to Industry, an annual award by Queen Elizabeth for business innovation and performance. Another highlight of the auction is the sale of two featured chairs, Sturbridge Chair (#24

in the series) and The Publick House Chair (#47 in the series). The Sturbridge Chair is a beautifully restored Hitchcock-style chair with a rosewood grain and a rush seat. This highly prized item, which always commands a lot of attention, is decorated in bronze powder stenciling with a lovely Sturbridge scene.

The chairs are part of a limited series with only one produced each year and only available at the Federated Church annual auction. Other items available for sale include a mahogany drum table with a leather top and harp base, a unique corner cabinet, a lady's rocker with caned seat, a child's high chair with caned seat, antique tools, a Christmas doll house, early cameras and many other unusual items.

silent auction featuring gift baskets, handmade crafts, gift certificates from local vendors, a bake sale and food booth. The auction is handicapped accessible and open to the general public free of charge with ample free parking around the Common and the Church.

This year's auction is being conducted for the 45th year in a row by the highly professional and entertaining Robert Glass Jr and Gwen Glass Carbone of the Robert H. Glass family of auctioneers. For more information, please call the church office at (508) 347-3915 or email churchoffice@sturfed.org. Auction Committee members include Tim Bardsley, Ken Benson, Pat Hilton, Brian Rhea, Bruce Smith, and Michael Walker.

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The event also includes a

friends, enjoy the garden and create new memories. Sharing your knowledge, plant divisions or other talents like cooking or pet sitting may be the

perfect trade for your friends' time and energy. And as a wise person once said "Planting a garden is a way of showing you believe in tomorrow."

Melinda Myers has written more than 20 gardening books, including Small Space Gardening. She hosts The Great Courses "How to Grow Anything" DVD series and the nationally syndicated Melinda's Garden Moment TV & radio segments. Myers is a columnist and contributing editor for Birds & Blooms magazine. Myers' web site is www.MelindaMyers.com.

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GARDENING

continued from page A4

and tend your landscape.

Include some edible flowers and fruit for you, the birds and the butterflies. Nothing beats the flavor or nutritional value of fresh-from-the-garden fruit and vegetables. Plus, watching the butterflies and hummingbirds sip on nectar from a fuchsia, coral honeysuckle, verbena or salvia as the finches feed on coneflower seeds will provide added beauty while the squirrels' acrobatic antics on giant sunflowers are sure to entertain.

If the task is too big or your time is limited, ask for help. Gardening can also be a great team sport. Or make it a round robin as you take turns gardening in each other's gardens. You'll all enjoy a day filled with gardening, conversation and laughter. What was once an overwhelming task suddenly becomes a chance to spend time with



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RUTH DEAMICIS EDITOR, STURBRIDGE VILLAGER

EDITORIAL Civility vs. the Uncouth

Civility comes from the base word that means citizen.

If we are good citizens, it should extend that we are therefore civil to one another.

That seems to be harder and harder to do these days.

We have to choose our battles.

Uncouth is exactly the opposite: uncivilized, unrefined, common, lacking in good manners.

Leveling that epithet at someone is pretty darned derogatory.

It's the equivalent of chewing with your mouth open and talking.

Ugh.

As we watch the talking heads, especially the Sunday morning brains, as they strive to overtalk one another in their fury to make their points; we see the behavior and miss the words.

As we watch the incredible behavior of our representatives in all branches of government (we are equal opportunity here, none of them are making much of an impact for integrity at the moment to us) we certainly don't see any civility, a lot of the uncouth-ity.

We see a lot of self protection; a lot of defensive posturing, a lot of insane, and frightened, men and women who aren't certain whether they know exactly what their jobs entail any longer.

When people are frightened, they lash out.

When they feel threatened, whether it is because they might be in physical danger, in danger of losing their livelihood, might be caught out for behavior, bullied, or just uneasy, they may defensively strike out first to keep themselves feeling safer.

We are seeing a lot of that.

And yes we are also seeing a lot of bullying.

It works. It works whether you are seven years old or seventy years old. And if you have the chutzpah to do if

VIEWS AND COMMENTARY FROM STURBRIDGE, BRIMFIELD, HOLLAND AND WALES

A lens on the Stamp Shop

Isn't it strange that memories can be tied so strongly to an object? I was poking around in a box of random items and came upon two artifacts from yesteryear: a microscope lens, and a small packet of commemorative stamps.

In that great time, these objects carried significance beyond

their utility. When we lived in Japan, I learned that my father was not an ordinary soldier but a Lieutenant who did research in tropical medicine, specifically on two diseases: schistosomiasis and malaria. Even my younger sisters could answer the question "What does your father do?" with an explanation of parasitology. Jody, the five year old, would proudly repeat my father's words: "And we are his favorite parasites!"

I often accompanied my father to the 406th Medical General Laboratory on Saturday mornings. He would check on his Petri dishes and I was free to examine the collection of internal parasites in the medical archive. When he was not recording data, my father would explain the life cycle of the malaria plasmodium or the various methods that researchers used to try and intervene in the spread of these deadly diseases. By age nine, I could use an oil emersion lens on a microscope, and feed my father's mosquitoes on rabbit ears for his malaria studies. I grew used to the foul smelling lab in Japan, but how did just handling the lens cause such a rush of memories?

The mind is such a puzzle.

And here was a small packet of used commemorative stamps. Michael!

Michael lived in the officer housing behind us in Washington Heights. He was older, an only child, and he "adopted" me as a younger brother. Once he pulled his stamp collection onto his large dining room table. He showed me the Scott's Stamp Catalog,

sum-

New



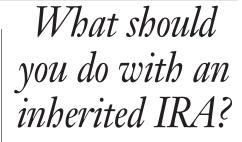
explaining patiently as he matched stamps to their catalog image that you could learn about history and famous people from stamps.

"FDR was а stamp collector," he

said solemnly. Later that day, I accompanied Mike and his mother to a Japanese stamp shop off the base. I memorized the route. When I had accumulated enough Japanese yen a few weeks later, I rode my Schwinn to the guarded camp gate and waited until the guards were busy with a truck deliverv. I flew out the gate, ignored the guard's yelling at me to return, and made my way to the stamp shop.

There followed a routine repeated every other weekend for the next year. Yoroki-san would bow when she saw me in her store and I would smile and bow back. I would show her my money. She would glance at it and bring me to a section of the wall that was covered in glass line envelopes displaying stamps. She outlined a section in pantomime, and anything within the specified range was a potential purchase. Eventually I could calculate the yen equivalence to the colorful military script used on base and began to barter with her as I had seen other customers do. Thus began my slow but steady accumulation of triangular stamps from Monaco, oversized stamps from the Vatican, and many stamps commemorating the history of the United States.

The stamps were one of my first forays into the world without parental oversight. I was eight years old, had a business relationship with a Japanese shopkeeper, and I had learned how to dodge authorities in uniform. With my increased baseball skills under Mike's tutelage, I was a man of the world.





Individual Retirement Accounts (IRAs) are quite popular. At the end of 2017, investors owned nearly \$9 trillion in

IRA assets, according to the Investment Company Institute, a trade association of U.S. investment companies. Given these numbers, it probably wouldn't be surprising if you inherited an IRA someday. But what should you do with it?

First of all, you'll need to be aware of some basic rules. If your parent, or anyone other than your spouse, leaves you a traditional IRA - one in which contributions are typically tax-deductible and earnings can grow tax-deferred - you can transfer the money into an "inherited IRA," from which you'll need to take at least a minimum amount of money – technically called a "dis-tribution" – each year, based on your life expectancy. These distributions are taxable at your regular income tax rate. If you've inherited a Roth IRA, you also must take these minimum payouts, but the amounts won't count as taxable income, because your parents, or whoever left you the IRA, already paid taxes on the contributions that went into it. (To make sure you fully understand all the guidelines on distributions and taxation of inherited IRAs, consult with your tax advisor.)

It's also important to understand how your inherited IRA will fit in to your overall financial strategy. Consequently, you'll need to address these questions:

How much should I take out each year? As mentioned above, you must take a distribution of at least a minimum amount from your inherited IRA each year - if you don't, you may be subject to a 50% penalty on the amount you should have taken. But you can take out more than the minimum. In deciding how much to take, you'll need to evaluate a few factors. First, of course, is whether you need the extra money to help support your regular cash flow. It's possible you have other pools of income from which to draw, and, in some cases, it may be advantageous for you to tap these sources first. Another consideration is taxes - if you've inherited a traditional IRA, the more you take out each year, the bigger your tax bill may be Should I keep the same investments? Inheriting an IRA doesn't mean you're stuck with the original account owner's investment choices. You can change the investments to align with your goals and risk tolerance, both of which may change over time. How does the inherited IRA fit in with my overall financial strategy? You'll need to consider how your newly inherited IRA fits in to the "big picture" of your financial strategy. Are you adding redundancies? If you keep the inherited IRA largely intact, how will it affect your current investment mix? Could the added income from required distributions change your retirement calculations or even enable you to retire earlier? You may want to consult with a financial professional about these and other questions related to your inherited IRA. The person who left you an IRA worked hard for that money and thought enough of you to pass it on. Consequently, you'll want to respect this inheritance – and get the most out of it for as long as you can.

with whole nations? Why not.

But the bullying isn't one sided, despite what you might have thought of first.

And that uncouth behavior can be very, very sneaky at times too.

So before you become justified in your own complacency, thinking yeah, those other guys, aren't they something? Stop. Stop and think of how you describe those "other guys." Those are your neighbors. Your children's friends' parents. Their teachers and coaches. The policemen who serve you. The firefighters down the street. That nice guy who fixes your car.

They aren't some faceless "guys" who don't know what they are doing. They are us.

They think about things differently. yes. And after the next election, you may be on the same side on an issue.

That's what makes a good citizen.

LETTERS

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and place of residence, along with a phone number, so we can verify the letter is yours.

We don't have a set limit, but if you keep it around 600 words or so, you're going to have a better chance at seeing all your words in print.



If you want to write a bit longer about a particular

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

Remember, libelous remarks and/or personal attacks are a no-no and could lead to your letter not being published. So, what are you waiting for? Start writing!

Englanders are celebrating the long awaited season. While you're enjoying "fun in the sun" there are a few hassles that come with the season — thankfully there

and

It's officially

mertime

are chances are there's

a simple solution to common garden and other warm weather dilemmas. The following tips are geared toward helping you spend less time doing chores and more enjoying the outdoors!

Flower gardens and birds complement each other naturally. Here are a few ideas to keep feathered friends happy throughout the season.

*To lure birds into a new bird bath, simply fill the bottom with some sand and float some birdseed on top of the water.

*On hot days, toss a few ice cubes into a bird bath that's located in the sun to cool off the water and attract chirping bathers.

*Pesky ants seem to love the hummingbird feeder's sugar solution as much as the tiny birds do.

Here's how to halt an invasion of ants: Wrap a fabric softener dryer sheet around the hanger with a rubber band. Or simply coat the hanging string of the feeder with petroleum jelly to prevent curious ants from crawling in.

Did you know if you plant your lettuce near tall growing vegetables, the big plants will give off shade, allowing the lettuce to keep its cool and prevent bitter leaves?

To keep bugs off tender lettuce leaves, sprinkle cayenne pepper on growing lettuce. Repeat after each rainfall. And don't forget to rinse thoroughly before serving!

Since azaleas thrive on acidy soil, they benefit from an occasional cocktail of two tablespoons white vinegar diluted in a quart of water.

Here's a fact you might not know: White azaleas bloom longer than any other color of the plant.

Do you have leftover garden seeds? If so, they will likely sprout again next year if you store them in the refrigerator in a tightly closed jar with a packet of silica gel. The gel packets can be recycled from vitamin



Easy backyard garden tips

TAKE

Here's a quick tip to scale the tallest plant in an island flower bed: Choose plants whose mature height is equal to about half the width of the bed.

bottles or even new

shoe boxes.

Place these plants in the center of the bed so they can be viewed from all sides.

Be sure to soak your plants when you water them. A little bit of water here and there will weaken the roots by forcing them upward. So when it comes to irrigating the garden, it's better to water them thoroughly less often then to give them a sparse sprinkling daily.

Believe it or not, a chrysanthemum plant in the vegetable garden is a good water gauge. Because the flower wilts before other plants during a dry spell, it'll act as a red flag to tell you to irrigate.

Rule of thumb: Plants need an inch of water weekly during hot weather, either from rain or watering.

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

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

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





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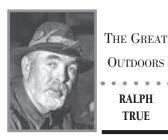
Bad weather slows down some fishing but helps in other cases





Mark True with the salmon from the Quabbin Reservoir.

Courtesy photos Ken True caught this photo of an elusive fawn hiding in cover.



I spoke with Alisa at Snug Harbor Marina this past weekend about fishing reports at Block island and around the beaches. She is always very informative, and takes the time to give accurate reports. She reported that striper fishing remained strong at Block and inshore as well. Mackerel are still in the area, which should keep the bass fishing strong. The heavy weath-

Could slow the fishing for a few days. Big eye and yellow fin tuna were hitting well at the Canyon prior to the bad weather, as well as some giants last week. Bottom fishing for seabass last week was strong, but fluke slowed a bit. Fluke fishing at the

er of this past week

Hooter was the most productive last week. Plenty of blue sharks are also being caught on a daily basis at the regular hot spots.

Red Top Bait & Tackle reported a few slow days this past week at the Canal, but the upcoming new moon should change that. Fluke and seabass fishing remained strong with some impressive fish being caught from boats. Knowing were to fish and the proper "FRESH" bait is a deadly combination.

This past week my brother Ken and his son Mark returned back to the Quabbin Res. to do some more fishing for lake trout and salmon at gate 8 This trip rewarded the two anglers with a very productive day on the water, catching numerous lake trout and four salmon. The largest salmon weighed in at a cool 4 1/2 pounds and measured out at 26 inches. Using wire line to get the live bait down a few feet caught lake trout, but when my brother Ken decided to try a tandem gray ghost streamer, they started to catch salmon. I sure do miss fishing the Quabbin Res. but because of the strict regulations on washing boats, and the high price to have the boat washed, it has kept myself and many anglers away. The best way to go is to rent a boat & motor at the site, but fishing in a small boat for this writer's ageing body is out of the question. This week's first picture shows Mark True with his impressive salmon.

The Uxbridge Rod & Gun Club will hold their archery shoot this Sunday at the club grounds on West Street. The event is open to the public and a full breakfast will be served starting at 7 a.m. The archery course is in great shape and Chairman Noel Rabidor is hoping for a good turnout. Full size targets of deer, bear, wild turkey, etc. will make the day in the outdoors with fellow archers a day to remember. This week's second picture shows a young fawn hiding out in the cover, but was captured in the photo this week by my brother Ken True. There were a pair of them in the area.

Fresh water bass anglers are catching some impressive fish in local ponds. One pond gave up three largemouth bass to a group of anglers this past week, that weighed in at more than 5 lbs. each! Anglers fishing for bass during early morning and evening hours are finding it to produce the best. The hottest surface running stick bait that this writer used back many years ago, was called the Slim Jim. A spinner on the back and on the front made the surface running lure something the bass could not resist. Live bait is also producing some nice bass locally.

Fly rodders can also enjoy some great fishing for bluegills using small surface poppers. This hard fighting fish also provides some great table fare. It is also a great way to get a youngster hooked on fishing. Give it a try.

Take A Kid Fishing & Keep Them Rods Bending!!



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SPORTS

All-SWCL semifinal set in Auburn Girls' Summer Basketball League

AUBURN — The Auburn Girls' Varsity Summer Basketball League, sponsored by Auburn Recreation and Culture, dwindled its remaining teams down from eight to four during the quarterfinal round played last Thursday, July 19 at Auburn High.

The league's top seed, Millbury High, which finished 10-0 and received a first round bye, topped the eighth ranked Worcester Stars (6-6), 32-18. But on the other court, Oxford High and the Worcester/Shrewsbury collection were engaged in an overtime thriller. No. 7 Oxford eventually won out, 38-33, improving to 9-3 and handing Worcester/Shrewsbury its first loss (9-1).

In the pair of nightcaps, No. 6 Tantasqua Regional (9-3) pulled a minor upset by defeating No. 3 Holy Name High (9-3), 29-20. And Grafton High held serve as the No. 4 seed, as the Indians (10-2) beat No. 5 Woodstock Academy (8-4), 24-21.

The Final Four semifinal round is now set, and it is exclusively Southern Worcester County League teams. That round is slated to be played on two days; Tuesday, July 24 and Thursday, July 26 (after press time) with the championship game to follow on July 26.











SPORTS BRIEFS

Running Out of Summer 5k Sturbridge road race to benefit Second Chance **Animal Services**

WORCESTER — Wormtown Milers and Rapscallion Brewery are pleased to announce 9Round Worcester as the naming sponsor of the inaugural Running Out Of Summer <u>5K</u> to be held on Saturday, Aug. 25. The race, which begins and ends at Rapscallion Brewery in Sturbridge, benefits Second Chance Animal Services of Worcester and East Brookfield.

"We are extremely excited to be part of such a worthwhile event," commented Sheri Barrette, Owner of 9Round Worcester. "Not only does this event support animal welfare — a cause deeply important to me personally — but it also focuses on including fitness in a healthy lifestyle, a core value of 9Round Fitness."

The race was conceived by the Wormtown Milers and Rapscallion Brewery as a means to promote com-

munity, philanthropy and fun in south central Worcester county. The charity was chosen by asking Rapscallion Mug Club Members and Wormtown Milers members to vote for their charity of choice, with Second Chance being the overwhelming winner.

Participants in this inaugural event will enjoy a scenic, timed 5K race that is dog- and kid-friendly, and will also receive a tech shirt, medal, and a free beer specially brewed by Rapscallion for the event — the Running Out Of Summer Ale. The beer will be brewed in a very limited quantity, on tap solely on the day of the event and the evening prior during bib pick-up.

The race, which takes place at 10 a.m., caps at 300 runners. Those wishing to participate are encouraged to register early to avoid missing out on this memorable event. Register online at www.runningoutofsummer.racewire.com.

Central MA Crusaders Softball holding tryouts in Webster

The Central MA Crusaders Softball program — an organization dedicated to the growth and development of young players looking to take their game to the next level — is holding player tryouts. The U12 and U14 combined team is July 29 at 10 a.m. The U12 team is Aug. 5 at 10 a.m. The U14 team is Aug. 12 at 10 a.m. The tryouts will be held at the Bartlett High softball field in Webster. Any questions, contact centralmacrusaders@gmail. com. If interested in U10, please send email to the prior address.

Annual Saint-Jean-Baptiste **Educational Foundation** golf Tournament comes to **Pleasant Valley**

The 22nd annual Saint-Jean-Baptiste Educational Foundation golf tournament is now set for Monday, Aug. 20 at Sutton's Pleasant Valley Country Club. This is a change from the original date of Monday, July 23 due to the weather conditions. The cost is \$150 per person — twosomes and singles are welcome — and there will be a hole-in-one contest as well as a putting contest, door prizes and a special golf-

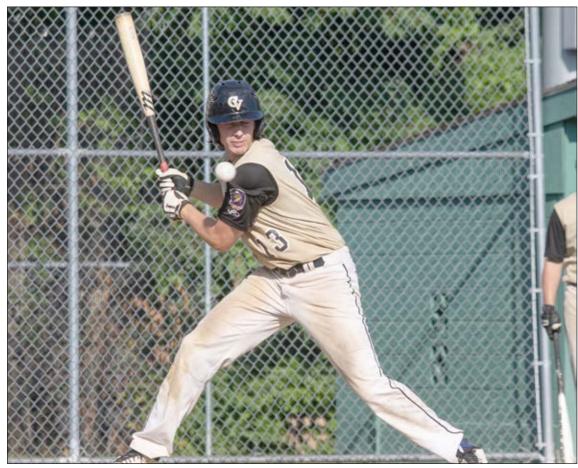
ers raffle. There will be 18 holes of golf on a PGA and LPGA course with valet parking, bag handling services, unlimited use of the driving range, and chipping and putting areas prior to the 10 a.m. shotgun start, Florida-style scramble. Early registration begins at 8 a.m. with carts with bag rain covers, a gift bag, coffee, continental breakfast and snacks. An executive buffet dinner follows the tournament. For additional information and registration please call Ken (Golf Committee) at (508) 277-5314 or Ted (Foundation Trustee) at (508) 764-7909.

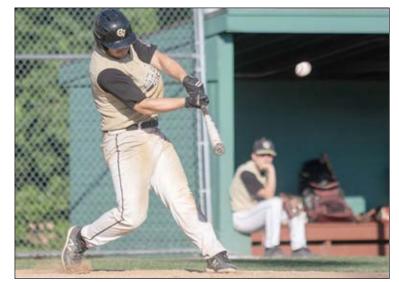
Kayak for a Cause comes to Sturbridge

The Cedar Lake Association's 2018 Kayak for a Cause is supporting the The Arc Center of Hope Foundation. The fundraising event will be on Sunday, Aug. 5 with registration at 9 a.m. and the event to follow at 10 at the Oxhead Beach at the Sturbridge Host Hotel. The fee is \$10 per kayak (or non-motorized boat). Donations can be made the day of the event or to the Center of Hope Foundation's fundraising link at www.thecenterofhope.org. Contact www.cedarlakeassociation.org or like us on Facebook for more information.

SPORTS

Cherry Valley sees season end with back-and-forth loss to Milford





Ryan Sanderson of Cherry Valley swings away and rips the ball into play.

Mathew S. Plamondon photos

Cherry Valley's Cam Hart takes the pitch off his shoulder for a free ride to first base.

BY NICK ETHIER SPORTS STAFF WRITER

MILFORD — With the lead seemingly changing hands every half inning or so, the Cherry Valley Post 443 and Milford Post 59 American Legion baseball teams were engaged in a seesaw affair at Fino Field on Friday, July 20.

The game, a Zone 4 Samko Playoff elimination matchup, saw sixth seeded Cherry Valley strike first for a run in the top of the first inning, with No. 3 Milford countering in the bottom half. Post 59 then took a 2-1 lead in the bottom of the second, only for Post 443 to score single runs in the tops of the third and fourth frames to go ahead, 3-2. Milford then scored a pair in the bottom of the fourth to regain the lead again, 4-3.

Cherry Valley's arms then

"But we know his pitch count is around the middle 70's. Everything starts getting up [in the zone] and they start hitting him."

Kustigian battled through the first four innings, surrendering four runs on eight hits with three strikeouts and a walk. He gave way to Joel Erickson in the bottom of the fifth and Erickson -"who hadn't pitched in 10 days because he was in Mexico,' according to Stephens retired the first two batters he faced before walking the next three. With the bases loaded, No. 9 hitter Chris Brunt doubled down the left field line, scoring two. Shawn Rebello (2 for 3, 2 RBI) then followed with an RBI single into right field.

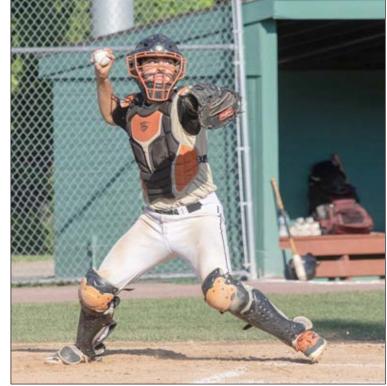
Post 443's Nate Shoemaker then finished off the fifth inning on the hill and also worked the sixth, where Post 59 scored a run on an error. Cherry Valley, meanwhile, stranded five runners over the final three innings without getting a run across home plate. They were able to get on base throughout, but could only provide single runs in the first, third and fourth innings. Ryan Sanderson hit a sacrifice fly in the first, Kustigian hit a slow roller that resulted in an error and a run scored, and Jason Panient laced an RBI triple into the left-center field gap.

"We left 11 runners on base. There were golden opportunities," Stephens said of what could have been.

Milford then lost to Shrewsbury Post 397 later in the night to conclude its season. Shrewsbury and Leominster Post 151 are set to play for the Zone 4 championship, which will conclude after press time.

The season was an overall success for Cherry Valley, though. They started 1-3 and then went 13-7 down the stretch to easily reach the eight-team playoffs as the sixth seed, where they finished five games ahead of the eighth place fin-

isher, Northbridge Post 343. "This is what we've been



Michael Bordeaux of Cherry Valley springs up to make a throw down to second base.

Those college players were Evan Fritze (Worcester State University), Ryan Sanderson (Quinsigamond Community College) and Cam Hart (Elms College).

"I'm losing four kids off this squad," Stephens added, noting that pitcher Brendan McKeon son.

"He was major [to our success]," Stephens said of Joel Hart.

Stephens is hoping that his players that recently graduated from high school will return to play next summer as well. Ace pitcher Tyrus Garvin is a prime candidate. "He's a kid that's going off to college," Stephens said of Garvin. "If he comes back he'll be one of the leaders, and that's what you need."

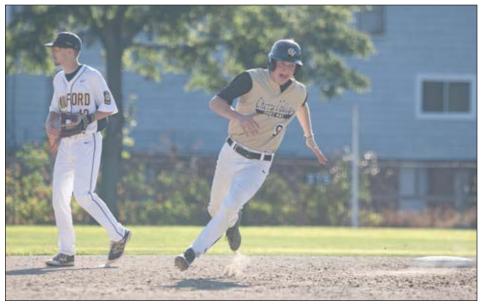
tired, though, and Post 59 scored three runs in the fifth and once more in the sixth to win an 8-3 decision. Post 443's season ended there with a record of 15-12.

"Kustigian is a little bulldog, he pitches well," Cherry Valley manager Jim Stephens said of his starter, Chris Kustigian. shooting for for years," said Stephens, as Cherry Valley made the playoffs for the first time in their eight years as a program. "This was the first time the college kids came back and committed." will turn 19 before the cutoff.

Stephens praised assistant coach Joel Hart for getting his son, Cam Hart, as well as Fritze and Sanderson to play Legion ball after their first college sea-



Cherry Valley's Evan Fritz gets low to receive a throw at second base.



Tyrus Garvin of Cherry Valley sprints around second base on his way to scoring a run.

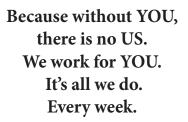


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Members of the Harrington Emergency Department pose for a group photo.

FUNDRAISER

continued from page 1

Roasters, Whoopie-Doo and Cupcakes Too, and The Publick House.

Guests Julian Edelman and Danny Amendola held a one-hour exclusive meet and greet for VIP ticket holders, then entertained all 500 attendees with a brief on-stage appearance that included autographing jerseys and replica Lombardi trophies. The signed memorabilia was auctioned off and raised more than \$17,000.

Elise Wilson, the Harrington nurse who was stabbed at work by a patient in 2017, gave an emotional speech on stage later in the evening, encouraging

everyone to support local healthcare and remember how fortunate they are to have a local emergency room.

"If I was anywhere else when the attack took place, I probably would not be here today. I am alive because of these people," Wilson said. "The next life they save could be yours."

Her speech preceded a live appeal to all guests, which surpassed the intended \$25,000 goal in a matter of minutes.

The theme of the evening was Harrington Heroes, poignantly displayed by four-foot letters in illuminated marquee style on the center of the stage. A one minute video by Governor Charlie Baker was also shared with guests, as he commended the healthcare system on being a great partner in the Commonwealth, and offered his admiration for Elise in her recovery.

A ceremonial groundbreaking for the Southbridge ED will be held in September, but preliminary construction begins this month. The project is expected to take about 13 months to complete.

The last major renovation of the Southbridge ED occurred in 1998. Since then, the annual volume of visits has grown 23%, from approximately 22,000 to nearly 30,000.

This renovation will increase the number of exam rooms by three, expand capacity to serve 35,000 patients annually by adding 2,400 square feet and modernizing the existing 8,500 square feet through renovation. Patient flow, security and technology upgrades are also included in the plans.

Harrington is still looking to raise funds to help renovation costs. To learn more, visit harringtonhospital.org/ give.



Elise Wilson, RN, and her family attend "A Fare to Remember"



Hi! My name is Kenya and I am a fashionista!

Kenya is a biracial 12-year-old girl who describes herself as fun, outgoing and caring.

Kenya loves style and fashion, and she would like to work in the fashion industry when she grows up. Some of Kenya's other favorite activities include arts and crafts projects, singing, dancing and playing sports. In school, Kenya gets along with others and makes friends easily. She is of average intelligence and performs at grade level

Kenya is legally free for adoption and can be placed with any type of family. Kenya likes to spend time outdoors so it would be beneficial for her future home to have a yard

she can play in. Kenya would like a family

that "looks" like her. She has expressed she would like an African American family or a



Julian Edelman and Danny Amendola entertain the crowd at Mechanics Hall.



500 guests helped raised more than \$200,000 for Harrington's Southbridge ED renovation at the July 14 Mechanics Hall event.

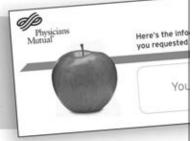
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Kenya Age 12

family that is bi-racial.

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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.

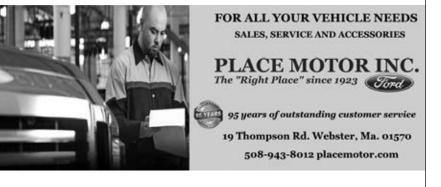
To learn more about adoption from foster care, call the Massachusetts Adoption Resource Exchange (MARE) at 617-964-MARE (617-964-6273) or visit www.mareinc.org. The sooner you call, the sooner a waiting child will have "a permanent place to call HOME."

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OBITUARIES

Fernand Pichette, 90



STURBRIDGE-Fernand Pichette passed away July 17, 2018 at the age of 90. Originallly from St. Didace, Quebec, he left home at the age of 17 and worked as a lumberjack all across

Later he Canada. drove street cars in Montreal and ultimately became a driver for Greyhound Bus Lines. He moved to America in 1964 where he continued to enjoy driving for Greyhound until his retirement.

Beloved husband of Doris (Normandin Hufault) with whom he celebrated 50 years of marriage last fall.

Dear brother of the late Roland Pichette (Cécile Lebrun), the late Paul-Émile Pichette (Marie-Jeanne Lemay), the late Jean-Marie Pichette (Laure Boisvert), Adolphe Pichette (Berthe Boisvert) Gratien Pichette (Marie-Claire Leblanc) Lisette Pichette (Raymond Garand) (René Leblanc), the late Lucille Pichette (Jules Gélinas) Gisèle Pichette (Cyrille Leblanc),

Monique Pichette (Ghislain Pellerin), and Solange Pichette (René-Paul Pelletier).

Beloved uncle of Joanne Normandin (Jeff Langan), Robert Normandin (Jennifer), and Donald Normandin for whom he was like a second father.

Proud godfather of Isabelle St Yves (Yvan Ferron).

He also leaves many other nieces, nephews, grand nieces and nephews, cousins, and friends, all of whom were important to him. His loss will leave a big void for all who knew him. We'll all miss his cheerfulness and his love of life. But we know he's now up there with his old golf buddies, watching over us, and he would want us all to raise a toast in his honor.

Calling hours will be Saturday. July 28 from 8:30-9:30 AM at Sansoucy Funeral Home, 40 Marcy Street, Southbridge, MA, followed by a funeral Mass at 10AM at Saint Anne's Church in Sturbridge, followed by the burial at Notre Dame Cemetery in Southbridge. www.sansoucyfuneral.com

Robert C. 'Bob' Butler, 65



CHARLTON-Robert C. 'Bob' Butler, passed away 65. Thursday, July 19, 2018 at Harrington Memorial Hospital in Southbridge.

His wife, Constance E. 'Connie' (Brodeur) Butler died September

22, 2006.

He leaves a son, Benjamin Butler of Southbridge and a great grandson, Jamie Butler, his parents; Clarence N. and June M. (Snay) Butler of Charlton, his brothers and sisters; David Butler, Donna Williams of Charlton, Billy Butler of Sturbridge and Cathy Cloutier of Charlton and several nieces and nephews. He was predeceased by

a brother James J. 'Buzz' Butler who died September 22, 2010.

Bob was born in Webster, March 4, 1953 and lived in Charlton most of his life.

He graduated from the former Charlton High School and was a member of St. Joseph's Church and enjoyed music and animals.

There are no calling hours.

Burial in West Ridge Cemetery in Charlton will be private.

ROBERT The J. MILLER-CHARLTON FUNERAL HOME, 175 Old Worcester Rd. is assisting Bob's family with arrangements.

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



HOLLAND- Gloria V. (White) Peck, 85, of Dug Hill Rd., passed away on Thursday, July 19th, in Wingate at Hampden Nursing Home, Hampden, after a long illness.

husband, Her Rosario Α. Peck.

passed away in 2014. She leaves her daughter, Diane Penland of Sturbridge; her four sons, Michael J. Peck and his wife Linda of Sturbridge, David A. Peck and his wife Lynn of Sturbridge, Trevor A. Peck and his wife Wendy of Wales and Glen S. Peck of Wales; a close niece, Linda Parzych of Vermont; her close friend, Gloria Curboy of Charlton;12 grandchildren; 4 great grandchildren; 1 great great grandchild; and many nieces and nephews. She was predeceased

by her son-in-law, Clay Penland, and her sister, Theresa Hendrick. She was born in Southbridge the daughter of Edward F. and Rebecca (Lepain) White.

Gloria enjoyed doing crafts and going out to lunch with her cousin, Gloria. Most of all she enjoyed spending time with her family.

Calling hours for Gloria will be held on Friday, July 27th, from 9:00 to 11:00am in the Daniel T. Morrill Funeral Home, 130 Hamilton St., Southbridge, with a service to follow in the funeral home at 11:00am. Burial in Holland Cemetery, Holland, will be held at the convenience of the family.

In lieu of flowers donations may be made to the Alzheimer's Association, 309 Waverley Oaks Rd., Waltham, MA 02452.

www.morrillfuneralhome.com



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

CALENDAR

Saturday July 28

Steppers Tie Dve: Hayloft dance on Saturday, July 28 from 8:00 pm to 10:30 pm (early Rounds at 7:30). The caller will be National Caller Jet Roberts and the cuer will be Roy Williams. Admission is \$10 per person. The club is located at 232 Podunk Road in Sturbridge. For more information please contact: Moe Bracken (508) 344-3430 or brackenmaurice@gmail.com

furniture and so much more. We are located at 74 Stafford St., Charlton. See you on Saturday, August 4th.

Sunday August 5

STURBRIDGE FARMERS MARKET: Sturbridge Farmers Market every Sunday June 24 until September 30 from 10:00 a.m. to 2:00 p.m. Live music from noon until 2 p.m.

at: https://app.racereach.com/event/ the-rick-hovt-sturbridge-half-marathon. If you have questions about the event or wish to participate, please contact Kevin Filchak at kfilchak@town. sturbridge.ma.us

Month of October

PUMPKINS! The Pumpkins are Coming! The Pumpkins are Coming! Spread the word that the best place ner 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.

Free Playgroup at the Hitchcock Academy; sponsored by Union 61 Family Foundation Five Grant. Music & Movement on Wednesday 9-9:45 a.m. and Playgroup on Monday & Thursday 9-11 a.m. For more information about these and a variety of other classes visit us at www.hitchcockacademy.org or call 413-245-9977 Grief Support Group: at Overlook Hospice, Charlton: Have you recently experienced the loss of a parent, child, sibling, friend or spouse? We are here to help. Join a safe, supportive and caring group to share your stories and support others who are learning to live again after the death of a loved one. Drop-in group for adults meets on the second and fourth Wednesday of every month, 1-2:30 p.m. Contact Susan Fuller at (508) 434-2200. THRIFTY: Saint Paul II Parish's Flea Market, at 40 Charlton St., Southbridge, is open each Monday from 9:30 a.m. to 1 p.m. and each Saturday from 8:30 a.m. to 1 p.m. Items for sale include household, linens and furniture. We also have a holiday room. Donations are appreciated. All proceeds go to the support of the church. NUMISMATICS: Southbridge Coin Club meets on the third Friday of the month (except July and August). The doors open by 7 p.m. and the meeting begins at 7:30 p.m. Collectors of all ages are welcome. The meetings include raffle, auction, and show and tell. Light refreshments are served. The meetings are held in the community room at the Southbridge Savings Bank at 200 Charlton Rd. (Route 20), Sturbridge.

Sunday July 29

Advanced Level Hayloft Steppers dance on Sunday, July 29th from 1:00 pm to 3:30 pm (No Rounds). The caller will be National Caller Jet Roberts. Admission is \$10 per person. The club is located at 232 Podunk Road in Sturbridge. For more information please contact: Moe Bracken (508) 344-3430 or brackenmaurice@gmail.com

STURBRIDGE FARMERS MARKET: Sturbridge Farmers Market every Sunday June 24 until September 30 from 10:00 a.m. to 2:00 p.m. Live music from noon until 2 p.m.

Thursday August 2

STURBRIDGE CONCERTS ON THE COMMON 2018 Concerts on the Common Summer Concert Series, 6-8 p.m. August 2- Island Castaways (Summer Music) Sponsored by Savers Bank

Saturday August 4

CHURCH YARD SALE: On Saturday, Aug. 4, the Charlton City United Methodist Church will be having its annual Yard Sale from 8AM to 2PM. Come find your treasure in our huge downstairs treasure box. There will be knick knacks, household items, some

Thursday August 9

STURBRIDGE CONCERTS ON THE COMMON 2018 Concerts on the Common Summer Concert Series, 6-8 p.m. August 9- LA's Backstage Pass ('80s Rock Tribute) Sponsored by Sturbridge **Tourist Association**

Thursday August 16 STURBRIDGE CONCERTS ON

THE COMMON 2018 Concerts on the Common Summer Concert Series,

6-8 p.m. August 16- The Real Deal (Rock n Roll) Sponsored by Sturbridge Orthodontics

Thursday August 23

STURBRIDGE CONCERTS THE COMMON 2018 Concerts on the Common Summer Concert Series, 6-8 p.m. Final concert of the season August 23- Glenwood Mills Band with Mark Chevalier (Blues, Rock, R&B) Sponsored by Sturbridge Cultural Council

Sunday September 9

STURBRIDGE PLANNING HALF-MARATHON: a half-marathon road race to honor Sturbridge resident and ESPN's ESPY award winner, Rick Hoyt will be held on Sept. 9 at 10:00 a.m. Registration page can be found

to get your fall decorations is at the Sturbridge Federated Church where the best pumpkins and gourds will be for the month of October. Proceeds will benefit the ministries of the church including Habitat for Humanity, St. Luke's Guesthouse, and the Navajo reservation.

ONGOING

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





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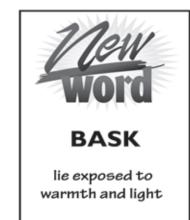
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Healthy ways to relieve stress throughout the day

Stress affects people from all walks of life, and the causes of stress are as varied as the people it afflicts.

In its 2017 Stress in AmericaTM survey, the American Psychological Association found that the three most common sources of stress were the future of the nation (63 percent), money (62 percent) and work (61 percent). According to the National Institute of Mental Health, routine stress that becomes chronic can result in a host of negative side effects. Such stress can suppress the immune system, disrupt digestion and have an adverse effect on sleep. But men and women who feel stressed at the end of each day need not resign themselves to sleepless nights and/or weakened immune systems. A proactive approach to alleviating stress during the day can help men and women reduce their stress levels and avoid the negative side effects associated with chronic stress.

• Walk away. The APA notes that taking a break from a stressor is one of a handful of healthy techniques that research has indicated is a successful way to reduce stress, both in the short- and long-term. If a project at work is proving especially stressful, step away



for a short period of time to do something else, whether it's to go for a brief walk or converse with a coworker about something unrelated to the project. Avoiding the stress entirely, especially if it's a work project or a bill that must be paid, is not the answer. But a short break from the stressor and thinking about it can provide a new perspective and time to calm down.

• Meditate. When stressed out, men and women should not discount the potential benefits of meditation. Researchers from Johns Hopkins University examined more than 19,000 meditation studies, ultimately concluding that mindful meditation can ease stresses like anxiety, depression and pain. The APA notes that such meditation has been found to reap immediate benefits, potentially helping people who can find time to meditate during the day to prevent their stress from accumulating throughout a hectic workday.

• Find time to exercise. The APA notes that research continues to support the notion that exercise is as beneficial to the mind as it is to the body. Exercising several days per week is especially beneficial to mind and body, but even 20-minute exercise sessions, including a walk around the grounds of an office complex or a quick swim during a lunch break, in the midst of stressful days can help people combat stress for several hours afterward.

• Delegate more during the day. Work is the third-leading source of stress among Americans. Men and women who feel overworked may benefit by delegating more tasks during their days or simply stepping back and taking on less work. The potential effects on your career of taking on less work will likely pale in comparison to the toll chronic stress, which can contribute to heart disease and stroke, takes on your body.

Stress is a part of daily life for many people. But there are several simple and quick ways for stressed out men and women to reduce their stress during the day.







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VIEWS! Explore the Opps! Build a staurant, Hotel, Condominiums! Cozy 4

w/2nd Floor! \$339.000.00

WEBSTER LAKE - 12 Kenneth Ave! South Pond! 5 Rm Ranch! 80' Waterfront Completely Remodeled 10 Yrs Ago! Kraftmaid Cabinet Kit w/Island & Silesto

Counters! Bamboo Wood Firs Throughou



Cathedral, Skylight & Hrdwds! Comfortable Master Bdrm! Frplcd Lower Level Fam Rm! 2 Car Garage!





MILLBURY - WATERFRONT! Ramshorn Lake! 51 Davis Rd! Beautifully Landscaped & Private 1.22 Acres with 500' On the Water Views from this Perfect Peninsula! Ideal for Entertaining! Stonewalled Gated Entry, Long Private Driveway to Water Views from this Perfect Peninsula! Ideal for Entertaining! Stonewalled Gated Entry, Long Private Driveway to its Stately Appearance! Sprawling Stone & Slate 6+ Room Masterpiece! Light Abounds Throughout! Cathedral & Tray Ceilings with Skylights! Unique Country Kitchen! Formal Dining Room! Fireplaced Great Room! Lake Facing Spacious Master Suite with Everything You'd Expect! 3 Comfortable Bedrooms! 3 Full Bathrooms! Central Air! Garages - 2 Car Detached & 1 Car Detached! Reward Yourself! \$1,099,000.00



Gazebo! Lakeside Pool! Sandy Beach!

New listing! 2 Family on webster lake middle pond waterfront! Rare

patio! Taxes \$4,624 yr.

Opportunityl Great for the investor name induce point water of the area income. Views with a sandy shorelinel First floor has one bedroom – second floor is 2 bedrooms. Each unit has its own washer/dryer hook

ss to i-395! Walkout basement & storage

\$412,900



Lake Views! Spacious Kit & Dining Area! 2 Baths! 55' of Sandy Beach! \$475,000.00

-11 WESTER LAKE – 8 Reid Smith Cove Road! Panoramic Lake Views! West Expo! Super Sunsets! 9,698' Lot! Gently Sloping! 2,254' Custom Contemp Cape, Built 09 as 2nd Home, Like New! Open Fir Plan! Spectacular Lake Facing Great Rm w17' Ceiling, Recessed Lights, Silders to Trex Deck, Stone Case Frie, Surround Sound & Gleanning Hrdvds! Carnie Kit w1sl, SS Appliances, Sot (Case Cahinets, Hrdwis & Recessed Lights! List Fit Master w17ie Bath, Whirpool Tub/Shower, Dube Sink & Linear Heat United Statistics for Ondersing Great Am w17ie Cash, Singer Statistics for Onderson Measured Heat United Statistics for Onderson Case Case Cash Statistics for Case Cash Statistics for Onderson Measured Heat Statistics for Onderson Case Cash Statistics for Ca Closet! Upstairs Sitting Area Overlooking Grand Rm w/Lake Views! Hrdwd Hall to 2 Bdrms w/Recessed Lights, Ceiling Fans & Dble Closets! Full Bath & Linen Closet! Lower Level Walkout Fam Rm w/Tile Flr, Lights, Geiling Fans & Dble Closetsl Full Bath & Lanen Cooket Lights, Geiling Fans & Dble Closetsl Full Bath & Lanen Cooket Lights, Geiling Fans, Stone Gas Pripl, Surround Sound, Wet Bar & Slider Bath wTile Flr! Utility Rm wLaundry & Storage! Nice Docks! Get Packing! \$724,900.00

Recessed Lights & Centing Faith Dinnig Faith Share and Science and Science



WEBSTER LAKE - 405 Treasure Island! To nhouse! 6 Rms! 1.874'! Hardwood Floors! Applianced! Remodeled Kit! Open Floor Plan! 2 Bdrms! Master Bath! 2.5 Baths! Frplcd Fam Rm! CAir! Gas Heat! Recent Trex Deck! Garage! 2 BOAT Re Rm 2 Bdrm Home! Oversize 2 Car Garage SLIPS! Heated Pool, Sandy Beach!

\$289,900.00

Bedrooms! Master Bath! 2.5 Baths! Expansive Decks! Garage! Extra Lot Open Flr Plan! Composite Deck! Lake Parking Across Street! Still In Time for Summer! \$629,000.00

Facing Master! 2 Bdrms! Full Bath! Fam Rm! \$439,900.00



WEBSTER LAKE - 602 Treasure Is! Townhouse! 6 Rms! 1,874'! Hrdwd Floors! Applianced Granite Kit! Open Fir Plan! 2 Bdrms! Master Bath w/Whirlpool Tub, Separate Shower & Bidet! 3 Baths! Frplcd Fam Rm! CAir! Gas Heat! Trex Deck! Recent Windows/Doors! Garage! 2 Boat Slips! Heated Pool, Sandy Beach! \$334,900.00



llent Opportunity to Finally Own Your Own Webster Lake Waterfront erty! Prime Location, 5,697+/- SF Lot, 50' Rd & Water Frontage at a Great Pricel Contemporary Ranch offers 996/- SF of Uning areav 28 Rs.
 Will bath. Plus, convenient, indoor access to Walkout Lower Level w/termen-dous potential for additional living area. Main level features Open Floor Plan wildrast fo ull front deckl Spectauluk Westerly views across Middle Pondl Additional land & shore frontage available.
 Sa45,000



Just in time for summer! Move in ready! This End Unit Condo is nice and bright with early morning natural light! Hardwood floors! Recent Energy Efficient Windows! 2 bedroom, 2 1/2 Baths, Fireplaced walkout Lower Level! Impeccable Park like grounds, Heated Pool! Boat Slip! Don't miss out! \$334,900



3 Mstr BR Suites w/Elegant 1st FIr Mstr ~ all w/ Private Baths, Finished Walkout LL w/Living & Billiard Rms & Summer Kitchen! Call Sharon at 508-954-7222 for More Information **\$1,150,000**.



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4 • THE VILLAGER • Friday, July 27, 2018



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RE& THE Local Events, Arts, and **Entertainment Listings**

FRIDAY, JULY 27





SATURDAY, JULY 28

10 A.M. - 2 P.M. 13th ANNUAL CAR SHOW FOR CHARITY To benefit Cancer Services at Baystate Mary Lane Hospital Lot opens at 9 A.M. for registration-\$10 fee (w/free t-shirt) Judging 11 A.M. to 1 P.M. w/trophies and prizes by 2 P.M. 50/50 prize wheel, raffles Live music with Dirty Pocket Rain date: Sun., July 29 JANINE'S FROSTEE 149 East St., (off Rt. 9) Ware, MA 413-967-7950



FRIDAY, AUGUST 3

6 p.m. - 9 p.m. FIRST FRIDAYS FESTIVAL IN DOWNTOWN PUTNAM, CT Theme: Greek-American heritage Live music! Food! Vendors!

KLEM'S REWARDS NIGHT AT THE WORCESTER BRAVEHEARTS Tickets only \$5 Watch the game and a fireworks show KLEM'S

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Second Chance Pet Adoptions At KLEM'S 2 p.m. - 4 p.m. Come visit the dogs & cats available www.klemsonline.com 117 West Main St., Spencer, MA 508-885-2708 (Ext 104)

FRIDAY. SEPTEMBER 7

6 p.m. - 9 p.m. FIRST FRIDAYS FESTIVAL IN DOWNTOWN PUTNAM, CT Theme: Native-American heritage Live music! Food! Vendors!

FRIDAY, OCTOBER 5

6 p.m. - 9 p.m. FIRST FRIDAYS FESTIVAL IN DOWNTOWN PUTNAM, CT Theme: Scandinavian-American heritage Live music! Food! Vendors!

ONGOING

JUNE 6 THROUGH AUGUST 29

WEDNESDAY NIGHT CRUISING FOR CHARITY CAR SHOW 5 p.m. - dusk 100% profits go to Masonic Children's www.klemsonline.com KLEM'S 117 West Main St., Spencer, MA 508-885-2708(Ext. 104)



JUNE 9 THROUGH OCTOBER 20

KLEM'S FARMERS MARKET Every Saturday 10 a.m. - 2 p.m. Visit many local crafters, artisans & more! www.klemsonline.com 117 West Main St., Spencer, MA 508-885-2708 (Ext. 104)

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



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

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

> LIVE ENTERTAINMENT FRIDAY NIGHT HEXMARK TAVERN AT SALEM CROSS INN 260 West Main St., West Brookfield, MA

508-867-2345 www.salemcrossinn.com

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



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BH



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TABLE: Silver base, 36"high, with attached 24" round top \$120. GLASS TOP FOR A TABLE 1/2" Thick, 44" Square \$100. (508) 347-8942

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

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

MOTORS: 1/2HP 230/460V 230/4601/ 34 5RPM

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DARK OAK w/ Shelf Under-

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COLORED \$100. Both Very

Good Condition. Can email Pic-

TWO USED RECLINERS, \$75

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never used, \$225 or best offer.

VCGSC-5366BSS,

100 GENERAL

110 NOVENAS

THANKSGIVING! A Prayer To

The Blessed Virgin (never

known to fail) Oh most beautiful

flower of Mt. Carmel. Fruitful

Star of the Sea, help me and

show me herein you are my

mother, oh Holy Mary, Mother of

God. Queen of Heaven and

Farth, I humbly beseech you

from the bottom of my heart,

succor me and this necessity.

There are none that can with-

stand your call. Oh show me

to thee. (3 times) Holy Mary I

(3 times) Sweet Mother, I pray

for this cause in your hands (3

times). Holy Spirit, resolve all

I can attain my goal. You gave

son must say this praver on 3

consecutive days. After 3 days

the request will be granted. This

prayer must be published after

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Classifieds 508-909-4111

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310 GENERAL HELP

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SCOOTER: 18k miles, Looks

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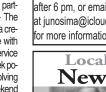
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Answers: I. No heart on girl's shirt 2. Dandelion growing in grass 3. Bird on wood pole 4. Post by boy's head is shorter



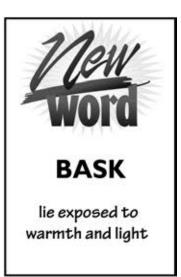
BICYCLES COME IN VARIOUS TYPES BASED ON THE SURFACES UPON WHICH THEY WILL BE RIDDEN. MOUNTAIN BIKES



• 1829: WILLIAM BURT PATENTS A FORERUNNER TO THE TYPEWRITER.

• 1914: AUSTRIA AND HUNGARY ISSUE AN ULTIMATUM TO SERBIA, PRECIPITATING WORLD WAR I.

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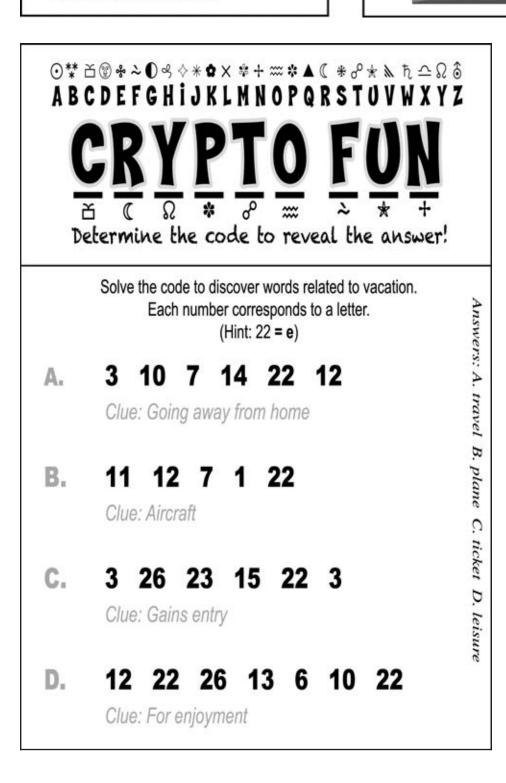
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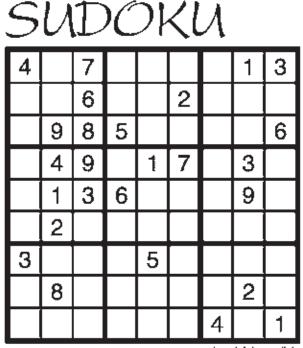


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Can you guess what the bigger picture is?

ANSWER: ROLLER COASTER





Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

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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!

L	Z	4	6	8	3	2	9	9
S	2	3	9	Z	F	7	8	6
6	8	9	7	9	S	L	L	ε
L	9	۱	3	6	4	Ģ	2	8
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8	G	6	2	ŧ7	Z	9	£	F
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AUTOMOTIVE

5 tips to successfully sell your car

Selling a used vehicle does not have to be a complicated process. But too often private sellers struggle to sell their vehicles because they are unsure of how to do so. A little information on the selling process can make it easy to unload vehicles quickly and at the prices sellers desire.

1. KNOW THE MARKET.

experts The at Edmunds say sellers should research the market before putting their vehicles up for sale. Compare the prices of similar makes and models, and track whether those vehicles are moving quickly. Cars that are hot commodities will sell relatively quickly. Even though these may not be the flashy vehicles, family sedans, trucks and vans tend to turn over fast. Convertibles, classic cars or those with special features may take longer to move and will have to be priced accordingly.

2. DETERMINE THE VEHICLE'S WORTH.

Just because sellers want to get predetermined amounts for their vehicles doesn't mean those figures are the going rates for their cars and trucks. Using resources like Kelley Blue Book, NADA Guides and Autotrader.com can help sellers determine the value of their rides according to factors such as mileage, age, model, and condition of the vehicle.



services can be a good selling point because it shows that the seller maintained the vehicle to the best of his or her ability. It could be worth the investment to pull the CarFax[®] report on the vehicle as well to see how it measures up. Some buyers will request that information as well.

The Department of Motor Vehicles also suggests gathering a release of liability form to keep sellers from being liable for any damages incurred after the vehicle is sold; warranty documents if the car is still under a manufacturer's warranty; and the vehicle's title.

4. PREPARE THE VEHICLE.

Prior to selling, give the car a facelift and a good wash. Vacuum floors, floormats, seats, and the trunk. Clean the interior, and wash windows inside and out. A fresh wash and wax can improve the appearance of the vehicle and help it to photograph well for sale pictures.

5. ADVERTISE THE SALE.

Advertise the vehicle in a variety of different formats. Opt for the classifieds section of a local newspaper, post it online and share through social media. A sign on the vehicle is also smart. This will improve the chances of it being seen.

Selling a car can take some effort, but with the right tactics, cars can be sold quickly and at prices that make sellers happy.



Buyers may be waiting in the wings to purchase used vehicles that have been well-maintained.

AND OTHER PAPER-WORK.

Sellers should dig through their files to unearth maintenance receipts and other documentation on their vehicles. For those who can't find receipts, ask for such receipts where the vehicle was serviced. According to Kelley Blue Book, proof of regular oil changes and other

Clean Your Car

Reasons To



A clean car not only looks better, it's safer and more fuel efficient.

(NAPS)

If any of the more than 260 million cars in America is yours, here's important advice: Keep it clean.

First, dirt can damage the paint, erode the protective finish and lead to rust.

Second, a clean car improves gas mileage. Dirt causes drag. Third, it's not safe to drive with dirt, bugs and debris covering the windows, especially at night.

Fourth, you increase your car's trade-in value.

Fifth, a clean car just seems to run better.

Fortunately, it's easy to avoid these problems. A U.S.-based company makes car-cleaning pads that work with just car wash soap and water to remove bugs, dirt, grime, minor road tar, bird droppings and so on.

There's no need for separate bug removers, glass cleaners, sponges, tar removers, clay bars and the like and there are no chemicals or detergents in the reusable pads.

These Bugs Off Pads are environmentally friendly as well as safe for paint, clear coat, plastic, glass, graphics and metals. The company even offers a money-back guarantee.

Once your car is clean, consider the wheels. Reusable, durable Better Than A Brush Wheel Scrubbers also work with only soap and water.

The pads and scrubbers are available at select car dealerships as well as at www.bugsoffpads.com.

www.StonebridgePress.com

with old headlights

The dangers of driving

(MS) —Routine vehicle maintenance protects drivers and their passengers and can keep cars and trucks running strong for years. Though drivers typically recognize the need to have their oil changed and their tires rotated, few may realize the importance of tending to their headlights as well.

Why replace aging headlights? Much like tires, shocks and brakes, headlight bulbs wear out over time. As bulbs age, they begin to dim, adversely affecting their light output.

"The filament in a headlight bulb ages with use, time and exposure to the elements," said Ann-Marie Hines, Senior Marketing Manager at Lumileds, a global lighting solutions company. "As a result, the bulb becomes fragile and starts to deteriorate, and this causes the light output to diminish. At the end of a typical service life, perhaps two to three years, headlight bulbs will likely be projecting a much shorter and less powerful beam light than when they were new."

Aging drivers are especially vulnerable to the ill effects of headlights with diminished light output. That's because the amount of light the human eye needs to see increases exponentially with age. As a person ages, his or her eyes naturally become more opaque, reducing the amount of light the eyes can receive. That's a significant concern for aging drivers, but also for the people with whom they share the road, as the National Highway Traffic Safety Administration estimates there will be more than 57 million licensed drivers age 65 and older by 2030. Taking measures to have as much light as possible on the road when driving at night can go a long way toward ensuring the safety of all motorists.

How to put more light on the road

While drivers may not be able



sure to the elements," said Ann-Philips Upgrade headlight bulbs (right) put more light on the road than older, Marie Hines, Senior Marketing more traditional halogen headlights, which are standard in many vehicles.

prevent the effects of aging on their eyes, they can take steps to put more light on the road when they're driving.

• Replace old headlight bulbs. Replacing old headlight bulbs is the simplest way for drivers to put more light on the road. Lumileds recommends replacing headlight bulbs in pairs every two to three years. Replacing bulbs in pairs, even if only one headlight appears to be dimming, can produce a more even light output that makes roads safer for drivers, their passengers and fellow motorists.

· Upgrade headlight bulbs. Merely replacing aging headlight bulbs might not be enough to adequately combat the effects of aging for many drivers. That's because a recent study from the AAA automotive club found that the halogen headlights used in more than 80 percent of the vehicles on the road today failed to safely illuminate unlit roadways, even when vehicles were traveling at speeds as low as 40 miles per hour. Lumileds, the exclusive supplier of Philips automotive light products, offers a full range of Philips upgrade headlight bulbs that can help to dramatically improve nighttime vision and safety. These bulbs feature advanced technology that makes them brighter and more efficient, which puts more light on the road. Lumileds also has developed an innovative and convenient online Bulb Look Up that helps drivers identify the right headlight, exterior or interior bulb for their particular vehicles. The Philips

Bulb Look Up, available at

www.philipsautolighting. com, even shows drivers where they can buy the right bulbs for their vehicles.

• Keep headlights clean. Dirty or clouded headlight lenses can also reduce light output and further compromise drivers' visibility at night. Periodically clean headlights to remove any build up of dirt or grime. If the lenses are clouded or have a yellow haze, the clarity can be restored to 'like new' condition with the Philips Headlight Restoration Kit.

When combined with the natural effects of aging, old headlights can be dangerous. Thankfully, drivers can quickly and easily improve their vehicles' light output to make nighttime driving safer. Learn more at www. philipsautolighting.com.

AUTOMOTIVE

What car colors may say about drivers

Cars and trucks may be modes of transportation, but many people see their vehicles as extensions of their personalities.

The color of a vehicle can say a lot about its driver. In fact, automotive experts say color affects drivers' decisions when they're buying new vehicles. In 2015, a survey from PPG Automotive Coatings found the color palette of black, silver, gray, and white makes up 75 percent of new cars on the road. White has been the most popular car color for years, perhaps because neutral tones tend to look new for years, improving resale value as a result.

The Pantone Color Institute periodically highlights popular trends in colors for home decorating, graphic design, fashion, and much more. Their experts know a thing about what color can say about a person. Here's a look at how drivers may perceive themselves (and how others view them) based on their color choices in vehicles, courtesy of Pantone, NerdWallet, Thrillist, and Today.com.

• White: This color perhaps thanks to the popularity of Apple prod-



ucts — can often project a persona of a diligent, hardworking person. White is a dependable color that also is sleek and modern. Many people who prefer white also like the purity of the color and its perceived cleanliness.

• Black: Black vehicles have stood the test of time as status symbols. Those who purchase black cars may view them as classic and powerful. Black also conveys elegance. That's why limousines and hired cars are often black.

• Silver: Silver cars may have futuristic connotations because of their metallic hues. Silver vehicles also can be elegant and prestigious. A certain element of modernity is associated with silver cars and trucks.

· Gray: People who choose gray vehicles may be less concerned about status and more interested in a vehicle that blends in with the crowd. This no-nonsense hue could be ideal for cautious, evenkeeled drivers who like to go with the flow.

• Blue: Light blue to mid-blue cars convey a sense of calm and coolness. Blue is a dependable color and may indicate the person behind the wheel is friendly. Dark blue can be a confidence-booster and also signal authority, as many police cruisers and law enforcement uniforms feature deep blue.

• Red: People who own red cars probably like flash and attention. They're likely magnetic personalities who enjoy standing out in a crowd.

• Brown/beige: These earth-toned shades may indicate a person who is not pretentious, but easygoing and fiscally responsible. Reliability and comfort is prized above flashiness for those who go brown and beige.

• Green: Green cars indicate owners who have a very strong sense of self and care little about what others think of them. They may be the people who march to the beat of their own drums. But the popularity of green cars peaked in the 1990s, so fewer green cars may be on the road today than in the past.

Vehicle colors may say a lot about the people behind the wheel.

What to do when your vehicle breaks down

Knowing what to do when a car breaks down can make such unfortunate situations much less stressful for drivers. Smartphones and wifi networks may make it less stressful to cope with broken down vehicles. However, wifi networks are not always accessible in remote locations, so drivers would be wise to revisit these tips for handling broken down vehicles, courtesy of Esurance, in advance of their next road trip.

• Turn on hazard lights. Hazard lights inform other drivers that something is wrong with your vehicle, and the sight of hazard lights typically compels fellow motorists to give drivers a wide berth and facilitate their moving off of the roadway



• Attempt to get off the highway. After turning on their hazard lights, drivers who know or suspect something is wrong with their vehicles should try to get off the highway. Move into the righthand lane as soon as possible, ultimately trying to get onto the shoulder. Avoid the left-hand shoulder if possible, as the left lane is a passing lane and motorists likely won't be expecting vehicles in this area of the highway.

• Turn the steering wheel away from the road. Broken down vehicles are unpredictable, and drivers may not have the luxury of pulling over onto flat road surfaces. Turning the steering wheel away from the road prevents it from rolling into traffic if drivers are forced to pull over on an incline.

· Be especially careful before exiting the vehicle. Exiting a broken down vehicle can be very dangerous, especially when drivers are forced to pull over on busy highways. Drivers who have pulled over into the right shoulder should wait to exit the car until there is ample time for them to get out and safely make it to the shoulder. If necessary, crawl across the front seat and

exit using the passenger-side door. All passengers should exit the vehicle on the passenger-side if the car has been pulled onto the right shoulder.

• Call for help. Only after they have safely gotten their vehicles off the highway should drivers call for help. Passengers may want to avoid calling until the car is off the road as well, as it can make for faster relief if callers wait

until they know their exact location to call for help.

• Set up flares or triangles behind the vehicle. If it's safe to do so, set up flares or triangles behind the vehicle. If the flares or triangles are buried in the trunk, drivers can ask a passenger to serve as lookout and warn them if they need to get away from the vehicle.

· Pop the hood. An opened hood is

another indicator that a vehicle is broken down and can be especially valuable to drivers who do not have flares or triangles.

Wait for help. Do not attempt to fix the vehicle on the side of the highway. Doing so leaves drivers vulnerable to oncoming motorists.

Factors that impact auto insurance premiums



Insurance rates are impacted by different factors, some of which vary between insurers.

Auto insurance rates vary from person to person, even though it may seem like the offerings are the same. But no two drivers are the same, and certain factors may be affecting drivers' auto insurance premiums without the motorists even realizing it.

Automotive insurance provider State Farm says most insurance companies consider several factors when calculating the cost of car insurance. Recognizing which situations can increase or lower costs can help drivers get the best rates and coverage needed. Although it can be tempting to reduce the price of insurance by choosing lower amounts of coverage, there are other ways to make insurance more affordable.

• Move. Insurers typically look at where a person lives when calculating rates. Those people who live in highly populated, urban areas likely will have higher premiums than others who live in more rural towns. That's because greater population density often translates into more people on the road — and a greater chance for insurance claims due to fender benders or theft. By moving, a person may be able to cut rates.

· Gender and age are factors. One can't step into a time machine, but it's helpful to know that growing a little older can lower insurance premiums. The financial advice source Money Crashers say that young men usually incur higher rates than young women because statistically men get into more accidents. However, as a person moves into his or her senior years, the roles reverse. Older women may see higher rates than men the same age.

• Keep make and model in mind. The type of vehicle driven can affect insurance premiums. Certain insurance carriers will increase premiums on vehicles that are more susceptible to damage. Flashy sports cars or those that do not score as highly on vehicle safety

ratings calculated by industry experts may result in high premiums. Vehicles that are desirable to car thieves also may cost more to insure. Researching vehicles prior to purchase and checking the rates for those cars or trucks with insurance companies can help keep costs low.

• Commuters may pay more. Individuals who use a car for business or frequent commuting may pay more than people who drive less because statistically there is a greater risk for an accident, says State Farm. Reducing commute times can lower premiums.

• Tie the knot. Insure.com says married couples have been found to be less of a risk to insurance providers statistically than those who are single. A study by the National Institutes of Health found that single drivers were twice as likely to be in an auto accident as married drivers. Combining policies also can help married people save.

• Follow the rules of the road. Drivers who have moving violations, drink and drive or engage in otherwise risky behavior behind the wheel may see their rates soar

Insurance companies weigh factors such as driving record, age, locality, and more when assessing premium costs. Drivers have some room to get lower rates by knowing the factors that determine their premiums.

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